





YOUTH MINISTRY

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Youth  
Ministry  
TEAM

High cholesterol can lead to heart disease. Diseases like these will go a long way in preventing chronic illnesses that consume over 75 percent of the health care spending in this country. First lady Michelle Obama, announcing benefits at a Washington hospital.

preventive care may be an investment, but it carries an upfront cost. Premiums will rise 1.5 percent on average, as spending for preventive care is spread broadly across an entire insured population.

Individuals who are diligent about their health that can mean considerable out-of-pocket costs. For example, a 58-year-old woman at high risk for heart disease could save at least \$300 out of pocket by budgeting for recommended tests, ranging from blood pressure and cholesterol screening, to a mammogram and a flu shot.

Research has shown that people tend to skip preventive care if cost is an issue, and a modest copayment can make a difference. Free prevention was one idea that received widespread support during the contentious debate last year in Congress.

Prevention requirements take effect for Medicare beneficiaries renewing on or after Sept. 23, which means that beneficiaries will see them starting in October. Coincidentally, that's also when Medicare will get access to most preventive services.

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## City to sponsor free senior citizen bingo, lunch on July 22

City of Sulphur and the Calcasieu Parish Sheriff's Office, Elderly Services Division invites all senior citizens to attend a free bingo and lunch, on Wednesday, July 22, 2010, 10 a.m. until 12 noon at Sulphur Parks and Recreation, 933 West Parish Road, Sulphur, La 70663. For more information call the Calcasieu Parish Sheriff's Office at 263-4563 or 263-4370.



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# Local veteran, homeowner gets helping hand

**RODRICK ANDERSON**  
Sports Editor

SULPHUR—Local residents are getting a helping hand when it comes to fixing up their homes thanks to the Rebuild Together - Calcasieu (RTC) programs and volunteers from Louisiana and surrounding states.

Sulphur resident Mike Young was one of almost two dozen homeowners who have benefitted recently from the organization.

For the last few months, volunteers have worked on upgrading

the electrical wiring in his home as well as fixing the ceilings and floors.

This week, five volunteers from a group over 70 plus with the U.M. Army (United Methodist Action Reach-out Mission by Youth) have been at Young's home on Cass Street in Sulphur. The volunteers were coordinated through RTC and come from various Methodist Churches throughout the state of Texas.

Young, an Army veteran originally from Eunice, has lived in Sulphur for over 50 years. As a

veteran, his home was chosen for work under RTC's Heroes at Home and the Fifty for Five Programs. He is very pleased and appreciative of the work the U.M. Army members have done so far.

"They do a good job," Young said. "They clean up fantastic and they call me 'Sir'."

In addition to their handyman work, U.M. Army members have lunch with the homeowners each day and give a spiritually uplifting devotional with a read-

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Mike Young (far left) of Sulphur sits with U.M. Army volunteers (L-R) Taylor McGinnins, Andrew Morris, Peter Lambert, Ronnie Cappo and Chelsea Matts for a scripture devotional on Wednesday afternoon.

RODRICK ANDERSON/SOUTHWEST DAILY

# Helping hand

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ing from the Bible each day.

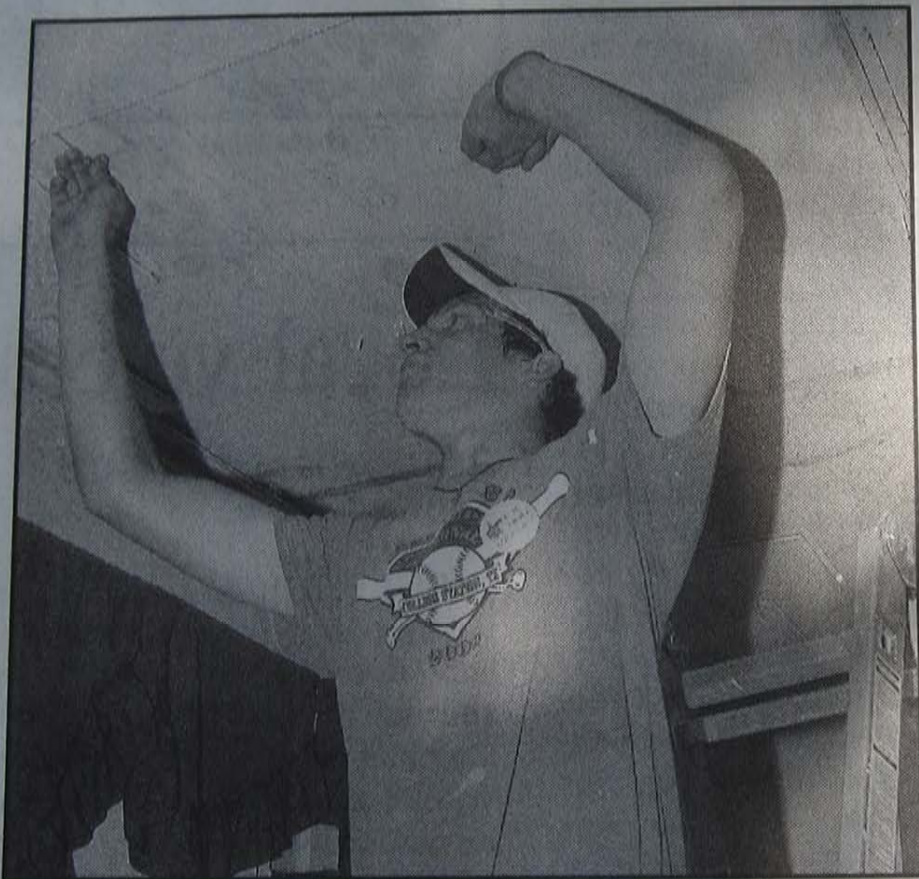
"This is my ninth time," recent Lamar University grad Chelsea Matts of Nederland, Texas said. "Even

though we give to other people, I think that we get more in return helping others."

Members of the U.M. Army each pay \$215 to spend a week doing vol-

unteer work. They are staying at the Trinity Baptist Church in Lake Charles this week.

For more information about RTC's services or about the organization itself, contact them at 337-478-1755 or visit their website at [www.rtcacalcasieu.org](http://www.rtcacalcasieu.org)



U.M. Army volunteer Andrew Morris of College Station, Texas works on replacing ceiling tiles at the home of Mike Young in Sulphur on Wednesday.

RODRICK ANDERSON/SOUTHWEST DAILY



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