

By Larry Thornton

Managing Editor Just because the students in Muleshoe Independent School District are on break for the summer doesn't mean there isn't anything interesting happening at the district's bus barn.

Over the past few years, some of the district's transportation employees have garnered local attention through their mechanic skills — by rebuilding a motorcycle with a rototiller engine, to gardening skills trying their hands at growing a "king-sized" pumpkin. When it was picked, its reported weight was 65 pounds.

Currently, the transportation crew have a small garden with a variety of vegetables producing, except for a large tomato plant which to date has **Continued on A2**



Don Phelps shows a few of his new arrivals at the MISD Bus Barn

Lesson Shared: 'White Space Is Not Your Enemy'

I just ordered a book recommended to me by a friend helping me with some ideas for the cover of my new Christmas record.

(A CD is still a "record," as in



present format 50 years count.) ago, and one of his first design tips to me, the that. wet-behind-the-ears

this: Don't be afraid of screen automatically a rubber band.

the magazine in its (TV Guide doesn't the font size, increase the kerning, cram them your enemy." I wonder No, it's deeper than in so tight that words what this truth might will leak out on the mean in, say, art, or A good bit of white floor if you don't belt music, or... managing editor, was space on your page or the magazine shut with

white space. Modern gives value to, focuses And guess what? speaking, or, I hate to readers drown in type. your eye on, the People won't read it. mention this, preaching? It's not just that relatively few items that More white space. Fewer Ouch! Sometimes less is words. And the words more. Oh, you can get a get read. And they

"White space is not

How important is "white space" in public

"recording." And, no, design." it is not difficult at all to sing "Let It Snow" with deep feeling on a ministry for me has are minuscule and most 100-degree day.)

is a guide to "graphic, Appeal. web, and multi-media

For 30 years as of

been the monthly The title grabbed editing and designing if reading takes much me: White Space Is Not of a little devotional effort. Your Enemy. The book magazine, The Christian

September, part of modern attention spans folks won't read at all

For a supposedly literate society, we are My brother launched frighteningly illiterate.

win a place there.

bunch of words on a become more precious I've had the chance to page if you load it up, as communication lecture some college shovel them in, decrease happens.

What about teaching? **Continued on A2**

Teen Fights Under Investigation

By Larry Thornton Managing Editor

Department.

According to Police "on hold" pending distance away. the collection of Gurley.

responded to the scene Rice said.

of a fight between a 13-year-old juvenile and between the adult A couple of fights an 18-year-old adult, girls, is still available involving teenage both female, in the area for viewing online. girls that were posted of 12th and W. Ave. C temporarily on on July 14, which had are disturbing, Facebook[™] are still attracted a number of especially because under investigation by on-lookers, including the onlookers were the Muleshoe Police some armed with video apparently more cameras.

It was further and encouraging the Chief Roy Rice, explained that after this fights than attempting citations for disorderly initial fight started, a tostop them, the police conduct were initially second altercation chief said he was issued at the scene between a 17-year-old especially troubled of the altercations, and an 18-year-old, both because the mother but the citations are females, started a short of the 13-year-old

While both fights transportation to the additional information were videoed and scene of the fight, and and a review by Dist. uploaded to Facebook[™] Attorney Kathryn accounts, the initial fight a younger sibling, as involving the 13-year- the fight took place. Explaining some old was apparently of the details that are taken down after it was Rice, that parent could known, the police learned the incident was be facing charges of chief said officers under investigation,

The second fight,

While both fights interested in videoing reportedly provided watched — along with

According to Chief endangerment to a child, as well.



Jamaica Fun

Area residents had gathered for a fun-filled day at the Immaculate Conception Catholic Church's annual Jamica. Pictured above, a youngster enjoys one of the activities at this year's festivities. Additional photographs are on A8.

First Bank is proud to announce our new MasterCard Debit Card. FIRST BANK ONLINE www.fbmuleshoe.com 202 S. First Muleshoe, TX 79347 • 806-272-4515 leshoe a Boying - Dimining

OPINION

Around Muleshoe... Announcements from non-profit organizations in the Muleshoe area. To post an announcement send an email to editor@muleshoejournal.com

SPCAA Funds

South Plains Community Action Association, Inc. has received additional funding from the Texas Department of Housing and Community Affairs to operate the Comprehensive Energy Assistance Program Jan. 1- Dec. 31.

The primary intent of this is to make funds available to enable SPCAA to respond to energy needs affecting low-income households. Priority will be given to eligible households and to households that include at least one member that is elderly. disabled or a child age five or younger.

For additional information concerning this likely uninformed Scholar, Clinton spoke action, from what we that shelters you. program, contact Janie Posadas at the SPCAA Center, 804 W. American Blvd., Monday through Friday, 8 a.m. to 12 noon, or 1-5 p.m., or call 272-7537.

AA Group

The Rule 62 AA Group has moved, and is now meeting at the Muleshoe Cowboy Fellowship, 710 E. American Blvd., on Friday at 7 p.m.

The program is open to individuals with problems from alcoholism and drug addiction. Contact 946-7929 for additional information.

Local Prayer Session

A special prayer session is scheduled for Wednesday, July 13, at 7:15 p.m., at the Bailey County Courthouse, with the intent of "bringing God back into community and country." All Muleshoe-area Christians are invited to attend.

MISD Local Passes

Muleshoe ISD is once again offering the MISD Local Pass to senior citizens (65 and older) who are residents of the district.

The MISD Local Pass was designed to allow senior citizens who are residents of the Muleshoe school district to attend locally sponsored school events at no cost.

Senior citizens who wish to obtain a MISD Local Pass may do so by seeing Pam Thomson the MISD Superintendent's office or by calling her at 272-7404.

What Goes Around... Comes Around

While we can hardly be considered a fan of Justin Bieber, anyone who has given thought to our political leanings should know how we feel about former Pres. Bill Clinton.

However, the former president deserved the apology he received a couple of weeks ago from the pop singer.

For those who are unaware of the incident apology, the Canadian youth heart throb — who has been the brunt of much anger in recent months due injudgment an insult to inhale" incident. the former president.

expressed his most University as a Rhodes

Editoria

by spraying cleaning States' involvement in fluid on the former the Vietnam War. president's portrait, and cursing him.

goes around really does a march to coincide come around, as the old with a similar event on saw goes.

For those who don't that led up to the recall, the former actions of the young president endured a bit of outrage of his own during his first presidential campaign.

No, we're not

Specifically, Bieber attending Oxford hedid.

feelings toward Clinton out against the United

In fact, he did more about either action. than speak out, as Apparently, what we recall, organizing American soil.

Bill Clinton and his decision to speak out country whose Bill of against his nation of citizenship from foreign soil distasteful, we have to his childish antics, referring to the similar feelings about wishes to denigrate included in his errors infamous "I didn't Bieber - a guest in a national leader, this nation, displaying In 1969, while his angst in the manner

understand of it, was protected free speech, and Bieber's apparently included an act of vandalism, a strong argument can be made that there is simply something "not right"

If the young man who would grow up to be this nation's thirdvoungest president wanted to oppose the Just as we found the Vietnam War, he should have done so within the boundaries of the Rights guaranteed that freedom.

And, if a young man whether current or past, than it is only common courtesy not While Clinton's to do so in the country

Barn Goes Bananas

Continued from A1

been a disappointment, but the most recent horticulture attempt with a bit of a surprise success involves a crop that normally grows a little further south than the Texas Panhandle.

According to bus mechanic and driver Don Phelps, he ordered some seeds for a banana tree online about four years ago, and was recently surprised to find the plant has produced fruit.

Originally planted at his home, after two years the resulting plant was getting too big for that location, so it was repotted and placed at the bus barn. After all, if a teacher can have an apple on her desk, and a district secretary a plant on hers, what's unusual about a banana tree in the bus barn?

While the plant remained barren for two years after the move, Phelps said he was recently told the problem was due to a couple of dead leaves at the top... so he removed them, and to his amazement a little over a week ago, he discovered the tree was in fact producing fruit.

The question now is — should the fruit mature, will it be used for pudding, bread or breakfast.

Focus On Faith...



¿Desea Aprender Inglés Para poder comunicarse más fácilmente?

CLASE DE INGLÉS SEGUNDO LENGUAJE

Los martes a las 7:00 de la noche

Guidelines for the use of the MISD Local Pass Card are as follows:

Good only for events sponsored by the Muleshoe Independent School District. (This includes district and non-district athletic events.)

Certain District or Regional UIL activities, even though they may be held in Muleshoe, are not covered by this pass. (e.g.- district One Act Plays)

The MISD Local Pass is not acceptable for activities such as dinner theater productions, suppers, etc.

The MISD Local Pass covers only one admittance and is non-transferable.

The MISD Local Pass is not acceptable for department activities (such as speech/drama, home economics, etc.) used as fund-raisers unless approved by the sponsor and/or principal.

www.muleshoejournal.com

Muleshoe Journal USPS 367820

Established Feb. 23, 1924 Published by Panhandle Weeklies, LLC. Every Thursday at 201 W. Ave. C, P.O. Box 449, Muleshoe, TX 79347. Periodicals paid at Muleshoe, TX, and at additional mailing offices. Postmaster: Send address changes to the Muleshoe Journal, P.O. Box 449, Muleshoe, TX 79347. We are qualified members of the Panhandle Press Association, West Texas Press Association and Texas Press Association

Michael Distelhorst, Publisher mdistelhorst@hearstnp.com Larry Thornton, Managing Editor editor@muleshoejournal.com **Rhea Gonzales Ad Representative** adsales@muleshoejournal.com Ad Design / Classified Advertising advertising@muleshoejournal.com classifieds@muleshoejournal.com Subscriptions: By Carrier Yearly – \$27 Bailey County, by mail - \$29 West Texas



Press

Association

Elsewhere - \$40 By E-mail - \$22 Advertising rate cards on request

Hours are 8 a.m. to 5 p.m., Monday - Thursday, and 8 a.m. to noon on Friday. Advertisers should check their ad the first day of insertion. The Journal will not be liable for failure to publish an ad or for a typographical error or errors in publications except to the extent of the cost of the ad for the first day of insertion. Adjustment for errors will be limited to the cost of that portion of the ad where the error occurred.

Continued from A1 English students. I And worth doing. And know the pressure. So much material. So little time

It's so hard, but so important, to stop, slow down, shut up for a minute. Think together. Give and take together. White space.

white space in our lives for life itself to blossom cell phone or iPadTM, and be rich and full for example. Just a and joyful, creative and thought. productive.

Sabbath commandment column so all the words is about. Time to rest. will fit. Time to let God "recreate" us.

We desperately need tacky of you. some "white space." We need to stop "doing" for a moment so that, when we're back to the "doing," what we do will

be worth something. maybe even done with some joy.

You might run with this "white space" idea a bit and see how a little more if it might be a blessing in other areas of your life.

It might occasionally God knew we needed involve using the "off" switch on your

Now, let me see if That's what the I can re-format this

What? White space, you say? Well, that was

But you're right. Cutting stuff out to get that precious space is really hard.

And worthwhile.



Interested in this space?

Call Rhea at the **Muleshoe Journal** 272-4536 or 806-518-4606 empezando el 10 de Septiembre, 2013 St. John Lutheran Church de Lariat 725 County Road DD **Farwell**, TX

Esta clase es para principiantes, pero pueden asistir personas que quieran avanzar su inglés. \$15.00 cubrirá los costos de sus materiales.

Por favor de registrarse antes del 8 de agosto, 2013

Para más información y registrarse llame a Carla Vidaurri (806) 481-3357 o al (575) 714-4363 Después de las 4:00 de la tarde

Plateau's Safety & Security Plan

USF Offering



The Plateau Safety & Security Plan includes:

- **100** Local Anytime Minutes
- FREE Nationwide Long Distance
- Caller ID & Detailed Billing
- Carryover Minutes

Plateau is proud to participate in the USF Lifeline program. This government assistance program offers eligible consumers one non-transferable discount per household on their monthly telephone service. For information on eligibility, please go to http://www.plateautel.com/usf_offering.asp or visit any Plateau store for details.

www.plateautel.com 1.877.PLATEAU (752-8328)



Muleshoe Five Area Telephone Coop. 302 Uvalde (806) 272-7700

Friona WT Services 1010 Columbia (806) 250-5555

Contract Term: One (1) year. Activation Fee: \$25. Early termination fees: \$100 per year, maximum of \$200 and is prorated A rate of 5.00 per minute (includes Roaming and Long Distance) will apply when outside the rate plan's designated home area. Overage rate is 5.00 per minute. Free Nationwide Long Distance is only available from the Local Plateau Calling Area. Additional taxes, fees, and surcharges may apply. This service includes voice grade access to the public switched network, tone dialing, access to interexchange service, access to operator services and directory assistance, telecommunications relay service, and 911 emergency service. Offer not available in all markets.

