

MOTLEY COUNTY TRIBUNE

VOICE OF THE FOOTHILL COUNTRY

Where History is Pride

Flomot Matador Northfield Roaring Springs



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LUBBOCK, TEXAS 79409

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Thursday, April 8, 2010

ESTABLISHED 1891

Volume 119 Issue No. 14

MCISD Board votes to purchase bus with seatbelts

Attendance rate at 97 percent

The Motley County Board of Trustees met on Tuesday, March 30, 2010, at 7:00 p.m. in a regular scheduled board meeting, covering 10 board-action items. All board members were present. Also present were Dr. Andrew Seigrist, Superintendent; William Cochran, Principal; and Denise Ford, Business Manager. No one spoke in open forum.

Following the invocation by Board Trustee Lewis Drum, the board voted to approve the minutes of the previous meeting, and expenditures for the month of February.

Following the unanimous approval of the board to approve Williams, Meriwether, Smith & Co., L.L.P. as the 2009-2010 audit firm, a motion by Lee Jones, seconded by Gilbert Guerrero, was made to purchase a bus from Longhorn Bus Sales through TASB Buy Board with the additional cost of the installation of seatbelts to be purchased out of fund balance. This motion carried by unanimous vote.

Further, the board voted unanimously to approve the donation of welding supplies

from Forney Industries, Inc.

In a motion by J.D. Russell, seconded by Gilbert Guerrero, Drum Plumbing, Heating and Air Conditioning was selected to reroof the property recently damaged by hail. This motion carried 6-1, with Lewis Drum abstaining from the vote.

In other action, the board unanimously approved the cancellation of the May 2010 School Board Election; also, the designation of the State Health Services Region One and Motley County ISD were approved as a Point of Dispensing (POD) site in case of an emergency.

Additionally, a motion by Tina Brooks, seconded by Lee Jones, approved Drum Plumbing, Heating & Air Conditioning for replacement of two heating and air conditioning units. This motion carried 6-1, with Lewis Drum abstaining from the vote.

Principal William Cochran reported that enrollment was at 172 students with a 97 percent attendance rate. He announced that C-Scope will be implemented in the school year 2010-2011. Also, the number of High School stu-

dents participating in UIL has increased significantly over the last three years, he said. Three students will advance to the regional competition.

During the Superintendent's Report, Dr. Seigrist informed the board that Junior High track uniforms needed to be updated and said he would discuss this in more detail next month. Also, an AED was purchased replacing the outdated machine and next year an additional AED machine will be purchased for the district to take for out-of-town activities. Dr. Seigrist also announced that he would be attending a Leadership Conference at Harvard University, April 11-15, 2010.

The board recessed for an executive session to discuss the search for a girls basketball coach and teacher contracts. No action was taken on the girl's basketball coach at this time, however, renewals, extensions, and non-renewals of teacher contracts were approved as presented by William Cochran and Dr. Seigrist. The April Board meeting is set for Monday, April 19, 2010.

Law enforcement group meets to discuss recent burglaries

By Carol Campbell

A rash of burglaries in March consisting of large and small equipment plus numerous personal items has brought investigators in Motley County and surrounding counties together to discuss strategies and suspects.

Losses in the thousands of dollars included property stolen from Allen Butler Sand and Gravel at Northfield, including the personal property of the Regional Manager Doug O'Neil and Darrell Ramsey, Site Manager. Ranging from personal computers and musical instruments to compressor hoses, drills, and copper wire, the personal property of Ramsey alone was valued at more than \$13,000.

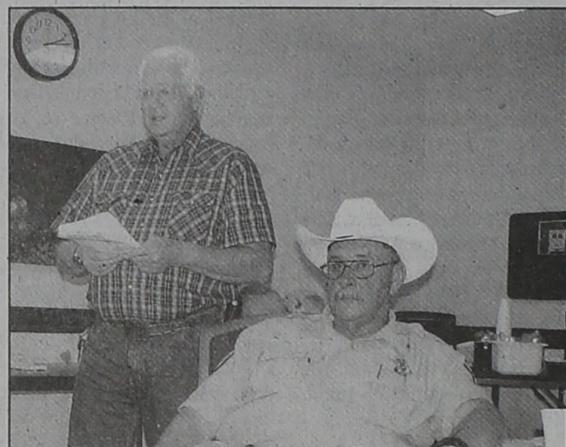
"We are working closely with Texas Ranger Jay Foster on this case," Motley County Sheriff Chris Spence said. "We have several people of interest we are looking at."

Spence organized a meeting of area law enforcement officers for the first of many organized meetings to share information, including suspect leads and methods of operation.

The first meeting held at Hackberry Creek Care Center on March 31, 2010, included investigators Doug Clements and Andy Gentry of the South Plains Auto Theft Task Force in Lubbock; Deputy Sheriff Dale Tarver of King County; Chief of Police Toby Brazee of Spur; and local resident Ronnie Vandiver, retired game warden and vice-president of the Caprock Peace Officers Association.

"We are here to discuss cases on burglary and theft, to share information to area agencies, and discuss specific problems in our area," Sheriff Spence said.

Ronnie Vandiver welcomed the group to Matador and began the meeting by informing the officers of the "Rattlesnake Rodeo" which will be held May 13, 2010, in Clairemont, Texas, sponsored by the Caprock Peace Office Association



Motley County Sheriff Chris Spence (seated), host area law enforcement officers at Hackberry Creek Care Center to discuss cases of burglary and theft in the area. Ronnie Vandiver, representing the Caprock Peace Office Association, spoke to the group about the upcoming "Rattlesnake Rodeo" held annually in Clairemont, Texas.

(CPOA).

This year, the 62nd annual CPOA will be dedicated to Kenneth Brendle. Brendle served in law enforcement for 39 years, retiring as Dickens County Sheriff in 2008.

"This is a fun day of barbecue, horse shoe pitching, drawings for prizes, and pistol shoots," Vandiver said. There is no entry fee. Seven different law enforcement shooting groups consist of sheriffs, deputies, game wardens, DPS, Texas Rangers, City and Federal Officers; and other guests, including "Sheriff Pose, Preachers, and Experts," the brochure reads. "This is a friendly, inter-departmental competition," Vandiver said.

Following refreshments of cookies, fruit, coffee and tea, the group settled in to discuss area problems.

"There are a lot of problems currently with farmers and ranchers losing portable welders - all the way from Seminole to the Louisiana state line," Clements said. "We are also losing utility trailers, strip tractors, ATVs (All-Terrain Vehicles) and metal wiring." Sometimes, equipment is being moved up to 200 miles, he said, reporting that his group

had recovered a riding lawn mower, a trailer and a John Deere tractor around Turkey, Texas.

"I would ask landowners to etch serial numbers on all portable welders, tractors, Bob-Cats, riding lawn mowers, cutting torches and generators," he cautioned. While vehicle thefts are down, "theft of copper wiring is on the rise," Clements said.

Spence said that Sheriff Ken Burns in Cottle County (Paducah) has had a rash of thefts whereby thieves gained entry by knocking door locks off homes. Recently, during the Junior Livestock Rodeo in Matador, brazen thieves knocked a lock off of a home when the owners were out of town, but they never gained entry, he said, adding, "Thieves are more mobile than ever." In Dickens County (Spur) abandoned houses are being stripped of wiring and plumbing, Spur Chief of Police Brazee reported.

"If citizens see something suspicious, I encourage them to report it," Spence said. "I'd rather take 5,000 calls than lose \$5,000 worth of property. With the economy bad and the price of metals on the rise, it could get worse."

Annette Hollinsworth gives overview of Relay For Life at Roaring Springs Lions Club

By Corky Marshall

The Roaring Springs Lions Club met Thursday, April 1, 2010, at the Windmill Café. Boss Lion Wes Campbell opened the meeting. Corky Marshall, Secretary, who also represents the Roaring Springs Club at Hearing Bank meetings, gave a report about the meeting he attended last week. The District 2T-2 has furnished four people with hearing aids this year.

A very good meal was served to 10 members and

three guests. Two of the guests, Tince Thacker and Zella Palmer joined the club this month.

Annette Hollinsworth was the guest speaker with an overview of the Relay For Life organization and its connection with the American society. She provided tips about raising funds, approaching people to ask for donations, and other ways individuals can help the Motley County Relay For Life's annual drive. The drive will be held on April 23rd at the Motley County

School's football field from 6:00 p.m. until midnight. The funds raised will benefit cancer patients in our area.

The Roaring Springs Lions will be raffling a diamond ring to raise money for The Relay For Life, furnishing a booth at the event.

