



The Castro County News

81st year—No. 18

Dimmitt, Texas Thursday, July 28, 2005

75¢

County starts work on budget

By DAVIE ANN BROWDER
Managing Editor

Castro County Commissioners on Monday spent a major portion of their meeting talking about personnel policy and dealing with budgetary matters.

The Court heard from District Attorney James Horton who told them a funding grant that paid a majority of investigator Delbert Morris salary had been rejected for the coming year and asked the commissioners to come up with that amount - about \$15,000.

Although commissioners didn't make any decisions, they did ask Horton if he could fund part of the salary from funds he collects. He

"I think to pay gas expenses to drive back and forth to Tulia is ridiculous. The one thing I do not like to do is pay any county employee to drive out of county."

County Judge
Bill Sava

told them he would come up with \$500 a month.

County Judge Bill Sava said he has one problem with Morris - he

lives in Tulia and drives back and forth with a car furnished by the county and has the county paying for the gas.

Morris made \$25,392 last year, with the county paying the difference between the grant and the \$25,392.

"I've got a problem," Sava said. "I think to pay for gas expenses to drive back and forth to Tulia is ridiculous. I think that should be his own expense. I understand we furnish a vehicle for him to do investigation work. The one thing I do not like to do is to pay any county employee to drive out of county."

"I think that what's good for one

employee is good for others. I don't think we need to furnish him transportation back and forth. We made road employees pay for the gas if they use county vehicles to come to work."

No decision was made on Monday, but commissioners said they would study the matter.

In other action, the court:

* Tabled a proposal for new insurance for county employees. With the loss of Cargill, tax money will be tight. Last year, the court said it would cut the amount paid for insurance for employees. Last year the county paid \$6,850 per person.

The same insurance this year

would be \$7,353 per person.

* Deleted the amount of sick time an employee had to use. It had been set at 4 hours minimum. Now, it can be as little as 30 minutes.

* Set the amount of time an employee can take off for a funeral of a friend or a relative who is not an immediate member of their family to four hours per year.

* Set the limits for eligibility for county insurance to be a minimum of working 35 hours per week, which means that part-time employees will not be eligible.

* Defined full-time employees as those working 35 hours or more per week.



This group of Castro County cancer survivors got together this week to remind everyone how important the fight against cancer is. Cancer strikes at persons of all ages, colors and occupations. This survivors are going to fight the disease during the Relay for Life, set for Aug. 13, set at Dimmitt High School's track field, starting at 5:30 p.m. Top row, left to right: Laverne McLain, Sarah Hart, Mary Jo Brown, Houston Lust, Katie Ivy, Bobby Baldrige, Dell Moore, Charlene Howell, Joe Percy Hart, V.C. Hopson. Bottom row, left to right: Doris Flynt, Betty Sanders, Tom Sanders, Vickie Baldrige, Laverne Bernethy, Bonnie Davis, Carolyn Jones, Jane Vaughn, Ina Cleavinger and Don Newman. All cancer survivors who haven't already signed up to participate in this year's Relay for Life are urged to go by the Dimmitt Chamber of Commerce for a form or to contact any of the survivors or committee members.

Relay for Life set for Aug. 13

Relay for Life is a community-supported, fun-filled, fundraiser for cancer research and services for those dealing with cancer. It is an evening filled with laughter, walking, games, food, walking, entertainment, more walking, contests and memories of courageous loved ones who lost the battle with cancer.

Relay for Life is just around the corner and if you are interested in forming a team or being on an existing team, you can contact Marcus Brockman at 945-9504. If you would like to purchase a lumanaria, for \$5, to honor or remember a loved one touched with cancer, you can contact Jo Settle at 647-4151. If you are a survivor of cancer and want to be a part of the Survivor group, contact

Doris Flynt at 647-3473.

Plan now on how your team can win the "Best Costumes" or "Best Tent Decorations" at the Relay for Life - Survivor II. Of course, this is optional, but time is running out!

The schedule of the event will be in an upcoming article in The Castro County News. But if you need more information now, please feel free to call one of the committee members listed above.

The next planning meeting is set for 5:30 p.m., Aug. 1, at the Chamber of Commerce.

Signup forms are available in this issue of the Castro County News, Page 4.

Legislature fails to approve tax and school reform

Lawmakers start second special session with same end in mind

By SHAWN WADE

Pledging to keep legislators in session until they deliver school and tax reform legislation, Governor Rick Perry immediately called a second special session July 21 as the first one expired at Midnight July 20.

During the first special session, House and Senate leaders have been unable to hammer out agreements on the two issues, despite it being practically the only thing they have had to work on.

One thing the two bodies have going for them during the second session is the fact that the process is much further along than it was 30 days ago.

That may be little consolation for those watching to see what shape the tax and education reform bills finally take and how they might be affected.

The final day of the session saw the defeat of the school finance reform plan (HB 2) in the Senate, thanks in part to the efforts of Democrats who were able to stall consideration of the bill until the Midnight deadline for the end of the first special session.

The House had already abandoned its own effort to approve a companion bill and was waiting to see if the Senate bill could make it through before the midnight deadline.

As it stands now the school finance reform plan and legislation to enact property tax reform and other tax changes, have been referred back to committee for action during the second special session. Perry, Lt. Governor David Dewhurst and Speaker of the House Tom Craddick were already working to develop a plan to get the school finance and tax reform legislation passed as quickly as possible on Thursday.

Also on Thursday, Craddick announced that any rules about pre-filing amendments for HB2 and HB 3 would be announced Monday, July 25. Craddick also announced that HB 2 and HB 3 are scheduled for consideration on the House floor on Tuesday.

That schedule could be slightly different if the Senate follows through with a plan to consider its version of school finance reform (SB 2) on Monday.

Should the Senate pass SB 2, the plan would be for the House to hear it in committee, substitute the House language and consider a revised bill numbered CSSB 2 on Tuesday instead of HB 2.

Should no unforeseen obstacles crop up to derail this series of events, CSSB 2 could be approved and sent to a House Senate conference committee as early as Wednesday.

Castro County News wins top award at WTPA

The Castro County News was named the first-place winner in the General Excellence category at the West Texas Press Association meeting in San Angelo over the weekend. The Castro County News also brought home second place in the Special Sections category for its section on the dairy industry in Castro, Lamb and Bailey counties. In addition, the Muleshoe Journal, also owned by The Bradford Newspaper Group, won first place in the Special Sections category for the section devoted to women in the

workplace in all three counties.

In writing about the General Excellence award, judges called the Castro County News "a powerful presentation of a local paper with news, economy and politics."

Chris Bradford, who owns the Bradford Newspaper Group with his wife, Joye, said, "We are pleased that Davie Ann Browder has been recognized for her work at the Castro County News. The judges look at all aspects of a newspaper, from its stories to photos to layout and select the best one overall.

It's one of the most important awards given. We think she deserves it."

Leah Bell from Muleshoe took home the first-place award in Special Sections, although she put together both the women in the workplace and diary sections.

"Leah is accomplished in everything she does for our newspapers," Bradford said. "We're just proud that other people see how dedicated she is and how well her work stands up against those competing in the same category."

Most Common Misconceptions
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Forum

New immunization rules take effect Sept. 1

A new law effective Sept. 1 requires that children attending child-care centers and enrolled in early childhood programs be vaccinated against invasive pneumococcal and hepatitis A diseases, according to the Texas Department of State Health Services (DSHS).

Pneumococcal disease is caused by a bacteria that often leads to middle ear infections, pneumonia, blood stream infections, sinus infections and meningitis.

The vaccine is required for all children age 2 months through 59 months attending child-care facilities and pre-kindergarten programs.

Hepatitis A is a liver disease that is spread from person to person, often by putting objects in the mouth that have been contaminated with the stool of a person with hepatitis A.

Children in child-care centers and pre-kindergarten programs who are 2 years old or older will need two doses of hepatitis A vaccine given six to 18 months apart.

To attend child-care facilities and pre-kindergarten programs, a child also must be immunized against diphtheria, tetanus, pertussis (whooping cough), polio, measles, mumps, rubella, hepatitis B, varicella (chicken pox) and *Haemophilus influenzae* type b (Hib) at the

appropriate age. If children do not have at least the first dose of the required vaccines by Sept. 1, they may be excluded from child-care facilities and pre-kindergarten programs.

New this year for school children are expanded requirements for hepatitis B and varicella immunizations. Students in kindergarten through eleventh grade must have received hepatitis B vaccine.

Those in kindergarten through fifth and seventh through 11th grades must have received the varicella vaccine before the start of school.

"Parents should be sure their children are in compliance with all school-enrollment vaccination requirements prior to the start of school," said Monica Gamez of the DSHS Immunization Branch.

State rules require that school students be vaccinated against nine illnesses: diphtheria, tetanus, pertussis, polio, measles, mumps, rubella, hepatitis B and varicella.

In addition, hepatitis A vaccine is required for students in kindergarten through third grade who attend school in a county with a high incidence rate.

These counties are Bexar, Brewster, Brooks, Cameron, **CASTRO**, Crockett, Culberson, Duval, Edwards, El Paso, Frio, Gonzales, Grayson, Hidalgo, Hudspeth, Jeff Davis, Jim Hogg, Kenedy, Kinney, La Salle, Maverick, McMullen, Moore, Nueces, Pecos, Potter, Presidio, Randall, Real, Reeves, Starr, Sutton, Terrell, Terry, Uvalde, Val Verde, Webb, Willacy, Zapata and Zavala.

Routine vaccination recommendations call for most of the vaccine doses required for school attendance to be given by age 2 with boosters between ages 4 and 6. Catch-up schedules are available for students who did not receive the vaccines when younger.

Military dependents, homeless students and certain students transferring from other Texas schools will be granted temporary enrollment regardless of vaccination status.

Some students are exempt from vaccination requirements for medical reasons or for reasons of conscience. Specific vaccination requirements for school attendance are available from schools, physicians' offices and local public health departments.

The information also is available online at

www.ImmunizeTexas.com or by calling DSHS toll free at 1-800-252-9152.

Vaccination requirements apply to students in all public and private primary and secondary schools, those in registered child-care facilities and students enrolled in pre-kindergarten programs in Texas.

Letters to the Editor

Dear Community,

Well, it is time again for our next Relay for Life. Not only is it a time to raise funds for Cancer research, it is a time to celebrate life.

Relay is a happy and fun occasion - a time to see others in and out of our community. It is a time to rejoice with those who have won the battle with cancer, to cheer on those who are still fighting and to remember those who fought and lost.

