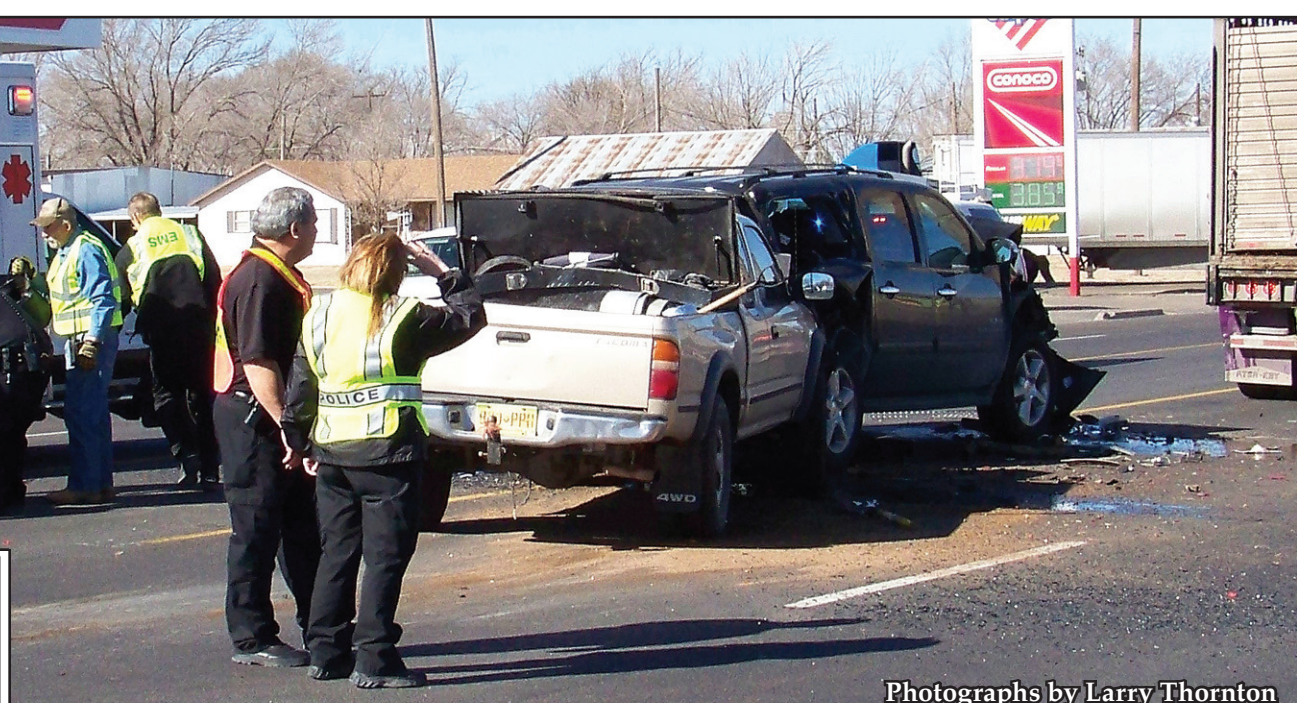


Muleshoe Journal

Striving to be your source for local news 75¢
 Volume 90, No. 8 www.muleshoejournal.com Muleshoe, Texas February 20, 2014



Photographs by Larry Thornton

Accident Injures Two

A three-vehicle accident at the intersection of West American Blvd. and 19th Street Friday morning, Feb. 14, sent two drivers to the hospital. Pictured above, ambulance personnel and local law enforcement officers prepare one of the victims for transport while Chief Deputy Julian Dominguez and Det. Sgt. Cassie

Crandell study the accident scene, involving a semi-tractor trailer, an SUV and a pickup. Pictured on the left, first responders gathers around another victim being prepared for transport. Additional requested information was not available prior to the Muleshoe Journal's press deadline.



'Fired Up' Friona Defeats The Mules

By Delton Wilhite
Sportswriter

The Mules traveled to Friona with the third spot from District 2-2A squarely

in their pockets. Defeating or losing to Friona was of little consequence to the Mules while the Chieftains were playing only for pride

and defending their home floor. The Mules played with no intensity while Friona appeared to be fired up for their final

game of the season. The Mules went down to defeat 63-58 to Friona.

Council Approves Airport Renovation

By Larry Thornton
Editor

The Muleshoe City Council approved a capital improvement program for the Muleshoe Airport during its Feb. 10 regular meeting. Initially built in 1986, according to City Manager David Brunson, the airport's runway and taxiway have been sealed several times, and is now in need of a complete

renovation. Brunson explained that the three-year project follows the most recent inspection by the Texas Department of transportation, and will include removing the existing surface, and replacing it with new asphalt. "It's a project that will have to be done at some time," the city manager said, adding that the money for the

Continued on A3

Filing Is Under Way

A little more than a week lasts in the filing period for the May general elections. According to Muleshoe City Secretary LeAnn Gallman — who is administrating the elections for the city of Muleshoe, the Muleshoe Independent School District and the Muleshoe Area Hospital District — several candidates have already

applied for positions on the ballot. The applicants to date include: Muleshoe ISD — Curtis Preston, Place 2; Daniel Guzman, Place 3; and Carroll Precure, Place 5. City of Muleshoe — Gary Parker, Dist. 4. MAHD — Herb Ramage, Dist. 1. The deadline to file ballot applications is 5 p.m. on Feb. 28.



Photograph by Gabby Perez

Mule Eli Leal sails to the basket during the recent game at Friona.

"We were very flat tonight," said Mule basketball coach Clay White. "We had better play with more energy Tuesday or it will not be pretty." Dagen Dunham dominated the paint on both ends of the floor and scored the first basket of the game just 30 seconds after it started with a put back. He would add two more hoops before the period ended. Eli Leal scored twice in the period and Jason Florez and Nacho Elizalde added a basket each. The Mules trailed 17-14 after the first period. The Mules' defense tightened up in the second quarter and held Friona to just eight points. But the Mules did not do much better. Matt Barron made his first basket of the game as he led off for

Continued on A8

Muleshoe's Strong Showing Not Enough

By Larry Thornton
Editor

Although the City of Muleshoe shows a significant increase in this month's sales tax allocation, it still fell behind Olton, which nearly doubled the amount it is scheduled to receive compared to last year's totals for the same period. According to the information received from the Texas State Comptroller's office,

Olton collected \$8,859.49 more than during the same period in 2013, an increase of 80.61 percent, leaving Muleshoe's 24.08 percent climb in second place among the area communities monitored by the Muleshoe Journal. Sudan, with a 19.86 percent or \$1,060.37 more in sales tax dollars, and Littlefield with a 10.64 percent increase, rounded out the top positions.

The remaining six communities fell well below, with three — Farwell, Dimmitt and Friona — holding spots in the negative numbers, and the other three — Bovina, Earth and Morton — showing minor increases ranging from 1.24 to three percent. February's sales tax dollars represent taxes collected by area merchants in December and reported to the state in January. In regards to the year-to-date totals, Olton holds top place with a 63.56 percent increase — no doubt largely due to this month's totals, followed by Bovina — which shows an 18.19 percent increase, and Sudan at 13.31 percent. In the Y-T-D totals, Muleshoe is currently in fourth place, with an 11.69 percent increase,

Continued on A3

Sales Tax Results

City	Net Payment	Same period Prior year	Percent Change
Muleshoe	\$74,459.38	60,006.68	24.08%
Dimmitt	\$37,171.51	42,168.34	-11.84%
Morton	\$11,048.47	10,912.69	1.24%
Littlefield	\$109,574.50	99,035.50	10.64%
Earth	\$ 5,240.35	5,173.02	1.30%
Olton	\$19,849.26	10,989.77	80.61%
Sudan	\$ 6,398.21	5,337.84	19.86%
Farwell	\$11,492.29	14,592.23	-21.24%
Bovina	\$12,047.21	11,695.58	3.00%
Friona	\$43,661.44	44,452.51	-1.77%

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OPINION

Around Muleshoe...



Announcements from non-profit organizations in the Muleshoe area.

To post an announcement send an email to editor@muleshoejournal.com

ESL Classes

"English as a second language" classes are being held at the Muleshoe Area Public Library, 322 W. Second St., every Thursday, a 1 p.m. Call 806-272-4707 or 806-544-7441 for additional information.

Spring Break Program

The Muleshoe Area Public Library will be hosting a special program during spring break, March 10-12, focusing on "bullying."

Children under the age of 10 must be accompanied by an adult.

The program for two-year-olds through kindergarten students will be from 10 a.m. to 10:30 a.m.

The time for elementary grades is 11 a.m. until noon, and for junior high and high school from 2-4 p.m.

The books that will be read include: *Teeth Are Not for Biting*, by Elizabeth Verdick, and *No Biting*, by Karen Katz; *No Hitting*, by Karen Katz, and *Hands are Not for Hitting*, by Martine Agassi; and *Feet Are Not for Kicking*, by Elizabeth Verdick, and *No Fighting, No Biting*, by Else Holmeland Minark.

Call 806-272-4707 or 806-544-7441 for additional information.

Feed Grains Conference

A Feed Grains Conference will be held on Friday, Feb. 28, hosted by the Texas A&M AgriLife Extension Service office in Bailey County.

Registration will begin at 8:30 a.m. with the program following from 9 a.m. until noon at the AgriLife Extension office in Bailey County, 118 W. Ave. C in Muleshoe.

Three Texas Department of Agriculture continuing education credits – two general and one integrated pest management – will be available.

A \$10 registration fee will be payable at the door. For more information contact the AgriLife Extension office in Bailey County at 806-272-4583.

Five Area Annual Meeting

The 56th annual meeting of the Five Area Telephone Cooperative is set for Saturday, Feb. 22, at 10 a.m., at the Bailey county Coliseum.

Correction Policy

Although the *Muleshoe Journal* tries to be accurate in the news stories and releases it publishes, the newspaper recognizes that errors occasionally occur.

An effort will be made to correct typographical errors, or misstatements of facts, in news stories voluntarily submitted for publication as soon as possible — if brought to the newspaper's attention in a timely manner, but will not include rerunning the news story or related photographs.

Corrections necessary from inaccurate or illegible information provided to the newspaper will not be published free of charge. Paid publication items — whether advertisements, obituaries or items that don't meet the criteria for free publication — may be rerun if the original publication includes in a significant error.

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 © 2014

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advertising@muleshoejournal.com

classifieds@muleshoejournal.com

Subscriptions: By Carrier Yearly — \$27

By E-mail — \$22

Advertising rate cards on request

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'It's Just a Fact, But a Fact It Is...'

It's just a fact, but a fact it is, that the teachers who most influenced my life early on were Methodists.

San Jacinto Elementary in Amarillo, was evidently a hotbed of Methodism. Or maybe it was just that my primary school path there was colored by the presence of three of them.

Someday I'll write another column and give Baptists and Church of Christ folks and Lutherans, etc., some well-deserved good words for their blessing in my life.

But today, these 50 years after they taught me, I'm thanking God for three "Methodees," as Franklin Roosevelt smilingly called their breed.

My first grade teacher was Mrs. Vera Carmody. I thought she was old and fierce. But she couldn't have been what the Bible describes as "full of years" because she had a great many left to fill up.

She lived to be 1,000 or so. (Actually, 101! Born in 1899; died in 2000!)

But I was right about the fierce part. (Lucille Ball's red hair was just a sparkler compared to Mrs. Carmody's fireball red!)

Mrs. Carmody was fiercely devoted to teaching first-graders not only how to read but how to live. She checked our hair, our teeth, and our fingernails, as well as the notebooks where we pasted pictures of apples for A, bananas for B, etc.

I'd still like to see some trendy educational egghead try to tell Mrs. Carmody that kids could learn to read worth squat and not be taught phonics.

She'd swat the



FOCUS On Faith
Curtis Shelburne

prof's hand with her legendary ruler, sit his tail in a chair, and enforce silence in the room until he sounded out whatever word she prescribed for his cure.

I don't know if Mrs. Carmody believed that "every child can learn." But I'm sure she believed every child in her classroom darn well would learn — or else.

Fierce? Oh, yes! She fiercely loved us all. Methodist, she was.

And then there was Mrs. Maxine Faulkner. Third grade.

I learned the "Lord's Prayer" not at church where I should have, but in Mrs. Faulkner's third grade class. We stood and recited that prayer, along with the Pledge of Allegiance, every morning.

We had no idea how much damage we were doing to the Constitution of these United States. (I'm kidding. And crying.)

I remember singing as she played the piano. By

the way, she played the piano for her Sunday School class two months before she died. Also age 101! Methodist, she was.

Setting the tone for the whole school (all six grades) was one of the finest men I've ever known, Mr. Robert Birchfield.

I will always think of this big, kind, gentle, amazingly strong and loving man with deep affection and gratitude.

A father to us all, what a smile he had! What a hug! What a man! Methodist, he was.

All three of these folks were members of Amarillo's Polk Street United Methodist

Church.

No particular point here — other than what a nice thing it is for any congregation when folks think of their members and "blessing" in the same thought — I've just always had very warm feelings toward Polk Street UMC and these three fine "Methodees." I owe them much.

Christians, they were. Unashamedly so. Committed to Christ and thus committed to little children like me.

I hope I've made them proud.

I know I thank God every day that folks of deep faith, and these three of the Methodist variety, have been such a blessing to me.

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News about your college student

If your college student is graduating or has made the Dean's or President's List, in order for that information to appear in the *Muleshoe Journal*, we must receive notice from the respective educational institution.

Your son or daughter must sign a release so the information can be sent to us.

Have them visit their bursar's office to sign a form indicating they wish to share their good news!

Once permission to share information has been granted, the college or university should send the info via email to: editor@muleshoejournal.com.



Sales Tax... Continued From A1

representing \$11,706.86 in additional dollars. The bottom Y-T-D positions are held by Farwell, with a 16.96 percent drop, and Earth with a 13.65 percent lower allocation, when compared to last year's totals at this time.

According to a press release from Texas Comptroller Susan Combs the state's sales tax revenue in January was \$2.3 billion, up 8.3 percent compared to January 2013.

the growth in fiscal year-to-date collections to 4.6 percent compared with the previous year. Sales tax revenue has increased for 46 consecutive months. The comptroller's office will send cities, counties, transit systems and special purpose taxing districts their February local sales tax allocations totaling \$802.1 million, up 8.2 percent compared to February 2013.



Mayor Pro Tem Honored

Muleshoe Mayor Cliff Black presented Mayor Pro Tem Irene Mason with a plaque from the Association of Mayors, Council members and Commissioners conference in San Antonio for her service as the 2013 AMCC president, during the Feb. 10 city council meeting.

Super news from MISD By Superintendent Dr. Gene Sheets

If your children told you that the Muleshoe Independent School District was dismissing early today, believe them.

to the success of our school to have good parental involvement. Every parent wants his or her child to be successful.

We have had many positive comments from parents that day about our efforts to provide a specific time to meet with teachers.