Seven Lions took bingo games to the residents of Hackberry Care Center. Fourteen residents played. The Lions gave a total of \$30.00 in quarters to bingo winners. Each of the players won at least one game.

Winds Dominated Weather During Month

By Earlyne Jameson

Winds from every direction dominated the weather during the month of March in Motley County. Fifty-six mph hurricane north winds were reported March 27. Wintry first day of spring had rain, blowing snow and ice covering the countryside accompanied by a strong blustery north wind. Temperatures varied so much you debated whether to turn on the heating or cooling system!

With the good moisture continuing since the first of the year 2010, farmers are pleased with the accelerated growth of wheat and grassland and plowing of land.

The Motley County National Weather Service Volunteers registered the total moisture for March 2010: Buzz Thacker, Roaring Springs 1.98; Ronnie Bailey, Matador 1.05; Betty Simpson, Northfield 0.62; Lawrence Allen, Whiteflat 1.95 and Clois Shorter, Flomot 1.98 inches.

Ten tips for April tax return filers

DALLAS, TX - Historically, more than 35 percent of tax returns are filed in April. With the tax deadline of April 15 approaching, the IRS offers 10 ways to reduce stress at tax time to those who have not yet filed a tax return.

"There is no need to be in line at the post office at the eleventh hour on April 15," said Clay Sanford, an IRS

continued on page 7



Area law enforcement officers met recently at Hackberry Creek Care Center to discuss cases of burglary and theft, and share information on suspects and their methods of operation. Seated (L to R) are: South Plains Auto Theft Task Force officers Doug Clements and Andy Gentry; Dale Tarver, Deputy Sheriff, King County; Motley County Sheriff Chris Spence; and Chief of Police officer Toby Brazee, Spur.

Foothill Country

Connections

Community, Diversity, Art
When you have history, you have pride.

By Larry Vogt

Those Valentine cards you have sent your spouse all these years that signify that he or she is worth a pot of gold or something to that effect contain more than a grain of truth. According to some sociological studies done recently a successful marriage is important in determining your sense of happiness. This information comes from a column written by David Brooks in the *New York Times* published on March 29, 2010. The column talks about the relationship between money and happiness but gives a successful marriage a good bit of importance. Brooks said, "Marital happiness is far more important than anything else in determining personal well-being. If you have a successful marriage, it doesn't matter how many professional setbacks you endure, you will be reasonable happy. If you have an unsuccessful marriage, it doesn't matter how many career triumphs you record, you will remain significantly unfulfilled."

I am not sure how the "successful" marriages were determined but I assume it means the married couple is still housekeeping and laughing and still love each other. Some of these studies have even put a monetary amount that the happiness of a marriage can produce. Here is Mr. Brooks again: "According to another, (study) being married produces a psychic gain equivalent to more than \$100,000 a year."

A psychic gain? That term brings a bit of a chuckle, but it does make sense. Alright now, didn't our parents say things like "find a good woman, (man) be good to her (him) and it will be something money can't buy." Although marriage is going through some sociological changes these days, relationships that include a lot of positive emotional exchanges have a value far beyond apparent value. I would say the psychic gain of \$100,000 a year for a good marriage is undervalued and place the monetary amount at something closer to a "pot o' gold." And at today's price per ounce, that's quite a bit.

WRITING COMMUNITY

an excerpt from *Tumbleweeds*

by JoAnne Dodgson

Touching the world of the tumbleweeds has allowed me to feel what it's like to naturally embody change. These wild nomads of the desert readily transform and playfully tumble around in their dance with life and death, all according to their unique, ingenious design. Tumbleweeds know about rooting themselves only when and where it's nourishing. And they intentionally move on from what-has-been when the cycle is complete, when that purpose has been served, honoring it all with their ease, lightness and quirky grace. Tumbleweeds have shown me how to call in the winds to let old attachments go.

I've come to see this aged gathering of browned tumbleweeds as a council of elders who hold and seed sacred ground for the generations to come. The tumbleweeds know it's never too late to remember what's been forgotten. If we've come here to tumble, to love or heal or dream, to build or sing or create, we can start any time, any day.

In harvesting of the tumbleweeds and their teachings, I've

grown aware of the understanding we share. That I'm home and it's time for me to dig in my roots and tenaciously hold my center, to reach out and give and receive in the sharing with a spidery open-armed embrace. And it's time for the tumbleweeds to move on, to uproot and get untangled so they can follow their spirits' callings and flow with the freedom of their quests.

The prickly brown Tumbleweeds easily pull away from the sandy soil and I walk with them toward the open mesas, huge billowy armfuls of sundried plants held over my head. I place them on the ground on the other side of the fence so they're lying now on wilderness lands - free to dance with the elements and join up with the winds and continue on their way.

Editors note. I have always been fascinated by tumbleweeds so I wanted to share this piece from a friend in New Mexico. You can find more of her work at www.pathway-sforhealing.net

Whiteflat Reunion: A Detour Down Memory Lane When Comics Were a Source of Entertainment

By Earlyne Jameson

Before television, comics, which we called funnies, was an important source of entertainment. Instead of goodbye remember when an individual used to wink and say, "See you in the funny papers!" That was considered a snappy comeback showing us just how much a part of our lives the Sunday Comics had become.

Our family went to church and then to our post office box to pick up a chunky Sunday edition of the Fort Worth Star Telegram newspaper. Although our social status was among the vague group known as the "poor but proud," our family never skimmed on reading material.

In early days the *Kalzenjammeo Kids*, *Bringing Up Father*, *Gasoline Alley* and *Lil Abner* were some of the Sunday comics color gala adventures. Remember *Thimble Theater* with Popeye and his friend, Wimpy? Some papers cling to remnants of past glory and continue to publish the few survivors of the Funny Papers Golden Age such as *Blondie* and *Snuffy Smith*.

As Berle Pettit said in *Lubbock Avalanche Journal*, "I'm not

real big on science fiction. I was cooled on *Dick Tracy*, one of my favorite comic page characters, when Diet Smith started flying back and forth to the moon and Junior Tracy fell in love with Moon Maid." There always will be a little corner sat aside for the likes of my favorite, Fat Stuff and his button eating chicken from Smilin' Jack's endless encounter with danger and the Dragon Lady.

Now that I have "grown up," truthfully I barely glance at the funnies, except *Dennis the Menace*, *The Family Circle* and *Beetle Bailey*. It is a section of the paper that provides a good laugh and a brief respite from the gory headlines on page one.

I don't think we went more than half a block out of our way with this small detour down Memory Lane. We all know that recollecting the pleasures of the past is no foreign land to any of us.

Enjoy your Whiteflat Homecoming Saturday, April 10 at the Senior Citizen building in Matador. I'll see you in the funny papers!

Relay For Life Committee Meets

Tuesday evening, March 30, the Relay For Life Committee met at the USDA Service Center to discuss progress on the Relay set for April 23, 2010.

Two groups from Spur were represented. They plan to participate in this year's Walk. One is Cap Rock Telephone and the other is a group of employees from the Dickens County Correctional Center. There were enough from the Correctional Center to form two groups in honor of one of their employees who is battling cancer. Their groups are named Lupe One and Lupe Two.

The next activity is the Survivor Breakfast at the Windmill Café in Roaring Springs at 9:30 a.m., Saturday, April 10. Survivors and their caregivers are invited.

April 16 is golf night at the Roaring Springs Ranch Club sponsored by Rhonda Miller's team, Hunting for the Cure. The charge for the eighteen-hole game is \$20.00 per person. After the first nine holes there will be a supper of hamburgers or hot dogs. The last nine holes will be played in the dark! Last year's participants

reported that this is a really fun golf game. Contact the Roaring Springs Ranch Club or Rhonda Miller. The Ranch Golf Club phone number is 348-7267. Rhonda's number is 347-2414 at home; Rhonda works at Wylie LP Gas, that number is 347-2290.

Jennifer Brady will be leading a youth team from the Full Gospel Church as she did last year. Their team will be called By His Stripes. Their team will be having a bake sale on April 17. They will have baked goods in Roaring Springs at the Windmill Café and also have baked goods for sale in front of Lowe's Grocery Store in Matador. Cap Rock Telephone's team is called Candles for a Cure. The night of the Relay they will be selling cupcakes to be decorated with candles and names.

Accolade Home Care's team is led by Kim Woolsey, their name is Dot Out Cancer.

The Lion's Club team will be Lion In Wait for the Cure. The Lions will be selling chances on a diamond ring made by Thacker Jewelry.