Muleshoe Country Club Ladies Association

Th e Ladies Association of the Muleshoe Country Club met July 17 at the club for their monthly business meeting and luncheon.

Members present included Anita Black, LaVerne Winn, Jeanetta Precure, Brenna Shipman, Tammie Black, Jimmie Kay Moore, Elinor Yerby, Donna Glover, Beckie Pool, Kay Field, Pat Kirk, Marlene Martin, Treena Matthews, Claudene Elliott, Helen Templeton, Jerie Flowers, Judy Wilbanks, Analita Haley, Linda Erdmann, Christie Whitt, Linda Wood and Bobbie Black.

Guests were Debbie Black, Rhonda Kline and Krista Wilson.

The meeting was called to order by MCCLA president Martin and the benediction was given by Winn.

The luncheon and decorations were provided by Glover, Moore and B. Black.

July birthday honorees were Pool, Kirk, Moore, Shipman and Martin.

The minutes of the June meeting were read by Secretary Matthews and approved by the members.

The financial report was presented by Treasurer Kirk.

High Plains Chairman Matthews reported there were four players at the July 10 tournament held in Dimmitt: Matthews, T. Black, Kirk and Whitt.

We had three winners: Kirk, third flight, low gross of 87; Matthews, fourth flight, low net 70





MCCLA July Birthday Honorees

The MCCLA July birthday honorees were: Back row – Beckie Pool, Jimmie Kay Moore and Brenna Shipman; front row — Pat Kirk and Marlene Martin.

and Matthews won low went to Matthews, putts of 29.

Tournament will be Aug. 14 in Hereford.

New Business was the discussion of the Ladies Association providing hot dogs for the Muleskinner Tournament, Aug. 3-4. Erdmann will chair

with co-chairman Shipman.

Ladies were asked to sign up for the different shifts on Saturday and Sunday.

Old Business was the request by T. Black for items to put in the gift sacks for the Jenny Slipper Tournament on Aug. 17, and to have them at the club by Aug.

14. It was also reported that the flags have been placed on the greens and the tee markers are painted.

Play Day chairman Wilbanks gave prizes for Shanghi players as follows: Winn, first pat hand; A. Black and Wilbanks, good sport award; Haley, A. Black, Most Outs. Golf awards

Flowers, Templeton for The next High Plains closest to pin on #5 and Templeton, closest to pin #9.

The door prize was won by Winn.

Publications In The Muleshoe Journal

The Muleshoe Journal invites your news of weddings, engagements, showers, anniversaries and births.

But, in order to be fair to everyone, we must limit the amount of space for certain events.

For weddings, 25 column inches, which includes a photo if desired, is the limit. If the photo and announcement runs longer, we reserve the right to eliminate parts of the story.

However, if a longer write-up is desired, it may be placed in purchased space.

For anniversaries, the space will be free for anniversaries of 50 years or 75, specifically, and will be limited to a single photograph. A fee will be charged for other anniversaries.

Birth announcements with onecolumn photos are run free of charge with the names of the immediate family, including grandparents. Great-grandparents, etc., will not be included.

The permission of both parents is required for a birth announcement to

be published.

Small stories describing showers are run free of charge after the fact and may include the names of the principals, the hostess gift, the names of special or out-of-town guests, and a one-column photograph of the honoree.

It is the responsibility of the party providing the information to provide all of the information.

News releases in which names were left out by the party providing the information will not be re-published free of charge.

A deadline of three months after an event will be the rule for free publication.

Information must be received by Monday noon. Publication cannot be guaranteed in the week it is provided.

Drop by the Journal office, or go to www.muleshoejournal.com, for a form. The information may be e-mailed to editor@muleshoejournal. com.

"Giving of yourself, learning to be tolerant, giving recognition and approval to others, remaining flexible enough to mature and learn - yields happiness, harmony, contentment and productivity. These are the qualities of a rich life, the bounteous harvest of getting along with people."

-Jack C Yewell

Heroes cross our path every day in some form or fashion. Join us in saluting some of our own..

OMETOW EMERGENCY PERSONNEL FROM FROM SIGNAL PROFESSION CITY GOVERNMENT & ED SPIRITUAL LEADERS

In our first week of hometown hero salutes, we take the time to acknowledge the many spiritual leaders of our community and the surrounding area. It is with your strength and guidance that we move righteously forward. Your influence guides other heroes to do what is best for our community. Your leadership guides our community to do what is right in the eyes of God. We're a better community because we can lean on you. We thank you for your patience, compassion and prayers on our behalt. As servants of God, you are our earthly heroes. Know that we too, pray for you and your continued wisdom.

Bailey County Ministerial Alliance - Function - Help those in need, including transits that pass through town (with exceptions) and local transits. Help the elderly when possible. Generate funds for the Hope Chest and Christmas In Muleshoe programs. Food drives for various food pantries, toys for Christmas programs and some churches also participate in coat drives. Around Easter, we try to raise money again for those in need.; Personnel - Numerous volunteers from a combination of churches in Muleshoe.



Siren Signals "Hi-lo" wavering signal... seek more information by radio, I television or internet.

Muleshoe's Storm

Long steady signal, break, long steady signal ... "all clear."

(Cut and keep!)

You are invited to participate in a Marriage Seminar at Muleshoe's **First United Methodist Church** Fellowship Hall, August 2, 6:00-9:00 p.m. The church will provide a meal at 6:00, with the presentation by AI and Jodie Martin to follow. Al is an ordained elder in the Methodist Church and is Director at the Wesley Foundation at TTU. Jodie is a licensed family counselor.

We believe this seminar will benefit the very-married, the newly-married, the soon-to-be married, and all stages in between There will be no charge for the seminar, and child care will be provided. Because of concern over allergies, we suggest that you feed the children before you come.

We would appreciate your letting us know by July 31 if you plan to attend; include the number and ages of children you will bring. Call the church office (272-5517) or Pat Watson (925-6763).

First United Methodist Church 507 W 2nd Street Muleshoe, TX

FIRST ASSEMBLY OF GOD Pastor Ryan Pate 521 South First Street - 272-3017 S.S. 9:45 am W.S. 10:30 am & 6:00 pm, Wed. 7:00 pm EL BUEN PASTOR 415 E. Ave. F - 272-5455

Pastor Ruben Acevedo S.S. 9:45 am, W.S. 5 pm; Wed. 7 pm

BAPTIST CALVARY BAPTIST 1733 W. Ave. C Rev. Jeff Coffman CIRCLE BACK BAPTIST Intersection FM 3397 & FM 298 FIRST BAPTIST 220 West Ave. E Dr. Stacy Conner **FIRST BAPTIST** Lazbuddie • 965-2126 PRIMERA IGLESIA BAUTISTA 223 E. Ave. E Interim Rev. Troy Smith **PRIMITIVE BAPTIST**

621 South First Elder Bernard Gowens Min PROGRESS BAPTIST Progress, TX

PROGRESS SECOND BAPTIST Arthur Hays, Min. - 1st & 3rd

Sundays RICHLAND HILLS BAPTIST Bro. Larry Thornton 17th & West Ave. D S.S. 10 am; W.S. 11 am & 6 pm; Weds. 7 pm

IGLESIA BAUTISTA 312 E. Ave. B - Elias Torres Pastor Escuela Dominical 9:45 am Culto de Adoracion 10:45 am Miercoles 6:00 pm 806-265-5222 CATHOLIC IMMACULATE CONCEPTION CATHOLIC CHURCH 805 E. Hickory Leonardo Pahamtang, Min. 8:00 a.m. (Spanish)

EPISCOPAL - CHARISMATIC ST. CLEMENTS CHURCH COMMUNION OF CHRIST THE REDEEMER Hwy. 214 South • 272-5954 Father Sergio Leal Sun. W.S. 10:30 am

CHRISTIAN TRINITY CHRISTIAN CENTER 1723 W. American Blvd. - 272-3877 Reydon Stanford, Pastor Sun. W.S. 10:30 am **CENTRO CRISTIANO** 117 E. Birch St. - Hermanos Barron S.S. 10 a.m.; W.S. 11 a.m. & 6 p.m.; Wed. 7 p.m.

CHURCH OF CHRIST LAZBUDDIE CHURCH OF CHRIST Nathan Crawford, Min. S.S. 9:30 am; W.S. 10:20 am & 5 pm; Wed. 7 pm MULESHOE CHURCH OF CHRIST 22nd & W. American Blvd. S.S. 9:30 am; W.S. 10:20 am & 6 pm; Wed. 7:30 pm 16th & AVE. D CHURCH OF CHRIST Curtis Shelburne, Min. - 272-4619 S.S. 9:30 am; W.S. 10:30 am; Growth Gr. 1:30 pm; Wed. 7:00 pm

LUTHERAN ST. JOHN LUTHERAN Lariat, TX • David Symm, Min. S.S. 10:30 am; W.S. 9:30 am

METHODIST FIRST UNITED METHODIST 507 W. 2nd St. S.S. 9:45: W.S. 11:00: Praise & Prayer 6 PM; Weds. 6 PM Youth Activities; Sun. 5 PM Jr. High Bible Study; 6 PM Sr. High Bible Study Pastor Mindy McLanahan, - 272-5517



LAZBUDDIE METHODIST S.S. 9:30 am; W.S. 10:30 am Pastor Ken Peterson - 965-2121 EL DIVINO SALVADOR U.M.C. 619 E. 5th Street & Ave. G Javier Careaga, Pastor - 272-6888

PENTECOSTAL UNITED PENTECOSTAL LIGHTHOUSE 207 East Ave. G - 1-800-454-6051 S.S. 10 am; Thursday, Bible Study 7 pm

INTER DENOMINATIONAL **RIVER OF HOPE CHURCH** Plainview Hwy. Steven & Tiffany Hart, Pastors Discipleship Classes 9:30 am W.S. 11 am

> **MULESHOE COWBOY** FELLOWSHIP

710 E. American Blvd. Steve Friskup, Minister 272-5199 Service: 7:30 p.m. Thursday



1430 US Hwy. 84, Muleshoe	1025 W. American Blvd., Muleshoe	1602 W. American Blvd., Muleshoe
272-3061/272-4990	272-3333	272-7548
FIVE AREA TELEPHONE ORGANIZATION 302 Uvalde, Muleshoe 272-5533		BAILEY CENTRAL APPRAISAL DISTRICT 302 Main Street, Muleshoe 272-5501
BAILEY COUNTY ELECTRIC CO-OP ASSN. 305 E. Ave. B, Muleshoe 272-4504	MULESHOE JOURNAL STRIVING TO BE YOUR SOURCE FOR LOCAL NEWS	RAY LEE EQUIPMENT 2800 W. American Blvd., Muleshoe 272-4296
MAPLE CO-OP GIN	201 West Ave C. • PO Box 449	H & R BLOCK
Hwy 596, Maple	Muleshoe, TX 79347	104 E. Ave C., Muleshoe
<i>927-55</i> 01	806-272-4536	272-3332

Page A4 - Muleshoe Journal, July 25, 2013 - www.muleshoejournal.com

Experiencing Texas' Natural Beauty

Whether it's a refreshing dip in the crystal clear waters of the Frio River or horseback-riding on the trails of the Palo outdoor enthusiasts Duro Canyon, Texas is home to 95 diverse state parks, historic sites, and Texans and the millions wildflowers. who visit our state each year.

This month marks the 50th anniversary of the Texas Parks and Wildlife Department (TPWD), an agency with a rich history of and showcasing Texas' vibrant lands and wildlife.

From fishing and time in office. hiking to paddling and camping, Texas the options are endless parks offer inexpensive for Texans looking families, students and sweltering heat.

UNITED STATES SENAT

year-round.

B. Johnson State Park of Texas' 200 major natural areas that offer is painted with the lakes, 190,000 miles of countless excursions for bright colors of Texas rivers, and more than

> Visitors can swim, fish, hike and picnic paddle-boat, canoe, against the beautiful kayak, and lifejacket spring backdrop rentals. At Mustang complete with bison, Texas longhorns and buffalo.

protecting, cultivating an impressive Visitor's Center including memorabilia from President Johnson's on the Texas Gulf

During the summer,

TPWD has more than 50 designated paddling Every spring, Lyndon trails to make the most 300 miles of coastland.

Many parks offer in East Texas. Island State Park, go kayaking, birdwatching and fishing The park also boasts on the paddling trails that pass through one of the few undeveloped barrier island habitats Coast.

dunes protect the rich vegetation and wildlife activities for tourists, for a break from the on Mustang Island, including bulrushes,

cattails, sedges and over 400 species of birds.

