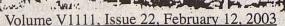
Cowboy Country

Published each Wednesday in the county seat of Yoakum County, Plains, Texas



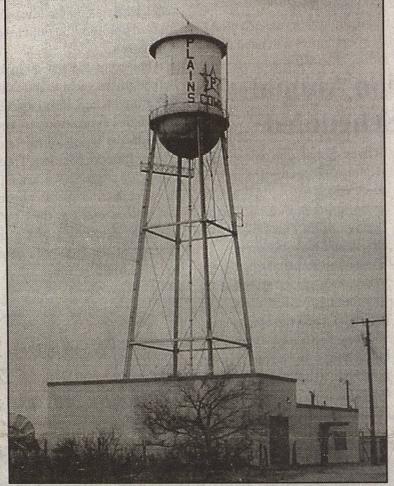
Unusual events, poor timing prompt council to raise water rates

In a special meeting of the Plains City Council February 3, after much debate, the council voted to raise local customer water rates, the first such increase since 1984. A number of unforeseen and unusual events prompted the decision.

In January 2002, the city awarded the contract for construction of the new city hall which opened a few weeks ago. In February, demolishment began on the old city hall building, and in March city office personnel moved into temporary quarters across the street in the Fire/EMS building.

Ironically, in April 2002, representatives of the Texas Community Development Program (TCEQ) paid an inspection visit to the city. One asset inspected was the old city water tower on 17th Street, originally erected in 1927. TCEQ wrote the council the tower had serious flaws, including lead based paint and age related deterio-

city hall construction if we had



76 year old water tower must be replaced or refurbished

Hansen related the city is now would still have a 76 year old ration, and ruled it must be in the process of applying for a water tower. completely refurbished or re- \$250,000 grant from the Texas He reported a key ingredient building the new city hall. We project. Hansen said the coun- centive to conserve water. If did homework on the cost of cil was convinced a new tower you must pay a bit more for a either replacing the water tower was more desirable than trying commodity, you'll be inclined or repairing it to TCEQ's re- to meet TCEQ standards by re- to consume a little less of it." quirements. A new 100,000 gal furbishing the present tower. Several months ago Hansen tower will cost some \$275,000, All of the old tower's lead conducted a survey of water and repairing the tower would based paint would have to be rates in a number of similar size cost approximately the same removed according to TCEQ towns around the South Plains, amount. Hindsight told us we standards, and shipped to an reported in CCN. The survey could have delayed the new approved disposal site. "After indicated Plains water rates known earlier TCEQ would in repairing the old tower would almost all the surveyed comeffect condemn the 76 year old end up costing about as much as erecting a new one, and we

placed with a new storage Community Development Pro- in TCDP approval of this type gram (TCDP)to construct a grant was a city's willingness City Administrator Ed Hansen new water tower. If approved, to contribute to ensuring water told CCN he and the council the city must contribute ten perquality and water conservation. were dismayed with the ruling. cent of the grant, \$25,000, for "By raising the city water rates, "We had already committed to the \$275,000 construction our customers will have the in-

obtaining cost estimates, we felt were considerably lower than

Turn to Page 2, 'Water Rates'

Criminal cases in County Court

In the February session of County Court, Judge Dallas Brewer presiding and Criminal District Attorney Richard Clark representing the state, the following cases were heard.

Randall Gene Clark pled guilty (adjudication of guilt deferred) on a charge of possession of marijuana, less than two ounces. He was ordered to pay a \$350 fine, \$211 court costs and \$140 restitution to Texas DPS. He was sentenced to jail 36 hours with credit for 8.5 hours served, must serve 24 hours community service, and complete the TAIP outpatient vestigating officer.

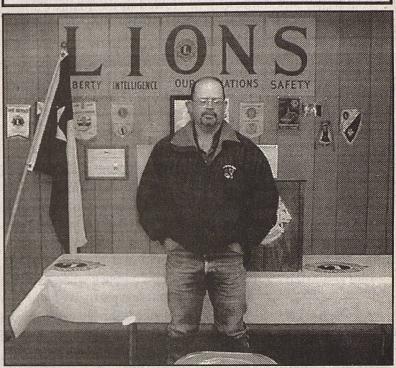
Jose Lionel Cerda pled true to partment. ficer was Tracy Braly, DPS

guilty to a first DWI, b.t. .23/ .23. He must serve 120 days in served. pay \$226 court costs. NISI and Failure to appear.

His attorney was Bill Helwig, and investigating officer was Patricia Valdez, Denver City Police.

Community Blood Drive February 18, mobile unit at the Courthouse 1 pm to 7 pm. See Page 2 for more details

Local EMS unit shows impressive strides



Marc Traweek discusses EMS with Plains Lions Club.

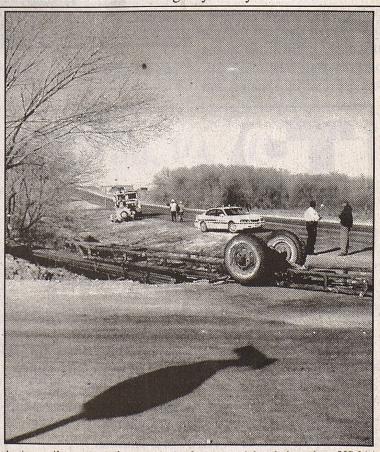
Marc Traweek, Secretary of the Plains EMS Unit, was guest treatment program. Inoe speaker at the February noon meeting of the Plains Lions Club. Valdez, Sheriff Deputy, was in- He was a last minute replacement for Curtis Coffman, the unit President, who was on a special assignment for the Sheriff De-

a charge of first DWI, b.t. . 19/ Traweek reported there are now nine full time EMS volunteers .17. His 30 day jail sentence on duty here now, and another five volunteers are currently in had been met with 51 days training in Denver City for qualification as an EMT. Coffman served, and he must pay delin- had earlier told CCN it is hoped to eventually have 16 active quent fine of \$570 and CSCD EMS serving Plains, which would allow establishing a regular fees of \$680. Investigating of- schedule of people on call for emergency assistance.