I am a person who *loves* to be involved but my involvement needs to have a purpose. WOW, what a purpose Relay for Life is - for ALL of us.

I really believe this Relay could be a time for our community to pull together. We have had some hard blows here recently, but it is time to move on and what better way than to pull together and do something positive - NOW. You don't have to be on a team. You could come and cheer the walkers on as they do their laps or just listen to the laughter around you. You could come and buy your dinner at the event and then stay until dark for the most awesome luminary ceremony - See if it doesn't tug at your heartstrings.

I guess what I'm trying to say it, yes, it is a fund-raiser but IT IS SO MUCH MORE! Join a team, be a part of Relay for Life and see for yourself. I hope I'll see you next to me on the track.

Sincerely,

Karron Smith
Dimmitt

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We invite Letters to the Editor or commentary. The Castro County News, however, reserves the right to edit for length and style. If you'd like to express yourself, send your opinion to us at
The Castro County News
P.O. Box 67
Dimmitt, TX 79027
or via e-mail at editor@castrocountynews.com
(Your name, phone number and address must be included for the letter to be considered for publication.)

YOUR EYES


RETINAL DETACHMENTS

It had been a normal workday for Mary. During a meeting, though, she'd begun noticing spots and flashes of light before her eyes. Alarmed as she was, she went to see her eye doctor who promptly found a small tear in the retina. Luckily for Mary, prompt treatment was able to save her vision.

Although rare, a detached retina is a sign that something has interfered with the adhesion between the back of the eye, or retina, and its base. Often, the cause is not known. High nearsightedness, eye trauma, eye disease, or severe eye infection, can place you at a greater risk.

A retinal detachment is serious and will usually get worse. Treatment is normally surgical; the goal is to reattach the retina. This is sometimes done by burning the tear or even by freezing it. A laser is sometimes used, along with other techniques.

Sudden spots, flashes, and floaters are dangerous. Please see your doctor right away if you experience these symptoms.



Dr. Harold W. BRIGRANCE

Optometrist O.D.

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CHURCH

Continued from Page 5

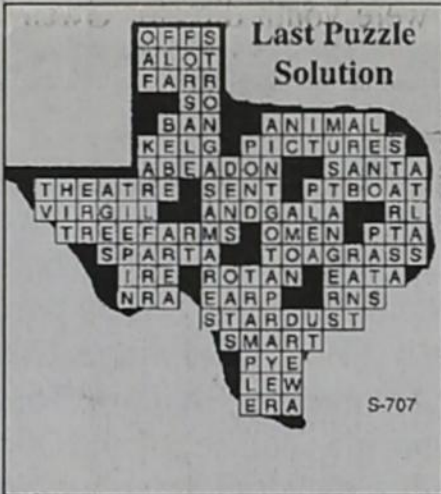
what he has to say (Acts 17:32).

But that does not change the matter at all. They were, in spite of mockers, those

who believe (Acts 17:34). History shows that when the Gospel is preached there will always be some who accept and obey its truths while there will be others who reject and deny its teachings. The word of God does not change. The message preached does not change. It is the same then as it is now and will be in the future. "For I am the Lord, I do not change" (Malachi 3:6).

Brett Page is the preacher at Fourth and Bedford Church of Christ, Dimmitt.

Last Puzzle Solution



5-707

The Original

TEXAS CROSSWORD

by Charley & Guy Orbison

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P-708

ACROSS

1 TXism: "sharp as a ____"

5 TXism: "chew ____ awhile"

6 Dallas TV station

7 TX Judith Ivey's "Lonely Guy" role

8 actress Taylor of TX-based "Giant"

9 TXism: "____ with the chickens" (retire early)

16 this TX town was Concord and now is Lumberton

18 ending for United or Confederate States (2 wds.)

21 TXism: "all vine, ____ watermelon"

22 TXism: "____ donkey fly?" (no)

23 Fort Worth baker: "____ Baird's"

24 this TX Johnny was a hostage in Iran

30 Lubbock has an annual "Cowboy ____"

34 this Berlin wrote songs for TX Ginger (init.)

35 "Deep in the Heart of Texas" was sung in film "How to ____ Millionaire"

36 thwart

37 "____ of Texas" features TX food

39 it's brewed in San Antonio (3 wds.)

43 "Fiesta Diez _

44 TXism: "If I was any ____ - couldn't stand it"

45 TXism: "fair ____ middlin'"

46 religious group

47 boat with sails

49 "Hell in Texas" poem says the devil put "horns ____"

52 this Williams was the first manager of the TX Rangers

53 dir. to Denton from Abilene

54 TV show of TX Crystal Bernard

55 Gregg Co. peach grower "____ Farms"

58 Dallas area: "____ Plaza"

59 donkey

60 astrological lion

61 natl. ID no. (abbr.)

10 Fannin was site of "Battle ____ Creek"

11 TX academic test (abbr.)

12 prefix meaning "all"

13 Murchison animal refuge "Black ____ Ranch"

14 TXism: "let' ____ rip!"

15 TXism: "his bulb glows kinda ____"

17 beau

19 TX Rex Reed, et al.

20 "do ____ as you can"

24 TX "Peter Pan" Martin (init.)

25 TX square dance caller Golden

26 Robstown AM

27 TX singer Tubb

28 Crystal City has statue of "Pop ____ Sailor Man"

29 persevered

31 mafia

32 pecan or crawfish

33 body rub

38 start of a TX crop

40 TXism: "____ ninety (small)"

41 "art" south of the border

42 Alma Allen replaced him in the TX House

48 TXism: "____ solid perfect"

50 bathroom floor?

51 TX Roy Orbison's "____ the Lonely"

56 TX-based "Hud" star Patricia, et al.

57 flower holders

WEATHER

	High	Low	Prec.	Snow
Tuesday	93	63		
Wednesday	94	65		
Thursday	93	63		
Friday	97	63		
Saturday	96	63		
Sunday	96	64		
Monday	98	66		
July Rainfall			1.34	
2005 Rainfall			10.89	
2005 Snow			3.90 inches	

Readings taken every day at 7 a.m. at KDHN, official National Weather Service recording station for Dimmitt.

The Castro County News


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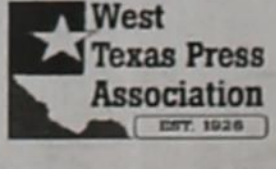
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West Texas Press Association
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DEADLINES

Display and Classified Advertising.....Tuesday Noon

Agriculture, Business and Industry News.....Tuesday Noon

Social and Church News.....Tuesday Noon

Community Correspondence.....Tuesday Noon

Personal Items.....Tuesday Noon

General News, City and County.....Tuesday Noon

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Advertising Department.....Kristie Kinser

Managing Editor.....Davie Ann Browder

Production Department.....Chris Bradford

Bookkeeping.....Joye Bradford

Community Correspondents.....Dorothy Hopson, Dimmitt
Virgie Gerber, Nazareth
Angie Argujo, Hispanic Voice

On the Go

with Dorothy Hopson, 647-4579

Estella and Charles Hottle lived in Dimmitt during the 1950s and longer. Estella was a DHS home economics teacher and Charles was the Castro County Agent. They still subscribe to the Castro County News. Just recently, Estella sent a clipping of "On the Go" that told about Allan Webb Bradley and her daughter, Holley Steinhilber, attending the girls basketball 2005 championship game at Indianapolis, Ind.

Estella sent a clipping from the Dallas Morning News dated April, 2005, in which there was a reference to the Dimmitt Bobbies who won three out of four Texas State basketball titles in 1952, 54 and 55. Estella said, "You might tell Dorothy Hopson about this."

I called Darlene Cates Walters, a Dimmitt Bobbie, for more information. Darlene said, "I will bring you my annuals from those years. I played for the Bobbies all three of our three championship years."

I found the information I needed from the annuals and I had a lot of fun seeing pictures of the wonderful people who were students and athletes for Dimmitt High School during

this time.

The Dimmitt 1952 Bobbies scores tallied 2,275 points to their Class A opponents, 1,623 points!

Those players were Darlene Cates, Mary Ann Witt, Katy Coke, Connie McDee, Mary Nelson, Yvonne Bearden, Decimas Dennis, co-captain, and Shirley Markley, who were pictured on the bottom row. The top row of the teams included Mr. John Blaine, coach, Margaret Odom, assistant manager; Dalvia Howard, Jacqueline Cartwright, Captain, Braunita Cole, Mitzie Wilson, Peggy Alley, Barbara Clark, Lometa Odom and Carolyn Campbell, manager.

At the bottom of the page in Darlene's 1952 annual there is a note to her from the legendary coach John W. Blaine: "Dear Darlene, I know that you are one of the most promising basketball players I have coached. Keep up the good work the next three years."

"Best wishes to a really nice little girl."

"Sincerely, Coach J.W. Blaine."

The 1954 Bobbies basketball team were spotlighted in that year's annual. They won the second annual cage

tourney as they "rolled past the Morton team, 47-30, in the finals." Lometa Odom, Darlene Cates and Mary Ann Witt were selected for the All-Tournament Team of 1954.

That team was made up of these players: Mary Nelson, Dalvia Howard, Mary Alley, Darlene Cates, Shirley Delonzier, Jimmie Hyatt, Faye Howard and Sandra Adams.

The Bobcats team of 1955 - the news article is entitled "Champion Bobbies Given Welcome by Dimmitt Boosters." The Bobbies defeated Granbury 62-44 to bring home the third state championship. The 1955 Bobbies were: Margaret Odom, Ann Spear, Darlene Cates, Mary Ann Witt, Sonya Lowe, Shirley DeLozier, Jimmie Hyatt, Shirley Tucker, Faye Howard, Mary Alley, Sandra Adams, Kay Killingsworth, Dovie Smithson and Betty McDermitt. Welda Smithson was manager.

I've just learned that the 1951 teams also won state. If I get the info, I'll write about those girls that started the trend in another column.

See ON THE GO, Page 7

Hispanic Voice

with Angie Arguijo, 647-0106

Hola. Hello. Estan disfrutando el verano? Is everyone enjoying the summer? I can't believe that July is almost gone. But, I can't complain, it's been a good summer. I hope everyone else is making the most of it too. I hate to beg, but I need your help. I need your info in order to make the column interesting. So please, please, please help me.