So far there are seven teams participating.

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Award Winner

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TRAIL DUST

By
DOUGLAS MEADOR



Matador Tribune
May 6, 1937

Our small camp was an ebony etching hewed from flawless material in the quarry of night and framed by high, mysterious hills swollen with darkness.

Reflections from the ebbing fire danced on the motionless leaves of a giant cottonwood which held a rugged arm above our staked saddled-horses grazing quietly near the bank of a small creek.

Two rifles leaned against a small hackberry tree and a coffee pot had started to boil above the coals.

To the moment our trip had been a success because we had

found no game to spoil the companionship we had each secretly desired.

We had refilled and light our pipes a third time in one of the long silences which graces true conversation when my companion grasped the coffee pot and held it above his tin cup.

The container slipped in his hand and boiling liquid sloshed against his leg and flowed into his boot. Without comment he replaced the pot on the coals and quickly removed his boot. Half his leg was scalded white with water blisters forming near the ankle.

Our balmoral equipment consisted of whatever medication which might be included in the limited provisions. We selected the salt sice it was decided flour would probably cake to cause disastrous results. I applied the white grains as gently as possible and watchd them dissolve against the tortured flesh but my companion did not move. When the treatment was completed he lighted his pipe again and looking at the fire, asked, "Have you ever loved a faithless woman?"

RETRO NEWS

Matador Tribune
May 6, 1937

**BUSINESS BOOM
HERE SATURDAY
LIFTS OUTLOOK**

*Federal Checks Are
Given Credit For
Sudden Gains*

Matador merchants and business men credit the receipt of more than \$44,000 in the 271 compliance checks by farmers of Motley county, with the sudden jump in business felt throughout town Saturday. Many stores were unprepared for the extra buying spurt which kept cash registers ringing during the afternoon. The increase amounted from fifty percent to double the amount of sales of the previous Saturday according to a survey made early in the week. Many merchants are looking forward to another day of increased sales during the coming week-end. The selling boom was noticed in every line of business and many houses reported that Saturday was the best day experience this year.

April 16, 2010
Library Appreciation Day
The Friends of the Library
*invite you to stop by
and join us for
coffee and cookies*
10:00 a.m. to 12 noon

Motley County track teams compete at Knox City and Silverton

The Motley County track teams have competed in several track meets the past few weeks. The Jr. High teams ran at Knox City on March 25 and at Silverton on March 29. At both of these meets individual times and places were not kept, but ribbons were given for the top six finishers in each heat. Both the boy's and girl's teams competed very well and came home with lots of ribbons. The next Jr. High track meet will be the District Zone meet held Friday, April 9 at Silverton. The meet will start at 3:30. Everyone is invited to come and watch these teams in their final meet of the season.

The High School team had six members compete at the Crosbyton Relays on March 26. Results from that meet were: Alyx Smith—1st in the 100m dash, 2nd in the Long Jump and 4th in the 200m

dash. Lexi Osborn—1st in the 2 mile run and 1st in the mile run. Sarah Ferguson also participated for the girls. In the boys division Andrew Martin finished 6th in the Long Jump and 4th in the 400m dash. Ky Christopher finished 5th in the 110m hurdles 6th in the 300m hurdles. Nayo Santos finished 6th in the 110m hurdles and 2nd in the 300m hurdles.

On Thursday, April 1, the High School teams participated in a meet at Silverton. Results of this meet were:

Girls:

Discus: Jaci Zingerman—6th place
100m dash: Alyx Smith—5th place
800m relay: 2nd place—Alyx Smith, Sabra Pope, Lexi Osborn, Jaci Zingerman
200m dash: Jaci Zingerman—3rd place
1600m run: Lexi Osborn—1st place

Boys:

3200m run: Weston Griswold—1st JV
100m dash: Jonathon Osborn—6th place
800m relay: 3rd place—Jonathon Osborn, Nayo Santos, Austin Taylor and Andrew Martin
400m dash: Andrew Martin—3rd place
Austin Taylor—6th place
1600m run: Reagan Elliott—5th place
1600m relay: 3rd place—Weston Griswold, Jonathon Osborn, Austin Taylor, Colby McCleskey

The High School District track meet will be held Thursday, April 8 at Quanah. The running prelims will start at 9:00, followed by the field events and the running finals that afternoon. Please come and support our athletes as they attempt to advance to the Area meet.

By Monta Marshall

Editor's Note: This article is the 6th in a series about the members of the Motley County Relay For Life Committee.

Nancy Marshall is the busy mother of three girls, Rivers, Tyne and Reese Marshall. Nancy also works for Capital Ag-Credit in Matador. She is the wife of Brian Marshall. With a busy schedule and a home to run Nancy still finds time to be an energetic member of the Relay For Life Committee.

Nancy is the accountant for the Relay For Life 'bank.' Accounting is Nancy's expertise and she enjoys keeping up with all the monies raised and expenses of the Motley County Relay For Life.

She told me that Kathy Blanco, her sister, persuaded her to join the committee. Nancy has the same family

members as Kathy, several of whom have had cancer: her grandmother, Callie Giesecke, stepfather R.C. Giesecke, her mother Sharon Martin and Uncle Rodney Long. In addition, Brian's grandfather, Corky "Pop" Marshall is a survivor.

Nancy hopes the efforts of Relay For Life and American Cancer Society's bringing awareness of the threat of cancer; and the importance of medical checkups will help prevent children like her girls from ever being diagnosed with cancer.

When asked, "What is the most meaningful thing to you about being a committee member?" Her reply was, "Getting to know other women (whom she would likely never have had a close relationship with) is very special to me." Being in the battle against cancer with people

outside her usual circle has allowed her to forge lifelong friendships, she said.

Her favorite event is the night of the Relay when so many people from different walks of life get together to celebrate together and to remember family and friends who have had cancer.

The goals of the Relay For Life Committee and the activities; what it represents in her community gives her energy to "keep on, keeping on" to find the cure for cancer.

Brian lends a helping hand babysitting as do the girl's grandparents, Jackie and Sharon Martin and Kenneth and Mary Marshall. Brian helps with the concession stand the night of the Relay when he can.

Nancy's story is an example of families getting involved to help in the race for a cure for cancer.

Getting to know your Relay For Life committee

Relay For Life April 23

USDA Releases 2010 Benchmark State Yields and Actual 2009 State Yields

WASHINGTON, April 1, 2010 - USDA today released 2009 actual and 2010 benchmark yields for Average Crop Revenue Election (ACRE) program for wheat, long grain rice, medium grain rice, oats and barley in a majority of states. USDA will publish data for additional states and other crops as it becomes available.

Actual and benchmark yields are used in calculating payments through ACRE, which provides producers an option to protect themselves against declines in market revenue. The latest benchmark and actual yields, along with detailed information

about the ACRE program and ACRE calculations, can be found at: <http://www.fsa.usda.gov/dcp>.

USDA also reminds producers they have until June 1, 2010, to enroll their farms in either the 2010 Direct and Counter-cyclical Program (DCP) or the ACRE program. The decision to enroll in the ACRE program is irrevocable. Once enrolled, the farm shall be enrolled for that initial crop year and will remain in ACRE through the 2012 crop year. The June 1, 2010, deadline is mandatory for all participants.

Birth Announcement



Dale and Miranda Peacock of Cypress, Texas, welcomed Asher Dean Peacock and Keegan Dale Peacock on Monday, March 15, 2010. Asher weighed 6 lbs 11 oz and was 20 1/4 inches in length and Keegan weighed 7 lbs 11 oz and was 19 3/4 inches in length.

They are the grandsons of Pat and Sharon Peacock of Palacios and Julie Peacock of Anahuac, and Craig and Karla Erkkila of Houston. Paternal Great-Grandparents are Bill and Lea Peacock of Lubbock. Maternal Great-Grandparents are Karl and Benita Clagg of Brazil, IN, and Ray and Clara Erkkila of St. Charles, MO. Red headed Asher and Keegan joined proud siblings Madeline Lea Peacock, Ethan Louis Peacock, and Caedmon Karl Peacock.

Thank You

During a time like this we learn how much our friends really mean to us. Your kindness and sympathy at this time are more appreciated than words can ever express. We would like to thank Seven, Cindy, and D'Anna for the excellent care administered to Betty in the ambulance. Thank you to Bro. Mike Crowley, Nathan and Leigh Ann for the beautiful service and comforting words.

The family would like to express their deepest gratitude and appreciation for all of the love, prayers, phone calls, cards, flowers, plants and food.

A special thank you to everyone that helped with the meal as well as for the use of the Community Center.