Traweek said training continues to be rigorous, and EMS train-Gerald Don Gatewood pled ing agendas are now mandated by federal government guidelines. Following being fully certified as an emergency medical technician, all personnel must take continuing education sessions. jail, with credit for 60 days He feels the more an EMT trainee studies emergency medical procedures, the easier it becomes for the trainee to overcome the Dismissed were charges of fear of helping a victim with a serious medical problem.

He expressed the local EMS groups gratitude for the community support shown in helping the unit purchase radios for the new ambulance which should be here around the end of this month. Donations continue to be collected at City Hall for the new, state of the art and expensive radios. Traweek told Lions, " If you don't have excellent communication systems linking your unit with a hospital or physician, you and the patient can be in serious trouble."

Following his discussion, several Lion members testified to the professional and excellent assistance they had experienced with the Plains volunteers in emergency family situations.



A pipe trailer apparently came loose from a truck headed south on US 214 Monday, swerved right and overturned in the culvert beside the Pct. 4 lot. Luckily, no injuries were reported. DPS Trooper Chris Malloy was investigating officer, and Sheriff Deputy Inoe Valdez was also on the scene.

David Langston Pitches Hat In Ring For 19th **District Post**

for Congress today, the former Mayor of Lubbock, David Langston, declared that, "West aggressive voice in Washington."

what the people of this district are saying, and then be strong enough to vote issue by issue and not strictly along party lines," Langston said.

family, friends and supporters at the George and Helen Mahon Library in Lubbock, Langston said, "Over the past several weeks I've been doing a lot of listening to the people of this

In announcing his campaign district. They've told me their taxes are too high, they're worried about the quality of our schools, and they're deeply Texans must have a tough and concerned about where the economy is headed."

"We don't need someone to go "The next representative from to Washington to be a rubber the 19th District has to listen to stamp, to just sit in his seat and do what he's told," Langston declared. "If this happens, this district will suffer."

Langston said he will be filing papers with the Texas Secre-Speaking before a group of tary of State to be a candidate in the Special Election called for this May 3rd to fill the 19th District of Texas seat in the U.S. House of Representatives.

Turn to Page 2, 'Langston'

Routine session of **Commissioners Court**

In the Monday, February 10 session of Commissioners Court, Tax Assessor/Collector Betty Rivas presented her report indicating taxes collected during the month of January totaled \$6,103,032. She also requested and received approval to refund \$1,610 taxes collected from a resident who made a that much over payment by mistake.

Troy Scott, Justice of Peace, Pct. 2, requested expenditures for carpet protecting mats in his office, and a paper shredder to replace a 12 year old model. The court approved the request for no more than \$750.

Clay Taylor, Yoakum County Hospital Administrator asked the court permission to approve an emergency amendment to the hospital budget, and drew a chuckle when he advised the court, "I am NOT asking you for any additional money!" Approval was granted to allow the transfer of some \$143,000 from one account to another for payment of the hospital's physician staff. Treasurer Barbara Wright's fourth quarter investment report for 2002 was approved.

The court discussed steps to establish a consistent and uniform depth for ditches for pipelines along and under county roads.

Turn to Page 3, 'Commissioner's Court'



Services Held For Arlon Alexander

Arlon W. Alexander, 64, died as he lived, with great courage. He was taken home on Wednesday, February 5th after a lengthy battle with cancer. Arlon was born September 2, 1938 in Weinert, Texas to Henry and Johnnie (Logsdon) Alexander. He is survived by his lovingly devoted wife, Sue, one son Dawson and his wife Laura, one daughter Johnnie Jones and her husband Barry, one brother Jerry and his wife Shirley, four sisters Nelta Reeves, Lois Brewer and her husband Willard, Alene Thomas, Sandra Atcheson and her husband Boyett, and a host of very special nieces and nephews, cousins and friends.

Arlon also leaves behind the joy of his life, Four granddaughters, Daniella, 13, Kaitlyn, 13, Rebecca, 2, and Kristen, 11 weeks.

> From Page 1, 'Water Rates'

munities. "The new rates ap- others coping with healthcare proved by the council will still be lower than the majority of those of the towns we previ- participate in the political proously surveyed".

The old water rate was \$7 per 3,000 gallons. New rates are: Minimum 2000 gal - \$8.00 2001-20,000 gal. - \$1.75/1000 20,001-30,000 gal.-\$2.00/1000 30,001-40,000 gal- \$2.25/1000

40,001-50,000 gal-\$2.50/1000

50,001-60,000 gal-\$2.75/1000 60,001 plus gal \$3.00/1000 Hansen stated, "We feel our chances of TCDP approving our grant request will be enhanced, for they will recognize this increase is a positive conservation step. They are already aware of recent improvement projects to our water system, including the new, main storage tank and pumping station southwest of town, and the new wells, storage tank and 12 inch pipeline from our water field five miles west of town. We hope when our residents understand the dilemma the council faced, they will seriously consider water conservation, for it will certainly help their fi-

> From Page 1, 'Langston'

nances."

Running as a Republican, Langston said, "I feel the Republican Party best represents my views as well as the people of West Texas. I believe that I am the type of compassionate conservative that can make a difference. I will listen to the concerns of all West Texan citizens, especially the seniors and mother in law, Minnie Sirman mia.

dren and served as the high call for 8 units per week. 28 years. He also served the these; County Credit Union Board, ten minutes. Baptist Church.

with the Reverend Glen Harlan mote clotting. American Cancer Society, 3411 73rd st., Lubbock, TX 79423.

costs. I will work hard at bringing all people into the party to

David and his wife, Ronda, live in Lubbock where he is the managing partner of the law firm of Mullin Hoard & Brown L.L.P. in Lubbock. He served as Lubbock's mayor from 1992-1996.

Present State Constitution adopted Feb.15, 1876

Donate Blood?

The Plains Lions Club will co-sponsor a community wide blood drive with Lubbock's United Blood Services on Tuesday, February 18. The Blood Service van will be parked at the courthouse on Cowboy Way from 1 PM until 7 PM.