First of all, I'd like to express the deepest condolences to the families of Teodoro Tijerina, Delia Ramos and Eleuteria DeLaPaz. All three of these people were very well known and respected members of the community. I truly regret not being able to attend all three funerals, but my heart was with all three families. I ask the community to be supportive and to pray for

these families. At a time of loss, family and friends is what matters the most. Mr. Tijerina, Mrs. Ramos and Mrs. DeLaPaz will truly be missed and will forever be remembered by those who knew and loved them.

My friend, Mari Pena, has had quite a busy summer. Mari comes by everyone in a while (I like to think it's to see me, but she comes to play with my kittens) to fill me in on what she's up to. Mari told me that she spent the 4th of July weekend down south in Midlothian with her grandparents Joe and Oralia Perez. She went to the lake with her uncles Lazaro and Frankie and had a blast in the HOT, HOT sun. Mari told me that she and her cousins did a lot of swimming and got to ride on a tube tied to the back of

her uncles boat. She says they all took turns getting on and off the tube and all had a few falls, but it was really fun. Now that she's back home, she spends most of her time riding her scooter, which had to be put in the repair shop a few times (luckily her dad, Luis is a mechanic). She's also been spending time with her friends, where she had a little accident. She accidentally fell off some steps and cut her leg and had to have nine stitches. OUCH! But, like all little girls, she just took it easy for a little while and now she's okay.

My niece, Karina Dozal is away at church camp at Cedar Creek in Amarillo. I don't think she's ever been away from home this long and I can't wait to here how it went. Last time I talked to her she was really excited about it and was busy packing her bags.

I can't believe how many Dimmitt people you can come across in one day in Amarillo. We spent last Saturday going to garage sales and thrift shopping in Amarillo and saw more Dimmitt people in one day than we see in a month here

See HISPANIC, Page 7

Naz News

with Vergie Gerber, 945-2669

Holy Family's Youth Group of Nazareth Wethington and Ryan Gerber.

attended the Steubenville West Youth Conference in Tucson, Ariz. Nazareth Denny and Delores Heiman and Ted and teamed up with Hereford, Pampa and Vega to Deanna Huseman traveled last week to travel as one big group, about 100 people in Subiaco, Ark., to visit Father Harold all. Nineteen high school teens and three Heiman. Also going with them was Etta Mae sponsors from our Parish made the trip. The Sellers, who had been here visiting family a Conference was held at the University of couple of weeks. They visited Father Harold Arizona. It was an awesome, spirit-filled in the hospital in Paris, Ark., where he had weekend for everyone. The music, the been admitted the night before. He has speakers and the masses were all so very recovered and is back home in Subiaco.

While there, we also visited with Kevin afternoon, our group traveled to Mesa, Ariz., Memphis, Tenn. After returning Etta Mae to to attend the Life Teen Mass at St. Tim's her home in Sallisaw, Okla., we drove to parish. We feel truly blessed to have had the Paul's Valley to visit Rodney and Jennifer opportunity to experience God's glory in Heiman and girls.

Our sympathy to the family of Herman Birkenfeld, 81, who passed away Thursday, Attending from Nazareth were: Melina July 21, 2005, at his home after a lengthy Braddock, Keli Schulte, Jenna Acker, Jacob illness. Survivors are his wife, Marilyn; eight Braddock, Brady Schulte, Bradley Gerber, sons, Kent, Keith, Bob, Clyde, Darryl, Greg, Troy Ramaekers, Heidi Ramaekers, Jennifer Joel and Allan; four daughters, Darlene, Acker, Candace Birkenfeld, Holly Kleman, Karen, Gail and Shana. A beautiful vigil service was held Sunday Macee Schulte, Lacey Acker, Joshua Braddock, Kyle Hoelting, Brandi Kern, at 6:30 at Holy Family Church with the Rev. Allyson Hochstein, Brittany Birkenfeld and Ken Keller officiating. Many beautiful Tessie Huseman. Sponsors for the group hymns were sung by family members in were youth director Gwen Schmucker, Nikki

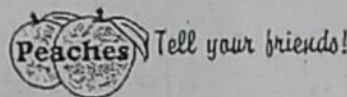
See NAZ NEWS, Page 7

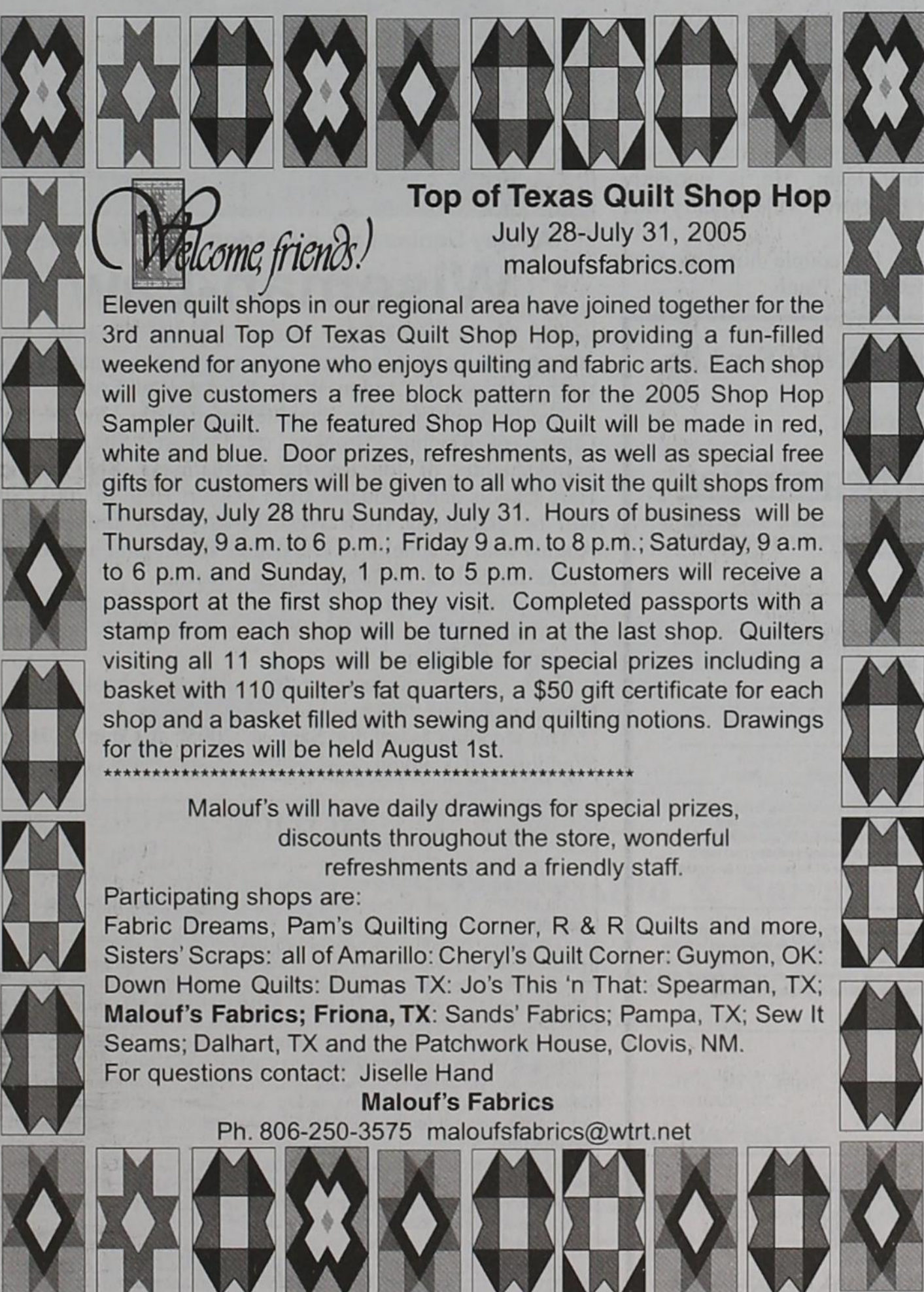
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Welcome friends!

Eleven quilt shops in our regional area have joined together for the 3rd annual Top Of Texas Quilt Shop Hop, providing a fun-filled weekend for anyone who enjoys quilting and fabric arts. Each shop will give customers a free block pattern for the 2005 Shop Hop Sampler Quilt. The featured Shop Hop Quilt will be made in red, white and blue. Door prizes, refreshments, as well as special free gifts for customers will be given to all who visit the quilt shops from Thursday, July 28 thru Sunday, July 31. Hours of business will be Thursday, 9 a.m. to 6 p.m.; Friday 9 a.m. to 8 p.m.; Saturday, 9 a.m. to 6 p.m. and Sunday, 1 p.m. to 5 p.m. Customers will receive a passport at the first shop they visit. Completed passports with a stamp from each shop will be turned in at the last shop. Quilters visiting all 11 shops will be eligible for special prizes including a basket with 110 quilter's fat quarters, a \$50 gift certificate for each shop and a basket filled with sewing and quilting notions. Drawings for the prizes will be held August 1st.

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People




Mr. and Mrs. Cameron Tyler McLain Ethridge-McLain

Mindi Lynn Ethridge and Cameron Tyler McLain were married June 18, 2005, at 5 p.m. with Rusty Gray officiating. The outdoor wedding was at a ranch in Satin, near Waco.

The bride is the daughter of Jackie and Tonya Ethridge of Earth. Her grandparents are Jeanette and Travis Hampton and Ray and Faye Ethridge, all of Dimmitt.

The groom is the son of Delynda Allison and Bud McLain of Nazareth. He is the grandson of Tommy Stanton of Dimmitt; Goldie Stanton of Shallowater; and Gladys and Wayne Gipson of Winnsboro.

The bride, given in marriage by her father, wore a strapless, mock two-piece gown of deluxe satin with scalloped edges and a beaded lace overlay. She carried a hand-tied bouquet of pink and white roses. Matron of honor was Lisa Ramirez of College Station. Bridesmaids were Whitney Braddock of Nazareth, sister of the groom; and Sara McLain of Dallas, sister-in-law of the groom. The attendants were black dresses and carried pink and white roses.

Best man was Matthew McLain of Dallas, brother of the groom. Groomsman were Brad Wethington and Justin McGuire, both of Dallas.

Ushers were Stanton Wethington of Canyon, Bryce Pohlmeier of College Station, Mitchell Brockman of Lubbock and Grant Weinheimer of Amarillo.

The reception was held afterward in a barn on the ranch. The bride is a graduate of Texas A&M University with a bachelor of science degree. She plans to attend law school and works for Miller, Keffer and Pedigo law firm.