Elmer Parks
Terry & Ronda Miller & Family
Mark & Barbara Miller & Family
Tom & Sharla Miller & Family

DOUGLAS CAMPBELL IS 50!!!!

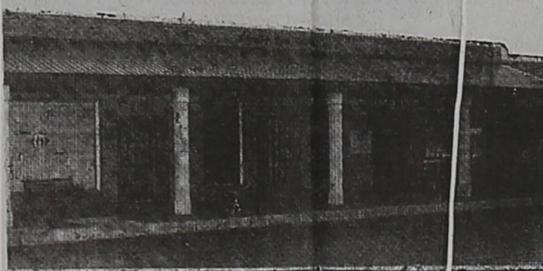


Family Eye Care

Blake Avera, M.D.
Ophthalmology - Surgery



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Therapeutic Optometrist



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A BUILDING FROM GOD



One of the many images the Bible gives for the church is that of a "building." As a building we understand from scripture that Jesus Christ is the corner stone. That means that Christ sets the standard for the rest of the building. Therefore whatever is

built must be built in reference to Him.

In Ephesians 2: 17-22, the Bible states that we are "growing into a holy temple in the Lord." Our challenge is to never stop growing and developing in our Christianity. When we are doing our part, as a part of God's holy building, we also are strengthening the other parts that make up this building.

Also found in the book of Ephesians is the great theme of unity. The apostle Paul addresses the unity of the "building," the unity of the spirit, the unity of God and the unity of the faith. It is only through the standard set by the "cornerstone" that such unity is possible. Remember Jesus Christ brought the Jews and Gentiles together into His "building." And much can be accomplished today when Jesus Christ, the "cornerstone," becomes our standard. After all it is God's building isn't it?

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Michael G. Crowley, Sr.
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Notes from the Library

By Mary Ann Potts

The library is buzzing with activity because of upcoming events. First of all, April 16, 2010 is Library Appreciation Day and The Friends of the Library invite you to stop by and join us for coffee and cookies, 10:00 a.m. to 12 noon, and to join our family by becoming a "Friend of the Library". Just a reminder, membership is tailored towards any budget: \$5 for individual, \$10 for a family, \$20 is a supporting member, and \$100 gives you a lifetime membership. And just to let you know, "The Friends" help pay for the Summer Reading Program, maintain the Library Annex, and host and/or sponsor several informative programs throughout the year.

Secondly, the **Picturing America Exhibit** is ready for viewing in the Library Annex so after you finish your coffee and cookies, you can

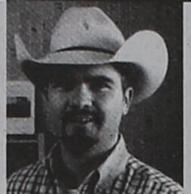
leisurely stroll over to the annex and enjoy some famous works of art.

And of course, we have several new books on the shelves. *Pallbearers* by Stephen Cannell, *Think Twice* by Lisa Scottoline, *Caught* by Harlan Coben and Karen Robards latest book, *Shattered*. We are also awaiting Jonathon Keller's newest release *Deception*, so continue to stop by to browse our newest selections.

Lastly, plans are underway for the library's Summer Reading Program. Just to give you a hint of what is in store for the kids, The Science Spectrum will be making its way to Matador on Wednesday, June 30, 2010 to showcase. . . I think I'll wait until later to give you the rest of that story so keep reading Library Notes to keep up-to-date on all the upcoming events.

County Agent's News

by Ryan Martin, Agri LIFE EXTENSION Agent



Rabies Vaccination Clinic

Rabies is still a major concern for animal owners in our area. There have already been several confirmed cases of rabies in our area this year. This is a reminder that your pets, horses, and valuable livestock should be vaccinated annually for rabies.

On April 8, 2010 the Motley 4-H Club will sponsor a Rabies Vaccination Clinic and Flea and Tick Dip at the Matador Volunteer Fire Department. Dr. David Fuston from the Childress Veterinarian Clinic will be here to administer rabies vaccinations for your pets from 3:00-6:00pm. After 6pm, Dr. Fuston will administer coggins tests on horses if you need it. If you have a horse that needs current coggins testing, please call the Extension office before April 7 to make arrangements for testing.

The Motley 4-H Club will also be spraying pets for ticks and fleas if needed. This will be a free service, but donations will be welcome.

Make plans to bring your animal to the Matador Volunteer Fire Department between 3 and 6pm for their annual rabies vaccination and flea and tick dip.

Texas 4-H/FFA Steer Validation

Time has come to plan for the 2010-2011 Texas 4-H/FFA Steer Validation program. All Texas major livestock shows require all 4-H and FFA steers to be validated in the Texas 4-H/FFA Steer Validation Program. Therefore, if you are thinking of taking a steer to a major stock show, you must order validation tags. Tag orders are due in the Extension office by April 16, 2010 at a cost of \$7 per tag. Steers will be validated between June 1 and June 30 for 2010 fall shows and 2011 spring shows. Validation is a proof of ownership as required by major livestock shows in Texas. It does not automatically enter exhibitors in a major livestock show or county show.

Trainings for Private Applicators License and Non-Commercial License

If you are in need of a private applicators license or a non-commercial license, please contact the Motley County Extension office at 806-347-2733. TDA requires a minimum number of people to register for the course before they will set a date to administer the test. The training includes a video then a test administered by a representative from the Texas Department of Agriculture. The course does not cost anything, but after you complete the training, you have a set amount of time to send in your test scores and money to TDA before you are issued a license.

Once we have a set number of individuals signed up for the trainings, dates will be set for the private applicator training and non-commercial training. For more information or to sign up for these trainings, please contact the Motley County Extension Office.

Concealed Handgun Course

For those interested in obtaining their concealed handgun license, plans are being made to offer a course here in Motley County. Before a date is set to offer the course, we would like to have an idea of how many individuals are interested so we can justify offering the course in Motley County. If you are interested, please contact the Motley

County Extension Office at 806-347-2733.

In order to obtain a concealed handgun license, individuals must have 2 passport photo's taken, have 2 sets of fingerprints taken, complete a 12 hour classroom course and qualify with a pistol (minimum 32 caliber) consisting of 50 rounds. The cost of the course is \$75 and the cost of the license is \$140 if you are under 60 years old or \$70 if you are over 60, a Honorably Discharged Veteran, or an active military personnel.

For more information on the concealed handgun course, contact the Motley County Extension office.

Motley 4-H Club and Adult Leaders Meeting

The monthly Motley 4-H Club meeting will be held on April 11 at 4:00p.m. in the courtroom. All 4-H members are encouraged to attend.

After the 4-H club meeting, an Adult Leaders Association meeting will be held. If you are an Adult 4-H Leader, please make plans to attend.

Texas crop, weather

Lots of fallow ground in North Texas this spring COLLEGE STATION - - There likely will be a lot of fallow fields in the North and Central Texas regions this year, according to Texas AgriLife Extension Service reports.

"We are very, very, very wet still at this time," said Rick Maxwell, AgriLife Extension agent in Collin County, northeast of Dallas. "Because of this wet weather we've got very little of our corn in."

Maxwell said very little wheat got planted in Collin and neighboring counties as well. He estimates only about 5 percent of the 30,000 acres of corn that are typically planted went in this year. Wheat is planted in the fall, but only about 30 percent of the usual acreage of wheat was planted last fall.

The planting window for corn closed about March 15 in North Texas. Sorghum is an option some years, but this year, Maxwell expected most Collin County growers will elect to take prevented planting provisions of their crop-insurance policies.

"We're basically a two-crop system here in Collin County - - corn and wheat," Maxwell said. "We're just now getting into the normally wet period of our year. And they think -- at least the ones I've talked to -- it's going to be more of the same."

The situation is a lot better in the Panhandle, where 30 percent or more of Texas corn acres are generally planted, said Dr. Brent Bean, an AgriLife Extension agronomist based in Amarillo.

The planting window opens and closes later in the Panhandle, Bean said, and though corn planting may be a little later than normal this year, he predicted 2010 will be a good corn year.

"We're in very good shape from a moisture standpoint," Bean said. "We're not going to have to be pre-irrigating this year."