Each fall, autumn foliage decorates parks across the state, from the red and orange leaves of the majestic Bigtooth maples at the Lost Maples State Natural Area to the golden hues of the cottonwoods at Daingerfield State Park

During the cooler temperatures of the winter months, nature trails and hikes abound in Texas parks.

Serious hikers enjoy the 19-mile Rancherias Backpacking Loop through Big Bend Ranch State Park, which takes them through canyons, over ridges, and across Towering sand flat-topped hills called mesas.

> Fredericksburg is home to Enchanted **Continued on A5**

Sorry! The Senior Citizens News, and menus weren't available for publication this week.

Brothers Co. YARD OF THE WEEK



JESSE AND PAULA CARRION 207 W. Ave. F



ASSEMBLY OF GOD FIRST ASSEMBLY OF GOD Pastor Ryan Pate 521 South First Street	Angels (Solutions on A6) M I D P M A C P F Q E W N E X V E R T Z Bottomless pit	S.S. 10:30 am; W.S. 9:30 am <u>METHODIST</u> FIRST UNITED METHODIST
272-3017 S.S. 9:45 am, W.S. 10:30 am & 6:00 pm, Wed. 7:00 pm EL BUEN PASTOR 415 E. Ave. F - 272-5455 Pastor Ruben Acevedo 272-4542 S.S. 9:45 am, W.S. 11 am & 6 pm; Wed. 7 pm	NIZLUCIFERBBOFNNXMMGOVCAOPHRAHKONBZWNAMGOVCAOPHRAHKOONBZWNAMCFHHFGSFAYYTDKPBJJZIIDD </td <td>507 W. 2nd St. 507 W. 2nd St. S.S. 9:45; W.S. 11:00; Praise & Prayer 6 pm; First Sunday of Month 4 pm Parkview Nursing Home Service Mon. 9 am Ladies Bible Stdy; Tues. 6 pm Adult Bible Stdy; Pastor Mindy McLanahan, 272-5517 LAZBUDDIE METHODIST S.S. 9:30 am; W.S. 10:30 am</td>	507 W. 2nd St. 507 W. 2nd St. S.S. 9:45; W.S. 11:00; Praise & Prayer 6 pm; First Sunday of Month 4 pm Parkview Nursing Home Service Mon. 9 am Ladies Bible Stdy; Tues. 6 pm Adult Bible Stdy; Pastor Mindy McLanahan, 272-5517 LAZBUDDIE METHODIST S.S. 9:30 am; W.S. 10:30 am
BAPTIST CALVARY BAPTIST 1733 W. Ave. C. Rev. Jeff Coffman FIRST BAPTIST 220 West Ave. E Dr. Stacy Conner FIRST BAPTIST Lazbuddie • 965-2126	H J F U G E T T Y U T S Y A Z U N L P D Lucifer G Y X D E R Y K S D M P M J N L F T B R Light K P N J L P S D E O K I L Z Q W E T L O Heavenly Host D O V X E S O A P Q N T H Q G P U W Z L Shur K J R R I I T B U G D O Q P M W K F E E Bokim O X N V R H X T S K T Q X U U Y W Q A H Ophrah	Pastor Ken Peterson 965-2121 EL DIVINO SALVADOR U.M.C. 619 E. 5th Street & Ave. G, Fernando Sanchez, Pastor 272-6888 <u>PENTECOSTAL</u> Iglesia Apostolica de la Fe en Cristo Jesus
PRIMERA IGLESIA BAUTISTA 223 E. Ave. E Rev. Rosendo Lopez PRIMITIVE BAPTIST 621 South First Elder Bernard Gowens, Min. PROGRESS BAPTIST Progress, TX	R J M T B U C W A W Q N R N L R K D G T Ephesus N V K W A V O I H E U T D T U N A O K E Trumpet D W B K G R E H E A V E N L Y H O S T N Flaming sword D R N I D O G F O S R E G N E S S E M C Rod of gold This devotional & directory is made possible by these businesses who encourage all of us to attend worship services.	207 East Ave. G Sunday 1:30 pm Wednesday 7:30 pm INTER DENOMINATIONAL NEW COVENANT Plainview Hwy. Steve Claybrook, Pastor W.S. 10 am; Wed. 7 pm



Oblueries

Jack Little

Graveside services for Walter B. (Grandpa Jack) Little, 90, of Muleshoe, were held on Wednesday, July 24, at Muleshoe Memorial Park Cemetery with the Rev. Dr. Stacy Conner officiating.

Mr. Little died on July 19, 2013 in Katy. He was born on Jan.2, 1923, to First Baptist Church of Alexander and Blanche Muleshoe. Little in Childress.

Smokie, in 2005.

after moving there from great-grandchildren. Decatur.

degree from Texas Park Cemetery. A&M University.

Lynn Roberts

Funeral services for married Bill Roberts on Wilma Lynn Roberts, 83, were held on Tuesday, in Farwell with R.L. Richards officiating.

in Farwell.

under the direction of Steed-Todd Funeral Home in Clovis, N.M.

Mrs. Roberts passed away on Saturday, July 20, 2013, at Lubbock Heart Hospital.

Mary Francis Linn, and 88130.

Engagement



He is survived by He was preceded a son — Tom Little of our national security country, including a 1.8 in death by his wife, Houston; a sister — Neoma Marie Rawle U.S. troops. Jack had lived in of Chico; three Muleshoe since 1947, grandchildren, and 10

Memorialsmaybesent He served in the to the Oneita Wagnon United States Navy, and Senior Citizens Center received his bachelor's or Muleshoe Memorial

Online condolences Jack was a farmer can be made at www. and a member of the ellisfuneralhomes.com.

Aug. 13, 1948, in Kress. Survivors include July 23, at the Fifth three daughters—Sheri Street Church of Christ Miller and husband Jerry of Lockney, Melody Sheets and husband Burial followed at Gene of Muleshoe, Sunset Terrace Cemetery and Beverly St. Clair and husband Robert of Arrangements were Lubbock; a son — Robin Roberts and wife Karla of Lubbock; a brother — Forrest Whitlow and wife Jolene of Lubbock; and 10 grandchildren.

The family suggests memorials be sent to She was born on Aug. New Mexico Christian 13, 1929, in Kress, to Children's Home, 1356 Homer Whitlow and NM 236, Portales, NM,





House will consider the Department of Defense Appropriations bill.

This legislation provides funding for efforts and supports percent pay increase.

\$512 billion in non- we'll be marking up our shown that fracking is war defense funding housing finance reform and \$85 billion for war bill. funding.

providing a strong Act, which you can national defense is one of our government's highest priorities.

legislation includes fracking and the flawed some spending and false information reductions while still that's been spread about providing critical resources for national security and adequate of Energy recently support for the men and completed a study that women defending our showed that fracking in

Texas Time…



Sen. Cornyn at Big Bend

Continued from A4 Rock State Natural Area, which centers take advantage of the on a massive, pink natural beauty our vast granite rock that rises park system affords 425 feet above ground us. — the second largest formation of its kind in the country. Legend has it that Tonkawa Indians named it after a Spanish Conquistador cast a spell on the formation and caused magical fires to glow on its peak. In Texas, we do things bigger and better, and that's no exception when it comes to our state parks. I congratulate the Texas Parks and Wildlife Department on 50 years of careful preservation of our



In the Financial The bill includes Services Committee,

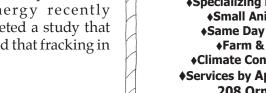
I feel strongly that explaining the PATH watch here.

In the Science Committee, we're I'm pleased this holding a hearing on this process.

The Department

precious lands, and I

encourage all Texans to



contaminate the water supply. Study after study has

safe.

Of course, you I made a brief video probably knew that fracking is safe, and already.

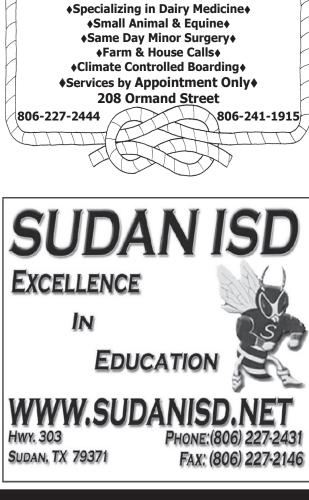
Pennsylvania did not

technology in Texas for

60 years.

Today, advances in fracking technology are revitalizing our economy and allowing us to identify and access fuels that were previously unreachable.

It's time for this Administration to acknowledge the science that proves to stop standing in We've been using this the way of American energy development.



SUDAN VETERINARY SERVICES

CHRIS LARSON D.V.M.

Bruce Hamilton and Kylah Riddle

Riddle, Hamilton To Wed

the engagement and Mexico University. upcoming marriage of of Ruidoso, N.M.

The prospective the same location. bride is a graduate of Dimmitt High School and Abilene Christian University.

The prospective groom is the son of Jeff and Deena Hamilton.

He is a graduate of

Thanks for reading the Muleshoe Journal!

Jon and Niki Riddle Muleshoe High School of Dimmitt announce and Eastern New

The wedding has their daughter, Kylah been set for Oct. 5, 2013 JeTonne Riddle, to at the home of Jon and Brant Price Hamilton Niki Riddle, with a reception to follow at **Interested in** telling your community about the happenings in Sudan?

Contact the Muleshoe Journal at 272-4536



Specializing in Aerial Spraying - Insecticide, Herbicide & Seeding - Field Scouting Service

Johnny King Home (806) 227-2211 P.O. Box 189 Fax (806) 946-3659 Sudan, Texas 79371 Mobile (806) 946-7309 Business (806) 946-3399 Vernon Office (940) 552-6102

COMPOSTED CATTLE MANURE

Paco Feed Yard -- Hub Cargill Cattle Feeders -- Bovina **Bovina Feeders -- Lazbuddie**

BRANDON SCHILLING Mobile 806-225-7700 OFFICE 1-800-650-2550

NORTH PLAINS COMPOST, INC.

PO BOX 1099 FARWELL, TEXAS 79325

Lamb Healthcare Center

is pleased to announce the addition of

Dr. Cindy George

Family Practice/OB physician to the

LHC Family Medicine Clinic

Dr. George will begin practice at LHC Family Medicine on

Monday, July 15, 2013 You may call 806-385-6424 to schedule an appointment.

She graduated from West Texas A&M, went to medical school at Texas Tech University Health Science Center and did her family medicine residency at TTUHSC.

We are very excited to have Dr. Cindy George join our staff.

LHC Family Medicine 1600 S. Sunset, south of the hospital • Mon.-Fri. 8 am - 5 pm



Double Jeopardy Issue Does Not Bar Subsequent Lawsuit Against Zimmerman

Q. I read that there may be another lawsuit filed against George Zimmerman. How is this possible? double jeopardy?

A. Double jeopardy just doesn't prevent all subsequent lawsuits. Double jeopardy prevents a person and tried more than a tenant? once for the same or a similar crime.

on the one hand, and necessary repairs. civil proceedings on government.

They serve two primary purposes, deterrence and retribution, and result in a loss of liberty or life. For these reasons the rules governing criminal proceedings tend to favor the accused over the prosecution.

Civil proceedings are filed by an individual against another individual, and are designed to compensate injured persons for any losses incurred.

Civil courts employ rules that are fairer to both parties. For example, the standard of proof to obtain a conviction in a criminal trial is "beyond a reasonable doubt," а very high standard.

A plaintiff may prevail in a civil trial, however, on a showing of "preponderance of the evidence," a standard that basically requires the jury to find



Whatever happened to out the air conditioner your personal property, it is so important that had to be repaired.

made the repairs, he caused the damage. has refused to pay for from being charged What are my rights as

There is a distinction, obligation to do what he however, between promised to do under criminal proceedings the lease and make any if he knew about the

the other, based on otherwise, the landlord repair it, he could be the different purposes has an obligation to served by each. repair a leaky air Criminal proceedings conditioner. In most damage to your clothing are punitive in nature, cases, however, the that could have been and are filed by the landlord is not liable prevented with prompt reported as your debt to for any damage that repairs. occurred before the problem was reported a landlord is generally to him.

liable for damage to property. That is why

Muleshoe Journal.

Death Notices...

will not be included.

not be included.

Obituaries...

burial may be included.

column inch.

purposes.