The groom attended West Texas A&M University and plans to finish his degree at the University of North Texas in Denton.

The couple will live in Dallas.



Mrs. Michael Monroe Bruegel II
nee Ashley Ann Bossung

Bruegel-Bossung

Ashley Ann Bossung of Plano and Michael Monroe Bruegel, II of Amarillo were married Saturday, June 11, 2005 at the Paradisus Riviera Maya Resort in Playa del Carman, Mexico.

The bride is the daughter of Mr. and Mrs. David Brent Bossung of Plano. The grandparents of the bride are Mr. and Mrs. Robert Bossung and Mr. and Mrs. Jerry Ivie of Houston, all of whom attended the wedding.

The groom's parents are Mr. and Mrs. Mike M. Bruegel of Amarillo. The grandparents of the groom are the late Elnora and Harvey Bishop of Olney and the late Juanita and Fred Bruegel Sr. of Dimmitt.

Maid of honor was Kristen Dawn Bossung, sister of the bride of Plano. The bride's attendant was Whitney Morgan Bruegel, sister of the groom, of Amarillo.

Best man was Mike M. Bruegel, father of the groom, of Amarillo, and the groom's attendant was Jerry Glenn Bishop, uncle of the groom, of Richardson.

Flower girls were Samantha and Rebecca Still, of Hope, Ark., cousins of the bride.

Special music was performed for the ceremony by Andrew and Justin Ivie cousins of the bride, of Houston.

The bride wore a custom gown and veil designed by Pronovias of Barcelona, Spain. The silhouette was highlighted with a strapless, hand-pleated bodice, which extended into the skirt of the gown. Fashioned from ivory silk dupioni, the gown had a chapel length train. Her ivory organza veil was made complete with fresh tropical flowers that coordinated with her bouquet of white roses, lilies and orchids.

The wedding reception was a seated dinner held in the Grand Ballroom of the Paradisus Rivera Maya Resort. Following the dinner, the celebration continued with dancing on the ocean side veranda.

The bride graduated from Plano Senior High School. She earned a bachelor of Fine Arts degree from Texas Christian University in Fort Worth. While at TCU she was a member of Chi Omega sorority. She is currently pursuing a Master's degree in Art Education at the University of North Texas in Denton.

The groom graduated from Tascosa High School in Amarillo. He earned a Bachelor of Business Administration degree from Texas Christian University in Fort Worth. While at TCU, he was a member of Sigma Chi fraternity and the TCU Horned Frog football team. He is currently employed as a Senior Account Executive with Countrywide Mortgage Company in Plano.

After the wedding celebration the couple honeymooned in Cozumel, Mex. They will reside in Plano.



Mr. and Mrs. Derek Don Rich
Rich-Pollard

Linda Christine Pollard and Derek Don Rich exchanged wedding vows Friday, July 8, 2005, at Holy Family Catholic Church in Nazareth with Father Ken Keller officiating.

The bride is the daughter of Quentin Pollard of Houston. The groom is the son of Bill and Mamie Rich of Hart and the grandson of Nora Cross of Hart.

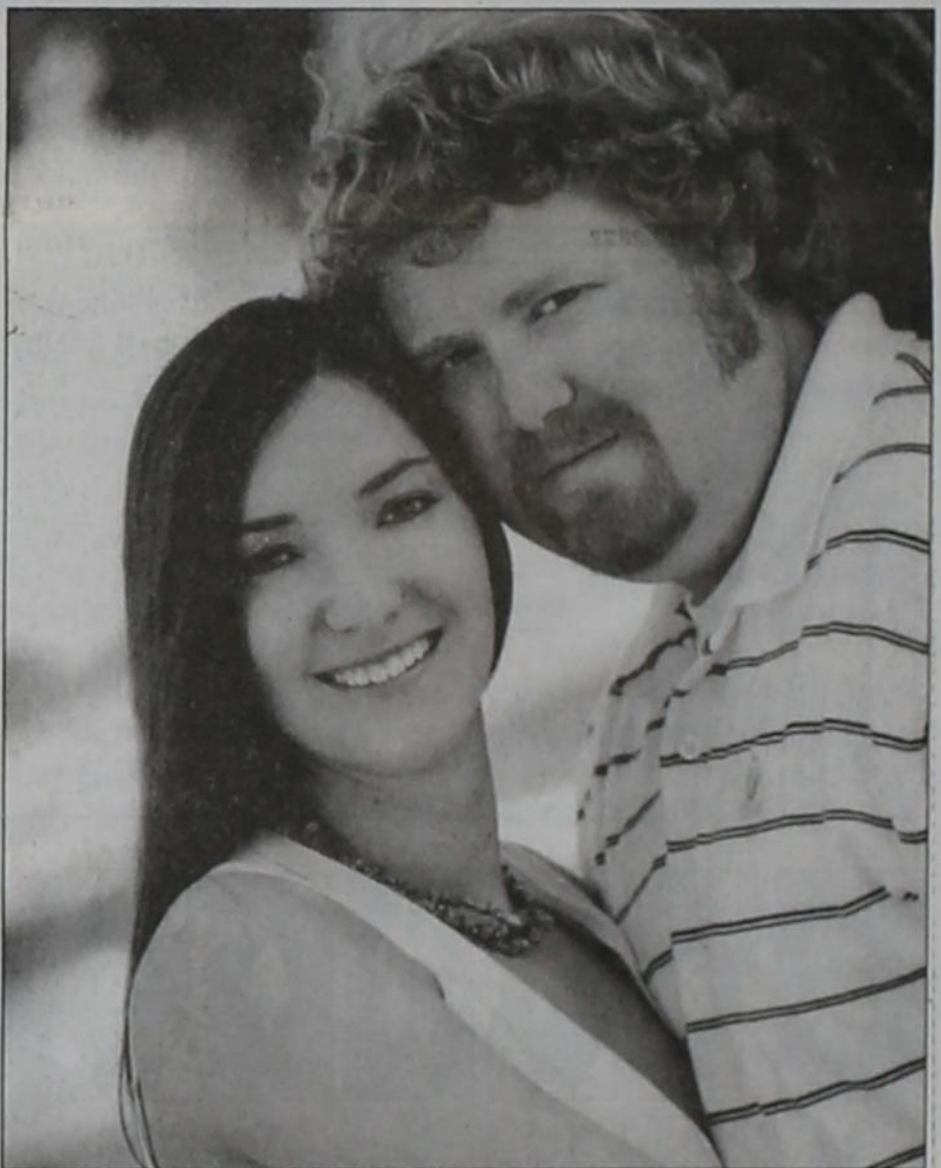
The bride was given in marriage by her brother, Patrick Pollard of Houston.

Betty Pollard, sister of the bride, of Houston, was maid of honor.

Tracy Rich, the groom's brother, was best man. A reception dinner was held in the Fellowship Hall of First United Methodist Church, Hart, following the wedding.

The bride is a graduate of Texas A&M University with a masters degree from the University of Houston. She teaches high school math at Sierra Vista High School in Las Vegas, Nev.

The groom is a graduate of Texas Tech University and is employed by Wells Fargo Financial in Las Vegas, Nev.



Ashley Denise Law & Landon Wade Wiseman
Wiseman-Law

The parents of Ashley Denise Law of Amarillo have announced the engagement and approaching marriage of their daughter to Landon Wade Wiseman of Friona.

The bride-elect is the daughter of Ronnie Law of Hale Center of Daphne Brooker of Dalhart. She is the granddaughter of Joy Browne of Plainview. She attended Hart schools and graduated from Dalhart High in 2001. She will be graduating from West Texas A&M University in August with a bachelor of arts degree in criminal justice. She works for Sell & Griffin, P.C., in Amarillo.

The prospective groom is the son of Mitchell and Johnnie Wiseman of Friona. He is the grandson of Buddy and Betty Wiseman of Friona.

He is a 1998 graduate of Friona High School and is a farmer in Friona.

The wedding is set for Sept. 4, 2005, at Country Home Weddings in Canyon.

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Castro County Relay For Life August 20, 2005 D.H.S. Bobcat Stadium

Cancer Survivor Registration

Please join us for the American Cancer Society's Relay For Life Celebration for Survivors. If you wish to register for the survivor activities, please complete all the information below and provide your signature twice as described below. Thank you for your interest!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (H): _____ (W): _____

Email: _____

Cancer Type/Location (optional) _____ Years survived: _____ Age: _____

Privacy Statement: I understand that by providing my signature and participating in this public event my name, cancer diagnosis, and length of survivorship may be announced, my image and comments may be broadcast in various media formats without compensation, and the American Cancer Society may contact me about other Society programs and events including next year's Relay For Life. I may notify the American Cancer Society at any time if I do not want to be contacted again.

Privacy Statement Signature (required):

Waiver: In consideration for being permitted to participate in Relay For Life, I hereby for myself, my heirs, and personal representative assume any and all risks which might be associated with the event, and I further waive, release, discharge and covenant not to sue the American Cancer Society, its officers, members, sponsors, organizers or other representatives, or successors and assigns, for any injuries or damages of any kind whatsoever suffered as a result of taking part in the event and related activities.

Participant Waiver Signature (required):

T-Shirt size (select one):
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- My caregiver will be attending Relay with me.
 - I am on a Relay Team. Team Name: _____
 - I would like to be on the Survivor Team.
 - I would like to volunteer to help at Relay For Life.
 - I will need assistance getting around the track for the Survivor Lap.
- I was invited to attend Relay by: _____ Team # _____

Please send completed form to:

Don't forget, 2008 on 15, W. Bedford, Texas 79027

NOTICE

The Castro County News invites your news of weddings, engagements, showers, anniversaries and births.

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

For weddings and quinceaneras 25 column inches, which includes a photo if desired, will be the limit. If the photo and announcement run longer, we reserve the right to eliminate parts of the story or the person placing the article may indicate which portions may be left out. However, if a longer write-up is desired, it may be purchased in the form of an ad.

For anniversaries, if two photos are included, the limit will be 25 inches. It will be 15 inches if only one photo is used. That space will be free for anniversaries of 50 years or more. Other anniversaries may be charged for. Birth announcements with one-column photos are run free of charge with names of immediate family, including grandparents and great-grandparents.

Small stories describing showers are run free of charge after the fact and include the names of the principals, items served at the showers, a brief description of the decor and names of special or out-of-town guests. Also, we will run a photo if one is provided.