Today, Feb. 20, Muleshoe ISD has an "Early Release" at noon. The reason for today's early release is to allow time for parents to come to school and visit with their child's teachers.

Good two-way communication between the parents and school is a critical part of the school serving the needs of the children in Muleshoe.

One parent said that this was the first time he had been inside the school. Another parent said she appreciated our efforts to make her feel welcome to come to school.

We've done this twice a year for several years now.

We typically have very close to 100 percent of parents who come to meet with teachers that day.

Another parent said she gained some information she would not have otherwise known had she not come to school.

Parents can certainly visit with their teachers at other times during the year, but this is a day we set aside specifically to provide an opportunity for parents and teachers to communicate with each other.

We usually are able to meet later in the week with the other one or two parents who don't make it that day.

Thank you to all of our parents who take the time to come to school and communicate with our teachers about their child.

After the parent conference with their child's teacher, we provide an opportunity for parents to complete a survey about the school.

This is even true for our junior high and high school. It is very unusual for almost 100 percent of parents to come to school for a parent conference in secondary schools.

Our day of parent conferences is an important day that will help our students be more successful at school.

This needs assessment provides specific perceptions of parents toward the school.

But in Muleshoe, we have had a great turnout for these parent conferences. I think that says something about how much our parents care about the success of their children.

It takes all of us working together to create a quality school. I am very thankful that we have dedicated faculty and staff who want to work with parents to provide the best education possible for the children in Muleshoe.

The school analyzes these perceptions to see how we can improve various aspects of our school.

Last October, we had another early release day for parent conferences.

We believe it is vital

Local Chapter Enjoys Singing Valentine

Zeta Rho chapter of Beta Sigma Phi sorority met in the home of Debbi Hutto on Feb. 11, and were surprised with a singing valentine from a group of Muleshoe High School choir students.

Club News

and Debbi Hutto served refreshments.

Topics were written on slips of paper that each member drew at random from a basket and then told about their favorites for the topic that they picked; among the topics were a favorite television show, beauty product,

Carlos Martinez, Lisa Martinez, Ana Ceja, William Wauson, and Rosa Zaragoza sang "My Girl" along with choreographed dance movements as young helper Jennifer Martinez filmed the performance.

While Valentine's Day traditionally focuses on the people we love, Debbi Hutto's program chose instead to have members share thoughts on other things in their lives that they love and appreciate.

Continued on A5

After the well-done and lovely serenade, chapter president Cindy Purdy conducted the business meeting, and after the closing ritual, co-hostesses Vicki Black, Cindy Barrett,



Members present included, from left to right: Back row — Sharon Agee, Judy Wilbanks, Cindy Barrett, Pat Young Vicki Black, Cindy Purdy and Pamela Miller; front row — Donna Glover, Barbara Finney, Sheila Stevenson, Sandi Chitwood and Debbi Hutto. Not pictured — Alice Liles and Kristine Isaacson.

Airport...

Continued from A1 project is there now.

The project's estimated cost is \$2,109,500, of which 90 percent will be provided through federal funding, with the remaining 10 percent — estimated at \$211,950 — falling to the city.

The project's engineering and design will be completed in the first year at a total cost of \$180,000.

In the second year, the surface of the runway will be milled off at a cost of \$1,104,500.

During the second year, pilots using the airport will use the taxiway to take off and land.

During the third year, the runway will be open, and the taxiway's surface will be milled off and replaced at an estimated cost of \$825,000.

"Lordy... Lordy!"

Look who wishes they were 30!

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Senior Citizen News

The weather forecasters are predicting some warmer and better weather so it's time for you area senior citizens to come to the Oneita Wagon Senior Center and see what's been going on.

We have good meals. We have television. We have the games. With the many games of Eighty and dominoes, it's almost necessary to reserve a table.

We still have Bingo on every Thursday afternoon, and we have Bunko on the first and third Tuesday morning of each month.

We have books to read, television to watch, or video games to play, and of course, visit with your friends here at the center.

Come, see what you been missing during these cold winter days.

We'll definitely be glad to see you.

Kathy Carr, our nutritionist expert, will be in the center on Wednesday, Feb. 26.

Be sure to attend to hear her comments about helping us to eat right foods and exercise for better health.

The center thanks Kathy for her good informational visits.

On Saturday, March 1, the center will hold a pancake breakfast starting, at 7 a.m. and finishing at 11 a.m.

The center holds a pancake breakfast each quarter to raise monies to help keep the center open.

So come and enjoy a great all-you-can-eat breakfast of pancakes, bacon, sausage, various syrups with milk, coffee or water.

Feb. 24-28 menu:

Monday, Feb. 24 — Chicken tetrazzini, Italian vegetables, tossed salad with Italian dressing, oatmeal cookie, and garlic bread.

Tuesday, Feb. 25 — Meatloaf with tomato sauce, mashed potatoes, winter-blend vegetables, apple fluff, and wheat rolls.

Wednesday, Feb. 26 — Grilled steak, mashed sweet potatoes, tossed vegetable salad, low calorie French dressing, cornbread, and tropical fruit salad.

Thursday, Feb. 27 — Barbecue beef sandwich, tater tots, carrots and zucchini, and ambrosia.

Friday, Feb. 28 — Fish or chicken strip, borracho beans, green peas, tossed vegetable salad, low calorie French dressing, cornbread, tropical fruit, whole wheat rolls, and tropical fruit mix.

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 one-column 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.

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Obituaries

Elvis Powell

Funeral services for Elvis Powell 78, of McKinney were held on Wednesday, Feb. 19, at the Muleshoe Church of Christ with Curtis Smith of Muleshoe officiating.

Burial will follow in Lazbuddie Cemetery.

Elvis died on Feb. 16, 2014, in McKinney. He was born on June 9, 1935, in Crosby County, to Byron and Hazel Powell, and married Billie Edwards in Lubbock on Feb. 21, 1958.

Elvis was a member of the Muleshoe Church of Christ. He graduated from Ralls High School in 1954, and then attended a year of college at Texas Tech University, after which he began to farm in the Crosbyton and Ralls communities.

Elvis and Billie moved from Ralls to Lazbuddie in 1960. He was appointed cub master for Pack 620 in Muleshoe for two years. He served eight years on the Lazbuddie School board, and coached Babe Ruth and Little League baseball for 13 years.

Elvis also served on the Muleshoe Gin Board for eight years. He was selected in 1970 as young Farmer of the Year in the Muleshoe area. Elvis also served on the Plains CO-OP Association Oil Mill Compress Marketing



Association board.

He was elected as the Parmer County Precinct 4 commissioner and served from 2003-2010.

Elvis retired from farming in 2011, and he and his wife Billie moved to McKinney.

Survivors include his wife Billie Powell of McKinney; three sons — Ronald Dean Powell and wife Toni of McKinney, Mickey Cam Powell and wife Debbie of Colleyville, and Danny Dewitt Powell of McKinney; a brother — Don Powell of Friendswood; and six grandchildren.

He was preceded in death by his parents — Byron and Hazel Powell; and a brother — Melvin Powell.

Memorials may be sent to the New Mexico Children's Home, 1356 NM 236, Portales, N.M. 88130; Lazbuddie EMS & Fire Dept., PO Box 155, Lazbuddie, TX 79053; or The Children's Home of Lubbock, 4404 Idalou Hwy., Lubbock, TX 79403.

Online condolences can be made at www.ellisfuneralhomes.com.

Allene Pitcock

Funeral services for Allene Pitcock, 81, of Muleshoe, were held on Thursday, Feb. 13, at Muleshoe Memorial Park Cemetery with Pastor Curtis House of Amarillo, Texas officiating.

Allene died on Monday, Feb. 10, 2014, in Amarillo. She was born on Jan. 26, 1932, in Ranchvale, N.M., to Bill and Esther (Ruthledge) Mills, and married Jimmy Pitcock in Portales, N.M., on June 24, 1949.

Allene moved to Muleshoe from Portales, N.M., in 1963.

She was a teacher in the Lazbuddie and Sudan school districts for many years.

She enjoyed reading and loved her family, especially her grandkids and great-grandkids.

She was a member of the First Baptist Church in Muleshoe.



Allene was preceded in death by her husband — Jimmy; her parents; and a sister — Margret Oleta Bruggman.

Survivors include two sons — David Pitcock of Muleshoe, and Randy Pitcock and wife Jana of Clovis, N.M.; a daughter — Nina Adams and husband Joe of Tulia; a brother — Ronald Mills of Illinois; six grandchildren and 12 great-grandchildren.

Donations may be sent to the charity of choice.

Online condolences can be made at www.ellisfuneralhomes.com.

Bridal Shower

Shelburne Feted

Sarah Shelburne, the daughter of David and Sylvia Dominguez of Muleshoe, was honored with a bridal shower on Feb. 9 in the home of Patti Kent.

Hostesses for the event included Hellen Adrian, Debbie Hutto, Pam Atwood, Patti Kent, Cindy Barrett, Linda Latham, Tammy Black, Ruth Locker, Julie Cage, Diane Skipworth, Zanea Carpenter, Sharon Stegall,

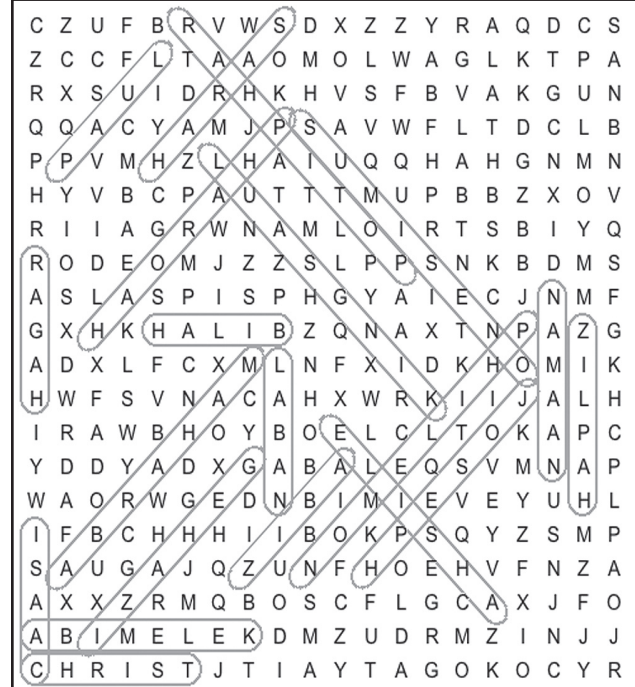
Janet Claborn, Liz Tipps, Debbie Conner, Christie Whitt, LeAnn Gallman, Linda Wood, Margaret Hamilton and Pat Young.

The hostess gift presented at the event was cash.

Special guests attending included Sylvia Dominguez, Juana Shelburne, Vernell Nance, Amy Shelburne, Danetta Shelburne and Holly Shelburne.



Slaves, Servants and Masters



Addresses For Charitable Giving Suggested

- Muleshoe Heritage Foundation Center, PO Box 201, Muleshoe, Texas 79347, (806) 272-5873.

- MOST Scholarship (given to all graduating MISD seniors yearly), c/o Superintendent Dr. Gene Sheets, 514 W. Ave. G, Muleshoe, TX 79347.

- Oneita Wagnon Senior Center, PO Box 292, Muleshoe, TX 79347.

- Hope Chest, PO Box 175, Muleshoe, TX 79347

- Muleshoe Hospital Auxiliary, c/o Muleshoe Area Medical Center.

- Bailey County Food Pantry, PO Box 175, Muleshoe, TX 79347.

- Meals on Wheels, 300 First St., Muleshoe, TX 79347

- Muleshoe Volunteer Fire Department, c/o Muleshoe City Hall, 215 S. First, Muleshoe, TX 79347, or call 272-4528.

- Lazbuddie EMS and Volunteer Fire Department, PO Box 125, Lazbuddie, TX 79053.

- Park View Nursing Care Center, 1100 W. Ave. J, Muleshoe, TX 79347.

- Muleshoe Memorial Park Cemetery, Inc., 104 E. Ave. C, Muleshoe, TX 79347, or call 272-5727.

- Muleshoe Area Educational Foundation, PO Box 62, Muleshoe, TX 79347.

- Muleshoe Chamber of Commerce & Agriculture, 115 E. American Blvd., Muleshoe 79347.

- Bailey County Child Welfare Board, PO Box 243, Muleshoe TX 79346, or call 272-3204.

- Muleshoe Boy Scouts, 609 W. Seventh, Muleshoe, TX 79347, or call 806-946-9908.

- Muleshoe Girl Scouts, 346 State Highway 214, Muleshoe, Texas 79347.

- Bailey County Historical Commission, c/o Sammie Simpson, 812 FM 54, Sudan, TX 79371, or call 806-927-5191.

Zeta Rho...

Continued from A3
dessert, city, neighbor, song, animal, book, actress, music, movie, color, author, and vacation spot.

The exercise gave the members a chance to reflect on the many things that enrich our lives and give us pleasure.

The door prize went to Donna Glover.

Everyone was also reminded that the next meeting will be on March 11 in the home of Sharon Agee.

Thank you for reading the Muleshoe Journal!



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Death Notices

Ken Duncan

Lubbock resident Ken Duncan, 80, died on Feb. 7, 2014. He was born on May 29, 1953. Funeral services were held on Wednesday, Feb. 12, at Christ the King Cathedral, followed by burial in Muleshoe Memorial Park Cemetery.

“Honor the LORD with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.”
Proverbs 3:9-10, NIV



Vote Against Debt Ceiling Extension Addressed

Last week, the House and Senate voted to suspend our debt ceiling through March 15, 2015.

I voted against the extension, because I think it's irresponsible to keep extending our credit without reforming the spending problems that keep pushing us up against our debt limit.

Imagine that you hit your credit card limit, and instead of paying down some of your debt, you decided to call your credit card company and ask them to simply ignore your credit limit for a year.

You'd explain. "After I make a year's worth of purchases, you can see where I stand then and give me a new, higher limit."

What do you think the answer would be? No, obviously. And where do you think your finances would be after that year of borrowing with no limit?

Not very healthy. Washington wants to keep spending, keep borrowing, and keep pretending there are no long-term consequences.

But as any family could tell you, that kind of reckless spending isn't sustainable.

I'll continue voting to hold Washington accountable to American taxpayers.

The Lesser Prairie Chicken

As you know, I've been leading the charge to prevent the U.S. Fish and Wildlife Service (FWS) from listing the Lesser Prairie Chicken as threatened under the Endangered Species Act (ESA).

A listing would be costly and difficult for landowners, because it would restrict activity

on lands within the birds' habitat.

Moreover, only two percent of the species put on ESA lists have ever recovered sufficiently to be delisted.

The good news is, five states have come together to develop a Range-Wide Conservation Plan that should preserve habitat and make a listing unnecessary.

Since FWS approved the Range-Wide plan, there are now 4.8 million acres of existing or pending enrollment in conservation plans across the Lesser Prairie Chicken Range.