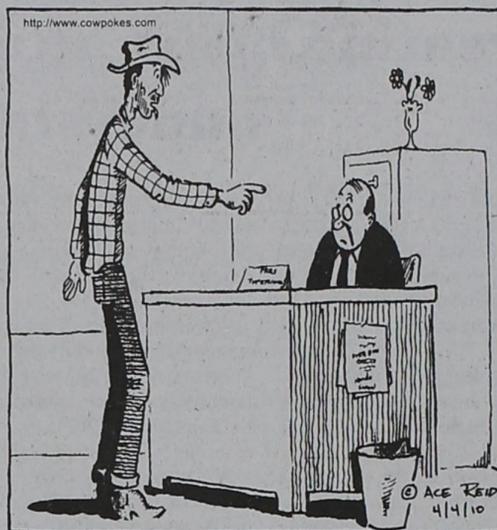
Bean said he believes planting will be a little late, perhaps a week on the average, because of the wet weather. Most Panhandle growers strip-till, a soil and moisture conservation method where only a narrow strip that is to be seeded is tilled and fertilized.

Most growers haven't had a chance to either till the strips or fertilize yet, but Bean didn't expect more than a short delay in operations.

"As soon as the soil temper-

COWPOKES®

By Ace Reid



"I just lost money on them calves you financed for me, but I want you to know I ain't mad at you!"

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atures get above 50 degrees, they'll be starting to plant," he said.

Bean also noted that because nearly all corn is irrigated in the Panhandle, yields are generally a lot higher than in North and Central Texas, so the 30 percent of acreage generally represents 50 percent of the bushels grown in the state.

PANHANDLE: The northwest portion of the region received another 6 to 8 inches of wet snow, bringing their winter total to 40 to 45 inches. Soil moisture levels in most of the region were better than in previous years. Some field work was done on wheat that dried out some. Only light insect activity was reported. Some cattle were removed from wheat fields and placed on other grazing fields and pastures. Rangeland cool-season grasses emerged, and it was expected that warmer grasses should come out of dormancy soon. Until then, most producers were still feeding from hay stocks, which were becoming very low. Cattle were generally in good condition.

ROLLING PLAINS: Though spring officially arrived, temperatures dropped to 30 degrees and storm systems brought snow, rain and high winds. Later in the reporting period, days were sunny and temperatures rose to about 70 degrees. With high soil moisture and the warmer days, winter wheat and grasses really began to green up and grow. Livestock were in good to excellent condition and required less supplemental feeding. The warmer weather dried

fields out, and farmers were beginning to plow, put out fertilizer and kill winter weeds. The spring calving season was coming to an end, and cattle were in good shape considering the harsh winter. Most trees were blooming.

SOUTH PLAINS: The region had windy days with highs in the 60s and lows in the 30s. Soil moisture was adequate. Producers were applying chemicals and listing seedbeds. Wheat was in fair to good condition and continuing to mature. Pastures and rangeland were in fair to good condition. Cattle were in mostly good condition.

Calendar of Events

- April**
- 8 - Rabies Vaccination Clinic 3-6pm at the Fire Department
- 11 - Motley 4-H Club and Adult 4-H Leaders meeting 4pm
- 12 - Livestock and Horse Judging Entries due
- 12 - State Fair Lamb and Goat validation tag orders due
- 14 - District 3 4-H Roundup in Vernon
- 16 - State Steer Validation tag orders due
- 17 - District 3 4-H Fashion Show in Jayton
- 22 - District 3 4-H Horse and Livestock Judging in Vernon
- May**
- 1 - State Horse Validation Due
- 1 - District 3 4-H Leaders 4 Life contest
- 15 - District 3 4-H Trap Shoot in Iowa Park
- 28 - 4-H Golf Challenge entries due

Obituary

William "Bill" Fish

Services for William "Bill" Fish, 71, of Athens, were held Wednesday, April 1, 2010, at the Shelby Chapel Cemetery Pavilion with the Rev. John Green officiating. Burial followed in the Shelby Chapel Cemetery.

Mr. Fish died on March 29, 2010, in Tyler. He was born on March 8, 1939, in Matador to the late Irvin William Fish Sr. and Hope Anita Palsalique Fish. Bill graduated from Matador High School in 1957, then earned a bachelor's degree from West Texas State College at Canyon, Texas. Bill moved to Athens in 1967 and began ranching. He was employed a number of years at

First National Bank as a Vault Teller, then worked for Cody-Co Security in Tyler. The past seven years he has worked for Park Homes. Bill was a member of Lake Athens Baptist Church.

Survivors include his wife, Sherry Fish, of Athens; son, William Cody Fish, U.S. Army, Iraq; brothers, Andy Fish and Wife, Susan, of Tyler; Tom Camp and wife, Oleta, of Lufkin; one nephew and two nieces.

If desired, memorials may be made to the American Heart Association, P.O. Box 15186, Austin, Texas 78761. A guest register has been set up for the family at www.carrollehr.com.

FSA News

By Amy Hackler, CED

Remember that 2010 Wheat crop needs to be certified by May 15th. Please call to make an appointment.

We are also taking sign up for the 2008 SURE program. This program takes place of the old CDP program. Please call to make an appointment. You have until June 1 to

sign up in the annual DCP or ACRE program. There are no late file provisions for this program, so please come in to discuss your options or call to set an appointment.

If you had NAP insurance for 2009 on your haygrazer crop, please be reminded that production needs to be turned in by July 15th.

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From the Sheriff's Desk

by Chris Spence

This column will feature monthly information from the Motley County Sheriff's Office with a compilation of activities in our county. For the month of March, the Sheriff's Office received 33 calls from citizens and drove 3,886 patrol miles.

CASES: Cases solved, 2; Cases under investigation, 1 (Burglary); amount lost to theft or burglary, \$20,500.00; Amount recovered, \$500.00; Motor vehicle accidents investigated, 3; Assault, 0; Theft, 1; Burglary, 1; Criminal Mischief, 1; Disorderly Conduct, 0; Family Disturbance, 0; Livestock Calls, 12; Assist Citizens, 3; Assist outside agency, 5; Civil Standby, 1; Suspicious Person, 1; Telephone Harassment, 1; Others, 2.

ARRESTS: Misdemeanor, 3; Felony, 0.

PAPERSERVED: District Court, 2; County Court, 0; JP Court, 0; Out of County Court

Papers, 1; Bailiff for Court, 1

TRAFFIC: Traffic Citations, 8; Traffic Warnings, 16; Funeral escorts, 3.

CASES UNDER INVESTIGATION: Working with Texas Ranger Foster on the Burglary of Allen Butler Gravel Pitt.

Note: I am asking for the citizens of Motley County to help me. If you see someone acting with suspicious criminal behavior in our county, please contact the Sheriff's Office. We are a close knit family of good citizens and we know when someone is not from this area. I am on call 24/7 for the citizens of Motley County. For after-hours and holidays, please call the Sheriff's Office phone number, and it will be forwarded to my cell phone number. I still have the same number by calling 806-269-3577.

Thank you.

Hometown Health addresses treating heart attack symptoms, handling stress of taxes, understanding prescriptions and more

(COLLEGE STATION, TX) — The Texas A&M Health Science Center is pleased to provide the latest installment of "Hometown Health" with the following tips:

College of Nursing Treat heart attack symptoms seriously

Recognizing the symptoms of a heart attack can be elusive. The dramatic clutching of one's chest that you see in the movies is far less common than more subtle indicators that may signal a need for medical attention.

Even Jerry Livingston, R.N., M.S.N., assistant professor at the Texas A&M Health Science Center College of Nursing with 10 years as a nurse manager in hospital emergency rooms, missed some key signs.

"Having maintained a healthy diet and the demanding exercise regimen required to run ultra-marathons, it never occurred to me that my heart could be in trouble," Livingston says. "I had been dealing with high stress jobs for 20 years, and there was a history of heart disease in my family, but that was why I had been so very careful with my health. Tests revealed a 99.9 percent blocked artery, and the cardiologist placed a stent in the affected artery. I know I narrowly escaped death."

Suffice to say, Livingston learned from his experience.

"Within a week, I was amazed at how much better I felt," Livingston says. "It was as if I had been magically granted the energy levels and stamina of my younger years. I learned from this experience that a heart in distress does not follow hard and fast rules when showing its symptoms."

If you are feeling tired and lethargic, or lack the energy, stamina or longevity in your usual physical activity, consult your physician. If you have signs of an acute heart attack, such as sub-sternal chest pain, pain to the left arm or lower jaw accompanied with shortness of breath, call

911. Getting proper treatment quickly improves your chance of survival and minimizes damage to your heart, Livingston says.

For women, the signs and symptoms of an impending heart attack may be quite different than in men, according to Diane Benson, R.N., Ed.D., associate professor in the HSC-College of Nursing.

"Discomfort or pressure in the chest is still the most common symptom of heart attack in women; however, women are more likely to not experience chest pain," Dr. Benson says. "Instead, heart attack symptoms in women are shortness of breath, lightheadedness, unusual fatigue or pain in the shoulders, upper back, jaw or abdomen."