The United Blood Service of Lubbock is one of 17 such organizations around the nation. Some 4 million people need blood He joins his mother and father, every year, or one patient every 12 seconds. Many people reone brother, Arvil, his father in quire blood on a regular basis to survive, including patients suflaw, Woodrow Sirman, and his fering from sickle cell anemia, cancer, heart disease, or leuke-

A coronary artery bypass could require up to 2 units of blood - a Arlon devoted his life to chil- liver transplant may require 100 units - cancer treatments could

school counselor in Plains for Some frequently asked questions about blood donations include

community on the Plains City How long will it take? Following a few brief questions, tem-Council and the Yoakum perature and blood pressure check, the donation takes only about

and was a member of the First How will I feel after I donate? You should feel fine- the human body averages 8 to 10 pints of blood, so it's easy to spare one. Funeral services were held on How will my blood be used? Depending on patient need, your Saturday the 8th at 2 pm at the blood may be separated into different components, including red First Baptist Church of Plains, blood cells for surgery, platelets for cancer, or plasma, to pro-

officiating, assisted by Rever- Is it possible to get a disease after I donate? Absolutely not. All end Bill Wright. Interment fol- materials in the process are sterile and used only once. You CANlowed in the Plains Cemetery NOT get AIDS or any other disease by donating.

under the direction of Ratliff What are the chances my family, friends or I will ever need blood? Funeral Home of Denver City. It is estimated that 80 percent of the population will need blood Memorials may be made to the or blood components sometime during their lifespan.

Credit Union Annual Meeting Scheduled

Yoakum County Federal Union will hold its 54th annual supper, Saturday, February 22 at the Plains School Cafeteria beginning at 7:00 pm.

The Credit Union will furnish the meat which will be ham and brisket as well as the bread and drinks. Guests are asked to bring a covered dish of salad, vegetables or desert.

Officials up for re-election are Ruby Sellers and Melvin Dearing.

Owen Schneider whose term expires this year is not seeking re-election.

New nominees - Ben Coston, Lanny Smith, Tim Willis, Joan Breith and Robert Canon.

There will be a drawing for the many door prizes donated by merchants and individuals in the Plains and Denver City area. A very enjoyable evening is being planned, so make your plans to attend this annual event.

Isett Calls For Greater Control Of U.S. Borders

Lubbock, Texas-State Representative Carl Isett, Republican candidate for Congressional District 19, called today for greater control and more patrol of all United States' borders and ports of entry. Isett's comments come on the heel of an investigation that revealed three Mexican citizens working in the U.S. Consulate in Nuevo Laredo, Mexico were involved in a conspiracy to commit visa fraud.

"The United States borders are the most porous borders of any industrialized nation, and we must immediately get greater control of who is entering our country," Isett said. "As a Lieutenant Commander in the United States Naval Reserve I have traveled to many countries around the world, and the U.S. clearly has one of the most relaxed immigration policies of any nation."

On Thursday, January 30th, the United States' Justice and State Departments concluded a seven month investigation of visa fraud in the U.S. Consulate in Nuevo Laredo, Mexico. Three Mexican citizens working in the visa section of the consulate were arrested by the Houston U.S. Attorney's office on charges of conspiracy to commit visa fraud.

"The greatest responsibility of the United States government is to protect its citizens. If there is no accountability at our U.S. borders and ports of entry, and terrorists or anyone else who wishes Americans harm can enter freely and wreak havoc or even murder Americans like on September 11th, then we are failing at our mission."

The visa division at the consulate distributed more than 100,000 visas last year. Nancy Herrera, a spokesman with the U.S. Attorney's office did not offer speculation as to how many fraudulent visas may have been distributed illegally. The costs of the illegal visas are estimated to be \$1500 each.

"As an appointed member to Governor Perry's Homeland Security Task Force, I have studied this issue closely and I have made suggestions on how to tighten our borders. I intend to carry legislation in the Texas Legislature to strengthen and more closely monitor our border," Isett said. "However, when the majority of the resources on the border are controlled by the federal government, we need someone in Washington to tell Congress, we have a problem now and we need to fix it now. I can and will effectively be that voice."





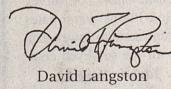
"West Texans must have a tough, aggressive voice in Washington."

The next representative from the 19th District has to listen to what the people of this district are saying, and then be strong enough to vote issue-by-issue and not strictly along party lines.

David Langston will listen to the voters and fight for:

- · Lower Taxes, A Simple, Less Complicated Tax Form
- Strong Public Schools and Universities
- · Access to Quality, Affordable Healthcare
- A Strong West Texas Economy

"As your Congressman, I'll fight for what's best for West Texas and not be a rubber stamp for anyone. I ask for your support and your vote."





Vote May 3

FOR

FIRST VISIT

Paid for by the David Langston for Congress Committee. Greg Taylor, Treasurer.

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Gov. Perry's initiative promises cleaner skies, stable power supply

took a step recently to improve this state's air quality while at the same time ensuring that we have a dependable, affordable supply of electricity to meet our ever-growing demand.

With little fanfare, Gov. Perry exercised his constitutional authority to create the Governor's Clean Coal Technology Council Headed by Texas Railroad Commission Chairman Michael L. Williams, the 13-member council is made up of four state legislators, the chairs of the Public Utility Commission and Texas Environmental Quality Commission, environmental experts and energy industry repre-

The council will advise the governor on the development of clean coal technologies in Texas, including ways to maintain reliable, low-cost sources of electric power; ways to reduce emissions from existing coal-based electric generation; and ways to increase the efficiency of coal-based elec-

tric generation. Formation of the Council is very timely as situations in the Middle East continue to make oil a less stable commodity in the United States. Relying on abundant domestic natural resources makes more sense for Texas and

President Bush realized this need and appropriated \$10 billion to be spent over the next decade to advance clean coal technologies in the United States. Governor Perry is wise in creating the Council to assist in securing a portion of these federal funds for

Couple the economic and social importance of dependable electricity with the short timeline Texas' two large metropolitan areas - Houston and Dallas - are facing to comply with new federal air quality standards, and Gov. Perry's action takes on added significance. As outlined by the group Americans for Balanced Energy Choices (ABEC), here are the economic reasons why:

· Coal-based power plants generated 50 percent of the electricity consumed in Texas in 2001 - a fact not widely recognized by the general public. From a public policy stand-

1



David Sibley

point alone, filling the void created by the reduction or elimination of coal as a power source would be prohibitively expensive.