That's roughly the size of Delaware and Connecticut combined.

Last week, I sent a letter to FWS Director Dan Ashe urging a quick approval of the accompanying oil and gas Candidate Conservation Agreement with Assurances (CCA) for

this agreement. Instead of stalling with never-ending reviews, FWS should finalize this agreement and incentivize additional conservation efforts. I'm confident that given the opportunity to fully implement the range-wide plan, states will prove that listing the lesser prairie chicken is not necessary.

Events in Texas This Week

I'm looking forward to spending the week visiting with people in West Texas and the Big Country.

In Abilene, I'll be meeting with the Abilene Board of Realtors the Abilene Southwest Rotary Club before I tour the Farm, Ranch, and Wildlife Expo.

I'm looking forward to discussing the Farm Bill with Expo visitors.

We'll also raise awareness about women's heart health with the Abilene Go Red for Women luncheon.

I'll be in Breckenridge to tour the Colt Competition Rifle factory and discuss jobs in Texas.

Later, I'll join the Levelland Lions Club for their meeting, and then travel to Brownfield for a Texas Tech-themed banquet at the Chamber of Commerce.

In Lubbock, I'll meet with high school students to talk about Black History Month.

In Big Spring, I'll talk with members of the Rotary Club.

Finally, I'll close out the week by volunteering at the Lubbock Lions Club Pancake Festival.

I hope to see you when I'm in your neighborhood.



Courtesy photograph / Steve Satterwhite

Lazbuddie Students Win Award

The Lazbuddie Junior High Science Bowl students competed at the Pantex Science Bowl contest in Canyon on Feb. 8, defeating 42 other teams to win the sportsmanship award. The Lazbuddie Independent School District will receive a cash award to be used in the science department as a result of their win. Pictured above, from left to right, are: Back row — Team sponsor Debbie Weir, Eduardo Pantoja, Mikayla Merigan, Marisol Gomez and Andres Solano; middle row — Grant Dictson; and front row — Mallory McDaniel and Devon Pacheco.

Weather Whys: Why Bridges Ice First

Q: Why is it that ice always forms on bridges first?

A: The answer is heat — or a lack of it, says Brent McRoberts of Texas A&M University's Department of Atmospheric Sciences.

Roads and highways, even though they are made of asphalt and concrete, are protected by the ability of soil underneath to absorb heat.

"But bridges and overpasses are suspended in the air, which means they do not have the means to absorb heat," McRoberts explains.

"So when temperatures start dropping below freezing, it takes a while for the ground temperature to reach freezing. But bridges and overpasses, with freezing air on top and below the structures, will cool down and freeze much quicker."

Q: So bridges are affected more than roads by the outside temperature?

A: True, McRoberts adds. "Bridges don't have any way to trap heat, so they lose heat quickly and this allows them to freeze quicker than roads," he says.

"The simple explanation is that bridges tend to follow the outside air temperature very closely. So if the temperature drops below freezing and it



starts to sleet or snow, the bridge's surface will also fall below freezing and snow and sleet will stick to it very quickly," he said.

"Also, bridges are often constructed from concrete and metal that tend to conduct heat efficiently, meaning heat passes through these materials more quickly than typical asphalt pavement. So ice can form on bridges and, when combined with a layer of snow, it makes driving conditions very dangerous. That's why bridges and overpasses are the first to be sanded when icing is about to occur."



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UPDATED PROPERTY TAX INFORMATION NOW AVAILABLE FOR TEXAS TAXPAYERS

New and updated property tax information has just been compiled by Bailey Central Appraisal District and is available now to assist taxpayers. This property tax information is current and covers a wide range of topics, such as taxpayer remedies, exemptions, appraisals, and is of value to select groups, such as disabled veterans and persons who are 65 years of age or older.

Whether you are a homeowner, business owner, disabled veteran or a taxpayer, it's important you know your rights concerning the property tax laws. You can contact the appraisal district about any property tax issues with full confidence that we will provide you the most complete, accurate and up-to-date available information to assist you.

This includes information about the following programs.

Property Tax Exemptions for Disabled Veterans — The law provides partial exemptions for any property owned by veterans who are disabled, spouses and survivors of deceased disabled veterans and spouses and survivors of military personnel who died on active duty. This includes homesteads donated to disabled veterans by charitable organizations at no cost to the disabled veterans. The amount of exemption is determined according to percentage of service-connected disability. The law also provides a 100% exemption for 100% disabled veterans and their surviving spouses, beginning in 2009.

Property Tax Exemptions — Non-profit organizations that meet statutory requirements may seek property tax exemptions and must apply to their county appraisal district by a specific date.

Rendering Taxable Property — If a business owns tangible personal property that is used to produce income, the business must file a rendition with the appraisal district by a specified date. Personal property includes inventory and equipment used by a business. Owners do not have to render exempt property such a church property or an agriculture producer's equipment used for farming.

Appraisal Notices — If a taxpayer's property value increased in the last year, the Texas taxpayer will receive a notice of appraised value from the appraisal district. The city, county school district and other local taxing units will use the appraisal district's value to set property taxes for the coming year.

Property Taxpayer Remedies — This Comptroller publication explains in detail how to protest a property appraisal, what issues the county appraisal review board (ARB) can consider and what to expect during a protest hearing. The publication also discusses the option of taking a taxpayer's case to district court or entering into binding arbitration if the taxpayer is dissatisfied with the outcome of the ARB hearing.

Homestead Exemptions — A homestead is generally defined as the home and land used as the owner's principal residence on Jan. 1 of the tax year. A homestead exemption reduces the appraised value of the home and as a result, lowers property taxes. Applications are submitted to the appraisal district.

Productivity Appraisal — Property owners who use land for agricultural purposes can be granted property tax relief on their land. They may apply to the appraisal district for an agricultural appraisal which may result in a lower appraisal of the land based on how much the taxpayer produces, versus what the land would sell for in the open market.

Residence Homestead Tax Deferral — Texas homeowners may postpone paying the currently delinquent property taxes due on the appreciation value of their homes by filing a tax deferral affidavit at the appraisal district. This tax relief allows homeowners to pay the property taxes on 105 percent of the preceding year's appraised value of their homestead, plus the taxes on any new improvements to the homestead. The remaining taxes are postponed, but not cancelled, with interest accruing at 8 percent per year.

Property Tax Deferral for Persons Age 65 or Older and Disabled Homeowners — Texans who are 65 years of age or older, or who are disabled as defined by law, may postpone paying current and delinquent property taxes on their homes by signing a tax deferral affidavit. Once the affidavit is on file, taxes are deferred, but not cancelled, as long as the owner continues to own and live in the home. Interest continues to accrue on unpaid taxes. You may obtain a deferral affidavit at the appraisal district.

Notice of Availability of Electronic Communication — Chief appraisers of a county appraisal districts and appraisal review boards may communicate electronically through email or other media with property owners or their designated representatives. Written agreements are required for notices and other documents to be delivered electronically in place of mailing.

Protesting Property Appraisal Values — Property owners who disagree with the appraisal district's appraisal of their property for local taxes or for any other action that adversely affects them may protest their property value to the appraisal district's appraisal review board.

For more information about these programs, contact the Bailey Central Appraisal District at 302 Main Street, Muleshoe, Texas 79347. Telephone: 806- 272-5501. Website: www.bailey-cad.org



The Sudan Buzz

Nettes Capture Area Trophy; Head To Regionals

By Cheri Sain
Sudan Correspondent

It was another stellar night for Ashton Sawyer as the Sudan Nettes defeated the no. 3 team in the state, the Christoval Lady Cougars, in an amazing win of 40-30 in an area championship game.

Sawyer ended the night with 25 points, 6 rebounds, and 3 steals.

The Nettes held the Lady Cougars to only one point in the first quarter.

Christoval averages 70 points per game.

Sudan led Christoval with a score of 7-1 going in to the second quarter.

The Nettes' defense



held the Lady Cougars until five minutes left in the half when Christoval went on a shooting spree.

They put up 14 points quickly giving Sudan a

one-point lead going in to the half with a score of 16-15.

In the words of Nettes' Coach Benny Lockhart, the Nettes "lost their minds" and

blew their lead.

Sudan came out more focused in the third quarter.

It was a back and forth match in the fourth until Christoval

started getting in to foul trouble.

With a minute left in the game, Madison Chester stole the ball and went down for a layup but was fouled.

Chester made her last free throw and went to defensive mode.

She picked off the inbounds pass and was fouled again.

Christoval began fouling again to slow the game down in a last ditched effort.

The Nettes made their free shots that extended the lead.

The Nettes walked away with a huge upset over a high ranked

team.

Besides Sawyer having a great game, Madi Edwards came out huge on defense with six blocked shots and six points.

Allison Black had two points, Chester had three points and four steals, and Ashton Shultz had four points.

The Nettes played Sundown on Tuesday for the regional quarterfinal's game at 6:30 p.m at Rip Griffin in Lubbock.

The boys will play before the girls in their bi-district game at 5 p.m.

Sudan Powerlifters Place At Roosevelt Meet

The Sudan Boys' and Girls' Powerlifting teams competed in the Lubbock Roosevelt Powerlifting Meet Thursday afternoon.

The boys' team

finished second as a team with all but one placing in the meet.

The girls took first place as a team with several increasing their weight total.

Here are the boys' results:

Derek Tovar, first place 114 weight class, total 590.

Teaguen Nolte, fifth place 123 weight class, total 510.

Adam Martin, first place 132 weight class, total 1,005.

Marco Godinez, fifth place 132 weight class, total 710.

Alex Rodriguez, fourth place 148 weight class, total 750.

Xavier Baker, second place 165 weight class, total 1,000.

Preston Bradley, seventh place 165 weight class, total 755.

Christian Martha, fifth place 198 weight class, total 900.

Ross Steadman, third

place 220 weight class, total 875.

Here are the girls' results:

Araseli Cornjeo, first place light division.

Sarah Carrizales, fourth place light division.

Nereida Trillo, fifth place heavy division.

Kenzie Conley, second place heavy division

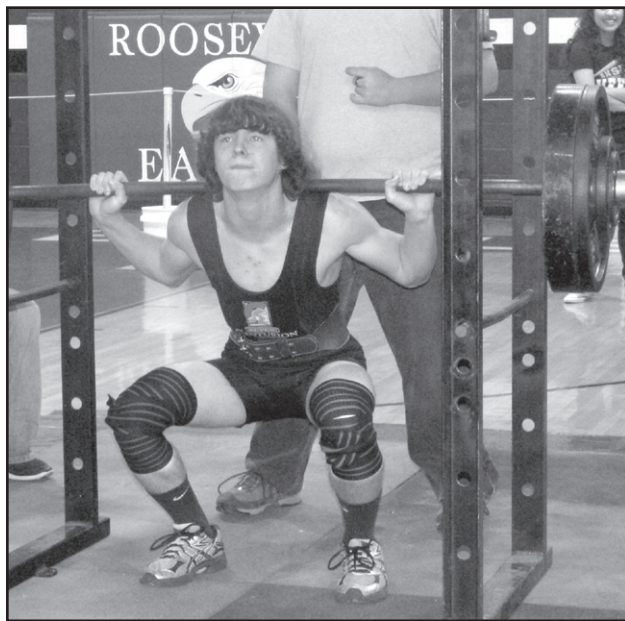
The Sudan boys will have a powerlifting meet at Sudan on Thursday, the 20, at 4 p.m. in the all purpose room.

"We would like to invite the community to come see the powerlifting meet and cheer on our boys as they try to qualify for the regional round," Athletic Director Coach Gordon Martin said.



Going Up For Two

Ty Shaw goes in for a layup against Farwell in a seeding game at Muleshoe. The Steers won and will get the first place seeding with the bye. Sudan played their bi-district game against Tahoka on Tuesday night.



Adam Martin won the Roosevelt Power Lifting Meet in the 132 pound division with 1,005 pounds lifted.

Sudan Students Place At UIL Meets

By Cheri Sain
Sudan Correspondent

The Sudan High School UIL Team participated in the Idalou UIL Academic Meet on Saturday, Feb. 8, and brought home several awards.

Jazmin Solis placed sixth in Social Studies, and Carson Phillips placed fourth in LD Debate.

Jacob Markham placed fifth in Computer Science.

Andrew Harper placed fourth in ninth Grade Number Sense

and second in Computer Science.

Deric McCurry placed sixth in Computer Science and second in Informative Speaking.

Adam Harper placed second in 12th grade Math, second Overall Math, fourth in Number Sense, second in Accounting, and first in Computer Science.

The Accounting team won second place. And, for the fourth consecutive year, the Computer Science team was the Championship Team.

Also, Sudan UIL students placed at the Dimmitt Speech Tournament.

Enrique Cornejo and Sydnie Brantley placed fifth in Duet Acting. Brianna Azua placed third in Foreign Extemporaneous Speaking and was the Champion in Congress.

Ambrosia Nelson was second in Prose, and Nelson with her partner Jose Luis Melendez were the Champions in Duet Acting and are now TFA State Qualified.

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SPORTS NEWS

JV Mules Suffer Defeat

By Delton Wilhite
Sportswriter

The JV Mules tried to battle their way back from a first period 17-9 hole Tuesday evening in Friona against the Chiefs.

The Mules made up ground in the middle two periods to trail by a single point after three periods.

Friona put the Mules a way in the final quarter 55-50.

Tony Castillo scored the Mules first two points of the game and added a 3-pointer before the quarter ended. Bryce Mauricio and Triston Boehning made a basket each.

The Mules trailed 17-9 after one quarter.

The Mules trimmed three points off the Chiefs lead in the second quarter.

Beto Diaz got the Mules started early in the second period and added two more baskets before the quarter ended.

Antonio Vasquez and Castillo made a basket each. Mario Flores made a pair of charity tosses and Boehning added a free throw.

The Mules had cut the Friona lead to 27-22 by the intermission.

The Mules continued to chip away at the



Photograph by Gabby Perez

A JV Mule takes to the air for a shot against Friona.

Friona lead in the third period and out scored the Chiefs 16-12 to cut the lead to 39-38.

Vasquez got the Mules started with a hoop. Castillo made a basket and then knocked down a 3-pointer.

Kevin Mendoza drove the lane for a basket. JJ Gandara stepped behind the

arc and dropped in a 3-pointer to briefly give the Mules a one-point lead.

Friona ended the quarter with a basket to go in front.

The Mules seem to run out of gas in the final frame. Flores got the Mules started in the final period with a hoop and added a free throw before the game ended.

Vasquez drained a 3-pointer from the wing.

Keagan Gonzales came alive in the final period with three

Continued on A10

Giddyup!

"Hey, Ref, get this guy off of me!" Whether intentional, or not, one of the more unusual moments during the recent game against the Friona Chieftains had to have been when varsity Mule Jason Florez found himself being used as a means of transportation by one of the Chieftains. While we suspect the Friona player was called for a foul, it might have also been one of the most unusual "traveling" calls in school history.