Obituaries and Death Notices

Death notices will be published free of charge in the

Obituaries will be published at the rate of \$4.50 per

In all cases, the death notice and obituary information

The guidelines that will be used to determine if, and

Death notices may include the deceased's name, city

If the notice is to be published prior to any services,

If publication will be after said services, the time will

Obituaries printed in the Muleshoe Journal are printed

at the rate of \$4.50 per column inch, and may contain

a variety of information, including but not limited to:

Date and details of funeral and place of burial; date

and place of birth and parents names; date of marriage;

biographical information; names of parents, spouses or

children who have preceded the person in death; names

of survivors; and where memorials may be directed.

the time, date and location of services, and location of

of residence, age, date and place of birth, date and place

of death, and the names of parents. Survivor information

should be submitted by the funeral home for verification

how much the publication will cost is as follows:

Although my negligent, and that insurance. is alive and well. It landlord promptly negligence must have

getting my clothes in not know about the paying and I had to the closet cleaned? leak and promptly had it repaired as soon it A. Under the law, not be responsible for from the person I cothe landlord has an any damage to your signed for? clothing.

leak, and did not take the event the person you Unless the lease states reasonable steps to considered "negligent" and responsible for

The bottom line is that not responsible for For a landlord to be damage to a tenant's

the landlord must be all tenants have renter's

Q. I co-signed for someone who bought If the landlord did a car. He stopped pay almost \$3,000 to settle the account. Can was reported, he would I recover this money

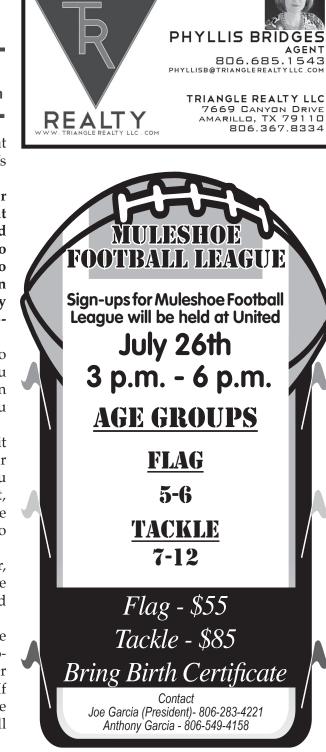
A. As you seem to On the other hand, understand, when you co-sign you must pay in co-signed for does not.

If you do not pay, it will be treated as your debt. This means you might face a lawsuit, and the debt will be the credit bureau.

If you pay, however, the law gives you the right to be reimbursed by the other party.

I suggest you send the person for whom you cosigned a certified letter asking for payment. If he does not reimburse you, file a claim in small claims court.

Do you want to know more about your legal rights? Visit my website, www.peopleslawyer.net



TRIANGLE

Subscribe to the **Muleshoe Journal**

HIGH & HIGH SCHOOL All students who will attend Jr. High and High School, will register. DATES: Jr. High MONDAY, AUGUST 12TH, 2013

7:30ам - 5:00рм TUESDAY, AUGUST 13TH, 2013 12:00 NOON - 7:00рм

their decision was more likely than not.

My opinion is that in the Zimmerman case, there may well be a civil lawsuit for wrongful death filed by the family of Trayvon Martin, notwithstanding the fact that a criminal jury found him not guilty.

As was seen with the O.J. Simpson case, a civil jury may find liability where a criminal jury found not guilty.

Q. I rent an apartment. I recently discovered the floor in my closet was wet. Later, I saw what looks like mold growing out of the carpet. It turns

A black and white photo will be included; however, there is an additional charge of \$75 to include a color photograph.

Angels

M I D P M A C P F Q E W N E X V E R ZUCIFER B B OFNNXM OVO AOPHRAHKOONBZWN A M H H F G S F A Y Y T C F D K P B Ζ J I MLECACFGEQQT L Ž٨ V Т YJZOIU MTRWRÈÈÒ ww CQUHCCLXDSDMQPV Ν JSBUHNŤIĤOWL ′S K A I F A E J U X È R TXMUNSRVZQ ′s| 0 HJFUGETT ′U∕ T | S| (D) ΖU YXDER YKSDMPMJN L R В ΡΝJ S D/E/O K LZQW/ 0 P S O A P Q N T H Q G P U DO VX E W RR T∕BU∕G∕DOQ.P∕M∕W E XNVRH κταχ/ψ/ψ H ХТ⁄ JMTBUC/WAWQN/R/NL D G(T) NVKWA VOIHEUTDTUN À O K E DWBKGREHEAVENLYHOSTN DRNI (DOGFOSREGNESSĚM) C



HIGH SCHOOL

Monday, August 12th, 2013 SENIORS 9:00AM- 11:00AM, JUNIORS 1:00PM- 3:00PM TUESDAY, AUGUST 13TH, 2013 SOPHOMORES 9:00AM - 11:00AM Freshman 1:00pm - 3:00pm New Students/Make up Registration 6:00pm - 7:30pm

If you have any questions, please call Jr. High 272-7349 or High School 272-7303.

*Monday, August 26 Students First Day of School

DILLMAN & DESHAZO REG

All students who will attend Dillman and DeShazo Elementary School, Grades Pre-K thru 5th will register.

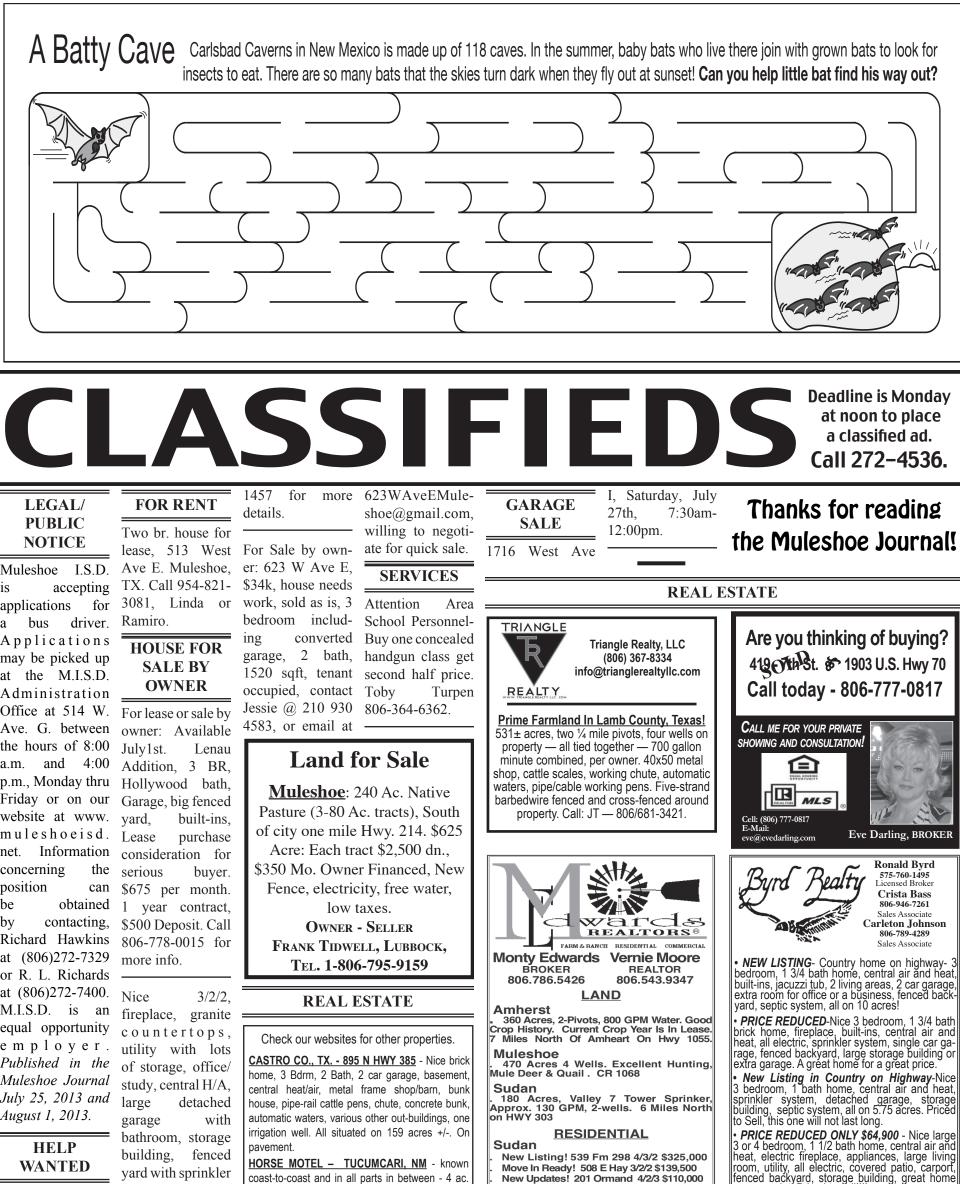
DATES:

WEDNESDAY, AUGUST 7TH, 2013 8:00ам — 5:00рм THURSDAY, AUGUST 8TH, 2013 3:00рм — 8:00рм FRIDAY, AUGUST 9TH, 2013 9:00ам- 1:00рм

New Students will need to bring a legal birth certificate, social security card, immunization record, proof of residency, and the enrolling person's ID. Previous school records/report card will be helpful.

Returning students will be mailed a registration notice. If nothing is checked on the notice, then your child's records are complete. You will only need to complete the registration papers.

The Dillman and Deshazo office will open August 1st, if you have any questions, please call Dillman 272-7382 or Deshazo 272-7364.



Delivery Driver needed. Must have CDL. Apply in personatMuleshoe Vet Supply.

and benefits. Great opportunity Equipment.

system. Call 806-946-9293 or 806-781-1123. House for sale. 1802 W. Ave D. ServiceTechnician Beautiful 4/2/2 on

needed. Topwages a corner lot. Open concept living/ dining/kitchen. for right person. Sprinkler system. Apply at C&H Approx. 2300 sq. ft. Call 806-392-

HELP WANTED

Now Hiring Preschool Teacher

Life in Christ Academy is looking for a qualified part-time preschool teacher for the school in Lariat. For application information, contact Tina Symm at (806) 206-4824.

DRIVER

LIMITED OPENINGS! Based in Clovis, NM HOME DAILY Great Pay FREE MEDICAL BENEFITS AVAIL. CDL-A w/ 1 yr. T/T exp. Must Have Tank Endorsement 800-879-7826 www.ruan.com/jobs



Dedicated to Diversity. EOE

coast-to-coast and in all parts in between - 4 ac +/- on the edge of town. Nice metal frame horse stables w/pipe-rail pens. Nice brick home, 3 bdrm. 2 bath. Excellent opp.!

POTTAWATOMIE CO., OK. - 1,200 ac. +/-, 600 ac. +/- of corn for 2013, cheap pumping from two pumping stations on the little river, pivot sprinklers, balance in choice grassland, barn w/apartment, steel pens, on pvmt., 800 mature pecan trees, very scenic.

SINCERE CREEK RANCH - 779.02 ac. +/-, pvmt. on four sides, rural water avail., brick home w/ large set of steel pens.

HILLTOP RANCH - 1,370.84 ac. +/-, on pvmt., two sets of improvements w/an abundance of steel pens, feed mill, barns & out buildings. COAL COUNTY RANCH - 974.25 ac. +/-, brick home, steel pens, barns & out buildings.

REEVES CO., TX. - 640 ac. +/-, 3 sprinklers, 6 wells; 635 ac. +/-, 3 sprinklers, 3 wells, 12,000 hd. feedvard

CASTRO CO., TX. - Choice 1/2 section, sprinkler irr., nice preconditioning pens (steel) w/concrete bunks, nice home, on pvmt.

DEAF SMITH CO., TX. - Choice 1/2 section, sprinkler irr., nice set of preconditioning pens (steel) w/concrete bunks on pvmt. just out of Hereford.

www.scottlandcompany.com www.texascrp.com Ben G. Scott – Broker Krystal M. Nelson – NM Qualifying Broker 800-933-9698 day/ eve



Bailey County - Southeast of Circle Back. 93.7 acres with 3 bedroom 2 1/2 bath brick home. 2 park garage, large finished basement, 30' x 40' x 12' insulated steel barn. As nice as it sounds. House, barn, and 4 acres can be sold seperately.

Each tract can be sold seperately

Bailey County- 177 acres, 10 year CRP contract. On pavement, could be a nice recreational place. Mule deer and other wildlife in the area.

Barry Coker, Agent Vic Coker. Broker Cell 806-946-7242 Cell 806-787-0917 316 Main Street • Muleshoe, Texas Office: 806-272-3100 • www.vicoland.com

Country Living! 3/2/Carport \$75,000 COMMERCIAL

Sudan

Commercial Car Wash - Working Business On Major US Hwy 84 in Sudan. \$59,000

7 Commerical Lots With 37.9 Acres \$100.000

囼 806.686.6371 Office MEdwardsREALTORS.com

епсеа раск uliding, great nome on corner lot, Priced to sell!!!!