· Utilities in Texas depend on coal to generate electricity because of its much lower delivered fuel cost: \$1.33 per million Btu, compared to \$4.21 for natural gas and \$6.75 for petroleum. Since fuel costs account for the bulk of electric generating costs - and they can be passed on to ratepayers, Texas' coal use has kept power rates much lower than if plants used other fuels.

 As Middle East tensions grow and Venezuela continues to destabilize, coal's availability becomes more important.

· Texas' average electric rates in 2001 were the 36th lowest in the United States. Low electric rates benefit the low-income who spend up to 29 percent of their monthly budget on ener-

· Roughly 96 million tons of coal is consumed in Texas each year. Thousands of Texas lignite miners and railroad workers add more than a billion dollars to the state economy. Texas has roughly a 100-year lignite supply and the United States has a 250-year supply of

The air quality implications associated with the Governor's Clean Coal Technology Council are similarly striking:

· Texas' coal-based plants are the second cleanest in the nation in terms of nitrogen oxide emissions and their compliance already exceeds current requirements. Further decreases are likely as more utilities comply with Senate Bill 7. Assistance from the governor's coal Council could produce additional improve-

Yoakum County Commisioners,

· Texas' coal-based units are the 16th cleanest in the United States in terms of sulfur dioxide emissions. This is because 16 of Texas' coal units - the most in the nation - already use an advanced pollution control system known as a "scubber." Further reductions will occur under SB 7, which I authored.

Clean coal technology devices and systems improve the environmental performance of power plants using coal. These innovative devices make it possible for existing coal-based power plants, and new facilities, to meet more stringent environmental performance standards.

Gov. Perry took a very forward-looking step when he created the Clean Coal Technology Council. The use of clean coal technologies makes it possible to rely on the vast coal reserves in Texas and the United States to produce affordable, environmentally friendly electricity for our homes and businesses. While Gov. Perry's clean coal technology initiative might not make headlines, its results will prove beneficial for generations of Texans to

David Sibley is a former Texas state senator who authored the state's electric utility competition

Texas

Two subsidiaries of Shell Oil Co. and Eventure Global Technology have designed an oil rig that might replace the traditional derrick design. The new rig design, called MonoDiameter, is the same size from top to bottom, which allows producers to save money and drill deeper while decreasing waste products and reducing a rig's surface "foot print." The first well with MonoDiameter technology was completed in South Texas in September 2002.

From Page 1, **Commissioner's Court**

Company petitions for authority to construct such ditches often request three to four foot depths. The court voted to request all future ditches be dug to a depth of 48 inches.

Petitions from Occidental Petroleum and Chevron USA to install such oil field lines were approved, with the stipulation the ditches would be dug to the now required 48 inches.

Bacteria With A Bite

Bacteria might well be the next weapon in the battle against cavities. It won't replace the toothbrush or dental floss, but a friendly form of the bacteria that actually causes tooth decay might help eliminate it.

University of Florida researcher Jeffery Hillman created a new strain of the bacteria Streptococcus mutans that is safe, long lasting and thrives on a high sugar diet. Normally, Streptococcus mutans, a bacteria that occurs naturally in the mouth, breaks down sugar in food, which creates lactic acid. When the acid builds up, it destroys tooth enamel and causes cavities.

Hillman removed the gene responsible for producing lactic acid in a strain of Streptococcus mutans, which could be used to replace the natural bacteria. He says there are more than 500 species of bacteria in a human mouth, but Streptococcus causes the majority of tooth decay. One application of the new form of the bacteria should last a lifetime, he says.

Houston refuses oath

Austin-Gov. Sam Houston failed to appear before the Secession Convention to take the oath of allegiance to the Confederate States of America as required by the convention.

the Governor to take the oath, the con- NASA research has been an high, but the cost of complavention declared the office of gover- integral part of our nations cency is far greater. nor vacant and named Lt. Gov. Edward Clark to assume the office.

While other state officials took the oath before the convention, Houston sat on the porch of the Executive Mansion waiting for friends to report to him what the convention had done. He offered Afghanistan, helping to bring a few remarks about the 'usurpa- a swift end to the Taliban and tion' of the convention but offered chase al Qaeda out of the counno resistance to the actions.

Friends say Houston plans to develop the next generation of move his family to Huntsville and the unmanned aerial vehicle, will take no part in future politics. Now 68 years old, his health has broken the past few years. The Texas News May, 1861

On July 20, 1969, Neil way.

The Future Of NASA

COMMENT

TENTLETCHISON

Armstrong stepped on the

moon and into the pages of his-

tory. As a reported in Houston,

I was privileged to cover that

historic event which defined a

generation. That moment also

embodied the greatness and

unlimited promise of Ameri-

The tragic fate of the Space

Shuttle Columbia confronts us

with a choice: renew our com-

mitment to space exploration,

or continue cutting NASA's

budget and diluting its mission.

The story thus far is bleak. The

National Aeronautics and

Space Administrations budget

has been cut to the bone in the

last decade. In fact, the space

shuttle budget has decreased by

nearly 40 percent over that pe-

riod. Year after year, we have

watched the numbers dwindle

and projects suffocate because

People have asked me why we

still need a space program. We

sent a man to the moon more

than three decades age. Now

Space exploration and re-

search have improves our qual-

ity of life in ways that many

Americans take for granted.

The work conducted by NASA

astronauts, researchers and en-

gineers has yielded more than

30,000 developments in tech-

nology, medicine, and defense.

From satellites, which allow

instant access to news and in-

formation around the globe,

and cell phones, which forever

changed the way we live, to

every day amenities such as

cordless appliances, Velcro and

military efforts as well. Space

based and satellite imagery, as

well as global positioning sys-

tems, have been critical to help-

ing our Armed Forces pinpoint

the enemy on the battlefields of

try. NASA is also helping to

the Predator, which allows us

to see the battlefield, find the

enemy and send in precision

guided munitions all without

of inadequate funds.

cans space program.