A deadline of six months after an event will be the rule. Drop by for a form or send the information via e-mail to editor@castrocountynews.com. Deadline is Monday noon.



CHURCH NEWS



The word of God

It is interesting to read the people. history. It helps us to see how people react to many of the same situations we face today. The book of Acts inspires history from the early church. We see sermons preached by the best teachers: men like Paul and Peter. It is interesting to see how the word of God fares at the time as they speak it to

the people. First, it is rejected in Thessalonica. How is the word presented to those of that city? Who does the preaching? We find Paul doing the preaching. He goes to the synagogue and reasons with them about the Scripture. You will find him alleging that Christ must suffer and rise from the dead

(Acts 17:3). We are thankful that there are many who were able to listen and receive the word as it is taught by Paul. However, the Jews who do not believe will do all in their power to see that the word being spoken is rejected. Is it because the preacher is not what he should be? Is it because the subject matter is not relevant? What is the problem? Unbelief. Since those did not believe, what

could Paul do? Should he change the message? Should he accommodate himself to their unbelief? Later the word is respected in Berea. It is said to these that they were more noble than those in Thessalonica. In what way?



Brett Page

In that they receive the word with all readiness of mind (Acts 17:11). But who is the preacher in this case? None other than the apostle Paul. What does he preach at this place? The same thing he preaches in Thessalonica. As Paul moves on, he preaches in Athens. Some who heard him refer to him as a "babbling." To them, his preaching is altogether new. Later, when given the opportunity, Paul speaks to

them of "The Unknown God" using their own philosophers. He ultimately reaches the point of the resurrection of Christ. It is at this point that some mock

See CHURCH, Page 2

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Castro County Devotional Page

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Facts About The BIBLE BY JOHN LEHTI

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THE BREECHES BIBLE: IN 1560 AN EDITION OF THE BIBLE SAID ADAM AND EVE "SEWED FIG LEAVES TOGETHER AND MADE THEMSELVES BREECHES."

THE VINEGAR BIBLE: IN 1717, AN EDITION HAD THE 20TH CHAPTER OF LUKE HEADED AS "THE PARABLE OF THE VINEGAR" INSTEAD OF "VINEYARD."

THE WICKED BIBLE: IN 1631, A PRINTER WAS FINED 300 POUNDS BECAUSE HE LEFT OUT "NOT" IN ONE OF THE TEN COMMANDMENTS SO THAT IT APPEARED IN EXODUS 20:14: "THOU SHALT COMMIT ADULTERY."

THE TREAACLE BIBLE: AN EDITION IN 1568 HAD JEREMIAH 8:22 READING "IS THERE NO TREAACLE IN GILEAD" INSTEAD OF "BALM."

THE PRINTERS BIBLE: IN 1702 THE 119TH PSALM, VERSE 161, READ: "PRINTERS HAVE PERSECUTED ME WITHOUT CAUSE" INSTEAD OF "PRINCES."

NOTWITHSTANDING THE ERRORS, THE BIBLE, IN THE THOUSANDS OF EDITIONS PUBLISHED AND THE MANY MILLIONS OF COPIES THAT HAVE BEEN DISTRIBUTED, CONTINUES TO BRING TO HUMANITY THE SPIRITUAL AND MORAL VALUES SO NEEDED BY THE WORLD AT LARGE!

NEXT WEEK: WOMEN'S LIS IN THE BIBLE?!

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Local Angus breeder recognized for owning bulls

Jay W Lindley, Dimmitt, Texas, owns one bull listed in the 2005 Fall Sire Evaluation Report published by the American Angus Association in Saint Joseph, Missouri.

Issued in both the spring and fall, the new report features the latest performance information available on 6,653 sires, and is currently accessible at www.angussiresearch.com.

"This report provides both Angus breeders and commercial cattle producers using Angus genetics with accurate, predictable selection tools for improving their herd," said Bill

Bowman, American Angus Association director of performance programs. Expected Progeny Differences (EPDs) are generated from the performance database of the American Angus Association, which includes information submitted by more than 8,400 Angus breeders this past year through the Association's Beef Improvement Records (BIR) program.

The semi-annual analysis for the Sire Evaluation Report contains more than 13 million measures used to generate genetic predictions for the Angus breed.

Public hearing set for Aug. 11 to get water plan comments

The Llano Estacado Regional Water Planning Group ("Region O") will conduct a public hearing, Thursday, Aug. 11, from 7 to 9 p.m. at the Texas Tech University International Cultural Center, 601 N. Indiana Avenue, Lubbock. The public is invited to attend. (This hearing had previously been announced for July 28, 2005.)

The purpose of the public hearing is to receive comments on the Initially Prepared Llano Estacado Regional Water Plan, which includes the counties of Bailey, Briscoe, Castro, Cochran, Crosby, Dawson, Deaf Smith, Dickens, Floyd, Gaines, Garza, Hale, Hockley, Lamb, Lubbock, Lynn, Motley, Parmer, Swisher, Terry, and Yoakum.

Copies of the Initially Prepared LERWPG plan are available for inspection at the County Attorney's offices and the public libraries in each county listed above as well as the High Plains Underground Water Conservation District office in Lubbock. The initially prepared LERWPG plan is

also available on-line at the Llano Estacado Regional Water Planning Group's www.llanoplan.org site.

Additional information regarding the initially prepared plan and/or the public hearing is available by contacting H.P. Brown Jr., LERWPG Chairman, PO Box 2426, Lubbock, TX, 79408-2426 or by calling (806) 765-8851.

Oral comments will be received at the public hearing. Anyone wishing to make oral comments must pre-register on-site prior to the opening of the public hearing. Each speaker will be limited to a period not to exceed five (5) minutes.

Written comments will also be accepted at the public hearing or may be mailed through Oct. 10, 2005 to the attention of Chairman Brown in care of the High Plains Underground Water Conservation District No. 1, 2930 Avenue Q, Lubbock, TX 79411-2499. The water district is the political subdivision administering the LERWPG.



Mr. and Mrs. Bryce Dowell

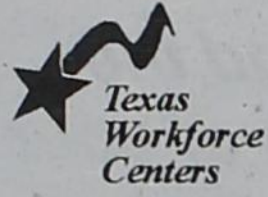
Dowells celebrate 50th anniversary on August 2

Bryce and Darlene Dowell will celebrate their 50th wedding anniversary at a family reunion at Possum Kingdom Lake. They were married on Aug. 2, 1955, at First Baptist Church of Dimmitt. She is the former Darlene Carpenter.

Their children and spouses are Melony and John Fant of Garland and Kris, deceased, and his wife, Teri Dowell Ussery of Georgetown.

They have four grandchildren, Michael and Rebecca Fant and Brandon and Brett Dowell.

The Dowells lived in Dimmitt until April, 2000, when they moved to Granbury. They are members of Lakeside Baptist Church.



Hereford Job Fair

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KDHN 1470 AM

Agricultural News

Monday through Friday: 6 a.m. to 7 a.m.
& 12:15 p.m. to 12:50 p.m.

Morning Show

Daily: 7 a.m. to 8 a.m.
Weather forecast, local news, birthdays, anniversaries, American Folk Song, school lunch menus, Good Neighbor

Spotlight On Local Talent

Daily: 8 a.m.

Market Reports

:40 past the hour

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NAZ NEWS

Continued from Page 3

tribute to their Dad who always loved music.

The funeral mass was held Monday morning at Holy Family Church and burial was at Holy Family Cemetery.

Terrell Bagle and wife Melissa of Center, Colo., and six great-grandchildren visited here last weekend with grandparents LeRoy and Dorothy Pohlmeier and other family members.

Congratulations to Michael and Andrea Snead of Canyon on the birth of a boy, Simon Scott, July 1, 2005, at BSA Hospital in Amarillo.

His grandparents are Cecil and Lenora Braddock of Nazareth and Tony and Minnie Snead of Amarillo. Great-grandparents are Louise Braddock and Catherine Huseman of Nazareth, Marie Jackson of Kress and Gladys Snead of Philadelphia.

Members of the Catherine Huseman family and Edwin Schacher family attended the bridal shower for Elisha Huseman, bride-elect of Bruce Graham.

The shower was held in Hereford at Lori Hall's beautiful home. Their wedding will be held Aug. 6 at St. Anthony's Catholic Church in Hereford.

Catherine Huseman recently drove to Yukon, Okla., to spend a few days visiting with her daughter, Emaline and husband Ralph Pohlmeier and family. Sure had a great visit.

Marcus and Celina Brockman hosted a surprise birthday party for Mona Brockman, who turned "50" on Friday, July 22.

Mona was shocked when she and Dale drove into the driveway and saw her friends and relatives there to celebrate her birthday.

Really surprised to see her son, Scott Brockman, his wife Dawn and daughter Ainsley from Norman, Okla. Mona's friends and family, especially her two sisters, enjoyed giving her very funny gifts, looking at Mona's old high school pictures in the senior year book.

Everyone has pictures of Mona wearing her brand new "Red Hat" which she is very proud of. Everyone enjoyed visiting and having a fun times.

The classes of 56, 57 and 58 held a reunion July 23 at the Nazareth Senior Citizen Building.

Everyone enjoyed a catered meal, lots of reminiscing, looked at many old pictures and annuals. Some of us have changed a little!

Those attending from the class of 56 were Joe Lynn Birkenfeld and wife Mary Lou of Nazareth, Odella (Ball) Robinson of Amarillo, Hubert Backus of Nazareth, Joe Dierup and wife (Imogene), all of Nazareth. The class of 57 had a very good turnout. There were 13 members in their graduating class. Clarence Birkenfeld and Dale Bowers are both deceased.

The other 11 were at the reunion. Those attending were Irene (Birkenfeld) King of Mangam, Okla., Regina (Gerber) Hoelting and husband Ronnie of Nazareth, Charlene (Hoelting) Venhaus and husband Eddie of Amarillo, Carolyn (Huseman) Ringo and husband Robert of Amarillo, Evelyn (Dierup) Ball and husband James of Plainview, Elsie (Schacher) Schilling and husband Ronnie of Slaton, Joe Pohlmeier and wife Laurie of Simi Valley, Calif., Dan Schmucker and wife Ethel (Dierup), also a 57 grad of Nazareth, Al Huseman and wife Patsy of Nazareth, Eileen (Toby Gerber) and husband Vincent of Nazareth.

Through the years, Elmer Albracht, Eileen (Venhaus) Gerber and Dorothy (Venhaus) Kleman had gone to school with this group, however, they were unable to attend the reunion.