Varsity Mules... Continued From A1

the Mules in the second period.

Danny Campos converted a free throw for a three-point play and added a second free throw before the half. Leal and Dunham scored a hoop each and the Mules tied the game at 25-25 by the intermission.

The Chiefs were hot in the second half and took a 44-37 lead over the Mules in the third period with a 19 point quarter.

Austin Ross scored on the Mule's version of the Alley Oop.

Barron lobbed the ball over the defense to Ross breaking through the Friona backdoor.

Barron added a three-point play of his own and two free throws.

Dunham dropped in

two hoops and one free throw.

The Mules made a run at Friona in the final period but could not make up enough ground before the final buzzer sounded.

Barron started the period with the Mules first try at the 6:30 mark.

Barrone added a hoop on a steal and dropped in his second 3-pointer.

Leal made three charity tosses and added a 3-pointer.

Dunham put back an offensive rebound for two points and added a second hoop.

Florez made a free throw and added a hoop.

The Mules had run up a total of 21 points but Friona made 19

points to hang on for the win.

Dunham led the Mules in scoring with 17 points.

Barron only scored in three quarters but

added 15 points and Leal dropped in 12.

Florez finished with six points, Campos made four and Ross and Elizalde chipped two points each.

CAFE 21

- BBQ EVERYDAY
- NEW ITEMS ON MENU
- BREAKFAST MON-FRI @ 7AM

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ATHLETE OF THE WEEK



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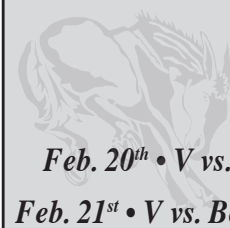
WE SUPPORT THE MULES AND LADY MULES!

BASEBALL

SOFTBALL

Feb. 20th • V vs. Hereford @ Hodges Prk @ 10 • V vs. Shallowater @ Sh. @ 4:00
Feb. 21st • V vs. Borger @ 7:00 @ Hodges Prk • JV vs. Denver City @ 4:30 • Home

Feb. 20-22nd • Brownfield Tourn. @ Brownfield • TBA
Feb. 25th • V vs. Clovis @ 6:30 NM • Away



CLASSIFIEDS

Deadline is Monday at noon to place a classified ad. Call 272-4536.

HELP WANTED

7 temp positions: Ag. Equipment Operator, 03/02/14 to 12/31/14. We offer \$9.87 p/hr at the time work is performed. Housing provided, 48 hrs p/wk. 3/4 guarantee, and transportation and subsistence expenses to worksite paid after 50% completion of contract. Tools, equipment provided at no cost. Duties: drive, plant, harvest, store grain, repair operate tractor, rock picker, plow, disc, drill, harvest equip, sprayer, grain truck. Minimum 3 months experience. Must be able to obtain a driver's license within 30-90 days of hire. Russell Neumiller, Chaseley, ND. Interested? **Apply at nearest Job Service ND, or call 701-653-5289, job order #346271.**

2 temp positions: Ag. Equipment Operator, 03/02/14 to 12/31/14. We offer \$18.00 p/hr at the time work is performed. Housing provided, 48 hrs p/wk. 3/4 guarantee, and transportation and subsistence expenses to worksite paid after 50% completion of contract. Tools, equipment provided at no cost. Duties: drive, plant, harvest, store grain, repair operate tractor, rock picker, plow, disc, drill, harvest equip, sprayer, grain truck. Minimum 3 months experience. Must be able to obtain a driver's license within 30-90 days of hire. Harold Eidsness, Brocket, ND. Interested? **Apply at nearest Job Service ND, or call 701-662-9300, job order #347818.**

3 temp positions: Ag. Equipment Operator, 04/05/14 to 12/31/14. We offer \$18.00 p/hr at the time work is performed. Housing provided, 48 hrs p/wk. 3/4 guarantee, and transportation and subsistence

expenses to worksite paid after 50% completion of contract. Tools, equipment provided at no cost. Duties: drive, plant, harvest, store grain, repair operate tractor, rock picker, plow, disc, drill, harvest equip, sprayer, grain truck. Minimum 3 months experience. Must be able to lift 60 lbs. Basic literacy and arithmetic required. Benton Farms, Oak Grove, LA. Interested? **Apply at nearest LA Workforce Agency, or call 318-428-8640, job order #474167.**

2 temp positions: Ag. Equipment Operator, 03/10/14 to 12/31/14. We offer \$18.00 p/hr at the time work is performed. Housing provided, 48 hrs p/wk. 3/4 guarantee, and transportation and subsistence expenses to worksite paid after 50% completion of contract. Tools, equipment provided at no cost. Duties: drive, plant, harvest, store grain, repair operate tractor, rock picker, plow, disc, drill, harvest equip, sprayer, grain truck. Minimum 3 months experience. Must be able to obtain a driver's license within 30-90 days of hire. C&E Rausch Farms, Gettysburg, SD. Interested? **Apply at nearest SD Workforce Agency, or call 605-773-3373, job order #1632928.**

2 temp positions: Ag. Equipment Operator, 03/10/14 to 12/31/14. We offer \$18.00 p/hr at the time work is performed. Housing provided, 48 hrs p/wk. 3/4 guarantee, and transportation and subsistence expenses to worksite paid after 50% completion of contract. Tools, equipment provided at no cost. Duties: drive, plant, harvest, store grain, repair operate tractor, rock picker, plow, disc, drill, harvest equip, sprayer, grain truck. Minimum 3 months experience. Must be able to obtain a driver's license within 30-90 days of hire. Kenneth A. Ruud, Parshall, ND. Interested? **Apply at nearest Job Service ND, or call 701-857-7500, job order #344089.**

2 temp positions: Ag. Equipment Operator, 03/01/14 to 12/31/14. We offer \$13.41 p/hr at the time work is performed. Housing provided, 48 hrs p/wk. 3/4 guarantee, and transportation and subsistence expenses to worksite paid after 50% completion of contract. Tools, equipment provided at no cost. Duties: drive, plant, harvest, store grain, repair operate tractor, rock picker, plow, disc, drill, harvest equip, sprayer, grain truck. Minimum 3 months experience. Must be able to obtain a driver's license within 30-90 days of hire. Harold Eidsness, Brocket, ND. Interested? **Apply at nearest Job Service ND, or call 701-662-9300, job order #347818.**

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lbs. Basic literacy and arithmetic required. Ross Planting Co., Pioneer, LA. Interested? **Apply at nearest LA Workforce Agency, or call 318-428-8690, job order #476054.**

Continued on A10

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• PRIME FARMLAND IN LAMB COUNTY, TEXAS! 531± ACRES, TWO 1/4 MILE PIVOTS, FOUR WELLS ON PROPERTY — ALL TIED TOGETHER — 500 GALLON MINUTE COMBINED, PER OWNER. 40X50 METAL SHOP, CATTLE SCALES, WORKING CHUTE, AUTOMATIC WATERS, PIPE/CABLE WORKING PENS. FIVE-STRAND BARBED-WIRE FENCED AND CROSS-FENCED AROUND PROPERTY. CALL: JT — 806/681-3421.

TMC TEACHING & MENTORING COMMUNITIES

TMC provides center-based, full day Head Start services to eligible migrant/seasonal children and their families at five center in the Panhandle. Full-time positions are eligible to participate in medical, dental, vision, and life insurance. All positions are eligible to participate in 401k plans.

The Muleshoe Texas center currently has the following openings:

Preschool Teacher
Teacher Aides
Bus Aides

Minimum Qualifications:
Teacher - AA/BA in Early Childhood Education or Child Development or AA/BA in related field (related field is defined by the Head Start Act of 2007 is a degree with 18 credit hours equivalent in Early Childhood Education).
Teacher Aide - High School Diploma AND Child Development Associate credential (CDA Preschool or ECC) that will be completed within one year, or be enrolled in a program leading towards an AA or BA degree in Early Childhood Development.
Bus Aide - Experience working with preschool children in a Head Start program or day care setting. Must be 18 years of age and be able to read and write English and Spanish.

Applications received via email, FAX, or mail to Western Regional Office
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6104 45th Street, Suite A
Lubbock TX 79407
806.763.4187 (P)
806.763.9136 (F)
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Amherst
• 360 Acres, 2-Pivots, 800 GPM Water. Good Crop History. Current Crop Year Is In Lease. 7 Miles North Of Amheart On Hwy 1055.

Sudan
• 1260 Acres, Irrig/CRP/Grass -Trophy Mule deer Potential. Will Divide - Easy Access. FM 303

King County
• 320 Acres, Excellent hunting and scenic views. Has Turkey, quail, dove whitetail deer and wild hogs. 2 Trail Homes Included. 3200 CR 352

COMMERCIAL

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• Springlake Feed Yard For Sale - Permitted for 10K Head of Cattle, 5000 Ton Silage. Located on Hwy 70 4 Miles W. Of Earth Texas.

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Amherst
• Very Well Kept 4/1.5/2 Home, West Of Amherst On .75 Acres. \$85,000

Sudan
• Wonderful Family Home! 539 Fm 298 4/3/2 \$325,000
• Country Living! 3/2/Carport - WOW Just Reduced to \$45,500
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• NEW LISTING-VERY NICE 3 BEDROOM, 1 3/4 BATH BRICK HOME, CENTRAL AIR AND HEAT, ELECTRIC STOVE IN LIVING ROOM, BUILT-INS, WOOD SHUTTERS, ITS OF STORAGE, ALL ELECTRIC, UTILITY ROOM, 2 CAR GARAGE, SPRINKLER SYSTEM, FENCED BACKYARD, WALK-IN ATTIC SPACE, ALL ON CORNER LOT.

• NEW COMMERCIAL LISTING- APPROX. 2240 SQ.FT. BUILDING ON MAIN HWY. 84. CENTRAL AIR AND HEAT. THIS IS THE HENRY NAILS BUILDING, ALSO HAS 150 X 90 ASPHALT PAVING. GREAT LOCATION!!

• NEW LISTING-475 ACRES NW OF MULESHOE, 5 WELLS, 3 CIRCULAR SPRINKLERS. LAYS WELL, 2 ADDITIONAL COUNTRY HOMES INCLUDED. REASONABLY PRICED!! CALL FOR DETAILS!!

• NEW LISTING-COUNTRY HOME ON HIGHWAY-3 BEDROOM, 1 3/4 BATH BRICK HOME, CENTRAL HEAT, BUILT-INS, 2 CAR GARAGE, BOXCARS FOR STORAGE. CALL FOR MORE DETAILS.

• NEW LISTING- COUNTRY CLUB ADDITION- VERY NICE 3 BEDROOM, 2 BATH BRICK HOME, FIREPLACE, BUILT-INS, ALL ELECTRIC, CENTRAL HEAT AND AIR, LARGE UTILITY, 2 CAR GARAGE, SPRINKLER SYSTEM, FENCED BACKYARD, ACROSS FROM THE COUNTRY CLUB ON CORNER LOT. CALL FOR MORE DETAILS.

• NICE- POSSIBLE OWNER FINANCING TO QUALIFIED BUYER! 3 BEDROOM, 2 BATH BRICK HOME, CENTRAL AIR AND HEAT, FIREPLACE, APPLIANCES, LARGE SUNROOM GREAT FOR ENTERTAINING, FINISHED BASEMENT, SHOP, SPRINKLER SYSTEM, FENCED BACKYARD, PATIO, 2 CAR GARAGE. CALL FOR MORE DETAILS.

• ONLY \$67,900.00-3 BEDROOM, 2 BATH BRICK HOME, CENTRAL AIR & HEAT, APPLIANCES, SINGLE CAR GARAGE, FENCED BACKYARD. PRICED TO SELL.

• NICE 3 BEDROOM, 1 BATH HOME, CENTRAL AIR AND HEAT, SPRINKLER SYSTEM, DETACHED GARAGE, STORAGE BUILDING, SEPTIC SYSTEM, ALL ON 5.75 ACRES. PRICED TO SELL. THIS ONE WILL NOT LAST LONG.

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Thanks for reading!

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CHECK OUR LISTING INFO., PHOTOS, ETC. ON-LINE AT WWW.NIEMANREALTY.COM
HAVE BUYERS! NEED HOME AND LAND LISTINGS!!

HIGH SCHOOL AREA

• 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!! **PRICE REDUCED! \$78,900!!**
• 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 bdrm aptmt., corner lot, MUCH MORE!! \$440,000!! \$120K!!!
• VERY NICE - 3 - 2 Brick Home, Cent. A&H, built-ins, WB stove, nice flooring, utility, thermal win. & doors, fans, fence yd., stor. bldg.!! \$99K!!
• 3- 2 1/2 - 2 carport HOME, corner lot, 2301' living area!! \$80K!!! REDUCED \$72K!!
• 4-2 Brick Home, Cent. A&H, DW, fans w/lights, lg. util., fenced yd., auto. sprklr. approx. 1962' lv. area!! \$89.5K!!!
• Very Nice 3-2 Brick Home, Cent. A&H, built-ins, approx. 1653' lv. area, total electric!! \$59,500!!
• Nice 3-2-2 Home, approx. 1974' lv. area, built-ins, corner lot, workshop/storage, fenced yd. MORE!! \$80K!!

RURAL

• 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, workshop, 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!!!!
• 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!! \$69,500!!
• 3 Bedroom, 2 Bath Mobile Home (1998 Skyline), approx. 2280' lv. area, Cent. air&heat, built-ins, FP, metal roof, auto splkr., 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!!
• STEGALL 3-2-2 Austin Stone Home on 3.67 acres, Cent. A&H, built-ins, gas log FP, approx. 3064' living area, workshop/storage, 24x36' metal shed, MORE!! \$125K!!
• MAPLE - 3-2.5-2 Brick Home on 2.48 acres, Cent. A&H, built-ins, gas log FP, approx. 2557' lv. area, (garage enclosed), storage unit!! MORE!! \$65K!!

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 area!!
• 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!! **Price Reduced \$18K!!**
• 2.95 acre tract with 2140' office + 17000' & 3465' ware houses 4 miles east on U.S. 70 - \$430K!!! \$99K!!
• CASTRO CO. / FM 303 - Approx. 440 acres, 6 subs, 1 turbine, 2 valley & 1 Zimmatic circle!! \$1750 per acre!!
• NICE OFFICE/SHOP/WAREHOUSE on approx. .7 acre tract, metal bldg. one 1/2 bath & one 3/4 bath, cent. A&H, city water, insulated \$85K REDUCED - \$50K!!
• NICE 1680' office, Cent. A&H, plus 1120' storage/workshop w/gar. door + 2 carport!! \$30K!!