College of Medicine Maintain mental health during tax season

As the April 15 deadline for filing your federal income tax return approaches, financial stressors may be rearing their ugly little heads — in your head. Financial stress, especially exacerbated at tax time, can cause a host of mental health concerns that include anxiety and depression.

Mentally speaking, finances are a hot-button issue because they affect everyone. Add to that a seemingly mysterious, arbitrary, uncompromising, even threatening tax system, and people can feel powerless and without control.

"Financial worry affects all people at a very basic level," says David M. Dranetz, M.D., assistant professor of psychiatry and behavioral science at the Texas A&M Health Science Center College of Medicine. "Not having enough money can threaten the ability to obtain basic essentials for life such as food, clothing, shelter and heat."

When those essentials are threatened, the mind can cause the body some serious mental heartburn. For instance, Dr. Dranetz explains that financial stress has been linked not only to mental

health concerns like depression but also to physical ailments including insomnia and unhealthy coping behaviors like drinking, smoking and overeating.

And, financial stress affects everyone, Dr. Dranetz says, regardless of gender or if living single or with a family.

"The best way to deal with financial stress and maintain mental health is through adequate preparation," Dr. Dranetz says. "Prepare by learning as much as you can about the tax process as early as you can to have a better idea of what to expect. Having a general idea of how much you may owe and having money saved away early to cover the unexpected can also help reduce the worry and maximize mental health."

Baylor College of Dentistry Bad breath could signal sinus infection

Dealing with bad breath lately? The problem may not be your breath, but your sinuses. A sudden bout of halitosis is a common symptom of a sinus infection.

Dentists at Texas A&M Health Science Center Baylor College of Dentistry say sinusitis increases the creation of mucus and causes the bacteria already present in the mouth to flourish. A patient who usually has fresh breath, practices proper oral hygiene such as brushing and flossing, and also regularly visits her or his dentist will do well to take care of the sinus infection quickly.

HSC-Baylor College of Dentistry dentists recommend a visit to your physician to get the infection under control but warn that although a prescription medication may eliminate the infection, it may not immediately remedy the problem with your breath.

"Bad breath can also be caused by dry mouth, which occurs when the flow of saliva decreases," says Dr. Charles W. Wakefield, professor and director of the Advanced Edu-

cation in General Dentistry Residency Program at HSC-Baylor College of Dentistry. "Saliva is necessary to cleanse the mouth, fight germs and remove particles that may cause odor. Some medications can cause dry mouth."

While treating the infection, Dr. Wakefield recommends using thorough oral hygiene practices including brushing, flossing and using an antimicrobial rinse to help keep the mouth from being dry. He says brush the tongue vigorously, as it holds many bacteria. Tongue brushing will help minimize the chance of bad breath, and using mints or gum sweetened by xylitol helps with this problem.

School of Rural Public Health You can stand to lose 20 pounds

Still trying to succeed in your goal of losing a few pounds? Have you found it difficult to find time to work out when you're working all day in an office?

According to Jerome Congleton, Ph.D., professor at the Texas A&M Health Science Center School of Rural Public Health, there's an easy way to achieve your weight loss goal and maintain an active lifestyle, even if you are stuck in a cubicle.

Standing. Standing two hours more each day can really add up in burned calories, Dr. Congleton says. In fact, the average adult could lose up to 20 pounds a year by doing so.

"Standing is something most of us need to do more often," Dr. Congleton says. "Simply being on your feet energizes your body and mind. Standing up signals the body to use more energy and boosts weight loss."

One way to encourage standing in an office environment is to rearrange your office and create a bar-like atmosphere with an elevated desk and high chair.

"With your desk adjusted,

standing at your desk for a few minutes is easy and something you can easily incorporate into your life," Dr. Congleton says.

Irma Lerma Rangel College of Pharmacy Understanding your prescriptions

It's quite common to misunderstand your prescription or dosage instructions, but it's just as easy to ensure you are properly and accurately reading your prescriptions.

One of the most common mistakes is taking pills not belonging to you.

"You want to make sure you verify that your name is on the prescribed bottle of pills," says Joan Everett-Houser, Pharm.D., assistant professor of pharmacy practice at the Texas A&M Health Science Center Irma Lerma Rangel College of Pharmacy. "It is also important that you get out of the habit of grabbing and popping the pill into your mouth without examining that it is the correct pill. Take time to become familiar with the color and shape of your pills."

Other important tips in understanding your prescription are to follow directions accurately, be certain you know how many times a day to take the medication, follow storage directions, and be informed on whether it needs to be taken with or without food.

"For those taking medication that is needed for a long period of time and not just on an as-needed basis, try to be consistent in taking your medication at the same time every day," Dr. Houser says.

It is also imperative to inform your physician of any other over-the-counter medication that you may be taking. By informing your physician, you decrease the risk of having adverse side effects from mixing medications.

Most important, Dr. Houser encourages you to ask your physician any and all questions that you may have, and ask your physician to write

down what each medication is for. Always call your doctor or pharmacist if you have any additional questions, and seek medical attention if you are feeling side effects from the medication.

Coastal Bend Health Education Center Medication Assistance Program offers help with personal touch

During these difficult economic times, more and more Americans are struggling with the potentially life-threatening decision of purchasing their monthly dose of medication or paying their bills.

Fortunately, the Medication Assistance Program offered by the Texas A&M Health Science Center Coastal Bend Health Education Center has been able to offer much-needed help for many in this situation. By applying to pharmaceutical companies for medication assistance on their client's behalf, the program obtains prescriptions treating everything from diabetes to depression for little to no cost to their clients.

With a nationwide unstable economy, this Corpus Christi-based program receives calls from across the country.

"We are finding after surveying the availability of programs like this in other states that ours is one of the few programs that is more personal in nature," says Guadalupe Reyes Jr., director of the HSC-Coastal Bend Health Education Center. "We are able to have a live person on the phone assisting callers when so many of the other states have only automated answering services."

In instances where the calls come from across state lines, callers are referred to similar programs much closer to home or emailed applications to submit to the pharmaceutical companies on their own.

For callers within the program's 19-county Coastal Bend service area, office locations are available in several of the communities for face-to-face appointments, which can be made by calling (866) 524-1408.

Relay for Life Night Golf Tournament

Friday, April 16th

Roaring Springs Ranch Golf Course

Tee off at 5:30pm

There will be 9 holes before dark & 9 holes after dark with hamburgers or hot dogs, chips, drink, & dessert served between rounds.

Entry fee is \$20.00 per person

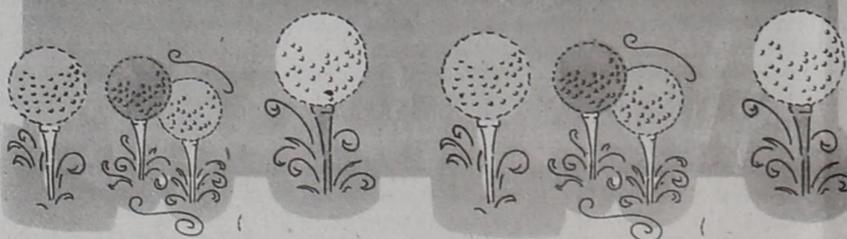
All proceeds benefit Relay for Life

To enter call Cynthia at the Pro Shop at 806-348-7267 Or Ronda Miller at 806-347-2290.

Deadline to Enter is April 12th

Private Carts Welcome, limited rental carts available.

Don't forget to bring flashlights!



Census 2010

People can still complete and mail back their 2010 Census forms after April 1 to ensure that their questionnaires will be received soon enough to avoid a visit by a census taker to gather the information in person.

All 2010 Census forms ask households to list living in their homes, apartments or mobile homes as of April 1, 2010. The date is not a deadline but the

point in time at which everyone is to be counted where they live and sleep most of the time.

"The April 1 date is when a statistical 'snapshot' of America is taken," Gabriel Sanchez, director of the Dallas Regional Census Center. "Information reflected on April 1 will help draw a complete portrait of America."

By law, the Census Bureau must collect and compile a na-

tionwide tally and present it to the president by Dec. 31.

If the Census Bureau doesn't receive questionnaires from households by early to mid April, however, census takers will go door-to-door to collect information the Census Bureau is obliged to collect. The process is more expensive — costing an average of \$57 per household, compared to the 44 cents required to mail it back.

You're Invited to a Conversation with

U.S. Representative Mac Thornberry

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Saturday, April 10, 2010
3:30 p.m. to 4:30 p.m.