Perhaps our greatest achievement has been in the field of medical science. CAT scans and MRI's are revolutionizing our ability to detect tumors early and save lives. Neither technology would be possible without NASA research.

The crew of Columbia was conducting experiments, human and scientific, in fields ranging from biomedicine to microbial physiology, to yield new pharmaceuticals, treatments, and research. Studying the effects of medicines on human bodies in space enables NASA to make greater advances in how we treat people on earth. Yet despite these developments and innovations, NASA's funding has fallen

In February, President Bush proposed a budget that, thankfully, begins the long process of reversing this trend. He is asking Congress for \$15.4 billion a 3.1 percent increase. While that is progress, it is merely a drop in the bucket. It will take more than a one year increase to turn the tide and bring our space exploration program back from the brink. Few things Congress has done have reaped greater rewards than supporting NASA's mission. But just as important as adequate funding is that NASA defines a clear vision for the

The tragic loss of the seven astronauts aboard Columbia was a wake up call to Congress and the American people. We must renew our commitment to Teflon. All were developed space exploration. We know When silence answered the call for through our space program. that the cost of progress can be

> In recent years, NASA's mission has become muddled. In the new millennium, NASA must set forth a distinct mission that outlines clear objectives and goals. Congress must ensure adequate funding to support that mission, and the American people must continue to support our nations quest for space exploration. We owe it to the heroes who lost their lives and the loved ones they left behind to continue their journey and discover the mysteries that lay hidden in the putting our troops in harms universe.

Yoakum County Hospital Board of Directors, and Hospital Administration wish to extend our appreciation to the residents who took the time to vote and those who supported the election with their letters and advertisements. We look forward

to serving you with the

Best Healthcare possible Thank You!

Yoakum County Plains Clinic Amir Memon, MD

and Jo Lena Wall, PA - C

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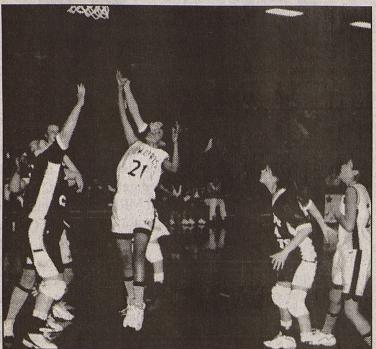
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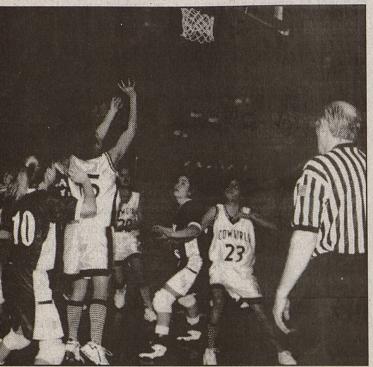
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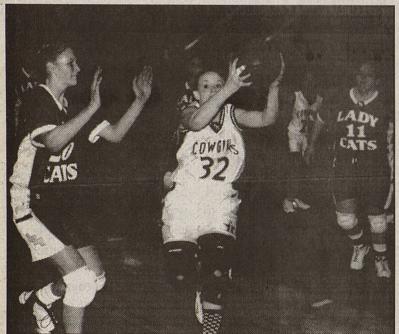
Cowboys - Cowgirls vs Smyer Scenes



Jesenia Suarez goes up for two



Manuela Villegas gets shot off



Jessica Knight hustles for ball

Game Date Game Time

11:00am

5:30pm

6:00pm

3:00pm

6:00pm

5:00pm

1:00pm

5:00pm

7:30pm

1:00pm

5:00pm

8:00pm

5:00pm

Open

02-15-2003

02-18-2003

02-22-2003

03-04-2003

03-06-2003

03-07-2003

03-08-2003

03-11-2003

03-13-2003

03-17-2003

03-24-2003

03-28-2003

04-01-2003

04-05-2003

04-08-2003

04-11-2003

04-15-2003

04-18-2003

04-22-2003

04-26-2003

04-29-2003

PISD Sports Capsule

Junior High:

Girls- The younger Lady Wranglers continued their winning ways, despite cold shooting, downing Whiteface 23-13. Joani Bell topped scoring with 15 points, Lauren Davis has 6. Katie Winn, Amber Friesen and Lauren Hise were cited for all-around performances.

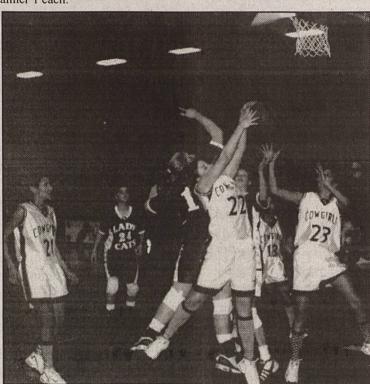
The 8th girls faced a tough Whiteface team and were downed 37-27. Meghan Garcia managed 11 points, Regina Morales 8. Desirye Broome 7.

JV Cowgirls- Coach Lusk said the girls had a great season full of vast improvements, and looked forward to great things from them in the future. In their last game of the season, they were downed by Smyer 39-17. Sandra Gandara had 11 points, Stacie Alldredge and Skylar Keesee 6 each, Micaela Villegas and Cecilla Bonilla 2 each.

JV Cowboys- The younger Cowboys fell to Whiteface in a close 49-43 game. Cody Flores lead scoring with 10 points, Payton Bean and Arnold Cordova 8 each, Todd Williams 6, Brandon Davis 5, T.J. Cordova 4, Blake O'Quinn 2. They next faced Smyer and had a good 37-26 win. T.J. had 11 points, Payton and Kerry Sisson 6 each, Patrick Cotton, Todd, Blake and Arnold 2 each.

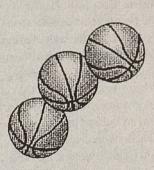
They continued winning ways by beating Morton 41-23. Payton, Kerry and Cody had 8 each, Arnold 7, T.J. 6, Patrick and Todd 2 each, to go 13-9 in season play, and 5-3 in district action.