RICHLAND HILLS • PARKRIDGE • HIGHLAND

• VERY NICE 3-2.5-2 Brick Home, Cent. A&H, built-ins, FP, approx. 2749' lv.area, lots of storage, nice courtyard & landscaping, workshop/storage/fenced yd., Much More!! **Reduced-\$155K!**
• 3-2 BDRM. DUPLEX UNITS, TOTAL ELECTRIC!! \$180K!!!
• 2-1 Home, wall furnace heat, window evap. air!! \$30,000!!
• CUSTOM BUILT 3-2.5-2 Brick Home on corner lot, 2608' lv. area, built-ins, FP, covered patio w/ grill, fenced yd., auto splkr., numerous amenities!! \$270 K!!
• VERY NICE 3-2-2 Brick Home, Cent. A&H, Built-ins, FP, thermal windows & doors, approx. 1876' lv. area, workshop/storage, fenced yd.!! \$119,500!!
• NICE 3-2-2+2 carport Home, corner lot, Cent. A&H, built-ins, ceiling fans w/light kits, storm doors, & windows, covered patio, tile block fence, auto. splkr., workshop/storage. MUCH MORE!! \$135K!!!

LENAU • COUNTRY CLUB

We're watching competitions every... ...day and learning about the sports!

Newspaper Fun!

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Winter Olympics 2014

"Swifter, Higher, Stronger."

Sochi, Russia!

Iceberg Skating Palace

I'm crazy about the Winter Olympic Games! Ice skating, skiing and snowboarding are some of my favorite cold season sports. Watching people from all over the world compete in the Games is such a thrill. What do you know about the Winter Olympics? **Read the clues and fill in this crossword to find out!**

- Over 2,500 _____ are competing.
- They come from about 90 _____.
- 2014 is the first year that athletes from seven largely _____ countries (including Paraguay and Zimbabwe) are competing in Winter Olympics.
- Athletes from _____ have qualified for the luge.
- A team from Jamaica is going to compete in the _____ again this winter.
- The United States team of 230 athletes is the _____ group ever sent.
- For the first time, _____ will be able to compete in ski jumping.
- One of Russia's favorite sports is _____, so Russians are sure to tune in!
- The USA has won more medals in _____ than any other country.
- _____ is beloved all over the world; a widely viewed sport.
- About 1,300 _____ have been made for the Winter Olympics! Some of the gold ones will have a bit of the largest meteorite to hit the earth recently (landed in Russia on Feb. 15, 2013).
- Over the years, the athletes from _____ have won the largest number of medals at the Winter Games.
- Cross-country skier Bjorn Daehlie (Norway) held the _____ record for most medals won going into Sochi.
- Speed skaters Apolo Ohno (8 medals) and Bonnie Blair (6 medals) had won the most medals for Team _____.
- The 2018 _____ Olympics will be held in PyeongChang, South Korea.

Clues for crossword:

- 1. Over 2,500 _____ are competing.
- 2. They come from about 90 _____.
- 3. 2014 is the first year that athletes from seven largely _____ countries (including Paraguay and Zimbabwe) are competing in Winter Olympics.
- 4. Athletes from _____ have qualified for the luge.
- 5. A team from Jamaica is going to compete in the _____ again this winter.
- 6. The United States team of 230 athletes is the _____ group ever sent.
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- 9. The USA has won more medals in _____ than any other country.
- 10. _____ is beloved all over the world; a widely viewed sport.
- 11. About 1,300 _____ have been made for the Winter Olympics! Some of the gold ones will have a bit of the largest meteorite to hit the earth recently (landed in Russia on Feb. 15, 2013).
- 12. Over the years, the athletes from _____ have won the largest number of medals at the Winter Games.
- 13. Cross-country skier Bjorn Daehlie (Norway) held the _____ record for most medals won going into Sochi.
- 14. Speed skaters Apolo Ohno (8 medals) and Bonnie Blair (6 medals) had won the most medals for Team _____.
- 15. The 2018 _____ Olympics will be held in PyeongChang, South Korea.

Come to print out free puzzles: **Winter Olympic Sports and Hooray for Presidents Day!** www.readingclubfun.com

Which Olympic Sport Is It?

Clues for puzzle:

- 1. average "flight time" is less than 10 seconds
- 2. had a 52-year break before returning in 1992; a lot like shuffleboard
- 3. started as a mix of skiing and acrobatics
- 4. combination sport of cross-country skiing and rifle shooting, skills first used by hunters and soldiers
- 5. started in the Summer Olympics (1908), now: singles, pairs, ice dancing
- 6. partly enclosed vehicle on steerable blades racing on iced tracks
- 7. done in the Alps in Europe for many years; Olympic sport since 1936; includes the downhill event, which is the longest with highest speeds, and the slalom, which has the shortest course with the quickest turns
- 8. special skates, tight racing suits to lower friction, helmet, eyewear
- 9. Olympic-style toboggan: steering and speed are important
- 10. flexible or stiff boards, boots, hard plastic helmets
- 11. stick, skates, helmet, pucks, protective gloves, shin guards, jersey
- 12. one of the fastest Olympic sports; athletes go up to 100 miles per hour

Names in puzzle: Bode Miller, Lolo Jones, Shaun White, Shani Davis, Gracie Gold.

Athletes at the Winter Olympics are competing in 98 events in 15 sports to win and to earn gold, silver or bronze medals. **Read the clues to fill in my puzzle with the Olympic sports!**

- average "flight time" is less than 10 seconds
- had a 52-year break before returning in 1992; a lot like shuffleboard
- started as a mix of skiing and acrobatics
- combination sport of cross-country skiing and rifle shooting, skills first used by hunters and soldiers
- started in the Summer Olympics (1908), now: singles, pairs, ice dancing
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- special skates, tight racing suits to lower friction, helmet, eyewear
- Olympic-style toboggan: steering and speed are important
- flexible or stiff boards, boots, hard plastic helmets
- stick, skates, helmet, pucks, protective gloves, shin guards, jersey
- one of the fastest Olympic sports; athletes go up to 100 miles per hour

JV Mules...

Continued from A8 baskets.

Castillo led the Mules with 12 points and Diaz added 10. Vasquez finished with seven points and Gonzales made six.

Flores dropped in five points, Gandara and Boehning made three each. Mauricio and Mendoza chipped in two points each.

Some of the JV Mules will join the varsity for the post season run while the others will start the Spring sports.

UPCOMING AUCTION

Wednesday, March 12, 2014 — Sale Time: 10:00 a.m.

Clay's Corner Gin Yard

(North of Muleshoe, Texas on Hwy 214)

To Consign Farm & Ranch Equipment Call: Jake Fehr (806) 566-7037
Or Five Star Auctioneers: Jim (806) 864-3611 or Jimmy (806) 864-3362

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Continued from A9

7 temp positions: Ag. Equipment Operator, 03/07/14 to 12/31/14. We offer \$13.41 p/hr at the time work is performed. Housing provided, 48 hrs p/wk. ¾ guarantee, and transportation and subsistence expenses to worksite paid after 50% completion of contract.

Tools, equipment provided at no cost. Duties: drive, plant, harvest,

store grain, repair operate tractor, rock picker, plow, disc, drill, harvest equip, sprayer, grain truck. Minimum 3 months experience. Must be able to lift 50 lbs. Matzen Partnership, Onida, SD. Interested? **Apply at nearest SD Workforce Agency, or call 605-773-3372, job order #1633472.**

3 temp positions: Ag. Equipment Operator, 03/21/14

to 12/31/14. We offer \$18.00 p/hr at the time work is performed. Housing provided, 48 hrs p/wk. ¾ guarantee, and transportation and subsistence expenses to worksite paid after 50% completion of contract. Tools, equipment provided at no cost. Duties: drive, plant, harvest, store grain, repair operate tractor, rock picker, plow, disc, drill, harvest equip, sprayer,

grain truck. Minimum 3 months experience. Must be able to obtain a driver's license within 30-90 days of hire. Savelkoul Harvesting, Lansford, ND. Interested? **Apply at nearest Job Service ND, or call 701-857-7500, job order #347758.**

2 temp positions: Ag. Equipment Operator, 03/28/14 to 12/31/14. We offer \$18.00 p/hr at the time work

is performed. Housing provided, 48 hrs p/wk. ¾ guarantee, and transportation and subsistence expenses to worksite paid after 50% completion of contract. Tools, equipment provided at no cost. Duties: drive, plant, harvest, store grain, repair operate tractor, rock picker, plow, disc, drill, harvest equip, sprayer, grain truck. Minimum 3 months experience. Must

be able to lift 60 lbs. Must be able to obtain a driver's license within 30-90 days of hire. Shell Valley Farms, Plaza, ND. Interested? **Apply at nearest Job Service ND, or call 701-857-7500, job order #348123.**

FOR SALE

Military Surplus at SUSIE'S PAINTBRUSH Hwy 84 Littlefield, TX. Items include, but not limited to: BDU'S

R u c k s a c k s , bath room and Sleeping Bags, kitchen area, lots Paracord, Clips of storage. Call Roy Lovelady at 806-272-5716 or 806-946-9455.

Good MDSE, Fair Prices. Come look!

FOR RENT

2 bedroom / 1 bath, Refrigerator and stove included. \$250 deposit, \$450 mo. Call 806-240-2211.

FOR RENT

Large Office Space at 218 Main Muleshoe, TX. 4 Office areas, large conference area.

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Custom Shredding and CRP grass planting and Wheat planting. Free Estimates! Call 806-638-6449.

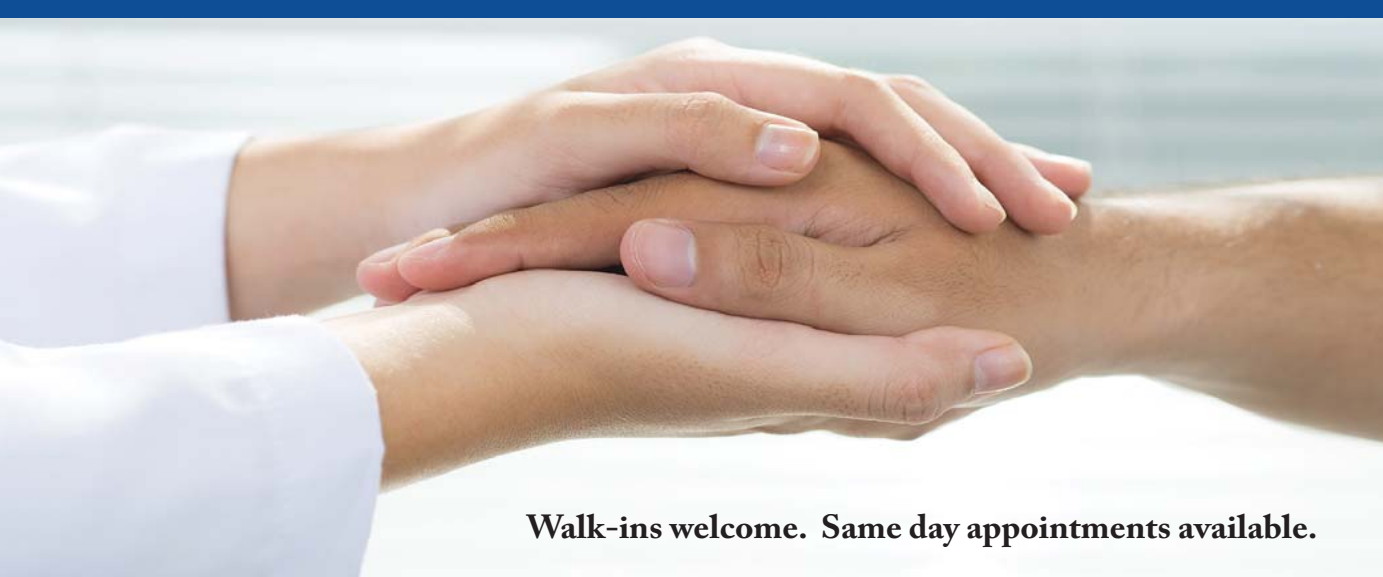
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PICTURED LEFT TO RIGHT: James Garrett, PA-C, Dr. Gary Webb, Dr. Felipe Jubay, Carmen Putman, FNP-C, Dr. Jeff Dickson, Michael Sermon, PA-C

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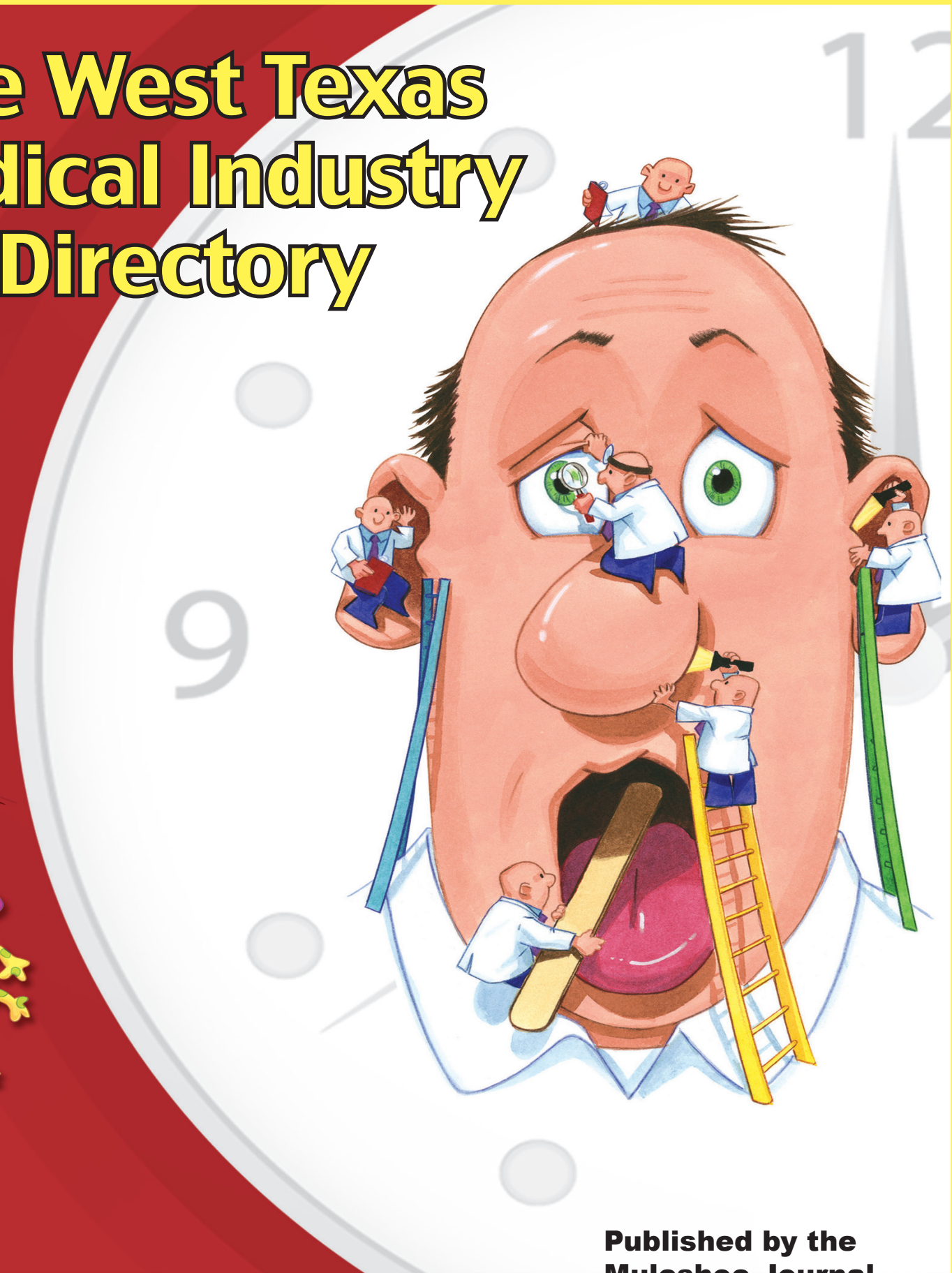
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Friona, TX 79035
Hospital phone: (806) 250-2754

Friona Rural Health Clinic
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(806) 250-2781

www.ParmerMedicalCenter.com

For a healthier you...