The class of 57 hopes to have their good of a turnout for their 50th reunion in two years.

The class of 58 was represented by Mary Lou (Lange) Birkenfeld and husband Joe Lynn of Nazareth, Martha (Hansen) Koelzer of Hereford and Linda Smith and husband Johnny of Colorado.

The class of 65 held its 40-year reunion Saturday in Nazareth in the home of Jim and Sandee Hoelting. Attending were Vicki (Huseman) Bixenman, Nanette (Schumacker) Davis, Art Brockman, Mary Lou (Steffens) Venhaus, Delores (Birkenfeld) Gerber, Jim Hoelting, Tom Hoelting, Greg Pohlmeier, Linda (Pohlmeier) Kendrick, Bernie Braddock, Raymond Braddock, Marlene (Jones) Vandgriff and Lonnie Wagner.

Those unable to attend were: Diane (Acker) Adams, Herbie Wethington, Ricky Dobmeier, Sybil Valdez and August Brockman. All had a good time, lots of stories shared and enjoyed visiting with everyone.

HISPANIC VOICE

Continued from Page 3

in town. I guess I gotta get out more. It's nice to see so many families shopping or going to the movies together. We even met up with family at the movie theater. We met up with my husband Josh's cousins Armando and Darlene and their families and spent over an hour just catching up and sharing quite a few (loud) laughs.

ON THE GO

Continued from Page 3

If you are a regular reader of "On the Go," you know that several members of the First Baptist Church have recently been to Essen, Germany, on a mission trip.

What you may not know is that one of the natives that the group from Dimmitt met, Klaus Lawrentz, has been visiting in Dimmitt recently.

He was the house guest of Kelly and Katrina Howell. The Howells took him on a tour of the Howell farms where he met Jack and Charlene Howell, Sue and Jimmy Howell (Kelly's parents), Keisha and Kennen Howell. On Saturday night, a group of mostly young people enjoyed a swimming party at the Country Club.

Klaus was the dinner guest at the home of Wayland and Elaine Hazel and their family. Klaus and Keisha Smith sang a duet at the Sunday FBC worship services.

On Monday, Katrina and Kelly took him to Lake McKinsey. Tuesday, they went to see Jack Howell auction cattle at the Amarillo sale barn. They ate steaks at the "Big Texan" tourist attraction. Tuesday they made a trip to the Amarillo Cadillac Ranch, Palo Duro Canyon to see "Texas Legends."

Mike Odom took Klaus to the top of the Dimmitt Agri-Industries elevator to get a bird's eye view of the city of Dimmitt.

Friday night, he stayed with Howard and Belinda Rhodes. They took him to Lubbock to catch a plane back to Germany.

We wish him well and hope he's a European who realizes that Texas and Americans are good folks!

Sidney Settles celebrated her birthday at a swimming party at the Hyman farms south of town. There were about 15 kiddos who had fun splashing in grandad Harold's pool.

Several Dimmitt people attended the wedding of Flacy and Larry Anderson in Sunray recently. The bride is the granddaughter of Harold

and Karen Moore of Sunray and formerly of Dimmitt.

Two of the wedding guests who have Dimmitt roots were Don and Carolyn Moore of Canyon. Pat Keith and Martha Jo Hyman of Dimmitt enjoyed the trip, the beautiful wedding and visiting with lots of old acquaintances.

Carolyn Jones and I made a trip to the home of Frank and Judy Welch recently. We could not make it out there on the day of the Dimmitt-Hereford garden tour, but Judy very graciously gave us the tour of her home and lovely gardens.

I cannot describe the many beautiful flowers, trees and shrubs that enhance the Welch yard. Even the horse barn is landscaped with a dry creek bed, beautiful shrubs and comfortable benches. It is definitely an oasis on the flat plains of our nook of the world! Maybe it will be on the garden tour again next year and you can see it if you haven't already.

I'd like to here about class reunion plans. I know there is one planned for the class of 1965. Come one class of 1995, que esta pasando? What's going on. I want details, maybe I can help get the word out.

Please keep the following people in your prayers: Ramon Mendoza and George and Ramona Lopez. They've all been hospitalized in the past few weeks and need your prayers for a speedy recovery.

Don't forget to fill me in on the details when you're all done. Send your info to angie79027@hotmail.com, 647-0106 or 346-3882. If no answer, leave a name and number and I'll get back with you. Hasta luego.

NOTICE

We the undersigned County Judge and Commissioners in and for Castro County, Texas hereby certify that we have this date made an examination of and compared the County Treasurer's Quarterly reported, filed with us on this 25th day of July, 2005, and have found the same to be correct and in order and that the total of all funds held by the County Treasurer, as well as other assets in her hands in the sum of \$2,326,749.98.

FIRST UNITED BANK - DIMMITT, TEXAS

	Working fund balance	Certificates of deposit
GENERAL FUND	\$1,552,483.99	\$85,058.24
PRECINCT #1	\$ 152,399.42	\$ 7,388.10
PRECINCT #2	\$ 115,245.60	\$ 6,850.79
PRECINCT #3	\$ 169,023.82	\$ 6,582.13
PRECINCT #4	\$ 336,663.90	\$ 6,044.81

WITNESS OUR HANDS, officially, this 25th day of July, 2005.

William F. Sava
County Judge

Horace (Tom) McLain
Commissioner, Precinct #1

Larry Gonzales
Commissioner, Precinct #2

Bay Baldrige
Commissioner, Precinct #3

Daniel Schmucker
Commissioner, Precinct #4

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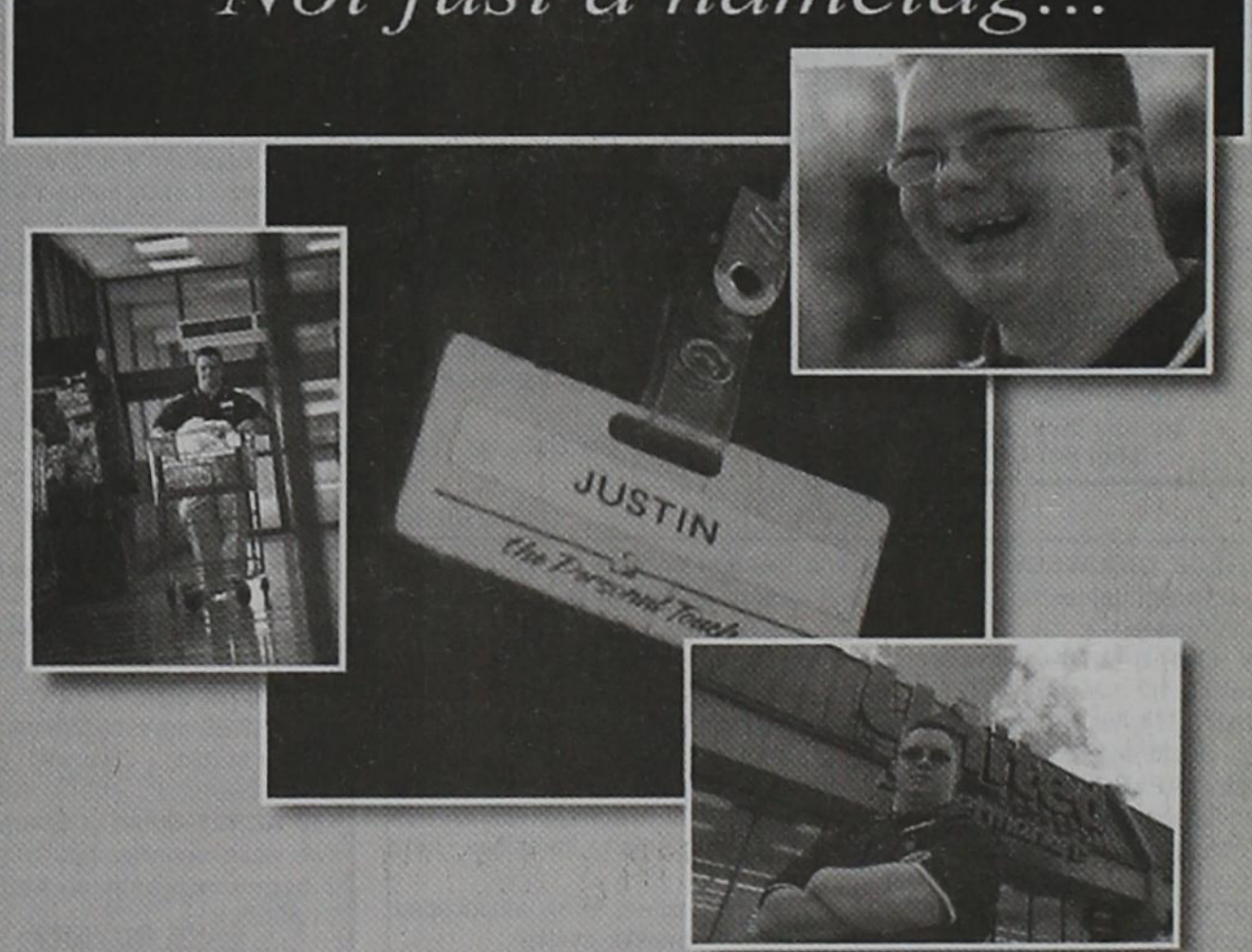
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Community Calendar

RES registration

Registration for Richardson Elementary will be Aug. 4, in the Richardson Library from 9 a.m. until 3 p.m. If your child will be 5 years old on or before Sept. 1, 2005, and you have not registered him/her, you will need to bring a birth certificate, shot record and Social Security card and register on this day. Parents of students in Headstart through fourth grade are asked to come update all records at this time.

MDS schedule revision

Dimmitt Middle School will observe a new schedule for the 2005-2006 school year.

The first bell will ring at 7:50 a.m. and students will be allowed in the building at that time to go to their classes. Students will not be allowed in the building before 7:50 a.m. The tardy bell will ring at 8 a.m. and students will be required to be in their classroom at that time. From 8-8:10 a.m., we will have the pledges and announcements and the first period will begin at 8:10 a.m.

We will conclude the day at 4 p.m.

We urge all parents of middle school students to be aware of this new schedule and to ensure that their children are in attendance at the proper times.

DMS registration

Registration for fifth, sixth, seventh and eighth grade students will be attending DMS will be from 8 a.m. until 4 p.m., Aug. 8. Parents of middle school students are urged to participate in this registration process with their children.