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Matador, Texas

For more information, please call 806-371-8844
<http://www.thornberry.house.gov>

TxDOT Seeks Student Help During Annual Summer Hire Recruitment Program provides valuable on-the-job training

AUSTIN - As the school year begins to wind down, the Texas Department of Transportation (TxDOT) will begin filling summer jobs for maintenance, engineering and technical positions.

The summer employment program gives high school and college students* valuable on-the-job training. The program helps students establish career credentials, while enhancing their professional growth. Working side by side with experienced professionals in the transportation field enables

students to learn the latest techniques of the industry. The program also provides students with salaried positions to help supplement educational expenses.

TxDOT's summer employment program began in the 1950s. Approximately 48,151 students have spent their summers working for the department and currently, 1,907 former student employees hold positions at TxDOT.

This year, TxDOT is looking to hire about 400 students. Summer positions are available from May 1 through August 15.

To qualify for the program, students must:

- be at least 17 years old,
- be eligible to work in the U.S.,
- submit a completed state employment application, and
- be enrolled as a full-time student at a high school, technical school, college or university the spring semester before the summer work period OR be currently accepted for enrollment at an institution of higher learning.

For more information about summer job positions, go to <http://bit.ly/9YaYAP>.

HACKBERRY HAPPENINGS

by Carla Meador, Marketing Director

Activities are awesome at Hackberry Creek Care Center. Residents are fortunate to be able to take part in a number of fun-filled events throughout the week. Activity Director, Mellane Parson, comes up with some exciting ways for residents to participate in games and activities which will exercise the mind and body. Other events the residents enjoy are weekly bingo games, hosted and conducted by the Roaring Springs Lions Club, 10:00 a.m. Bible Study every Wednesday and 2:30 p.m. Church services every Sunday. The ladies have the opportunity to keep their hair and nails beautiful through weekly visits to the Center beauty shop. Local hair stylist, Charlie Marvel, is in the shop on Tuesdays and volunteers are there at various times to do hair and nails. Hackberry ladies are 'in style.'

In addition to the activities that enrich the mind, body and soul, the thirty-one Hackberry residents are very well cared for by the skilled staff of Nurses and CNA's employed at the Center who attend to their health needs. These staff members are well-trained in every aspect of health care. They are there in a moment when a resident needs their assistance. Not only does the spectacular nurses staff attend to the resident's medical needs, they also demonstrate their care with a hug, a pat on the back, a caress, holding their hands, listening and talking. The staff at Hackberry understands that they become family to the residents at the Center.

Speaking of family, one of our members, Mrs. Sylvia Martin, celebrated her 92nd birthday Wednesday, March 31, with a party hosted by her daughter, Mrs. Nova Turner of Matador and son and daughter-in-law, Eldon and Gwen Martin of Lub-

bock. A beautifully decorated and scrumptious cake, punch and an assortment of goodies was served to those attending. The dining room was filled with well-wishers. The residents at the Center really enjoy a good old-fashioned birthday party.

Hackberry residents' dietary needs are met with the delicious and healthy meals prepared by the kitchen staff. On Thursday mornings, a big breakfast is served to residents and guests. Members of the community are welcome to take part in this fine-food fare. Tickets for the meal are only \$1.25 and a variety of delicious items are available.

Administrator, John Vunk, encourages and welcomes community members to visit the Center. A variety of programs are presented for the public. A Town Hall Meeting was held Monday, March 29 on Hydration and Dehydration. The program was presented by the Texas Department of Aging and Disability. Guests were informed of the importance of Hydration, which will be the topic of this week's Sr. Health Tips.

SENIOR HEALTH TIPS Hydration Technique

It is very important to make sure the senior adult in your life stays hydrated. There are many health risks if the elderly do not receive the proper amount of liquids.

Identifying risk factors for Dehydration:

- Purposeful restriction of fluid intake
- Increased age; especially greater than 85 years
- Decreased kidney function
- Medications (e.g. diuretics, laxatives, antipsychotics, Digoxin)
- Decreased thirst perception
- Difficulty swallowing
- Communication problems

Promote Good Hydration

- Provide liquids before and with meals
- Mealtime is when the most fluid is consumed
- Provide two or more beverages or high-fluid fruits or foods
- Provide liquids between meals
- Provide a variety of liquids
- Provide a water pitcher within reach
- Use water bottles with sippers
- Include enticing beverages as desserts

Fluid needs should be assessed annually:

- 100 ml/kg for first 10 kg actual body weight
- 50 ml/kg for second 10 kg actual body weight
- 15 ml/kg for remaining kg actual body weight

These are some of the techniques which should be used to increase hydration in the elderly. Encourage older adults to drink often so they won't become a victim of the dangers of dehydration.

(Note) I am the new Marketing Director at Hackberry. Although I am new to the facility as an employee, I have personal experience of the excellent services at the Center with the loving care which was given to my beloved late mother-in-law, Dena Meador. Staff members have made me feel welcome and I'm proud to be a part of the extended family at Hackberry. I have several ideas and plans to promote our wonderful Care Center. If you have a question or idea, please give me a call, 347-2942. Hackberry belongs to our community and we welcome ideas and comments. Be sure to watch for more important senior health tips in each week's edition of Hackberry Happenings.

Ten tips for April tax return filers continued from page one

spokesman in Dallas. "Our best advice is to e-file now and pay later. You can electronically file your return now and schedule a payment with an electronic funds withdrawal from your bank account on April 15. If you are due a refund, make sure you e-file and select direct deposit--you can receive your money in as little as two weeks."

1. E-file your return: Consider filing electronically instead of using paper tax forms. Choosing to e-file is the best way to ensure your return is accurate and complete. Plus, e-file programs help you check for deductions and credits you might otherwise miss if you file using paper forms.

2. Review tax I.D. numbers: Remember to carefully check all identification numbers on your return. Incorrect or illegible Social Security Numbers can delay or reduce a tax refund.

3. Double-check your figures: Whether you are filing

electronically or by paper, review all the amounts you transferred over from your W-2 or 1099.

4. Review your math: Taxpayers filing paper returns should also make sure that they have correctly figured the refund or balance due and have used the right figure from the tax table. It's much easier when you e-file; the computer does the math for you!

5. Sign and date your return: Both spouses must sign a joint return, even if only one had income. Anyone paid to prepare a return must also sign it.

6. Choose Direct Deposit: To get your refund up to four weeks faster, select Direct Deposit and the IRS will zap your refund directly into your bank account. It's also safer than getting a paper check in a mailbox.

7. How to make a payment: People sending a payment should make the check out to "United States Treasury" and

should enclose it with, but not attach it to the tax return or the Form 1040-V, Payment Voucher, if used. Write your name, address, Social Security Number, telephone number, tax year and form number on the check or money order. You can also pay with a credit card. See IRS.gov for details.

8. File an extension: Taxpayers who will not be able to file a return by the April deadline should request an extension of time to file. Remember, the extension of time to file is not an extension of time to pay.

9. Visit the IRS Web site: IRS.gov has forms, publications and helpful information on a variety of tax subjects, available around the clock. You may even discover information about a credit or deduction for which you qualify this year.

10. Review your return one more time: Errors may delay the processing of your return and any expected refund.



Prices Good Thru 4/17/10

BLUE BUNNY ASST. FLAVORS 56 OZ. ICE CREAM \$3.99 SQ.



BLUE BUNNY TURTLE SUNDAE BAR OR BIG BOPPER ICE CREAM SANDWICH BLUE BUNNY NOVELTIES \$1.99 EACH OR

2 \$3.00 FOR



ALLSUP'S "MOO" BUY 12 GALLONS OF FRESH ALLSUP'S MILK... GET ONE FREE!