Varsity Cowgirls- In the varsity girls season finale, they were downed by Smyer 73-42 Chelsea Blount was top scorer with 20 points, Jamie Covarrubias 12, Kayla Willis 8, Prisma Ortiz 2. Coach Thaggard cited the season play by seniors Chelsea, Kayla, Jessica Knight, and Jill Gray. She was proud of the team facing many challenges this season, and looks forward to coming years. Varsity Cowboys- The Cowboys faced back to back tough games. They were defeated by Smyer 56-49. Zach Broome led scoring with 18 points, Chase Howell 10, Kelly Bowers and Bradley Palmer 7 each, Evan Cain 4, Kevin Bartley 3. A good Smyer team felled the Cowboys 83-50. Zach again had 18 points, Chase 15, Kelly 7, Kevin 6, Armando Ruiz 2, Angel Ruiz and Bradley



Kayla Willis come up with rebound

Student of the Week



Opponent

* Whiteface

* O'Donnell

* Whiteface

Open

* Smyer

* Morton

~~LCHS Plains Plains Lamesa JV 1:00pm & 3:30pm Plains **Denver City JV Seminole JV Seminole Olton W5:30/L12:30 Ralls Ralls or Whiteface WW5:30WL3:00LW12:30LL10:00am Ralls TBA 5:00pm & 7:30pm **Hobbs JV2 **Plains** 4:30pm & 7:00pm **New Home - JV Games Plains 12:00pm & 2:30pm Plains ** Muleshoe Lubbock LCHS 5:00pm & 7:30pm Lubbock Roosevelt ** Lubbock Roosevelt JV Plains * Smyer O'Donnell * O'Donnell Morton * Morton

The Cowboy baseball team has a new website featuring schedule, roster, stats, directions to game sites, photo album and school records. The new site is: www.baseball-teams.com/teams/plainscowboys

2003 Cowboy Baseball Schedule

Location

Plains

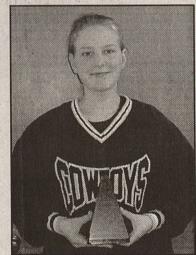
Open

Smyer

Plains

Plains'

Whiteface



Student of the week is LaShonda Diamond, a junior and the daughter of Mr. and Mrs. Charlie Diamond. LaShonda was nominated by Mr. Portillo, who said, "A positive attitude is the foundation of being a great leader. You must first believe that you can be successful.

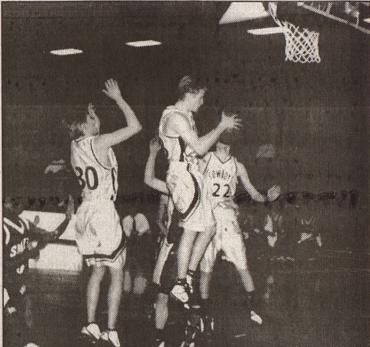
If you tell yourself that you are going to fail, then you will. People tend to see things with their minds and not their eyes. No matter what the situation, if you think it is negative, it becomes negative. To avoid failure you must first practice self affirmation. Tell yourself that you will succeed and repeat that message in your mind. Second, be optimistic. If something bad occurs, learn from it, then let it go and focus on the positive. A positive attitude is the first, and most important, step to becoming a great leader. LaShonda seems to always be a positive thinker. Her beautiful smile, and awesome attitude makes her a pleasure to be around. She is involved in numerous school activities and continues to try and make activities she's in successful.'



Chelsea Blount goes for layup



Brandon Hise grabs loose ball



Bradley Palmer rebounds



Chase Howell makes two



Zach Broome tries to get free



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Art Association Plans Annual Show

The Yoakum County Art Association met on Tuesday, February 4, at 7:00 pm in the Clubroom in the old Yoakum County Courthouse. Jeanette Head, the president, called the meeting to order. The treasurer's report and the minutes were approved. The art show was discussed. Any suggestions for a judge for the art show need to be given to Jeanette. A request for art work to hang in the new city hall has been made, and members are encouraged to take their work to the city hall. Linda Powell reminded members about the scholarship fund that is given to a senior in Plains each year. Lisa Gentry will be handling the entries this year.

Following the meeting, a door prize brought by Uvonne Morgan, artist of the month, was won by Faye Nelms. Eileen Fillips introduced Kenneth Powell who demonstrated how to cut mats that are used when framing watercolors, photographs or embroidery works. Following the demonstration, members enjoyed refreshments brought by Pat McNabb and Susie Powell.

Our next meeting will be at 7:00 pm on March 4. The guest artist will be Lea Ann Romine who does pottery. Everyone is invited to attend the meeting.

We Get Letters

A note of appreciation to Gary Dyer, Editor, Cowboy Country News;

Thank you, Gary, for your excellent coverage of the Plains' community activities. In a small community such as ours, we would be lost in the shuffle if it were not for you and your staff. Again, thanks for being there for all of us.

Billie Blundell

Local honored by **Tarleton State University**

Ragan McGinty, a Tarleton State University student and daughter of Ann and the late Kenneth McGinty, has been named to the Distinguished Student List for the Fall 2002 semester at Tarleton State University.

The distinguished student list includes freshman and sophomore students with a minimum grade point average of 3.25 with no grade lower than C.

Tax Deferral Available For **Elderly Homeowners**

an affidavit at the Yoakum County Appraisal District office.

This special form of tax relief also halts a lawsuit filed to collect delinquent property taxes on an older Texan's home. "To stop a delinquent tax suit," Stephens said, "the over 65 homeowner files the deferral affidavit with the court in which the suit is pending."

"If the affidavit is on file, an older homeowner cannot lose a homestead because of delinquent taxes," Stephens said.

Stephens stressed that tax deferral for elderly only postpones paying delinquent taxes on the home, it does not taxes and interest of eight percent per or call (806) 456-7101.