DISD substitute inservice set

A substitute in-service meeting will be held at the Dimmitt ISD Administration Building, located at 608 W. Halsell, on Monday, Aug. 8, at 2 p.m. All persons desiring to substitute will be required to attend this meeting and are reminded to bring their Driver's License and Social Security card.

Regional alfalfa workshop

Texas A&M and New Mexico State are partnering for an alfalfa production workshop to be held in Muleshoe on Aug. 12. Registration will begin at 9 a.m. at the Bailey County Coliseum on West U.S. 84 in Muleshoe. Program topics include alfalfa production, Roundup Ready alfalfa and general weed control, variety selection and a field visit to discuss insects and alfalfa management. The program will be jointly conducted by staff from the two schools. Lunch is included in the \$10 registration fee and the program will conclude before 1 p.m. To pre-register for the meal or for further information, contact Curtis Preston, Bailey County Agriculture Agent, at (806) 272-4583. 2.5 CEUs have been requested for both New Mexico and Texas producers.

Nazareth Blood Drive is Aug. 1

Coffee Memorial Blood Center will have a blood drive from 3-7 p.m., Monday, Aug. 1, at 101 S. First in the school cafeteria in Nazareth.

Hot dogs and a T-shirt for everyone.

Call 331-8800 for an appointment.

Class of 55 reunion

The Dimmitt High School Class of 1955 will be celebrating their 50th reunion on August 5-6, 2005.

The reunion will be held at the Holiday Inn, Amarillo. For information contact Sandra (Hance) Honea, 972-424-6238 or e-mail, vitalink1@comcast.net

Relay for Life

The 2005 Castro County American Cancer Society Relay For Life has been moved from Friday, August 5 to Saturday, Aug. 13 due to many scheduling conflicts, including the tax-free holiday weekend.

The theme for the upcoming event will be Survivor II, a follow-up of last year's canceled event, and will allow teams to use decorations left from last year.

A costume and tent decorating contest will be held again this year with prizes being awarded to the winners.

The main featured entertainment for the event will be karaoke, with local performers as well.

Many games are being planned for the event, including horseshoes, basketball throws, rock climbing and possibly a

bicycle race.

For more information on the relay, contact Camille Williams at 647-2974 or Karron Smith at 647-1066.

Sandhills celebration to honor Sunset Carson

Western movie star Sunset Carson will be honored at the Sandhills

celebration.

The Olton Chamber of Commerce & Agriculture would like to invite you to participate in our 26th Annual Sandhills Parade. The parade will begin at 10 a.m. on Saturday, Aug. 6. Line up will begin on at 9:15 on Ave G and 2nd Street. For more information, please contact Kim DeBerry at 285-2292.

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Aug. 5th- 7th 8:00am to 6:00pm

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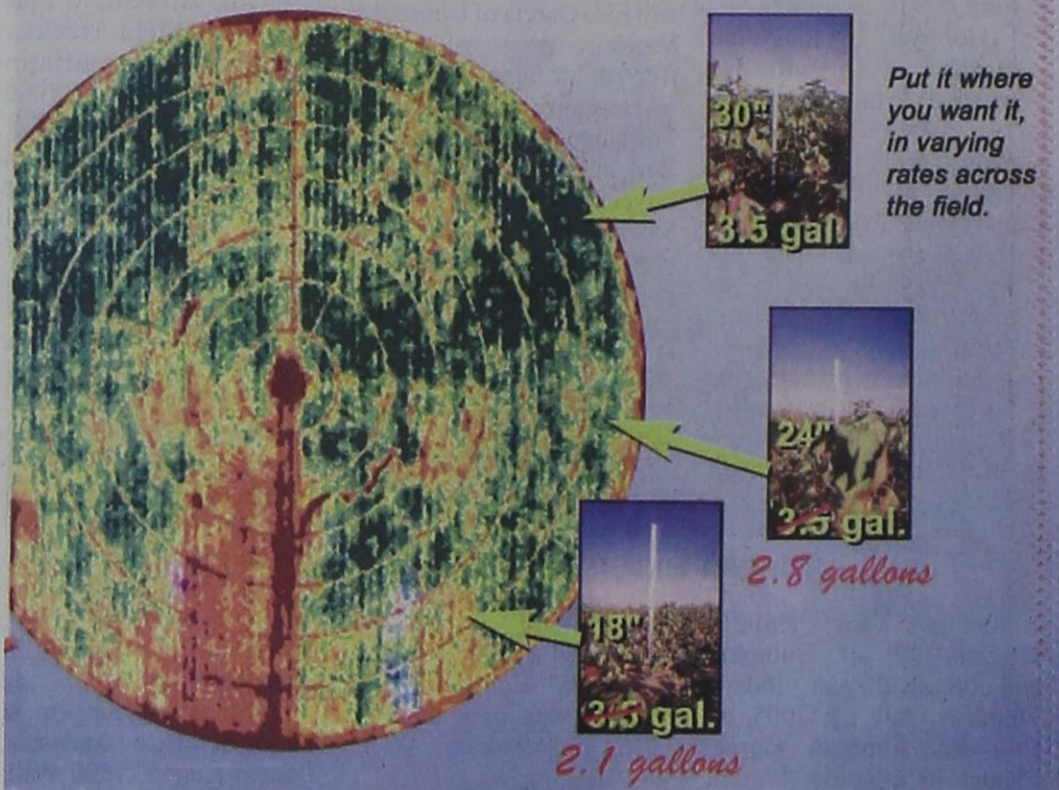


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Dudley Wooten 806-647-2550
Warren Thetford (InTime) 806-777-8840



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2005

*A special section highlighting
medical services offered in
West Texas & Eastern New Mexico*



medical services directory

Has the stress of trying to lose weight got you on pins and needles?

By Leah Bell
General Manager
Muleshoe Journal

Those of you stressed by your weight and always on a diet like myself might be interested in my latest escape - ear acupuncture.

Though I had the relatively painless procedure done only a couple of weeks ago, I can already say this - don't knock it till you try it.

I lost four pounds the weekend after having it done and it's keeping me from eating the couch bite-by-bite during those long hours after supper and before bed. In fact, it's keeping me from even getting hungry during those hours.

Castro County News Editor Davie Ann Browder had the procedure done the same day. She reports the same result - weight loss and great appetite control.

Larry D. McIlroy, D.C. performed our acupuncture (a.k.a. ear stapling) on July 15.

The cost—\$45.

The idea behind ear stapling is simple - and similar to stomach stapling - the staple curbs your appetite causing you to consume less food, thus allowing you to lose weight.

"Once the staples are in place, for the vast majority, they become active instantly. In some cases it can take a few days to work," said McIlroy as he prepped my group of five eager women for the 30-second surgery that day.

McIlroy told us the staples have a lifetime from a few weeks to a year or more and have had a 65 percent success rate according to a national study.

"My success rate is more along the lines of 80 percent," he said.

He suggested that the No. 1 response to ear acupuncture is a feeling of fullness - from slightly full to stuffed - or nausea which will leave within one or two minutes.

My mind wondered as he explained details of the procedure. I almost laughed out loud as I thought to myself "have I ever felt full? This guy doesn't

Continued on page 22



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There are three types of MRI machines: closed, open and stand up. Ours is an open MRI which increases comfort, is much quieter than the closed MRI machines and is much more capable of accommodating just about anybody regardless of size or feelings of claustrophobia. Our images are as good and often better than those obtained in a regular closed MRI machine due to advanced technology and a highly experienced and skilled MRI technician. Our group of radiologists receive these images via computer as soon as your MRI is completed and get a report back to your doctor in 24 hours or less.

We take all insurance plans - the only exceptions are Molina Salud and Presbyterian which we are currently in the process of contracting with. We also have very flexible payment plans if you don't have insurance coverage.

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This special section published by:

MULESHOE JOURNAL
CASTRO COUNTY NEWS
OLTON ENTERPRISE

Covenant Health System: Comprehensive, Quality Health Care for West Texas and Region

Covenant Health System is based in tradition, heritage and excellence. For almost seven decades, the dedicated staff and physicians at Covenant have treated the whole person — body, mind and spirit, and cared for those in our community. Our promise is to continue our dedication to patients through leading-edge technology and passionate care.

Covenant Health System is the largest health care system in the region with 1,346 licensed hospital beds, more than 5,000 employees and 600 physicians at its Lubbock facilities-Covenant Medical Center, Covenant Medical Center-Lakeside and Covenant Children's Hospital. Fully accredited by the Joint Commission on Accreditation of Health Care Organizations (JCAHO), CHS is one of the largest non-profit health care organizations in Texas.

Quality has been the guiding light for CHS since its formation in 1998 through the merger of Lubbock Methodist Hospital System and St. Mary of the Plains Hospital. That commitment to quality has repeatedly been recognized through numerous accolades and awards from national entities and from customer satisfaction ratings on patient satisfaction surveys regarding services and quality outcomes. Quality is a direct reflection of the high-caliber nurses, caregivers and physicians who provide care to the patient.

One of Covenant's long-standing, nationally recognized entities is Covenant Heart Institute, the region's most comprehensive free-standing heart facility. Covenant Heart Institute (CHI) has an impressive history of being the cardiac services leader for the West Texas and Eastern New Mexico region.

As the region's leading cancer care provider, Covenant's community-based Joe Arrington Cancer Research and Treatment Center (JACC) offers diagnosis, research, treatment and prevention modalities on par with any cancer center in the United States.

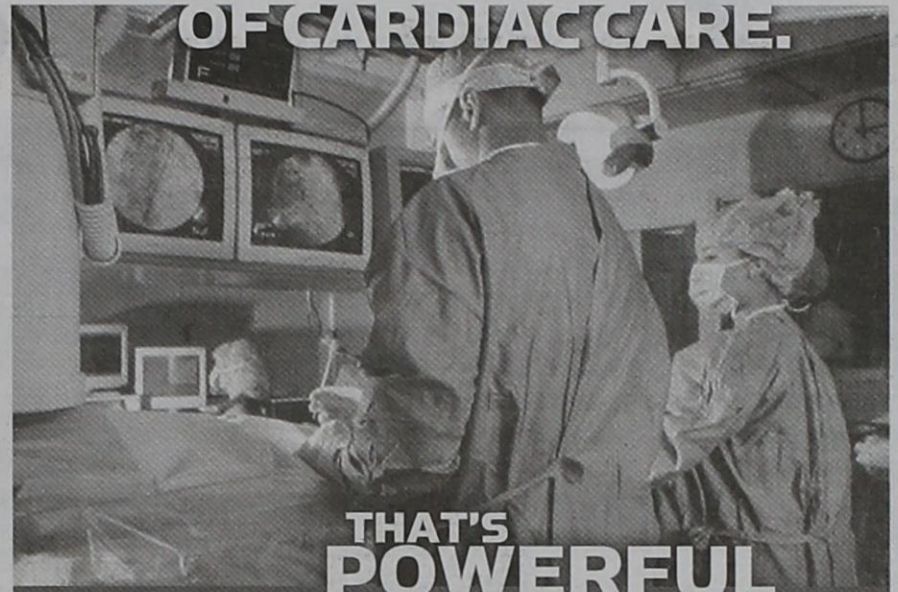
Covenant NeuroScience Institute, backed by six highly skilled neurosurgeons, offers the most advanced treatment of neurological disorders and neurological subspecialties. Covenant also provides the highest standard of care in emergency services and orthopedics.