• **PRICE REDUCED In Country on 10 acres**, Nice 4 bedroom, 2 1/2 bath brick home, fireplace, utility, built-ins, new windows, roof and air, large storage, 2 car garage. Call for more details.

228 Main Street, Muleshoe, Texas Check all of our listings at www.byrdrealestate.net



116 E. Ave. C • George Nieman, Broker • 272-5285 or 272-5286 CHECK OUR LISTING INFO., PHOTOS, ETC. ON-LINE AT WWW.NIEMANREALTY.COM HAVE BUYERS! NEED HOME AND LAND LISTINGS!!

HIGH SCHOOL AREA

NICE 3-2-2 Home, corner lot, built-ins, Cent. A&H, workshop/storage plus storage building!! 1974' lvg. area!! **\$96K!!** PRICE REDUCED \$79,500

• 3-1.5-1 carport Home, Cent. A&H, stove thermal windows, "AS IS", MAKE OFFER!! \$47K!!!

3 Bedroom, 2 Bath, 2 Car Garage Home on corner lot, wall furnace heat, win. refrig. air, stove, refrigerator, ceiling fans w/lights, large wkshop in garage, fenced yd., stor. bldg., includes 1 bdrm. rental unit!! \$81,795!!

 5-3-2+2 carport home, Cent. Air & Heat, approx. 3124' lv. area, FP in den, WB stove in lv. area, 2 large workshops, stor. bldgs., +1 bdrom aptmt., corner lot, MUCH MORE!! \$140,000!!

 VERY NICE - 3 - 2 Brick Home, Cent. A&H, builtins, WB stove, nice flooring, utility, thermal win. & doors, fans, fence yd., stor. bldg.!! \$99K!! • 2 Bedroom, 1 Bath, 1 Car Detached Garage, Cent

Air & Heat, Built-ins, den or 3rd Bedroom, fenced yd., approx. 1408' lv. area!! \$58K!! \$49K!!

RICHLAND HILLS • PARKRIDGE • HIGHLAND

2 Nicely Remodeled Duplex Units & 1 NEW Duplex Unit!! Price Reduced!! \$350K!!!!!

 Nicely Remodeled 3-2-2 Brick, Cent. A&H, built-ins, FP w/wood pellet insert, corner lot, fenced yd., auto. spklr., + lot w/stor. bldg.!! 2159' lv. area!! \$150K!! REDUCED!

 VERY NICE 3-2.5-2 Brick Home, Cent. A&H, builtins, FP, approx. 2749' lv.area, lots of storage, nice courtyard & landscaping, workshop/storage/fenced yd., Much More!! Reduced-\$170K!

•VERY NICE 3-2-2 Brick Home on corner lot, Cent. A&H, built-ins, FP, remodeled bathrooms, nice carpet & tile, sunroom, fenced yd., auto. spklr., approx. 2216' liv area!!! \$125K!!

 2-1 Home, wall furnace heat, window evap. air!! \$30.000!!!

3 Bedroom, 2 Bath, 1 car garage Brick Home, Approx. 1844' Iv. area, total elec., new Cent. A&H. built-ins, area!! fenced yd., storage/workshop, MORE!!! \$89K!! REDUCED \$79,500!! MAKE OFFER!!

2 BEDROOM, 2 BATH, 2 CAR GARAGE, Cent. A&H, built-ins, fans, storm windows, & doors, auto. spklr., fenced yd., cov. patio, stor.bldg.!! \$89K!!

LENAU • COUNTRY CLUB

3 Bdrm, 2 bath, 2 carport, Cent A&H, Dishwasher, WB Stove, approx. 2156' lv. area, \$60K!!

· VERY NICE CUSTOM BUILT 3 Bedroom, 3 Bath, 2 car garage home, at edge of town on 80 acres!! Geothermal heat & air, built-ins, FP, ash cabinets, approx. 2544' main lv. area plus 625' finished basement w/safe & storage, spklr system, beautiful trees and landscaping. circle sprklr, 5 wire barbwire fence, 36' x 48' metal insulated bldg w/2 12' doors!! MUCH MORE!!

RURAL

 3-1 1/2-1 Home on 8 acres, approx. 1664' lv. area, Cent. A&H, built-ins, sunroom, storm shelter, stor. room, 2 CP, RV port, 1440' metal bldg.!! MORE!! \$110K!!!

NICE 4.8 acre homesites, deed restricted!! \$17,500!!

 NICE 3-2-2 Home on 11 acres at edge of town, Cent. A&H, built-ins, FP, freshly painted interior, thermal windows & doors, plus 1 bdrm house, worskshop, storage, greenhouse, plus 3 garages, barns & outbuildings!! \$155,000!! \$135.000!!

•FM 1760 @ edge of town, nice 3-2-2 carport home on 3 acres, cent. A&H, built-ins, FP, approx. 2253' lv area, fenced, horse barn w/corrals, hay & tack room!! \$105K!!!!

 VERY_NICE 4-3 doublewide (2006) on 7.3 8 acres, Cent A&H, bliphys, Percevyr, RAM metal bldg., septic system, domestic well, on pavement close to town!! PRICE REDUCED!! MAKE OFFER!

 FM 303-4 Bedroom, 2 Bath, 2 Det. Garage, 2 acre tract, Par. Cent. A&H, Dw, disposal, thermal windows, storm doors, fans, stor. bldg.!! \$80!! \$74,000!!

• 3 Bedroom, 2 Bath Mobile Home (1998 Skyline), approx. 2280' lv. area, Cent. air&heat, built-ins, FP, metal roof, auto spklr., 40' x 80' insulated metal building, w/office, 1/2 bath, workshop, loft storage, 220 electric, 14.68 acres on Hwy.84 close to town!! MUCH MORE!! \$157,900!!

LAND & COMMERCIAL

Approx. 1080' metal bldg. w/off. & 3 bay garage/ workshop area plus chain link fenced area!! \$39,500!!
 GREAT BUSINESS LOCATION - 13000' Bldg.,

7000' paved parking, corner lot, Hwy. 84 & Main. A&H, \$100,000!!! Price Reduced \$80,000!!

• 101.8 acres, edge of town, pasture & farm land, 1 irrig. well! \$122,244!!

• FOR LEASE - 2100' office space + 20,500' warehouse

308 W. 2nd - 2856' bldg. - former Odd Fellows Lodge, PRICED TO SELL!! \$31,500

• 1020 S. Main - 200' x 104' tract w/ 1000' Bldg.!! \$20K!!

• 70 acres NE of Muleshoe - \$450 per acre!!

• 2.95 acre tract with 2140' office + 17000' & 3465' ware houses 4 miles east on U.S. 70 - \$130K!!! \$99K!!

· CASTRO CO. / FM 303 - Approx. 440 acres, 6 subs, 1 turbine, 2 valley & 1 Zimmatic circle!! \$1750 per acre!!

Farmland/Investment

Lamb County - 537 acres in two tracts. Sudan area. Good soils & fertility. 3 sprinklers, 1-5 years old, 2-10 years old. All well maintained. Excellent cotton yields.

Bailey and Parmer Counties - 960 acres, 9 wells, 5 cen ter pivot sprinklers, Brick house w/ improvements.

Bailey County - 144 acres Northeast of Muleshoe. 2 wells, center pivot. Immediate possession available

JAMAICA 2013















W & J Auction

Visit the following local businesses for quality service and customer satisfaction!

West Texas Dust Bunnies



BARBIE

806.241.5147

OUR MISSION FOR OUR customers is to provide 100%SATISFACTION TO OUR CUSTOMERS BY PROVIDING TOP QUALITY CLEANING: TO BUILD A RELATIONSHIP OF TRUST AND DEPENDABILITY; AND TO KEEP EVERY PROMISE WE MAKE

Interested in advertising your business here?

ONLY \$10.00 PER WEEK **TO ADVERTISE HERE!**

Contact Rhea Gonzales at the Muleshoe Journal 806-272-4536



1 Series Sub-Compact

4WD increases traction &

AutoConnect[™] mower decks

• 22.4 hp to 25.2 hp

0% for 60

Mos + \$750

OFF⁺

Tractors

efficiency

THE BEST DEALS ON THE BEST TRACTORS.











The children of Texas come in all sizes, shapes, colors, and abilities. They do not all learn the same way, but they all learn!

Do you know a child ages 0-21 who shows signs of developmental delay, on-going learning problems, behavioral or medical problems that interfere with learning?

If so, please call our office for more information. For parents of

very young children, we invite you to attend the Kindergarten Roundup at Dillman Elementary on August 7, 8 & 9, 2013.

Muleshoe ISD screens young children birth through five who may have learning problems.

> For more information please call the Special Education Office at 272-7323.





3E Series Tractors

0.0% for 60 Months and

• 27.5 hp to 44 hp ${\scriptstyle \bullet}$ Ideal for loading, mowing & digging • Over 125 attachments available

4000 Series Tractors

 60.0-hp John Deere PowerTech engine Optional fuel-saving Economy PTO • 12F/12R PowrReverser™ transmission

0% for 60 months plus \$500 \$1000 Implement Bonus^{c^104} implement Bonus^{c^102}



Call today for great deals on new and used John Deere equipment!

www.beimplement.com

Brownfield 806-637-3594

Lamesa 806-872-5474

Littlefield

Levelland 806-894-7343

Morton

806-385-6177 O'Donnell

806-266-8978 806-428-3245

> Tahoka 806-561-4375

/0220 DEI//V10072EMI DW/ 002066



Our Clinics

SPECIAL CLINICS

MAMC • 708 S. FIRST STREET

- 806-272-4524
- CARDIOLOGY
- MAMMOGRAPHY
- MOBILE MRI

MULESHOE FAMILY MEDICAL CLINIC

FAMILY PRACTICE • 701 S. FIRST STREET 806-272-7531

- BRUCE PURDY, M.D.
- TYSON PURDY, M.D.
- RHONDA KLINE, FNP

MEDICAL CLINIC OF MULESHOE FAMILY PRACTICE • 610 S. FIRST STREET 806-272-7544

- Kyle Sheets, M.D.
- SUZANNE BUNKER, PA-C
- SHERRY WHITEAKER, FNP
- LINDA BULLOCK, FNP

CLABORN MEDICAL CLINIC

DERMATOLOGY & FAMILY PRACTICE 708 S. First Street • 806-272-6825

• JOBEY CLABORN, D.O.

OUTPATIENT CLINIC

708 S. First Street • 806-272-4524

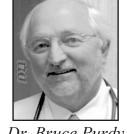
- KRISTEN NICHOLS, R.N.
- TEXAS HEALTH STEPS PHYSICALS
- CHILDHOOD IMMUNIZATIONS

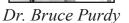
MEDICAL CENTER SERVICES

- 24-HOUR EMERGENCY ROOM
- LEVEL IV TRAUMA CENTER
- HELIPAD
- IN-HOUSE LAB AND X-RAY
- CAT Scans
- MOBILE MRI
- MOBILE MAMMOGRAMS
- MOBILE ECHOCARDIOGRAMS
- MOBILE VENOUS DOPPLER STUDIES
- OUT PATIENT IV THERAPY
- Physical Therapy
- Respiratory Therapy
- Swingbed Program
- DISCHARGE PLANNING
- REFERRALS TO SOCIAL SERVICES AGENCIES
 BONE DENSITY • FAMILY VIOLENCE REFERRALS



COMMUNITY EDUCATION







Dr. Tyson Purdy

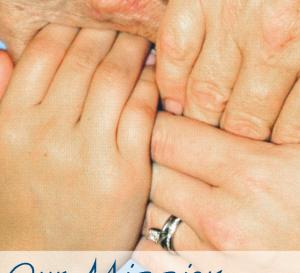


Dr. Kyle Sheets



Dr. Jobey Claborn

- PHARMACY ASSISTANCE PROGRAM
- INDIGENT HEALTH CARE PROGRAM
- MEDICAID QUALIFYING ASSISTANCE TRAINING FACILITY FOR SOUTH
- PLAINS COLLEGE STUDENT NURSES • CLINICAL ROTATIONS FOR PHYSICAL
- THERAPY STUDENTS CLINICAL ROTATIONS FOR PHYSICIAN Assistant Students
- MULESHOE CAMPUS FOR SOUTH PLAINS COLLEGE'S LVN AND RN SCHOOL, AND CNA CLASSES
- OUTPATIENT ENDOSCOPY
- DIAGNOSTIC RADIOLOGY
- Teleradiology
- PAC "FILMLESS" RADIOLOGY



Our Mission

The mission of Muleshoe Area Hospital District is to provide quality medical and health care services to the people of Bailey and Parmer Counties and the South Plains Region in a manner which demonstrates Christian concern while maintaining the fiscal integrity of the Hospital District.