Texans aged 65 or older may post- year continue to add up she said. pone paying delinquent and current "When the elderly taxpayer no longer property taxes on their homes. They owns and lives in the home, the taxes may take advantage of a tax option become due. If the taxes are not paid, called "over 65 deferral" by signing taxing units can then sue to collect all the deferred taxes and interest."

There is no penalty on the delinquent taxes during the deferral time. However, filing the deferral affidavit will not forgive penalties that were already due. Also, if the taxes remain delinquent more than 90 days after the deferral ends, a taxing unit may charge an added penalty if the account goes to a delinquent tax attorney.

Tax deferral forms are available at the appraisal district office. "The homeowner should fill out the form and have the signature witnesses by a notary public." Stephens said. For more information, taxpayers may contact the Yoakum County Appraisal Discancel them. During the deferral time, trict, Box 748, Plains, Texas 79355

Donations continue to be accepted at City Hall for the purchase of new radios for Plains EMS ambulances. A number of generous contributions have been received, for which EMS is very grateful, but additional funds are needed. Please remember, these volunteers are always ready to come to our aid when we need them Now we can assist THEM!!



Sunday School 9:30 am. **Morning Worship** 10:45 am. **Evening Program** 6:00 pm.

Early Diagnosis Key To Fighting Alzheimer's Disease

"I'm having a senior moment." That's become the half-joking, half-worried statement of aging baby boomers, hinting at the possible onset of Alzheimer's disease. But when does absentmindedness, such as forgetting where you put your car keys, become something for which to seek diagnosis and treatment? Alzheimer's is and age related, degenerative brain disorder that causes problems with memory, thinking and behavior severe enough to interfere with everyday life.

Over time, as cognitive and functional abilities decline, people become dependent on others for all their care. Eventually their body functions shut down, and they die.

seek a diagnosis of Alzheimer's disease, preferring not to know. because in the past little could be done," said Elaine Braslow, administrator for at the Texas Department of Health (TDH).

"Things have changed dramatically, and there now is hope and a sense of urgency for diagnosis early Alzheimer's."

The Alzheimer's Association has developed a checklist of common warning signs of Alzheimer's and recommends consulting a physician if you recognize any of these symptoms in yourself or a loved one.

*Memory loss that is worsening. *Difficulty performing familiar tasks, such as preparing a meal or participating in a lifelong hobby. *Problems with language, such as forgetting simple words. *Disorientation to time and place. *Poor or decreased judgement. *Problems with abstract thinking, such as balancing a checkbook. *Abrupt changes in mood or behavior. *Changes in personality, becoming extremely confused, suspicious of fearful. *Misplacing things. Anyone can temporarily misplace a set of keys, but a person with Alzheimer's may put things in

unusual places such as a set of keys in the freezer. *Loss of initiative and increasing apathy. New drugs may help delay the progression of symptoms associated with Alzheimer's and are most effective when started at earlier stages. Early diagnosis offers people with Alzheimer's the chance to help plan their own treatment and care gives them time to put financial and legal affairs in order.

Diagnostic tools also have improved, there is a 90 percent accuracy rate in diagnosing Alzheimer's. In evaluating a person for possible Alzheimer's, health care providers can help rule out other disorders that share similar symptoms such as stroke, brain "People often are reluctant to tumor, thyroid problems and substance abuse.

"Many of these conditions are reversible and best if treated early," Braslow said.

About 4 million Americans Alzheimer's Disease Program have Alzheimer's. But as the American population ages, the number of those with Alzheimer's increases and is projected to reach 14 million by mid-century. About 280,000 Texans have this disease, with a projected 552,000 expected by 2025 if no cure or preven- country. Welcome back. tion is found.

percent of people age 65," creases to 50 percent of people playing pool and dominoes. at age 85 or older, although Mark your calendar for Februsome people in their 30s and 40s have been diagnosed with the disease."

"The earlier the diagnosis, the more likely symptoms will respond to treatment," Braslow said. "Because some individuals with Alzheimer's do not realize they have a problem, it may be up to a family member or friend to help them make and keep a doctor's appointment," she said.

Fore more information, check the TDH Web site at www.tdh.state.tx.us/ alzheimers/alz.htm or call 1-800-242-3399.

Love is a great beautifier----Louisa May Alcott



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Senior Citizens Corner

Turkey and dressing brings them in! On that day the dining room was overflowing and the food was wonderful. Many guests joined the usual luncheon group. Among them were Daphan Harrison, Peggy Homer Williamson, Marjorie and Gene Moore, and Dorothy Connally. Guests of Chris Humphries were his sister and husband, Jean and Frank the 'under sixty' register were Sandra Holt, Rojean Therwhanger, Pam Young and Ruby Isenberg.

It is nice to look across the dining room and see the new big screen TV! We all look forward to enjoying this lovely addition and again we thank all those who contributed so we could pay our ten percent share of the purchase price and to SPRAG for working through a grant funding to make these units possible for the fifteen centers in our region.

Joe Nevarez reappeared this week after many weeks on the road. He reports they visited Wyoming, Utah, and New Mexico returning home by way of El Paso and the Big Bend

Therman Meyer is recovering "Alzheimer's affects up to 10 from hip surgery in the VA hospital in Big Spring. We look Braslow said. "That rate in- forward to his return to enjoy

ary 17 and 18 and check your files to see when you last participated in the AARP Drivers Ed Class for Seniors. If it has been three years, you need to sign up for this class. The price will be \$10.00 and as a result Alred, Ben Carr, Alta and you get a 10% decrease in the insurance on your vehicles. Fred Nelson will be here on the above dates if there are ten signed up for the class.

Everyone enjoyed Anna Shraun. Names appearing on Taylor's monthly visit with her information on cholesterol and her little goodie packages for everyone.

Monday was the monthly birthday/anniversary remembrance. Dorothy Anderson, Maurine Wehrend, Claudia Ferguson, Gladys Sides, Joe Leija, 'Lucky' Harmon, and Bill Groves celebrated this month while Ed Kostelich along with Wanda and Calvin Moose celebrated anniversaries. Angie Mendez was a visitor on this day.

Blood pressure clinics have been set for each Tuesday and Thursday morning in the office. Come have yours checked and stay for lunch with us.