The West Texas Medical Industry Directory



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L X K U L F J N U Q A F B N V V A W U P T V D T N L E I Z B C G K W A
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T K E P X D H W F A J I M M Y L C B X J N F I K T C S L M L H G Y U Y

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Solutions on 12

Health Note:

Quitting smoking or chewing tobacco at any time will substantially reduce your risk of cancer going forward as your body will heal from the effects of smoking or chewing.

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Parents Warned: Don't Let Your Child's Fever Fool You!

(NAPSI) — When your child isn't feeling well, your main concern is to help him or her get better. However, when it comes to children's fevers, your first step should always be to determine whether or not your child actually has a fever. This can save your child from receiving unnecessary medication or even hospitalization. Fever Myth: "If your child feels warm, she must have a fever." While he or she may feel warm, a child's skin temperature varies with exercise, excitement and sleep-making your hands poor thermometers.

Fever Fact: Use a thermometer, so you can get an accurate temperature. Remember, the temperature for a fever depends on where you put the thermometer. A rectal temperature of 100.4 degrees or higher, an oral temperature of 100 degrees and above, and an armpit temperature of 99 degrees all mean that your child has a fever. Parent Education To help educate caregivers about the nature of fevers, PediaCare® has partnered with father and pediatrician Dr. David Hill, author of Dad to Dad: Parenting

like a Pro, to develop a series of videos to debunk a number of myths about kids and fevers. A Safer Treatment PediaCare® has also developed the new Single Dose Fever Reducer. It's designed to help make giving children medicine an easier and safer task. It's the only pre-measured acetaminophen available in individual, squeezable packets, suitable for anytime dosing. The child-resistant Single Dose packets each contain an accurate dose for just one treatment, so they require no additional

cup or spoon and reduce the threat of overdosing. The packet is specially designed for little mouths and to make taking medicine less intimidating. Each box of the product contains multiple ready-to-use doses based on weight and age. Many parents are confused as to when to give their child acetaminophen and dosing instructions can be confusing. To view Dr. Hill's videos, visit www.youtube.com/PEDIACARE. For more information, visit PediaCare.com.

Newspaper Fun! We are eating more of the... Annimills LLC © 2012 V9-12 ...brightly colored foods at school, too!

Good Nutrition - Healthy Living Did you notice that the area for "vegetables" is the largest on this plate? Have you seen the new "food plate"? It is a simple way to tell with one look if you are eating about the right amount of food from each of the food groups at meals. The plate is divided into four parts to show serving sizes for fruits, vegetables, grains and foods that have proteins. The dairy (like me - milk!) is added on the side. Are you choosing healthy amounts of foods that will provide the nutrition you need to grow and be healthy? * Source: USDA Read the clues to fill in the puzzle: 1. The four areas of the _____ show you how much of each food group you should eat. 2. Choose foods from each food group every day: fruits, vegetables, _____ and beans, grains and dairy. 3. The area for _____ is the largest: carrots, peas, spinach, green beans, potatoes, squash. 4. _____ and vegetables are loaded with vitamins A and C for good skin, eyes and healing. 5. _____ products made from low fat milk have calcium to build strong bones and teeth. 6. Foods in the grain group have carbohydrates that give you _____. 7. Whole _____ have more fiber, so try whole wheat noodles or pizza crust. 8. _____ to build muscles comes from meat, fish, beans and nuts. 9. Some fat is needed for your body and brain to run well. Choose an _____ over fats that are solid. 10. Watch the family budget by finding canned and _____ fruits and vegetables that you like on sale. 11. Choose snacks that have less fat or salt and cereals with less _____. 12. When you eat out, choose the _____ meals on the menu.

Keeping Families Healthy During Cold And Flu Season

(NAPSI) — According to the U.S. Centers for Disease Control and Prevention, approximately 35 to 50 million Americans come down with the flu during flu season, which typically lasts from November to March—but there are steps you can take to keep yourself and your family healthy. There are even ways to avoid the common cold, which accounts for more visits to the doctor than any other condition in the United States.

“Many seasonal sicknesses that affect families each year can easily be prevented,” said Todd Prehm of Sanford-Brown Colleges, a leading provider of healthcare education. “Being aware of the possible health risks and taking action to prevent illnesses can save many trips to the doctor’s office.”

Flu-Fighting Tips

One of the most effective ways to avoid the headaches of seasonal sickness is prevention. To keep your family healthy and active this year, consider these tips:

1. Stay hydrated—Encourage all family members to carry a reusable bottle filled with water wherever they go. Keeping hydrated will help your immune system stay strong and fight off illness.
2. Avoid close contact—Cold and flu viruses can be passed through a simple handshake or cough. Try to keep some distance from family members

who are sick to avoid infecting others.

3. Take advantage of health resources—Sanford-Brown Colleges hold an annual Give Back Week that focuses on providing a variety of free health services to members of the community. As part of the school’s commitment to service learning, this event gives students the opportunity to put their skills to use and contribute to wellness in the community.

4. Wash your hands often—Each day, you come in contact with many more germs than you may realize.

Washing your hands a few times throughout the day can stop germs in their tracks. Keep hand sanitizer with you, as well.

5. Keep surfaces clean—Cold and flu germs can live on home surfaces such as counters, door-knobs and telephones. Be sure to wipe down common surfaces daily to prevent the spread of illness.

By practicing these tips, families have a better chance of escaping a number of common illnesses.

Anyone interested in turning a passion for healthcare into a profession can visit a Sanford-Brown College campus to learn more. From diagnostic medical sonography to veterinary technicians, the campuses offer technical instruction for students looking for a career in a field that really makes a difference.



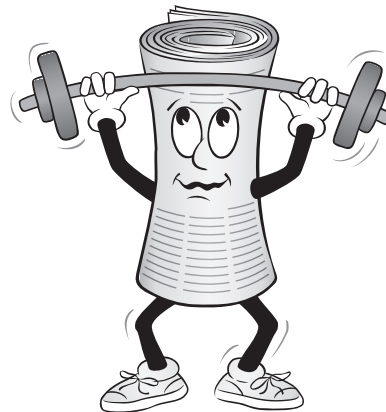
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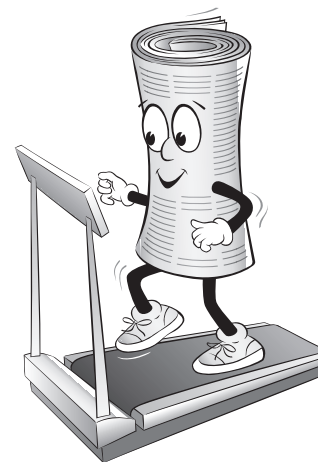
~Striving to promote a healthy lifestyle.~



Exercise
Daily



Eat
Healthy



Knowledge And Experience You Can Trust

We at K&K Pharmacy are dedicated to continuing our quest for knowledge and excellence. Keeping ourselves on the cutting edge of traditional medicine, natural medicine, and compounding insures that our patients receive the best healthcare available. When you choose to become one of our patients, you will benefit from our widely diversified experiences, knowledge, and expertise to help you achieve optimal health. We hope to have you as a patient soon!

MEDICAL EQUIPMENT

Wheelchairs, Crutches, commodes – these and other similar items are part of what we provide in the DME department. Come into pharmacy and allow our trained specialists to help with durable and home medical equipment, wound care items and a complete line of diabetic shoes and foot care accessories.

MOBILITY ITEMS

K&K Pharmacy offers many products to assist with your mobility related issues. Gain back some of your lost independence by using a cane, walker, rollator, or wheelchair. Many of these items are billable to insurances.

LONG TERM CARE SERVICES

- After hours on-call pharmacist • Compounding • Consulting Pharmacists
- Medication Therapy Management • Enteral feeding tube • Free Delivery
- Infusion Therapy • Inservice • Insurance plan assistance and billing
- Medication administration records (MARS) • Individualized Packaging
- Oxygen and Respiratory Services

IMMUNIZATIONS

Immunizations and vaccinations are available at K&KPharmacy. Pharmacists are available during business hours to give flu shots and other vaccinations.

OVER THE COUNTER MEDICATION

A selection of over the counter medications and vitamins are available at our pharmacy for a variety of common medical conditions such as coughs and colds, allergies, stomach upset, and pain. A pharmacist can help you to select the best product for your problem.

Consider stopping by the next time a family member is in need of some home treatment. If we don't have the product, we will gladly order that for you if possible and have it within 1-2 business days.

WE NOW ARE COMPOUNDING AT K&K PHARMACY!

Compounding combines an ageless art with the latest medical knowledge and state-of-the-art technology, allowing specially trained professionals to prepare customized medications to meet each patient's specific needs. Compounding is fundamental to the profession of pharmacy and was a standard means of providing prescription medications before drugs began to be produced in mass quantities by pharmaceutical manufacturers. The demand for professional compounding has increased as healthcare professionals and patients realize that the limited number of strengths and dosage forms that are commercially available do not meet the needs of many patients, and that these patients often have a better response to a customized dosage form that is “just what the doctor ordered”. *Our compounding professionals can prepare:*

- unique dosage forms containing the best dose of medication for each individual.
- medications in dosage forms that are not commercially available, such as transdermal gels, troches, “chewies”, and lollipops.
- medications free of problem-causing excipients such as dyes, sugar, lactose, or alcohol.
- combinations of various compatible medications into a single dosage form for easier administration and improved compliance.
- medications that are not commercially available.

QUALITY COMPOUNDING MAXIMIZES THERAPEUTIC OUTCOMES

Our compounding professionals can formulate suitable medications as sublingual drops, oral and nasal sprays, lollipops, rectal solutions and suppositories, and other customized dosage forms. Please contact us to discuss your patients' needs.

Have you heard about Bioidentical Hormone Replacement Therapy and could you benefit from it? Our compounding Pharmacist, Kristine Isaacson can provide important information concerning BHRT and possible therapy alternatives. For information contact Kristine at Pharmacy, 806-272-7511 or mixmymeds@gmail.com

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Hablamos Espanol!

Kay Campbell and Kristine Isaacson
PHARMACIST/OWNERS

1411 West American Blvd. • Muleshoe, TX 79347
806-272-7511

Prairie Acres/Friona Heritage Estates 'Making Life Easier'

Prairie Acres is an 83-bed facility with a secured dementia special care unit.

We are located in Friona, Texas just four blocks from the local hospital and right across the street from the Senior Citizen Center.

PROGRAMS AND SERVICES:

- Skilled and Intermediate Care. Currently accepting Medicare, Medicaid, Private Insurance and Private Pay
- Local Physicians see the residents on a regular basis
- Beautiful Chapel. Church services performed every Sunday by alternating churches within the community.
- Daily Bible Study. Daily Newspaper Reading. Daily Activities for/with the Residents such as Movie/Popcorn day, Painting, Nail Polish & Music, Sittersize/Exercises, Skipbo/Dominoes/Bunko, etc.
- Separate activities with the Dementia Unit such as Beauty Makeovers, Relaxation, Clay touch, Bean bag toss, Sing-a-long, Bird watching, etc.
- One-on-one activities with Residents.
- Participating Churches provide monthly Birthday Parties for Residents.
- Hair Care and Barber Services provided by volunteers and professionals to the residents.
- Van Transportation to various area activities such as Pep rallies, Picnics, Community Events and also for Doctor and Dentist Visits.
- Facility and Resident's Personal Laundry.

FRIONA HERITAGE ESTATES ASSISTED LIVING FACILITY

Friona Heritage Estates is a 16-unit assisted living apartment complex. We offer large living and dining areas as well as many other amenities.

THE MONTHLY SERVICE FEE INCLUDES:

- Assistance with bathing & dressing and medication management for persons with minor deterioration in their physical and mental capabilities.
- Full Breakfast, lunch and dinner with choice of menu. Specialized diets available. Weekly housekeeping. Complete maintenance of your apartment. All utilities except telephone service. Transportation to medical appointments. Transportation to scheduled outings. Attendants on duty 24 hours a day. Licensed care available. Full calendar of planned activities.

EACH APARTMENT IS FURNISHED WITH:

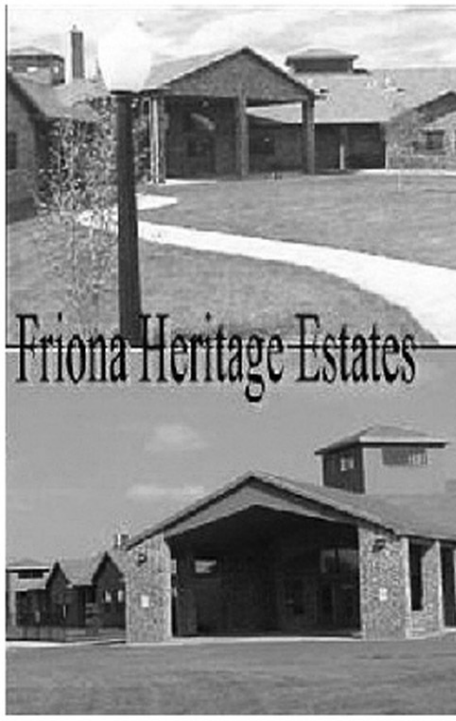
- 24 hour emergency alert system. Cable TV and telephone outlets.
- Handicapped accessible shower and toilet with safety bars. Smoke detector/Sprinkler system. Compact refrigerator & Microwave oven. Carpet and Window treatments. Individually controlled heat and air conditioning. Individual outside patios.

OTHER FEATURES INCLUDE:

- Access to computer, including email. Beauty/Barber shop. Day Room. Library. Piano and Organ. Game room. Therapy room. Mail delivery. Access to laundry facilities or paid laundry done by staff.

We provide Residents with assistance in locating services not offered by Friona Heritage Estates such as Home Health Care, Oxygen Equipment, Hospital Beds, etc.