Muleshoe Area Hospital District

MAHD Linking Together for Life Published by the Muleshoe Journal ©2013



Senior Living advertisers word search and listing... Page 2

senior Living senior Texas in Nest Texas

Page 2 • Senior Living in West Texas • July 2013

R E P O K T W L H Q D C S L A X Q L X Y P G B E J Q H G S Z E E Y S C L O D X G X W K W K M K D F F H M S F Y M S W Z R	SENIOR LIVING ADVERTISERS PAGE
T G T C T U A U I W I O Q Y P Y U T P K U W M G T S P Z W T	Samaritan Hospice 3
N G N N T Q F N H S M V R H H C W D S H G Q S P I V R Y D I E E U Z E O E H R D O X G E M O L J S O G R L R R U V N E C	Integracare 8
C X O P V C G Q R U S A Q Z Y W T M A G M W I M O Y C H Q N E A C E J V L F L S O B E S U O H E E N O M R A H X W I X L	Muleshoe Housing Authority 10
R Z Y K F R V A K J A J B X P C G C D P X V J D T H R B P K	Parkview Nursing Care Center 5
A K E G O T Y K C C I M E W H L I B X A X P P L U S W E K G C S L C E X N Z W I D M A O B P L A L Q U Z O W A E M R A V	Parmer Medical Center6 and 7
G X I T O H Y H N N D E N R H Q K L L Q I G F G G R E G Z S	Prairie Acres 9
N Z A Z E Y S G K T J E E E I S D U U T H V G W N C P Z O D I T B T L R T D U E B B M O O T E S A L V D G F I A M X Q N	Muleshoe Area Medical Center 12
S E X D I T M R B G W B L A H B A L B N D O E U S E R H Y V R I M B Y W K B U R I X R M E S G N U K X B P B U I E S C M	Muleshoe EDC 11
U V X Q F J H N E A S Q X G T R E U H M A U A A O R B Y Q W	Bailey County 2
N I P Z C H S P L C F I E O F B A L O O H M U E H I E L S U W G E Z M Z J I P A P R J N K Y Y E U B S V O Q E A Z N L G	Harmonee House 4
Е Т Р В Е Х С Ј А R N С Ј Р Н Ј А Н О М Q Р Х Н О R I Р О О I N L D F Z Y T K Е Н I Ј О G К О Р Q H U S I F Н Р М Н С А	
V L A N Q L L V S Y M N Z H G W S L L G S U T C S T T O Z X	Muleshoe Journal is
K N V R K F Q W D D V O A N J P R N R O Z E D P E V P X Z P R E T N E C L A C I D E M R E M R A P J N A L O L Z J H E X	(Solutions on page 9) De
A S O E U C R L W C D R X X I X Z F A F Q B P U U P E A M D	"Senior Living in West Texas"
P F Z Z I M C Z Q E C O N V F Y H U G C J R W G M Y G X C C Q L H R B A Q T J J W X E G E K C C Z U W C Z O Q I H F Y Y	was produced by the staff ^{mu}
F J K L U M Q J Z T N H Y P Q A E N S S W L A M R T G S G I	of the Muleshoe Journal.
D S H F J F I X Q Z K C U V S S T A U C A C S R P O J A N A H G M H O B K R H I D O N V D U Q W E K O P Q W J S A V F K	201 W. Ave. C, Muleshoe, TX 79347
FTILBLYKFXRBPKDLGFKQBWLOEIUQKS	, , , , , , , , , , , , , , , , , , ,

Some Bailey County's services noted

services to its residents:

• The Bailey County Judge presides over a five member commissioners' court, which has budgetary and administrative authority over county government operations.

The county judge also has judicial responsibility for certain criminal. civil and probate matters and also presides over juvenile cases. And, the judge performs wedding ceremonies and prepares the budget along with the inquests. county treasurer.

• The Bailey County Office of Aging provides services to all ages. The Aging Services includes Bailey County Transportation Services which provides appointments and grocery shopping.

The Meals on Wheels provides hot available meals delivered to qualifying senior citizens Monday through Friday.

Benefits Counseling service are also available through the Office of Aging.

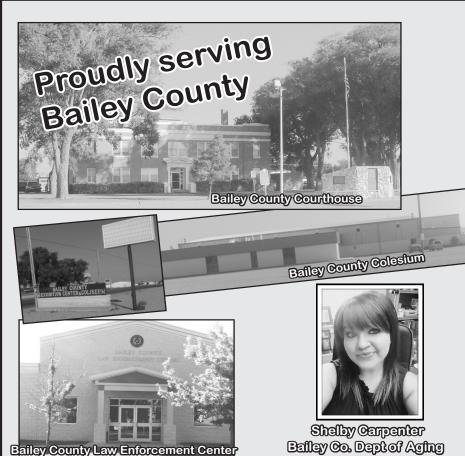
Bailey County provides a variety of Community services that are provided to all ages include indigent health services, veterans' affair services and the Salvation Army.

> • The Bailey County Law Enforcement Center provides county law enforcement and houses and manages inmates in the jail

> The Justice of Peace, who is also housed in center, hears small claims and justice court suits, collects traffic fines, performs wedding ceremonies and

• The Bailey County Coliseum is a 26,000 sq. ft. facility available for community events, meetings, reunions and parties. The facility has a large arena and stands. There is a separate meeting transportation for senior citizens to doctor room for smaller functions.. A concession stand with a newly remodeled kitchen

> The coliseum can be rented at very reasonable rates. For more information about the Bailey County Coliseum call 272-4051



Bailey Oo. Dept of Arthr

Department of Agriculture. development

The GO TEXAN stamp of approval ensures each certified community has demonstrated through its application that it can meet the living, employment/volunteer, health, entertainment, education and safety needs of its citizens and visitors - all the things that make Muleshoe a great place to retire. The Texas Department of Agriculture certified Muleshoe as a Certified Retirement Community in 2011.



MULESHOE ECONOMIC DEVELOPMENT CORPORATION *Committed to Improving the Quality* of Life of Bailey County Citizens

The GO TEXAN Certified Retirement Community Program a certification and promotion program provided by the Texas

To become a certified retirement community, each community nust complete a rigorous application process including a retiree lesirability assessment. Each application is reviewed and scored by an independent advisory committee comprised of volunteers who re experienced in various aspects of community and economic



215 S. First, Muleshoe 806-272-7455 FAX 806-272-5260 Email: muleshoe@fivearea.com www.muleshoeedc.com

Muleshoe Economic **Development Corporation**

Committed to Improving the Quality of Life of Bailey County Citizens



Wayne Pierson **New MEDC Board Member**



Mark Morton President



Gil Rennels Secretary/Treasurer



<u>Our Mission:</u> The Muleshoe Economic Development Corporation (MEDC) is committed to the promotion of high quality development in the Muleshoe Area and to improvement in the quality of life for its citizens.



Dustin Cleavinger MEDC Board Member



Jose Sanchez Vice President

Director of Economic Development Kasey Coker

215 S. First, Muleshoe 806-272-7455 FAX 806-272-5260 Email: muleshoe@fivearea.com www.muleshoeedc.com

Muleshoe Housing Authority

Harmon Elliott Senior Citizens Complex • Housing for Elderly and/or Disabled Persons









The Harmon Elliott Senior Citizens Complex is located at 901 W. Ave. K & 809 W. Ave. K in Muleshoe, Texas. (52 units available)

The Harmon Elliott Senior Citizens Complex is a complex that was built for elderly and/or disabled persons.

There are some utilities that are included in the rent. All apartments have washer/dryer connections, and central heat and air. Maintenance is available 24 hours a day.

Mission: We are committed to provide a safe, decent, sanitary and affordable housing to gualified applicants in an effective and efficient manner

Overview: The Muleshoe Housing Authority was organized in 1975. It is a non-profit organization designed to provide housing to gualified applicants.

The Muleshoe Housing Authority shall not discriminate or deny to any family, because of race, age, color, sex, creed or national origin, the opportunity to apply for housing, nor deny any eligible applicant the opportunity to lease or rent any apartment suitable to its needs.

Muleshoe Housing Authority Board of Directors: Jose Sanchez, Chairman; Terome Clemmons, Vice Chairman; Tim Campbell, Board Member; Steve Friskup, Board Member.

Muleshoe Housing Authority Employees: Raguel Posados, Executive Director; Olimpica Reyes, Secretary; Bryan Vandusen, Maintenance; Rashad Kirven, Maintenance.





Main Office Located at: 301 E. 6th Street, Muleshoe, TX Phone: 806-272-5560 or 806-272-5550 Fax: 806-272-4240 Email: mhamha@fivearea.com

Tips On Finding A Place To Put Sparkle Into The Golden Years

Joan Lunden, former host of "Good Morning America," wife, mother of seven and caregiver to her mother, Gladyce, was faced with the challenge of finding the right senior living community for her mom. Lunden found herself completely unprepared for what was ahead.

"My mom was always a social butterfly," recalled Lunden. "I thought she would live in a place where she could make friends, entertain and socialize, but I quickly came to realize that version of my mom no longer existed. The community we initially chose was lovely but did not meet her needs."

Gladyce's first community lacked critical aspects of memory care that would help her cope with dementia, a condition that was worsening with time.

right place," Lunden added.

The Hospice Choice

When we, or someone we love, are diagnosed with a terminal illness, most families are thrown into crises mode. Most certainly it creates an emotional crisis, but sometimes it may create a financial crisis as well. One family member may want to pursue an aggressive treatment while the individual themselves, may want to concentrate on comfort and quality of life.

can help families make educated decisions about what path to choose. These professionals can help with difficult family dynamics; walk loved ones through the grief process, and help the terminal patient with sorting through the unfinished business of life.

Samaritan Hospice is guided by Christian ethics to help Hospice can help in a financial crisis as most private health plans cover services as do Medicare and Medicaid. Hospice covers the cost of medication related to the terminal diagnosis our rural neighbors by promoting the highest quality care it covers medical equipment and drugs for symptom control and pain relief. There is a common near end of life. misconception that Hospice is only about providing relief from pain. Although this is certainly an important component of Hospice, it is not what the concept is all about.

The employees of Samaritan Hospice strive to create an experience for the patient and their families - an experience far different from the traditional medical model of hospitals, diagnostic tests, sterile treatments and endless supplies of needles. Every human being lives their life unique to only them and so each human should be able to die in a way unique to them, and in a way of their own choosing whether it be in their own home, an assisted living or nursing home. Hospice does not hasten death in any way; in fact, many individuals improve for a time while under the care of Hospice. Individuals whose pain is under control feel better, and have more interest in doing the things they love.

Hospice is about being in control of your life and making choices that you and your family can live with. Begin the conversation. Samaritan Hospice can help you decide the path that is right for you and your family.

July 2013 • Senior Living in West Texas • Page 3

(NAPSI)—If you're ever among the estimated 65 million Americans caring know about this difficult, complex process. At A Place for Mom, knowledgeable for loved ones, a look at one famous family's experience may be useful to and compassionate Advisors counsel families through the process, offering guidance at each stage of their search. These experts advise there's no better

"We had to move a couple of times but ultimately found

senior living referral service to help educate Americans on what they need to contact with residents?



way to learn about a community than to visit. Families should tour the places they're considering, together, to fully gauge if it's the right fit.

What To Look For On a Visit

• Check for Cleanliness. Look under the beds, into corners, and at baseboards and windows to ensure that the community is properly maintained. Ask for details on housekeeping protocols, maintenance and response times.

• Follow Your Nose. Odors offer subtle hints. Smells concentrated in one area indicate a single, recent incident. Odors throughout the community may indicate a bigger problem.

 Visit During an Activity. Research the activity calendar and learn what's available on- and off-site throughout the

a small residential home in my mom's area that provided the hands-on, day- year and if those activities match your loved one's interests.

to-day care she needed. It was a long journey, but we finally arrived at the • Meet the Management. Meet community management so you can assess their approach to residents' care. Also look for interaction between staff As a result of her experience, Lunden has partnered with the nation's largest members and residents. Are they engaged and courteous? Do they make eye

Continued on page 4

Hospice has a team of not only nurses, but chaplains and social workers and volunteers that



Our mission:

Serving:

Deaf Smith, Bailey, Parmer, Castro, Lamb, Hale, Swisher, Potter, Randall, Oldham, Armstrong, Hartley and Carson counties.

426 N. Main, Suite E Hereford, TX 79045 806-363-6085

Hospice is a life-affirming mission of comfort and care: we are there for both the patient and the family.