Tuesday was bingo day with a good group attending and many happy winners. Bingo winner cards were won and exchanged for meal tickets. This activity takes place directly after lunch on every Tuesday except for the two '42' tournament Tuesdays each month.

Hearts and flowers are all a part of Valentines Day, but for many Texans hearts fail. Heart disease is the number one killer of Texans, and stroke is number three. Things you can change that put you at risk for a heart attack or stroke are being a smoker, having a high blood cholesterol level, being overweight and being physically inactive.

Heart attack warning signs; * uncomfortable pressure, fullness, * squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back, * pain that spreads to the shoulder, neck or arms, * chest discomfort with light-headedness, * fainting,

'sweating, * nausea or shortness of breath.

Stroke warning signs; * sudden numbness or weakness of the face, arm, or leg, especially on one side of the body,

sudden confusion, * trouble speaking or understanding, sudden trouble seeing in one or both eyes, * sudden trouble walking, dizziness, loss of balance or coordination,

' sudden severe headache with no known cause. Not all these warning signs occur in every stroke or heart attack. If some start to occur, don't wait. Get help immedi-

ately!! These are medical emergencies, call 911. To learn more about heart healthy call the South Plains Public Health District.

First United Methodist Church 1202 Avenue G - Plains, Tx. 456-3727



Sunday Schedule Children's Choir - 9:45 am followed by Sunday School Adult Sunday School - 9:45 am Morning Worship - 10:45 am

Are you wrinkled with burden? Come worship with us and get a faith lift!

From The Hack

I recently read some interesting stuff in a monthly publication from the State Comptroller's office about our Texas Lottery. In its ten year history, the thing has awarded more than \$16 Billion in prizes, and has paid the state almost \$10 Billion, which is dedicated to the state's Foundation music. School Fund.

What really astounded and to pay off. dumfounded me, however was this reported statistic; In 2002, lottery winners FAILED TO **CLAIM SOME \$70 MILLION** IN PRIZES.

How on earth could that many people forget that much money, you this list. loose their tickets, or whatever the excuse? Talk about the movie Dumb and Dumber being a Dumb movie, how dumb can Texans be to forget about \$70 mill! The bright side of this stupidity is, about \$23 million of it went to state teaching hospitals, the other \$47 million to indigent health care.

The Preacher I listen to is fond of stating, " If you're dumb enough to play the thing it's OK with me, if you faithfully tithe with your winnings," He should be extremely proud of me. During the ten year run of the lottery, I have cheerfully and dutifully tithed exactly \$18.40

Had the following faxed to us from Tokio CoOp Gin: Perks of being a senior citizen: only poor judgement or eye-

in you.

In a hostage situation you are likely to be released first.

No one expects you to run into a burning building.

Folks no longer consider you a hypochondriac.

Things you buy now won't wear out.

You can live without sex, but

not your glasses. You enjoy hearing about other folks operations.

You have a party and the neighbors don't even realize it. You quit trying to hold your

stomach in no matter who walks in the room. You sing along with elevator

Your health plan is beginning

Your secrets are safe with your friends because they can't re-

member them. Your supply of brain cells is finally down to manageable. You can't remember who sent

After reviewing the above, it began to soak into my sometimes hard cranium - you're writing stuff about traits becoming more and more familiar to yourself and the Bride. I then immediately changed that thought - Forget the Bride, you clod! She reads where you have referred to her as among the aging she will further delay paying your allowance and supplying you with biscuits and gravy and lots other good stuff. Is old age denial a trait dominated by women? Of course not, it just seems that way to me. I recall how my sainted paternal grandmother considered her mounting numbers of years.

"I loathe, despise and HATE

it. I don't FEEL old, and it's

Kidnappers aren't interested sight in all those people who whisper, "She's starting to show her age." I am merely paler and a bit thinner, and perhaps somewhat more stooped, but basically, I feel just as charming as I have the past 89 years!"

Bless her heart, she continued with that attitude until her death, just inches short of 94.

Attention all married men, engaged men, and young men who lust after the females of your heart's desire:

DO NOT FORGET, VALEN-TINE DAY IS FEB. 14, TWO DAYS AFTER THE PUBLI-CATION OF THIS ISSUE!!

I forgot once, and once is enough, I assure you. I still have no idea of the extreme importance of the exalted day's significance, I just know from miserable experience women need and expect to be remembered with affection and love on February 14.

One day I awoke, stumbled to the kitchen, then grumpily called out, "Where's the coffee??" Cold silence. I went to the bathroom. Locked. " Are you in there?", I queried.

"Yes, for a long, long time!" "Why? Are you sick?"

" YES!"

"From what?" "FROM YOU!"

Then the door burst open. I suddenly wished I was still asleep in bed. Her face was beet red, her eyes glistened with tears and rage. "You didn't get me a present... not even a card!",she screamed. Pay attention guys... get your sweetie something!

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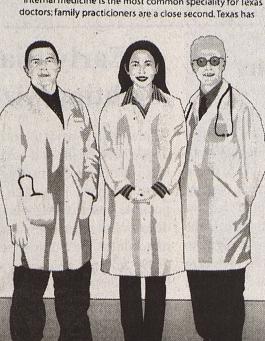
LEATHER PALM GLOVES \$1.49 Pr.

Texas at a Glance

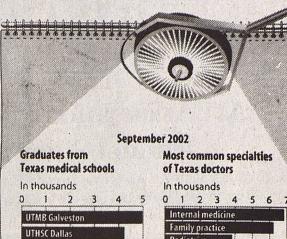
There's a Doctor in the House

By September, more than 20,000 students had graduated from Texas' medical schools in 2002. Nationally, nearly 50,000 graduates entered the field. The largest number of graduates in Texas were from the University of Texas Medical Branch (UTMB) in Galveston. The second-most came from the University of Texas Health Science Center (UTHSC)

Internal medicine is the most common speciality for Texas



just a few doctors in some specialties, including immunology, abdominal surgery, nuclear radiology and nutrition, according to the Texas State Board of Medical Examiners.



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*RN/LVN for 7pm - 7 am Shift differential. Call Joyce Tedford.

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