Friona Heritage Estates is a beautiful facility and our goal is to assist you in "making life easier."



Services Available:

- ♥ Skilled Nursing Care
- ♥ Respite Care
- ♥ Short-term Rehab Stays
- ♥ Opal Ridge - Dementia Unit
- ♥ Assisted Living Facility
- Friona Heritage Estates
TX Facility ID. #100379
- ♥ Experienced & Caring Staff
- ♥ Medicare, Medicaid, Long-Term Care Insurance, and Private Pay accepted
- ♥ Daily Activities
- ♥ Physical, Occupational, & Speech Therapy

"At Prairie Acres and Friona Heritage Estates, we understand that it takes experience, training, and compassion to care for our elders. Our mission is to provide the best possible quality of life for those in our care. To find out how we can be there for your family, please call me for details or to schedule a tour." -Billy Ray Johnston, Licensed Nursing Facility Administrator

Prairie Acres & Friona Heritage Estates
201 East 15th Street, Friona, TX 79035
(806) 250-3922

Health Care Reform And Your Taxes

(NAPSI) — The health of your wealth may depend on how well you understand the Affordable Care Act and the changes it creates for federal taxes.

New Rules

Whether these changes affect you is largely a matter of your household's gross income minus certain deductions — your adjusted gross income (AGI) — and whether you have health insurance.

While most Americans will see little to no change when filing taxes due April 15, 2014, the experts at TaxACT point out that higher income taxpayers are more likely to be affected, particularly

those with investment income.

Anyone whose modified AGI is \$200,000 or more (\$250,000 if filing jointly or \$125,000 if married filing separately) will pay an additional 3.8 percent tax on 2013 investment income, including interest, dividends, capital gains, and rental and royalty income.

It'll be added to tax already paid on investment income.

For example, if you pay 20 percent tax on a long-term capital gain, your total tax on the gain will be 23.8 percent.

Fortunately, you can reduce your investment income by expenses that can be allocated to it, such as investment interest expense, advisory and brokerage fees, and

rental and royalty expenses.

You can also reduce it by state and local income taxes that can be allocated to investment income items.

If you pay the additional net investment income tax, you may also pay an additional 0.9 percent Medicare tax on wages and compensation in excess of \$200,000.

Since the tax is automatically withheld from employee wages, you simply report the amount in Boxes 5 and 6 of your Form W-2 on your tax return.

The tax is calculated using figures on Schedule SE for business owners and the self-employed.

If you deduct unreimbursed medical expenses, the threshold has increased to 10 percent of your AGI.

For example, if your 2013 adjusted gross income is \$50,000, you can deduct only unreimbursed medical expenses that exceed \$5,000.

The threshold remains at 7.5 percent for taxpayers age 65 or older.

"Let affordable, do-it-yourself tax software navigate these tax law changes for you," suggests TaxACT's Jessi Dolmage.

"The programs ask easy questions to help minimize your tax liability and maximize your deductions and credits."

Tax Credits And Penalties

If you get your 2014 health insurance through a state or

federal marketplace, you may qualify for the advanced premium tax credit.

Most often, it's paid directly to your insurance company, resulting in lower monthly premium costs.

If you prefer, you can pay your entire premium yourself and get the credit as a refund when you file your income tax return due April 15, 2015.

This may be a good idea if your income is unpredictable and you want to ensure you don't owe taxes when you file.

"TaxACT will reconcile the credit with your actual income," says Dolmage. "You may receive a bigger credit or have to pay back some or all of the credit if your actual income is more or less than the amount you estimated when purchasing insurance."

Although the health insurance mandate began January 1, 2014, uninsured taxpayers don't pay the penalty until 2015.

The penalty will be 1 percent of 2014 income or \$95 per person, whichever is higher.

The penalty for uninsured dependents under the age of 18 is \$47.50 per child, up to \$285 total per family.

Learn More

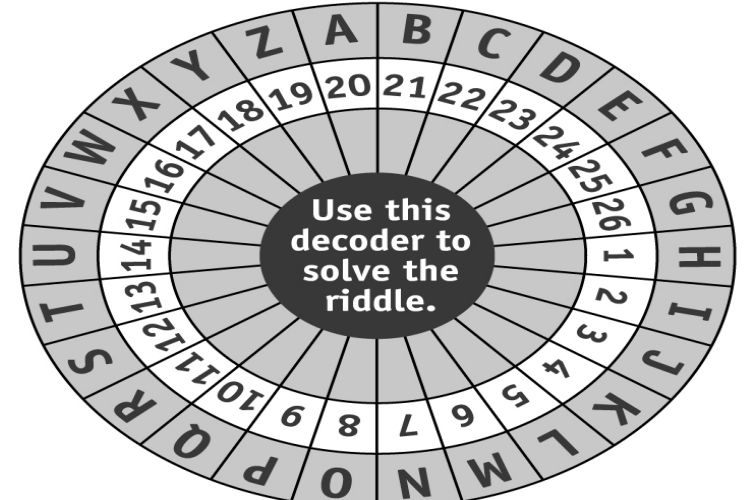
For further facts about tax law changes, go to www.irs.gov. Visit www.healthcareact.com for health insurance credit and penalty calculators plus a free year-by-year tax guide.

You can file your federal taxes free, at www.taxact.com.

SECRET CODE

Why did the cat go to medical school?

13	8	21	24	22	8	6	24	20			
25	2	11	12	13	-	20	2	23	4	2	13



HEARING AIDS

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“Open” Behind the ear hearing aids, Provide the most natural, comfortable sound.

Tiny “Deep Canal” hearing aids hide in the ear but you can still remove them when you want!



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King Hearing Center
 2821 74th St., Lubbock, TX

MEDICAID ACCEPTED

Hearing aids do help!

People often feel they are alone in their frustrations with not understanding. I see people in my office every day that are having trouble understanding, especially in a crowd. We talk about their hearing and hearing aids and make adjustments to their hearing aids to help in difficult listening situations. Hearing is complex and filtering the noise from the information you want to hear is even more complex.

A question often asked is whether the newest technology is any better than the old technology at understanding in noise. Without a doubt, the technology I fit today is much better in noisy settings than the hearing aids I fit five years ago. But, hearing aids do not repair years of damage to inner hearing nerves, and your brain is not as pliable as it was when you were forty — neither is mine! For this reason, new hearing aids are better at filtering noise, but your hearing may or may not be capable of using that information.

So why even try? Hearing aids do help! They provide an increase in volume that is required for most hearing losses. They also “shape” the sound frequencies that you are receiving to provide more usable information. For example, if sound is amplified too much in the low frequency range, it creates “upward masking”, this means that the low frequencies actually interfere with the high frequencies and make it more difficult to understand. Hearing aids also compensate for some negative effects of hearing loss. Some people actually become more sensitive to loud sounds when they have hearing damage, and today’s hearing aids automatically “dampen” loud sounds. Some advanced hearing systems also focus on speech in settings with non-speech noise and amplify the speech above the noise. Technology is continually being adapted to benefit the specific needs of patients with hearing loss.

The only way to really know about your hearing and whether or not hearing aids will help you is to have a hearing check. King Hearing Center is located in Lubbock at 2821 74th St., where our office has been in the same location since 1984. Randall King is the owner of King Hearing Center and a Board Certified Hearing Instrument Specialist. He has worked with hearing loss for more than 25 years. He has tested hearing throughout West Texas, trained several specialists in hearing aid sciences and fit thousands of hearing aids. Call for your personal consultation with Randall at (806) 745-7878.

MAHD Services Offered

In addition to the many services our hospital provides on a daily basis, there may be some things you may not know or even realize that we do for our patients and community.

Swing Bed Program

For the patient who is no longer in need of acute medical care, but is not yet comfortable functioning independently at home.

The goal of the Swing Bed Program is to bring the patient to a level of recovery that allows them to return home, confident that they are able to be there independently.

Common Medical Conditions Treated in Swing Bed Programs

The swing bed patient is typically a Medicare recipient who has improved from acute care and has been referred by the attending physician to receive skilled care and rehabilitation through the swing bed program.

Examples would include: Rehabilitation following major surgical procedures, such as knee or hip replacement; diabetes, cancer, CHF; stroke recovery; pain management; amputations - traumatic injuries; resolving conditions requiring IV therapy and wound care.

Since 1998, we have geared

our services to the unique personal needs of patients who find themselves between acute hospital care and home.

Swing bed patients are no longer critically ill, but need to be guided to a less intensive level of medical care.

Continuous rehabilitative services are needed in order to regain independence



and strength prior to being discharged.

The Swing Bed Program is federally approved by Medicare and Medicaid and most insurance companies cover swing bed services for qualified patients.

For more information on placement, contact: Swing Bed Coordinator, Eileen Morton at: 806.272.4524 ext. 251 or Director of Nursing Services, Kody Kitchens, at: 806.272.4524 ext 112.



Muleshoe Area Medical Center

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
- Outpatient IV Therapy
- Respiratory Therapy
- Swingbed Program
- Discharge Planning
- Referrals to Social Services Agn.
- Family Violence Referrals
- Community Awareness Program
- Community Education
- 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 L.V.N. and R.N. School
- Outpatient Endoscopy
- Bone Density
- Diagnostic Radiology
- Teleradiology
- PAC “filmless” Radiology

Our Clinics

Muleshoe Family Medical Clinic

Family Practice
 701 S. First Street • 272-7531
 • Bruce Purdy, M.D.

Medical Clinic of Muleshoe

Family Practice
 610 S. First Street • 272-7544
 • Kyle Sheets, M.D.
 • Suzanne Bunker, PA-C
 • Sherry Whiteaker, FNP
 • Linda Bullock, FNP-C

Claborn Medical Clinic

Dermatology & Family Practice
 708 S. First Street • 272-6825
 • Jobey Claborn, D.O.

Outpatient Clinic Ste 3

708 S. First Street • 272-5561
 • Texas Health Steps Physicals
 • Childhood Immunizations



Our Mission

The mission of Muleshoe Area Hospital District is to provide quality medical and health care services to the people of Bailey and Partner 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



Be Smart About Stroke

(NAPSI) — Knowing a little about stroke may help you to reduce disability or save a life.

Consider what happened to Juaquin “Hawk” Hawkins, a professional basketball player, 34 years-old and in top physical condition. He had a stroke and didn’t recognize the warning signs, nor did the people around him.

According to the American Stroke Association, a division of the American Heart Association, only two out of three Americans know at least one of the stroke warning signs.

Yet stroke is the No. 4 killer for all Americans and the No. 1 preventable cause of disability.

That’s why the American Stroke Association’s Together to End Stroke initiative, which is nationally sponsored by global medical products company Covidien, is helping Americans recognize the stroke warning signs in an easy way. Just remember F.A.S.T. and the symptoms that come on suddenly:

F - Face drooping

A - Arm weakness

S - Speech difficulty

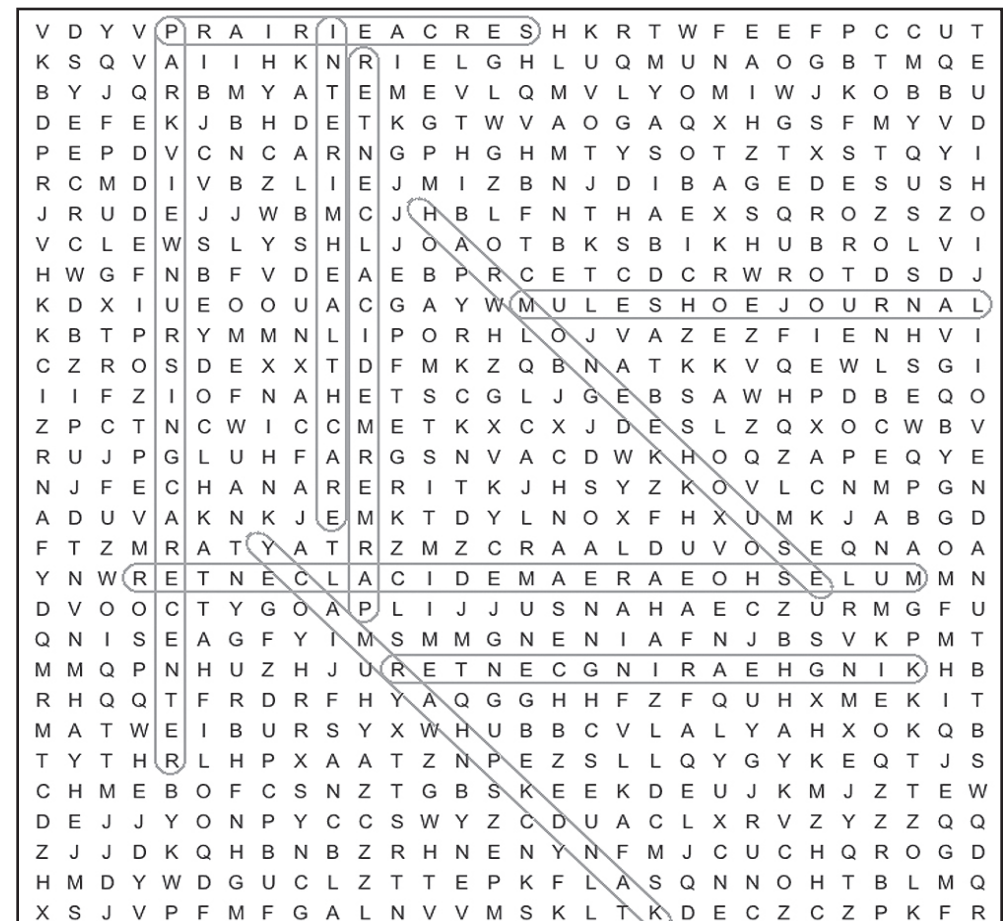
T - Time to call 9-1-1.

When you recognize a stroke and act fast by calling 9-1-1, you have a greater chance of getting to an appropriate hospital quickly and improving the outcome.

“Stroke can happen to anyone at any time and it is largely preventable, treatable and beatable,” says Hawkins. “The American Stroke Association can help to empower you to prevent stroke. When you learn to prevent stroke, you improve the outlook for your future and live a healthier lifestyle.”

According to the American Stroke Association, the actions you take to prevent stroke can also help you to prevent heart disease.

For more information about stroke and a complete list of the warning signs, visit www.strokeassociation.org/warningsigns.



Learn The Facts About Colon Cancer Prevention

(NAPSI)—While colon cancer is the third-leading cancer killer in the United States, it is also a preventable and treatable disease — if diagnosed in its early stages.

If you are turning 50, don't put off colon cancer screening. While March is officially National Colorectal Cancer Awareness Month, any time is a good time to learn the facts about colon cancer prevention.

Silent Killer...
Colon cancer, also known as colorectal cancer, takes the lives of more than 50,000 Americans each year. It's a silent killer because often there are no symptoms until it is too late to treat.

Age is the single largest risk factor for the disease. Most colon cancers arise from precancerous growths in the colon called polyps, which can be found during a screening exam

and removed before they turn into cancer.