Tips On Finding A Place To Put Sparkle Into The Golden Years

Continued from page 3 • Go Outdoors. Does the area feel appropriately? in these areas on sunny days?

procedures. Enjoy a meal and meet property. some of the residents.

on-site? How do staffing patterns your instincts and your heart. differ at night?

with well-groomed hair and comorcall (877) 311-6099.

nails? Are the residents dressed

safe and secure? Are activities held • Ask About Move-Out Criteria. Under what circumstances is a • Dine. The dining room resident asked to move out? What experience is very important. notice does the resident or caregiver Discuss entrée choices, learn need to give the staff? Oftentimes, about dining hours, options and a 30-day notice is required by the

• Trust Your Instincts. Think • Ask Security and Safety about your loved one living in the Questions. Be sure bathrooms are community. Do you feel at ease? The accessible and have convenient grab place doesn't have to be the most bars. Are there registered nurses beautiful to be the best fit. Follow

How to Learn More

• Check on Personal Care. Discuss * For more details on these helpful bathing options and preferences. tips and further suggestions on Observe current residents while how to find the right senior living visiting. Are they clean shaven, options, visit www.aplaceformom.

Let Our Reputation Speak For Itself, Call Or Come In Today For A Tour.

Ouality First

Our team of dedicated professional staff led by a Licensed Nursing Home Administrator includes Licensed and Certified Nursing staff, Enviromental team, Certified Therapeutic Recreation Director, and Food Service Coordinator.

"Our team of professionals is dedicated to providing person centered care to your loved one."

Support Staff

Our support staff includes Licensed Social Service Coordinator, Registered Dietician, and a Pharmacy Consultant to help you achieve and maintain optimal independence.

Unique Amenities:

Chapel • Therapy Center • Full Service Beauty Shop Smoke Free Environment "We cannot wait to make you and your loved one a part of the family."

Making The Most Of Medicare

(NAPSI)—If you're one of the preventive health services you may

coverage

Perhaps the best way to save services. a pharmacy that's within your many Medicare Part D plans will Part D plan's preferred network. cover face-to-face annual checkups Walgreens, for example, is a part of as well. Your pharmacist will review preferred networks with some of all your medications, vitamins and the nation's largest plans, such as supplements, see if there are lower-UnitedHealthcare.

The benefit to beneficiaries is not get the best possible results. only convenience, but cost savings. By using a preferred network pharmacy, doctor to discuss any recommended you can recognize significant changes, and you'll receive a savings on prescription co-pays and Medication Action Plan that you can medication expenditures.

It's also important to understand the

30 million Americans with a new need, what's covered by Medicare Medicare card, you may take a healthy and where you can go for these interest in how best to benefit from and other services. Immunizations, health tests and annual medication One of the first and most important and plan reviews are all available at things to consider now that your new your local Walgreens, so talk with plan is in effect is prescription drug your pharmacist or plan provider if you have questions on these or other

on medication costs is to utilize If you take multiple medications, Coventry, Humana, SmartD Rx and cost alternatives and make sure you're taking everything in the right way to

The pharmacist can then call your share with your doctor.

Continued on page 9

WE CONTINUE TO BE COMMITTED TO GIVING THE BEST LONG-TERM CARE TO OUR RESIDENTS IN A BED & BREAKFAST ATMOSPHERE.

WE HAVE SERVED THE COMMUNITY FOR THE PAST **15** YEARS, AND LOOK FORWARD TO SERVING IT FOR MANY YEARS TO COME.

Harmonee House



1400 Main Street • Amherst, TX • 806-246-3505

• Medicaid Certified • PRIVATE & SEMI PRIVATE ROOMS • Long Term Care Services with a difference Where Care Comes First!

Locally Owned & Operated



Prairie Acres accepts Medicare, Medicaio nsurance, Hospice, and Private Pay. If you have questions concerning which method of payment s best for your situation, the business office staff will be happy to explain how each payment option works, and assist you in contacting the local Medicaid program caseworker for any eligibility questions

Potential residents are evaluated on a need-base status without regard to race, creed, color, national prigin, age, gender, or religio



Services Hvailable Round-the-clock Nursing Care provided by

LVN's and CNA's under the direction of a Registered Nurse Nutritious and delicious meals served three time

daily, in accordance with physician ordered diet. All menus are approved by a licensed Dietitian.

Respite Care/Short-Term Rehab Stays Opal Ridge Dementia Unit

Formal Dining Room Weekly visits by local physicians

body, and spirit

Daily Activities to promote wellness of mind,

Daily Housekeeping and Laundry services Physical, Occupational, and Speech Therapy Computer Lab and Reading Library Religious Services provided by local Churches Basic Cable in Resident Rooms Beauty Shop

Patio with walking path and fenced yard for outdoor activities

Spacious and comfortable common areas We provide transportation from home. hospital and other nursing facilities. We also provide transportation to and from medical appointments









Skilled Nursing Facility "Dedicated to the Service of our People"

Your title is nursing home but you are so much more than that. I know who you are. You are Prairie Acres Nursing Home.

It was you who gave quality nursing home care for my mother Grace Opal Strickland

With such amazing kindness and compassion. It was you who helped me see things that I couldn't see or perhaps didn't want to see. You touched my hand and comforted me with your understanding hear

Several months went by and your presence in our lives became a priceless gift. Because of you I was able to relinquish some of the caregiving tasks that had fatiqued me over the previous three years when I was the caregiver. Because of Prairie Acres I could rest a bit and restore my body and my mind. I was confident that my mother was being cared for with dignity and respect

Soon you began to occupy a very special place in our hearts. A place of high honor! Perhaps I shall call you an angel. Angel of compassion and love.

You are a caregiver friend. You gave us strength when our hearts were so strained. You nourished us with gifts of love and compassion. You listened to our cares and concerns

Did I ever really thank all of you? Can you ever really know how much the nursing home in our little town of Friona, Texas meant to both me and my mother. I guess it is never too late to say thank you but those words seem too

inadequate. I would really like to tell you what a difference you made in my life. Most probably all of you don't often receive the praise and recognition you deserve And so today I am writing this letter. It comes with the utmost respect for the nursing home we have in our little town and the highest regard for the difficult tasks vou perform each day

It has taken quite a while for me to process the death of my mother. I see it as a perfect plan to bring me to where I am in life now. As a caregiver I have first hand knowledge of the kind of nursing home we really have in Friona.

Our nursing home brings sunlight into the lives of the elderly and their families. What an incredible contribution you make in the sacred cycle of living and dying. Elwanda Campbell

Daughter of Grace Opal Strickland

The decision to place a loved one in a nursing facility in often one of the most difficult decisions a family can make. You want the best possible care and surroundings for your loved one. The staff of Prairie Acres understands the importance of this choice. We welcome you to visit and tour our facility. Rest assured that we will take the time to answer any questions or concerns you may have.

> 201 EAST 15TH • FRIONA, TX 79035 Tel: (806) 250-3922



The staff of Prairie Acres are very dedicated to our Residents. They are a special group who take pride in putting the needs of the residents first and provide quality care in a comforting, family-like environment Because of the ever-evolving healthcare industry, we hold monthly educational meetings to ensure our staff have the information they need in order to provide the best possible care.

Making The Most Of Medicare...

Continued from page 4

Medicare covers an annual wellness visit at your doctor's office, or you can visit Take Care Clinics, which are located at select Walgreens. You'll get a personalized plan to help manage your health and help you make the most informed decisions with

no out-ofpocket costs.

Medicare Wellness benefits provide discounts 🦳 on medications and services including immunizations, screenings for a number of common conditions, as well as education and counseling to encourage wellness and prevent disease. However,

according to the Centers for Medicare & Medicaid Services, only 6.5 percent of eligible seniors have utilized this benefit. That's where your pharmacist can be a

great resource to help understand what services are covered.

Learn More o u

can schedule

appointments and get further information at www.

walgreens.com/medicare or www.takecarehealth.com.

Also visit www.medicare. gov to learn more about how to make the most of Medicare and your Medicare Prescription Drug Plan.

Senior Living Advertisers

_																													
F	R E	Р	0	к	Т	W	L	Н	Q	D	С	S	L	А	Х	Q	L	Х	Υ	Ρ	G	В	Е	J	Q	Н	G	S	Ζ
È	È	Ŷ	S	C	L	0	D	Х	G	Х	W	Κ	W	Κ	Μ	Κ	D	F	F	н	Μ	S	F	(Y)	Μ	S	W	Ζ	R
11	Ġ	Ť	C	Т	Ù	A	U	Т	W	1	0	Q	Υ	Ρ	Υ	U	Т	Ρ	Κ	U	W	Μ	G	Т	S	Ρ	Ζ	W	Т
1	1 G	N	N	Т	Q	F	N	н	S	М	V	R	Н	Н	С	W	D	S	Н	G	Q	S	Ρ		V	R	Υ	D	1
E	E	U	Ż	È	0	Е	Ĥ	R	D	0	Х	G	Е	Μ	0	L	J	S	0	G	R	L	R	R	U	V	Ν	Е	С
0	x x	0	Р	V	C	G	Q	R	U	S	А	Q	Ζ	Υ	W	т	Μ	А	G	М	W	Т	М	0	Υ	С	Н	Q	Ν
E	E A	C	E	J	V	L	F	Ľ	S	0	в	E	S	U	0	Н	Е	Е	Ν	0	Μ	R	А	H	Х	W	Т	Х	L
F	r z	Y	ĸ	F	R	V	A	ĸ	2	A	2	в	Х	Ρ	С	G	С	D	Ρ	Х	V	J	D	Т	н	R	В	Ρ	Κ
1	\ κ	E	G	0	Т	Υ	ĸ)S	C	ľ	M	È	W	Н	L	Т	В	Х	А	Х	Ρ	Ρ	L	U	S	W	Е	Κ	G
0	s	L	С	Е	Х	Ν	Ζ	Ŵ		D	M	A	0	в	Ρ	L	А	L	Q	U	Ζ	0	W	A	E	М	R	А	V
0	s x	1	Т	0	н	Υ	н	Ν	N	D	È	N	R	H	Q	Κ	L	L	Q	Т	G	F	G	G	R	Е	G	Ζ	S
1	ı∣ z	A	z	Е	Υ	S	G	Κ	т	2	È	È	È	N	S	D	U	U	Т	н	V	G	W	N	С	Ρ	Ζ	0	D
	T	в	Т	L	R	Т	D	U	E	В	B	M	0	0	T	È	S	А	L	V	D	G	F		A	М	Х	Q	Ν
1	S E	Х	D	Т	Т	Μ	R	В	G	W	В	L	A	Ĥ	B	A	L	в	Ν	D	0	Е	U	s	E	R	н	Υ	V
F	r 1	Μ	В	Υ	W	Κ	В	U	R	1	Х	R	M	È	S	G	N	U	ĸ	Х	В	Р	В	υ		Е	S	С	М
l	J V ∣V	Х	Q	F	J	Н	Ν	Е	A	S	Q	Х	G	T	R	È	U,	H	M	А	U	А	А	0	R	В	Υ	Q	W
1	1 1	Ρ	Ζ	С	н	S	Р	L	С	F	Т	Е	0	F	B	A	L	0	ð	н	М	U	Е	н		Е	L	S	U
V	V G	Е	Ζ	М	Ζ	J	Т	Ρ	A	Ρ	R	J	Ν	К	Υ	Y	È	U	B	S	V	0	Q	E	A	Ζ	Ν	L	G
E	: т	Ρ	В	Е	Х	С	J	А	R	Ν	С	J	Ρ	н	J	А	H	0	M	à	P	X	н	0	R	Т	Ρ	0	0
	N	L	D	F	Ζ	Υ	т	К	E	Н	Т	J	0	G	κ	0	Ρ	à	Ψ,	U	S	1	F	н	P	М	Н	С	А
1	/ L	А	Ν	Q	L	L	V	S	Y	М	Ν	Ζ	н	G	W	S	L	L	G	S	U	T	c	s	Т	т	0	Ζ	Х
1	(N	V	R	κ	F	Q	W	D	D	V	0	А	Ν	J	Ρ	R	Ν	R	0	Ż	È	D	P	È	V	Ρ	Х	Ζ	Ρ
F	R E	Т	Ν	Е	С	L	А	С	Т	D	Е	Μ	R	Е	Μ	R	А	P	J	Ν	À	L	0	Ľ	Ζ	J	н	Е	Х
1	A S	0	Е	U	С	R	L	W	С	D	R	Х	Х	Т	Х	Ζ	F	Α	F	Q	В	P	U	U	Ρ	Е	А	М	D
F) F	Ζ	Ζ	Т	М	С	Ζ	Q	Е	С	0	Ν	V	F	Υ	Н	U	G	С	J	R	W	G	M	Y	G	Х	С	С
C	2 L	Н	R	В	А	Q	т	J	J	W	Х	Е	G	Е	к	С	С	Ζ	U	w	С	Ζ	0	Q	T	н	F	Υ	Υ
F	: J	Κ	L	U	М	Q	J	Ζ	т	Ν	Н	Υ	Р	Q	А	Е	Ν	S	S	w	L	А	М	R	т	G	S	G	T
) S	Н	F	J	F	Т	х	Q	Ζ	К	С	U	V	S	S	т	А	U	С	А	С	S	R	Р	0	J	А	Ν	А
H	l G	Μ	н	0	в	к	R	н	Т	D	0	Ν	V	D	U	Q	W	Е	к	0	Ρ	Q	W	J	S	А	V	F	К
F	т	Т	L	в	L	Υ	к	F	х	R	в	Р	К	D	L	G	F	К	Q	В	W	L	0	Е	Т	U	Q	к	S

Parmer Medical Center, Personalized Service and High Quality Care

Parmer Medical Center (PMC) and Friona Rural Health Clinic (FRHC) are reaching out to are available all area residents to offer personalized service and high quality care. Parmer Medical Center is located in a state of the art facility with technically advanced equipment, but the hospital's clinics to its lines of services. The clinics provide gastroenterology, orthopedic, cardiac, urology team of care providers is the true secret behind PMC's success.