Store #242
1220 Bailey
Matador, Texas
806-347-2373

MTN. DEW OR 8 PKs. PEPSI 2 \$5.00 FOR



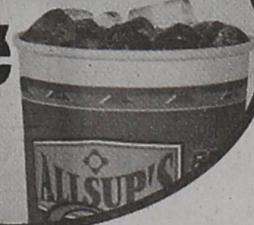
MTN DEW OR 20 OZ. BTL. PEPSI

2 \$2.50 FOR

MTN DEW OR 2 LITER BTL. PEPSI

2 \$3.00 FOR

32 OZ. FOUNTAIN DRINK TALLSUP 89¢



REGULAR OR SUGAR FREE 12 OZ. CAN RED BULL ENERGY DRINK 1 AT REG. PRICE OR 2 \$5.00 FOR



LANCE'S ASSORTED SUNFLOWER SEEDS OR NUTS 2 \$1 FOR



CORN CHIPS, HOT FRIES, NACHO TORTILLA, BACON CHEDDAR FRIES, NACHO RINGS, PUFFED CHEEZERS AND SMOKIN HOT BBQ FRIES. TOM'S SNACKS REGULAR \$2.49 2 \$4 FOR



ORIG. HOT, PUFFS OR JALAPENO CHEETOS® REGULAR \$1.29 99¢



MORE SPECIALS

ALLSUP'S SANDWICH BREAD 24 OZ. / 79¢ OR	2 FOR \$1.29
ALLSUP'S WHEAT BREAD 24 OZ. / 99¢ OR	2 FOR \$1.49
ALL CANDY BARS REGULAR SIZE	79¢
CHEEZ-ITS ORIGINAL OR WHITE CHEDDAR 3 OZ. PKG.	99¢
SHURFINE GRADE A EGGS DOZEN	\$1.39
ORBIT MIST ASSORTED FLAVORS REGULAR \$2.19	\$1.59
WRIGLEY'S 5 ASSORTED FLAVORS EACH	\$1.59
PLAINS FRUIT DRINK GALLON	\$1.29
JACK LINK'S JERKY ASSORTED 3.25 OZ. BAG	\$5.99
COLORTEX BATHROOM TISSUE 4 ROLL PKG.	99¢
COLORTEX MOPPER TOWELS SINGLE ROLL PKG.	99¢

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April
Subscriptions Due
 Motley County-\$30
 Elsewhere-\$35
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 Senior Discount \$1
 PO Box 490
 Matador, TX 79244

EVENTS CALENDAR

April

- 7 Kids Praise
- 8 Rabies Vaccination Clinic and Flea and Tick Dip
3-6 pm Matador Fire Department.
- 8 High School District track at Quanah, 9:00 am
- 9 Matador Chapter of the Eastern Star, in
Floydada. Meal, 6:30pm meeting, 7:30 pm
- 9 District Zone Track meet at Silverton, 3:30 pm
- 10 Whiteflat Homecoming, 10 a.m.
- 11 4-H Club meeting 4:00 pm in the courtroom.
- 12 District Golf - Childress, Boys & Girls
- 12 Commissioner's Court
- 12 RS City Council
- 13 RSCV
- 15 M City Council
- 15 Matador Masonic Lodge, 6:30 pm
- 16 -Library Appreciation Day Coffee, 10-12 AM at the
Library.
- 19 MCISD School Board, 7:30pm
- 19-20 Regional Golf - Baird Boys & Girls
- 20 Matador Lions
- 23 Relay For Life
- 25 "Boondockers Race" in April this year!!

May

- 1 Hwy 70 Garage Sale
- 5 Kids Praise
- 6 Friends of the Library Meeting, 3:00 P. M. at the
library.
- 13 "Rattlesnake Rodeo" Clairemont, Texas, spon-
sored by the Caprock Peace Office Association.

State Golf - Austin
 Boys & Girls
 May 10th & 11th

WANTED

WANTED: Swathing, Bailing, and Hauling. Round bails net wrapped twine tie. Square bails wire tie. Quality Work at competitive rates are on shares. Call Crawford Wesley at 806-668-4448 or cell 806-995-5053. David Wesley at 806-296-3255

Wheat to harvest, 2 combines ready to harvest your wheat crop. Contact JE Harvesting 806-559-0161 ask for Jaron Everett. ct22

House Keeper, Laundry washing for me and my daughter, once a week. Contact Jaron Everett 806-559-0161. ct16

Now taking bids on House and 4 lots at 920 Virginia in Matador (across from football field). All reasonable bids will be considered. 817-319-9329 or 817-980-8734

FOUND

CAT Female all gray almost Bluish Declawed Call Brenda 347-2385

Estray Notice:

Case #10-0021: On March 30, 2010, a cow was located at the Matador Ranch Headquarters property in Russellville that did not belong to Matador Ranch. It is a cow black in color, possible black Angus, weight approximately 1,200 lbs. The only markings on the cow is a Bang Tag # 74fy7347. It was purchased from Floydada Livestock Company in November, 2008. ct15

HELP WANTED

HELP WANTED Hackberry Creek Care Center

Housekeeping F/T (days)
 Dietary Aid F/T and P/T
 Cook FT/PT
 CNA FT and PRN
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*Competitive Salary
 Great working conditions
 Please call Cindy Dubois
 806-347-2942
 Or pick up application
 at 805 Harrison Ave
 Matador, Texas

FOR SALE

MUST SELL - plush top queen size mattress & foundation, new in wrapper. \$175. Hollywood frame. \$45. 806-438-0081

KING SIZE plush top mattress & foundation, brand new in plastic. Yours for \$275. King metal roller frame. \$65. 806-438-0081

GENUINE LEATHER sofa and loveseat set, (soft) BRAND NEW, all wood frame, mfg.warranty. \$600. 3-pc table set \$125. 806-438-0081

Sectional, great color, brand new with original tags. List \$2980, sacrifice \$590. Must sell quickly, 806-438-0081

COMPLETE bedroom suite, brand new, still boxed, will transport easily, fits full/queen, must see. \$575. 806-549-3110

SPA -HOT TUB, 2010 model lounge, maintenance -free cabinet warranty, locking safety cover. MSRP 4900.00, forfeit 2500.00 806-535-0835

Open-House Style Public Meeting Statewide Long-Range Transportation Plan 2035

The Texas Department of Transportation (TxDOT) in cooperation with the Federal Highway Administration, will host two series of open house-style public meetings for the development of the Statewide Long-Range Transportation Plan 2035. This plan will establish a framework for addressing the challenges of our aging infrastructure, urban densification, and a growing population through 2035. The plan will also address the need for improvements to all modes of transportation including roadways, pedestrian and bicycle facilities, transit, freight rail, passenger rail, airports, water ports, pipelines, and Intelligent Transportation Systems.

The purpose of this first series of meetings is to present an overview of the project and to solicit comments and input to aid in the development of the plan. Information will be available for viewing at the meetings including exhibits and videos about the planning process. Representatives from TxDOT will be in attendance to discuss the development of the plan and answer questions. Forms will be provided for submitting written comments.

The open-house style public meeting in this area will be held on May 4, 2010 from 4:00 p.m. to 7:00 pm at:

Texas Department of Transportation,
 Childress District Office Building C Meeting Room.
 7599 US 287
 Childress, TX 79201

Information regarding additional meeting locations throughout the State can be found at http://www.txdot.gov/public_involvement/transportation_plan/default.htm or by calling the project's toll-free information line at 1-888-5-TX-PLAN (1-888-589-7526).

For those unable to attend the open house-style public meeting, written comments will be accepted on the project website at: http://www.txdot.gov/public_involvement/transportation_plan/default.htm key word: transportation plan 2035, by email at: (TPP_ttranplan@dot.state.tx.us), or by mail at: Peggy Thurin, P.E., Project Manager, Statewide Long-Range Transportation Plan 2035 4544 Post Oak Place, Suite 224 Houston, Texas, 77027.

Persons with special communication or accommodation needs may call Barbara Seal, Childress District Public Information Officer, 940-937-7288. Requests should be made no later than three days prior to the meeting. Every reasonable effort will be made to accommodate needs.

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10 am April 10
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A covered
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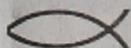
Motley County Abstract Company

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 Nelda Hightower-Owner
 Lisa Hightower Wood-Manager

Tom Edwards, Attorney

806-347-2333



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Denise Payne, R.Ph.

M-F, 8:30-6:00 & Sat., 8:30-1:00

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Relay
 For
 Life
 April
 23

Elsewhere
 Bezell Moore, NE
 Jeanne Straub, WA
 Billy Newberry, OR
 Jack Smith, NM
 Scotty Palmer, NM
 Nell Nuss, OK

Barbara Durham, Dalhart
 Gary Campbell, Austin
 Michelle Jeffers, San Marcos
 Claude Lewis, League City
 John Meador, Gatesville
 Faye Slover, Cisco
 Billie Beth Moore, Ft Worth
 Patsy Clifton, Granbury

Texas
 J.R. Swim, Abilene
 Harry Campbell, Lubbock
 Mrs. Kim Jeffers, Lubbock
 Gerald Pipkin, Lubbock
 Robert Hempel, Lubbock
 Lanelle Ratton-Chandler,
 Lubbock

Matador
 Ellis Key
 Harold Gordon
 Linda Roy

Roaring Springs
 PK Green

Flomot
 Glenna Rogers