Screening Saves Lives...
The American Society for Gastrointestinal Endoscopy (ASGE), representing the experts in colon cancer screening, recommends screening begin at age 50. A person at average risk with normal screening results won't need another exam for 10 years.

If polyps or cancer is found, screening intervals should be more frequent. Colon cancer runs in families, so screening should begin sooner if there is a family history of polyps or colon cancer or if other risk factors are present.

Some experts suggest African-Americans should begin screening at age 45.

Screening methods include colonoscopy, sigmoidoscopy, stool

blood tests such as fecal occult blood test (FOBT) or fecal immunochemical test (FIT), stool DNA, CT colonography (virtual colonoscopy) and barium enema.

Colonoscopy...
Colonoscopy is considered the preferred screening method because it is a preventive exam: It is the only test that both finds and removes precancerous polyps during the same exam.

With other methods, if a polyp or other abnormality is found, the test must often be followed by a colonoscopy. Colonoscopy is a safe, effective and well-tolerated exam.

"ASGE encourages patients to get screened at intervals recommended by their doctor, to find a qualified endoscopist for their colonoscopy who has had specialized training in the procedure, and to carefully follow

preparation instructions to ensure that the colon is thoroughly cleaned so that no polyps or cancers are missed during the procedure," said ASGE president Thomas M. Deas, Jr., MD, MMM, FASGE.

"A quality colonoscopy and appropriate follow-up exams save lives," he added.

Colon Cancer Facts...
Begin screening at age 50; family history/other risk factors—screen before age 50; colonoscopy finds and removes polyps before they turn into cancer; highly treatable if caught early; bleeding or unexplained abdominal pain? Talk to your doctor immediately.

Learn More...
Find more information on colon cancer prevention, including where to find a doctor, at www.screen4coloncancer.org.

Interim: Serving People In And Around Muleshoe Since 2006

Interim Healthcare is a locally-owned agency that opened its Muleshoe office in August 2006 to better serve the people in and around Muleshoe.

Interim also has offices in Amarillo, Clovis, Crosbyton, Levelland, Lubbock, Pampa, Plainview, Midland, Odessa and Big Springs. The Muleshoe office covers Bailey, Lamb, Parmer, and Castro counties.

Interim HealthCare provides diverse services including skilled nursing and non-medical home care. They also offer specialized programs for patients diagnosed with COPD, CHF, Diabetes, non-healing wounds, and Alzheimer's, have a

rehab program for hip and knee replacements. They also have a Telemonitoring system which delivers daily readings for those requiring monitoring of their vital signs, weight, and oxygen levels.

When choosing your home health service, consider Interim's local employees to provide your care at home.

"We care about the health of our patients," an Interim representative said, "because we know that there's no place like home"

More information about home care providers is available by visiting www.interimhealthcare.com, or you can call 806-272-5549.

Quality Care And Services Are A Priority At Park View

For more than 50 years the citizens of Muleshoe have been committed to the support of Park View Nursing Care Center, serving and meeting the needs of the population in Bailey County and the South Plains region.

Operation of the facility began in the early 1950s. Park View Nursing Care Center has been owned and operated by the Muleshoe Area Hospital District since 1989.

"Our state of the art facility reflects the on going commitment of the district's board of directors and the citizens."

Park View Nursing Care Center is a beautifully landscaped facility.

Inside there are two fireplaces, three sun rooms that overlook the park, and a beautiful activity room.

"Our spacious private and semi-private rooms provide a beautiful space that can be personalized with residents cherished mementos and favorite possessions."

The building layout provides a comfortable and secure environment while accommodating accessibility.

"Our professional team of licensed and certified caregivers truly understand your needs and are committed to providing you and your loved one with the highest quality care and services."



Park View

Nursing Care Center

SKILLED NURSING SERVICES

- 24-hr. licensed nursing care
- Wound Care • IV therapy
 - Pain management
 - Restorative care
 - Post-surgical care
 - Physical Therapy
- Occupational Therapy
 - Speech Therapy

Health care coordination provided by the efforts of an interdisciplinary care plan team of experts in their field.



FACILITY SERVICES

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 - Respite/vacation care
 - Hospice services
- Social services and discharge planning
- Activities and entertainment
 - Pharmaceutical services
 - In house beauty salon/barber services
- Complementary transportation to medical appointments



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Comprehensive Services

- ✓ Skilled Nursing
- ✓ Physical Therapy
- ✓ Occupational Therapy
- ✓ Speech Therapy
- ✓ Medical Social Services
- ✓ Home Health Aide

Specialty Programs

- ✓ Telemonitoring
- ✓ Anodyne Therapy
- ✓ Congestive Heart Failure Program
- ✓ Diabetes Program
- ✓ Orthopedic Hip & Knee Rehab Program
- ✓ "Heart to Heart" Cardiac Program
- ✓ "Good for the Soles" Foot Care Program
- ✓ Personal Emergency Response Service

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7 Days
A
Week

Local Staff Caring for Local Patients' Home Care Needs

Healthy Tips From US Olympic Snowboarder Gretchen Bleiler

(NAPS) — Gretchen Bleiler took up snowboarding at the age of 10 during gym class in Colorado and was hooked instantly.

Her passion led to a successful career on the slopes. She won an Olympic silver medal in Torino in 2006, made the 2010 U.S. Olympic team and grabbed four X Games gold medals.

As an Olympic Legend, Bleiler shares some top tips to stay focused and at the top of your game each day.

Wake Up On The Bright Side

A morning meditation sets the tone for your entire day and helps you focus.

Bleiler, who is training to become a meditation instructor, maintains that “this one simple act helps to ground me and keep me in the moment.”

Set aside a few minutes a day first thing in the morning and, eventually, work up to 30 minutes.

Make Breakfast Count

“If I’m fueled properly, my day is so much easier and it all begins with breakfast,” says Bleiler. She loves a bowl of her favorite cereal but, when rushing out the door, she opts for a new Kellogg’s® Nutri-Grain Fruit & Oat Harvest cereal



(Superstar Gretchen Bleiler, one of the top snowboarders in the world.)

bar to keep her satisfied as she conquers the halfpipe. The healthy, on-the-go cereal bar delivers a hearty combination of protein, real fruit and whole grains that helps Bleiler thrive, not just survive, the whole morning.

Surround Yourself With Motivators

Your well-being can be easily influenced by those around you. Surround yourself daily with those who are a joy to be with, and whose presence supports and encourages you.

Others may drain you of your energy. Bleiler’s husband, family, coach and positive friends help remind her that her medals are a wonderful achievement, but if you’re so focused on the goal, you’re missing the journey of getting there.

Learn More

Keep tabs on Bleiler at facebook.com/GretchenBleiler and @GretchenBleiler.

Learn more about how you can rise and thrive with new Kellogg’s® Nutri-Grain Fruit & Oat Harvest cereal bars that keep Bleiler at the top of her game at www.facebook.com/NutriGrain.

Undertreatment of Pain Prevalent Among Cancer Patients Noted

(NAPS) — Pain is a common but often overlooked consequence of cancer. One out of every three patients undergoing cancer treatments experience pain.¹

According to results of a study published in the Journal of Clinical Oncology, the odds of undertreatment are twice as high for minority cancer pain patients compared to Caucasian patients.²

Yet this patient population reported significantly higher rates of pain, among other symptoms, than non-Hispanics in a survey of 622 cancer patients.³

According to a survey, 45 percent of Hispanic patients reported moderate to severe pain, compared with 20 percent of Caucasians and 37 percent of African Americans.⁴

Communication between doctors and their patients is a key component in proper cancer pain management

and treatment.

“There are several factors that contribute to poor communication between Hispanic patients and their physicians,” says Joanne Buzaglo, Ph.D., vice president of Research and Training of the Cancer Support Community and a cancer survivor.

“Studies have shown that language barriers, religious beliefs and even cultural stoicism may be leading factors in the lack of pain treatment among Hispanic cancer patients.”⁴

According to a study published in Pain Practice, less than 20 percent of health professionals treating Hispanic pain patients reported Spanish proficiency at an advanced level, leaving a majority of patients with limited resources to discuss treatment options for their cancer pain.⁵

All cancer pain patients should feel comfortable talking to their health care provider about the best treatment

options for them. Education is the best way to ensure that cancer patients receive the pain treatment best suited for their needs.

However, talking with your health care team about pain is not always easy.

Nonetheless, there are some things that patients can do to help their doctor and nurse understand what they are experiencing so that the best solution to manage their pain is determined.

“Keeping a journal with detailed information about how you’re experiencing pain and how it impacts your life can lead to more productive interactions with your doctor,” says Dr. Buzaglo.

“Once a treatment plan is developed, you or your caregiver should monitor your progress and follow up with your doctor to see if any adjustments need to be made. People with chronic pain

may need to try different therapies to find the best combination.”

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Don't Let COPD Take Your Breath Away

(NAPSI)—Coughing. Wheezing. Shortness of breath.

For many people, these symptoms may be seen as signs of a common cold, being out of shape, or just getting older.

Many of them will not even bring these symptoms up when talking with their healthcare providers.

That leaves their provider unaware that their patients may have COPD, or chronic obstructive pulmonary disease.

In fact, many Americans remain undiagnosed, and their quality of life worsens unnecessarily.

What is COPD?

COPD is a serious lung disease that makes it difficult to breathe over time. Also known as emphysema

or chronic bronchitis, COPD is the third leading cause of death in the United States.

Symptoms include constant coughing (smoker’s cough), shortness of breath during typical daily activities, wheezing, inability to take deep breaths, excessive mucus production and tightness in the chest.

If you or someone you know has these symptoms, talk with your doctor or healthcare provider as soon as possible.

Talk with your Doctor

“We urge you to pay special attention to how you are breathing, especially if you become short of breath during your daily activities. Learn more about the symptoms

of COPD and if they sound like you, start the conversation with your healthcare provider. Talking about any symptoms you may be experiencing will help them help you,” said James P. Kiley, Ph.D., director of the Division of Lung Diseases at the National Heart, Lung, and Blood Institute, part of the National Institutes of Health.

“While there is no cure for COPD, early diagnosis and treatment can help people with COPD improve their symptoms, decrease the number of flare-ups, and get back to the activities they love doing,” he said.

COPD can be diagnosed with a simple, non-invasive breathing test called spirometry. If you or a loved

one experiences any symptoms of COPD, take time to learn more about it.

Tell your doctor about any symptoms or issues you may have performing daily tasks due to shortness of breath.

With proper diagnosis and treatment, people with COPD can live longer and improve their quality of life.

Learn More

You can find out more about COPD by visiting <http://COPD.nhlbi.nih.gov>. This website is part of the COPD Learn More Breathe Better® awareness campaign from the National Heart, Lung, and Blood Institute of the National Institutes of Health.

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

Quality First

Our team of dedicated professional staff led by a Licensed Nursing Home Administrator includes licensed and certified nursing staff, and environmental team, certified activity 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 a licensed social service coordinator, registered dietician, a pharmacist, and full service licensed rehabilitation staff 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.”

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



24 Hour Nursing Facility

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• **PRIVATE & SEMI PRIVATE ROOMS**
• **Long Term Care Services with a difference**
WHERE CARE COMES FIRST!

Locally Owned & Operated

Parmer Medical Center

'Proud To Be Caring For Our Local And Area Communities'

Parmer Medical Center (PMC) is reaching out to 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 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 to carry out our goal of serving the health care needs of the residents in the Parmer County 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 clinic.

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 disease management issues such as diabetes, hypertension, thyroid problems and heart disease.*

** Dr. Jeff Dickson is "homegrown" having graduated from Friona High School, Texas A&M and Southwestern Medical School. He enjoys delivering care in all aspects of Family Medicine.*

** Dr. Gary Webb is the newest member of the PMC medical staff. He is board certified in Family Medicine and has extensive experience in the ambulatory and rural clinic settings. He looks forward to serving the medical needs of area residents.*

** Carman Putman, FNP-C is a bilingual Nurse Practitioner and serves the needs of many Spanish speaking patients. She enjoys treating women's health issues and holds a weekly women's clinic. Her professional interests also include emergency medicine and she is the primary provider in our emergency department.*

** Michael Sermon, PA-C, joined the medical team in July, 2012. Michael received his education in Pennsylvania from a well renowned Physician Assistant's Program and enjoys all aspects of Family Medicine.*

** James Garrett, PA-C, joined the PMC staff in October 2013. He holds a Master of Physician Assistant Studies from Texas Tech University. James enjoys the diversity of Family Medicine and looks forward to assisting you with your health care needs.*

for your entire family, and they are currently accepting new patients. Same day appointments are available and walk-ins are welcome. Clinic hours are 8:30 - 5:00 Monday through Friday and 9:00 - 12:00 on Saturday.

In addition to the great service at Friona Rural Health Clinic, PMC has added five specialty clinics to its lines of services. The clinics provide gastroenterology, orthopedic, cardiac, urology and podiatry services.

These specialty physicians schedule clinics at PMC to care for patients in the local area as opposed 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. If you or a loved one have a diagnosis of Parkinson's Disease, call and ask about our LSVT programs.

In addition to an Occupational Therapist, a Speech Therapist, and multiple licensed Physical Therapy Assistants, PMC's rehabilitation team also includes two Doctorate level Physical Therapists. The therapy staff have a combined total of more than 115 years of rehabilitative care experience. They are equipped to serve you with state-of-the-art therapy equipment, including an aquatic therapy pool and outstanding patient amenities.

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 highly experienced rehabilitation team at PMC is eager to lead you through recovery with compassionate, high quality care.

Another very special service offered at PMC is Swing Bed. This is a program designed by Medicare which allows PMC to assist patients who are in a transition phase of illness or 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, their care is based upon their individual needs.

So, whether your need is a routine check up, treatment for illness or injury, specialty services, Swing Bed or rehabilitative care, the staff at Parmer Medical Center and Friona Rural Health Clinic are eager to assist you in meeting your health care needs.

Parmer Medical Center and Friona Rural Health Clinic are proud to be caring for our communities.

The team of providers at Friona Rural Health Clinic specializes in caring

Swing Bed Program

Helping patients transition from hospital to home.



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.

Who would benefit from the Swing Bed Program?

When a patient reaches the point in recovery where acute care hospitalization is no longer necessary, but they are not physically able to go home, our rehabilitative program is another step toward physical recovery.

Some examples include:

- Generalized weakness
- Knee, hip and other joint replacements
- Rehabilitation after vascular, abdominal and other surgical procedures
- Recovery after a major accident
- Rehabilitation after a stroke or heart attack
- IV medication therapy (Infection management)
- Wound care
- Physical/Occupational and Speech therapy

Calls prior to hospitalization or surgery welcome.

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



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Friona, TX 79035
Hospital phone: (806) 250-2754

Friona Rural Health Clinic
1307 Cleveland Ave.
(806) 250-2781

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