"Our team's expertise, dedication and commitment to the wellness of our patients allow us region with compassionate and effective care."

Friona Rural Health Clinic is a vital component of Parmer Medical Center. The clinic is attached to the hospital facility and allows patients easy access between the hospital and

The providers and support team at Friona Rural Health Clinic are eager to serve your entire family with compassionate, personalized care.

• Dr. Felipe Jubay's practice reflects his internal medicine training. He enjoys complicated therapy pool and outstanding patient amenities. disease management issues such as diabetes, hypertension, thyroid problems and heart disease.

A&M and Southwestern Medical School. He enjoys delivering care in all aspects of Family compassionate, high quality care. Medicine.

also include emergency medicine.

• Michael Sermon, PA, joined the medical team in July, 2012. Michael received his education their care is based upon their individual needs. in Pennsylvania from a well renowned Physician Assistant's Program and enjoys all aspects of Family Medicine.

The team of providers at Friona Rural Health Clinic specializes in caring for your entire Clinic are ready to serve you. family, and they are currently accepting new patients. Same day appointments and walk-ins

IntegraCare Home Health's **Primary Goal Announced**

"100 percent patient satisfaction is, and will forever remain, IntegraCare's top priority!" said Kristen Meeks, clinical supervisor at the IntegraCare Home Health Muleshoe office.

"IntegraCare is consistently recognized for adherence to exceptional performance standards and our entire staff exudes integrity, empathy and teamwork with every interaction." she added. According to HomeCare Elite, IntegraCare is in the top 25 percent nationwide, based on patient outcome of home health agencies.

IntegraCare staff members include: Kristen Meeks, RN, BSN, clinical supervisor; Jenna Ozbirn, RN, case manager; Cassandra Toscano, LVN; and Shirley Hood, CNA.

"Medicare covers the cost of hospice services offered. They also pay 100 percent of home health services for those who qualify, and IntegraCare will even bill Medicare for you!" said Jenna Ozbirn, RN, case manager. "We offer both services right here in Muleshoe, and these services are targeted at assisting patients to sustain and enhance their quality of life."

Other home health and hospice branches in the West Texas area include: Amarillo, Big Spring, Colorado City, El Paso, Littlefield, Lubbock, Midland, Odessa, Pampa, Slaton, Snyder and Tahoka.

All locations serve a 60-mile radius. IntegraCare has 40+ locations and over 1,200 highly skilled professionals offering unsurpassed service in North, Central and West Texas.

In addition to the great service at Friona Rural Health Clinic, PMC has added five specialty and podiatry services.

These specialty physicians schedule clinics at PMC to care for patients in Friona as opposed to carry out our goal of serving the health care needs of the residents in the Parmer County to our patients having to drive to Amarillo or Lubbock for the services. Additional specialists may be added in the future

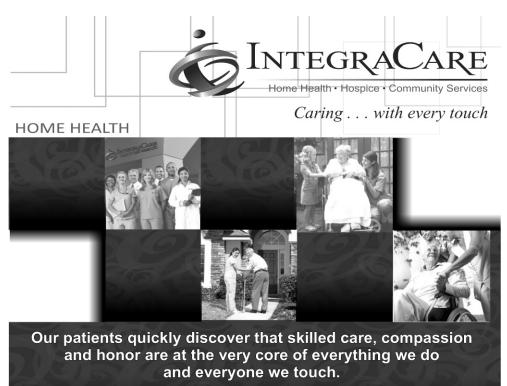
> PMC also specializes in rehabilitative care. Whether for outpatient or inpatient care, PMC's rehabilitation department delivers exceptional service and high quality care you need to regain your strength and independence.

> PMC's rehabilitation team offers more than 90 years of rehabilitative care experience, and they are equipped to serve you with state-of-the-art therapy equipment, including an aquatic

Whether on an inpatient or outpatient basis, if recovering from joint replacement, a surgical procedure, recovering from an accident, stroke, illness or heart attack, the caring and • Dr. Jeff Dickson is "homegrown" having graduated from Friona High School, Texas highly experienced rehabilitation team at PMC is eager to lead you through recovery with

Another very special service offered at PMC is Swing Bed. This is a program designed • Irene Balderas, PA is bilingual and serves the needs of many Spanish-speaking patients. by Medicare which allows PMC to assist patients who are in a transition phase of illness or She enjoys pediatric patients as well as treating women's health issues. Her professional interests recovery and require more intensive therapy or treatment than can be offered on an outpatient basis. To ensure all of our Swing Bed patients reach their maximum rehabilitation potential,

> So, whether your need is a routine check up, treatment for illness or injury, specialty services, Swing Bed or rehabilitative care, Parmer Medical Center and Friona Rural Health



806.272.6884

803B West American Blvd. • Muleshoe, Texas 79347

www.integracarehh.com

In general, people become less physically active as they get reduced incidence of coronary heart disease, hypertension, older. Nearly 40 percent of people over the age of 55 report no non-insulin-dependent Type 2 diabetes, colon cancer, leisure-time physical activity. depression and anxiety.

0

()

The older people become, the more they need regular exercise. It helps prevent bone loss (reducing the risk of fractures) and reduces the risk of dozens of diseases associated with aging. It also increases muscle strength and may improve balance and coordination, which can reduce the likelihood of falling. It also increases the ability for basic living, making it easier to carry grocery bags, get up from a chair and take care of household chores. Being physically active is a real key in maintaining quality of life and independence.

Studies have shown that increased levels of physical activity are associated with a



1100 W Avenue J • Muleshoe 272-7578

July 2013 • Senior Living in West Texas • Page 5

Benefits of Physical Activity for Older Americans

Active people with high blood pressure, high blood cholesterol, diabetes or other chronic diseases are less likely to die prematurely than inactive people w i t h *m* these conditions. Inactive people lose

muscle fiber at a rate of 3 to 5 percent every decade after age 30. That's a 15 percent loss of muscle fiber by age 60!

Health experts warn that as a consequence of diminished exercise tolerance, a large and increasing number of elderly people will be living below, at, or just above "thresholds of physical ability." In this condition, a minor illness could make them completely dependent on others for their daily care.

Source: http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Benefits-of-Physical-Activity-for-Older-Americans_UCM_308037_Article.jsp

• Two fireplace to add to the home-like atmosphere of our facility • Three sun rooms overlooking the park • Game & activity room

• Spacious private & semi-private rooms • Certified for Skilled Nursing Care

• Full in-house therapy, including physical, occupational & speech

• Home-like, caring environment with professional, ethical & compassionate staff



Park View residents had a fun day of fishing at Lake Muleshoe...



Facing a HIP, KNEE or other joint **REPLACEMENT OR SURGERY?**

If you need a little extra care upon your discharge from surgery or an acute illness...Parmer Medical Center is here for you.



PARMER MEDICAL TER CEN

Personalized Service. State-of-the-Art Care. Your Hospital.

We're an acute care hospital specializing in Swing Bed care. If you or a family member are planning a surgery or are on the way to recovery, but need a little extra care... Parmer Medical Center is here for you.

What is a Swing Bed Program?

Our Swing Bed Program meets the needs of patients who are in the transition phase of illness or recovery. For those whose medical requirements cannot be met at home or in an acute care setting, our Swing Bed Program provides rehabilitation and recovery services based on your individual needs.





"My care has been wonderful. If I ever need swing bed again, Friona is definitely where I will choose to go!"

Norma Prather - Muleshoe, TX



"This is the finest hospital I've ever seen. The physical therapy has been wonderful."

Shirley Steinbock-Lazbuddie, TX



always someone there smiling, friendly and willing to help. The care was really good"

"There was

Walter Schueler - Farwell, TX



The nursing care, physical therapy and attention to ny personal needs were superior to what I had in Amarillo."

Dr. Robert Alexander - Friona, TX





Personalized Service. State-of-the-Art Care. Your Hospital.

1307 Cleveland Ave. Friona, TX 79035

806.250.2754

www.ParmerMedicalCenter.com

1307 Cleveland Ave., Friona, TX 79035 • Phone: 806.250.2754 • www.ParmerMedicalCenter.com





Located next to **Parmer Medical Center.** Friona Rural Health Clinic is a clinic with your whole family in mind.

Hours: Mon.-Fri. 9-5. Call for Saturday hours

Meet the **Providers**

1307 Cleveland, Friona • 806.250.2781

Felipe L Jubay, Jr.

MD



Jeff S. Dickson MD



Michael Sermon PA-C



Irene Balderas MPAS, PA-C

PARMER MEDICAL CENTER ALSO OFFERS THE FOLLOWING SPECIALTY CLINICS. PLEASE CALL FOR AN APPOINTMENT

Specialty Clinics

Sports Medicine and Orthopedics

Clinicians from Parker Sports Medicine and Orthopedics are holding clinics at PMC two days per month. James R. Parker, M.D. a board certified orthopedic surgeon, Ryan Teichelman, PA-C and Carlos Flores, MPAS, PA-C staff the clinic. They are seeing patients of all ages related to the full range of orthopedic services, including traumatic injuries, degenerative conditions, fractures and common conditions such as carpal tunnel syndrome, trigger finger, ganglion cysts and tennis elbow. Individuals may make appointments through their primary care physician or by calling the orthopedic clinic office at 806 350-2663.

Gastroenterology and Hepatology

Kuldip Banwait, M.D., a board certified gastroenterologist and hepatologist holds clinics at PMC once every three weeks. Dr. Banwait treats gastroesophageal reflux, non-cardiac chest pain, abdominal pain, irritable bowel disease, constipation, diarrhea, rectal bleeding, liver diseases, pancreatic diseases, ulcerative colitis and crohn's disease Contact your primary care physician for a referral to see Dr. Banwait.

Cardiology

Cardiology services are provided by Suresh Neelagaru, M.D., a board certified cardiologist. Dr. Neelagaru offers cardiology services to patients aged 15 and older. He will be providing echocardiograms, EKGs, holter monitors and pre-treatment consultations and post-treatment follow-up visits at PMC. Some of the wide range of treatments and services he provides in his Amarillo office includes pacemakers, defibrillation, hearth caths, cardiomyopathy and more. He will be providing clinics monthly and appointments can be made by a referral from your primary care physician or by calling Dr. Neelagaru's office at 806 352-9090 for a self-referral.

Urology

Girish C. Vallabhan, M.D., a board certified Urologist representing the Lubbock Urology Clinic, holds clinics at Parmer Medical Center once a month. In addition to pre-treatment consultation and post-treatment follow-up visits, services offered at the PMC clinic or at his office in Lubbock include treatment for male and female urinary problems, impotence and infertility, bladder control and incontinence, prostate conditions, early detection and treatment for genital and urinary cancer, laparoscopic surgery, robotic surgery, vasectomies and minimally invasive surgeries. Appointments can be made through your primary care physician or by calling Dr. Vallabhan's office at 806-771-0077.

Podiatry

Felkins Podiatry is now providing podiatric treatment at Parmer Medical Center. Sore feet, discolored toenails, unexplained numbness, heel pain, bunions, hammertoes, warts, ingrown toenails, pediatric foot deformities, wound care and treatment for diabetics are some of the many services offered by Dr. Felkins. He will be providing clinics monthly at Parmer Medical Center and appointments can be made through your primary care physician or by calling Dr. Felkins' office at 806-322-4044.