Covenant Lakeside will soon be home to women's and children's services including the pediatric emergency room, pediatric and neonatal intensive care units, labor and delivery and gynecological services. The Lakeside campus renovation and expansion will provide state-of-the-art technology in a more spacious healing environment, and will be more convenient for patients and their families.

Covenant also is committed to offering accessible, affordable care to the 62-county area across West Texas and Eastern New Mexico that it serves. Led by Covenant Hospital Levelland and Covenant Hospital Plainview, CHS has a network of more than 20 leased, managed and affiliated regional hospitals. As Covenant continues to grow and change, it remains committed to caring for the whole person-body, mind and spirit-and will continue to provide the highest standard of health care in the community.

For more information about Covenant Health System services, visit www.covenanthealth.org or call (806) 725-0599.

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THURSDAY 7 am-noon, 1-7 pm; FRIDAY Clinic-8 am-noon, No FNP



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Pharmaceutical Services - SPHPO participates in a nationwide Pfizer Share the Care Program, which allows our Providers to offer some medications at a nominal fee. Prescription drugs are also available for SPHPO patients through its Class D Pharmacies. A Patient Assistant Advocate will assist patients in completing the necessary forms to receive low cost medications.

Laboratory Services - SPHPO maintains an on-site Laboratory with trained personnel equipped with state of the art equipment and technology.

Health Education - SPHPO participates in a nationwide diabetic and cardiovascular program. Our clinical staff is eager to provide you with up-to-date educational material on a variety of health and medical issues.

Social Services - A social services advocate is available to assist you in making special financial, referral and/or medical arrangements.

X-ray and Specialty Services - Arrangements for X-ray and specialty services are made by referrals to agencies and/or providers under contract with South Plains Health Provider.

Women, Infant and Children's Program (WIC) - WIC is a supplemental nutrition program, funded by the US Dept. of Agriculture, to provide nutrition education to low to middle income pregnant, postpartum and breast-feeding women, infants and children up to the age of 5. SPHPO operates 14 WIC Clinics in 10 counties. To qualify for the WIC program you must meet predetermined residency, income and nutritional risk guidelines. To determine eligibility, we invite you to call 806-293-0182 for an appointment. WIC is an equal opportunity program.

South Plains Health Provider Organization, Inc., (SPHPO) is a non-profit, 501 (C) 3, Federally Qualified Health Center with full accreditation by the Joint Commission for the Accreditation of Healthcare Organizations.

Established in 1973, SPHPO operates 22 facilities (7 medical clinics, 1 dental clinic and 14 WIC clinics) in 17 communities throughout the South Plains and Texas Panhandle region and provides service to approximately 28,000 residents of 12 counties. Of the 43 Community Health Centers in the State, SPHPO's geographic service area is the largest.

SPHPO currently employs six Family Practice Physicians, six Family Nurse Practitioners, two Physician Assistants, two Dentists, one Dental Hygienist and 140 clinical, administrative and support staff. Staff members are dedicated and committed to the Organization's vision of providing high quality, compassionate healthcare services for all residents of the South Plains and Texas Panhandle.

South Plains Health Provider is a member of both the Texas Association of Community Health Centers (TACHC), and the National Association of Community Health Centers (NACHC). In addition, we enjoy a long-standing financial Partnership with Community Health Centers in Lubbock and Levelland through the Integrated Service Delivery Initiative (ISDI).

South Plains Health Provider accepts all patients, regardless of income level or insurance status. Fees are computed on a sliding fee scale based on the number of family members and amount of income. We accept Medicare, Medicaid, and CHIP and are enrolled with most insurance and managed care plans. All locations are currently accepting new patients. Although scheduled appointments are encouraged, walk-ins are welcome.

SPHPO's corporate offices are located at 2801 W. 8th Street in Plainview. For information on services or to select a location or provider nearest you, please call our toll free number 1-800-766-8599 or visit our web site at www.sphpo.org.

WIC Provides The Following Services:

Nutritional Education and Counseling - Individual and group counseling programs offer specific information on identified nutritional needs. Classes of a more general nature are offered on topics such as "Picky Eaters" and "Prenatal Nutrition." These sessions are provided after enrollment and are based on nutrition risk assessed at time of enrollment. Counseling by a Registered Dietitian is available for people who have nutrition needs which place them at a higher risk to be healthy.

Breast-feeding Support - Breast-feeding peer counselors are available to offer support and information to breast-feeding women. Information on the benefits of breast-feeding is provided to all pregnant women. Follow-up and support is provided through hospital and home visits or by phone.

Breast Pumps - Clients enrolled in WIC who are breast-feeding may receive free breast pumps. These are distributed based on an assessment by the peer counselor to determine need and type of breast pump to be issued.

Immunizations - Clients enrolled in the WIC program or their siblings may receive immunizations free of charge. These are available on a walk-in basis, but proof of WIC enrollment must be provided.

Food Assistance - Vouchers for food are redeemable at local grocers after WIC enrollment. Breast-feeding, pregnant and postpartum women and children receive milk, cereal, juice, cheese, eggs and dried beans or peanut butter. Infants may receive formula, cereal and juice. All foods must meet USDA regulations for nutritional value.

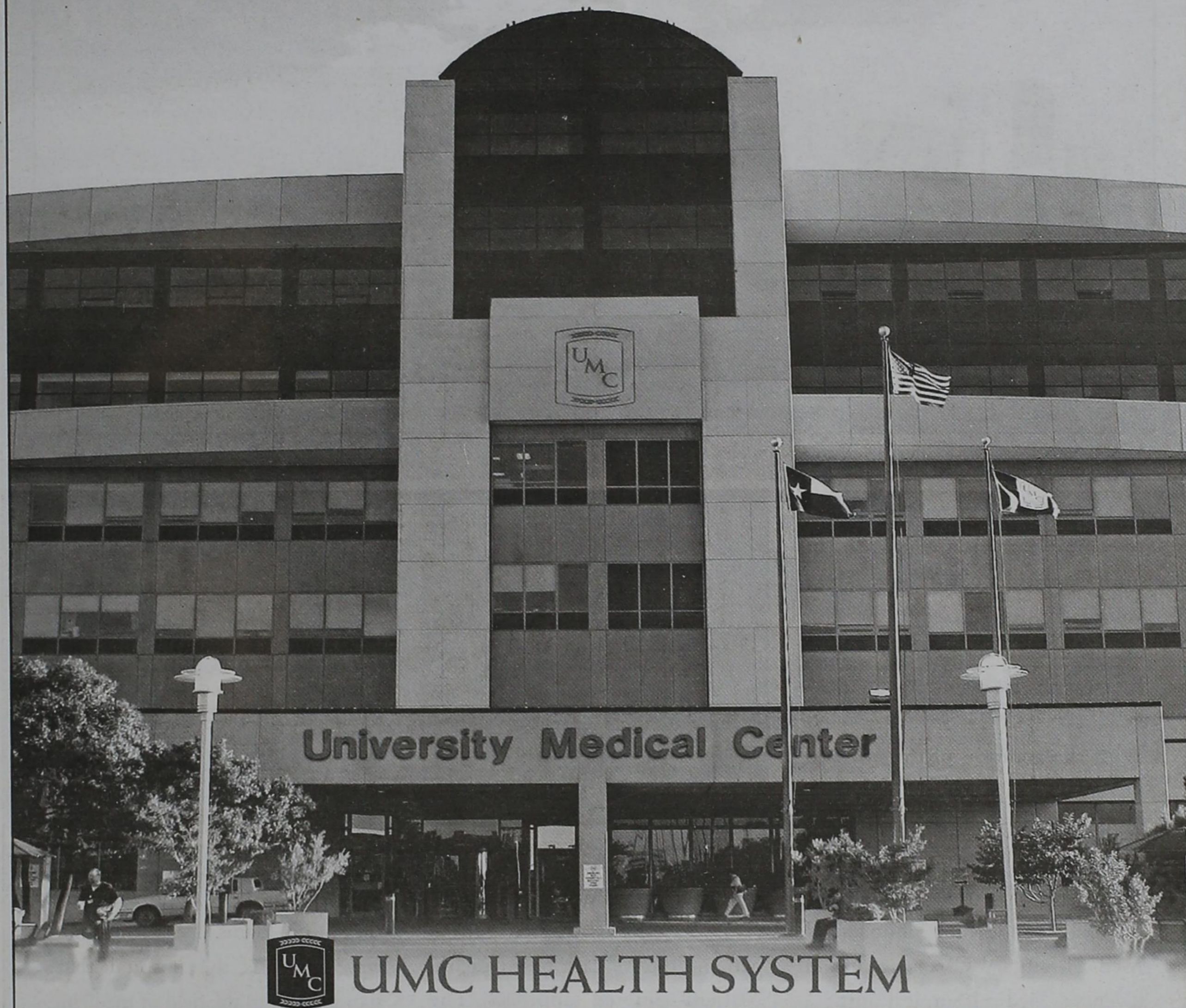
Referral Services - Referrals are made for clients based on health and financial need. Referrals are also made for substance abuse programs and other community services.

South Plains Health Provider wishes to express its sincere appreciation to our patients and the communities we serve for your support, and we look forward to the challenge of finding new and exciting ways of providing an affordable array of high quality health services.

The hospital that changed the Lubbock horizon is the same hospital changing the landscape of healthcare - UMC.

UMC's two new floors include the **UMC Heart Center**, which offers patient-centered care and cardiac services in one convenient location.

UMC's commitment to continued expansion is just one more way we're standing tall in the field of medicine.



University Medical Center



UMC HEALTH SYSTEM

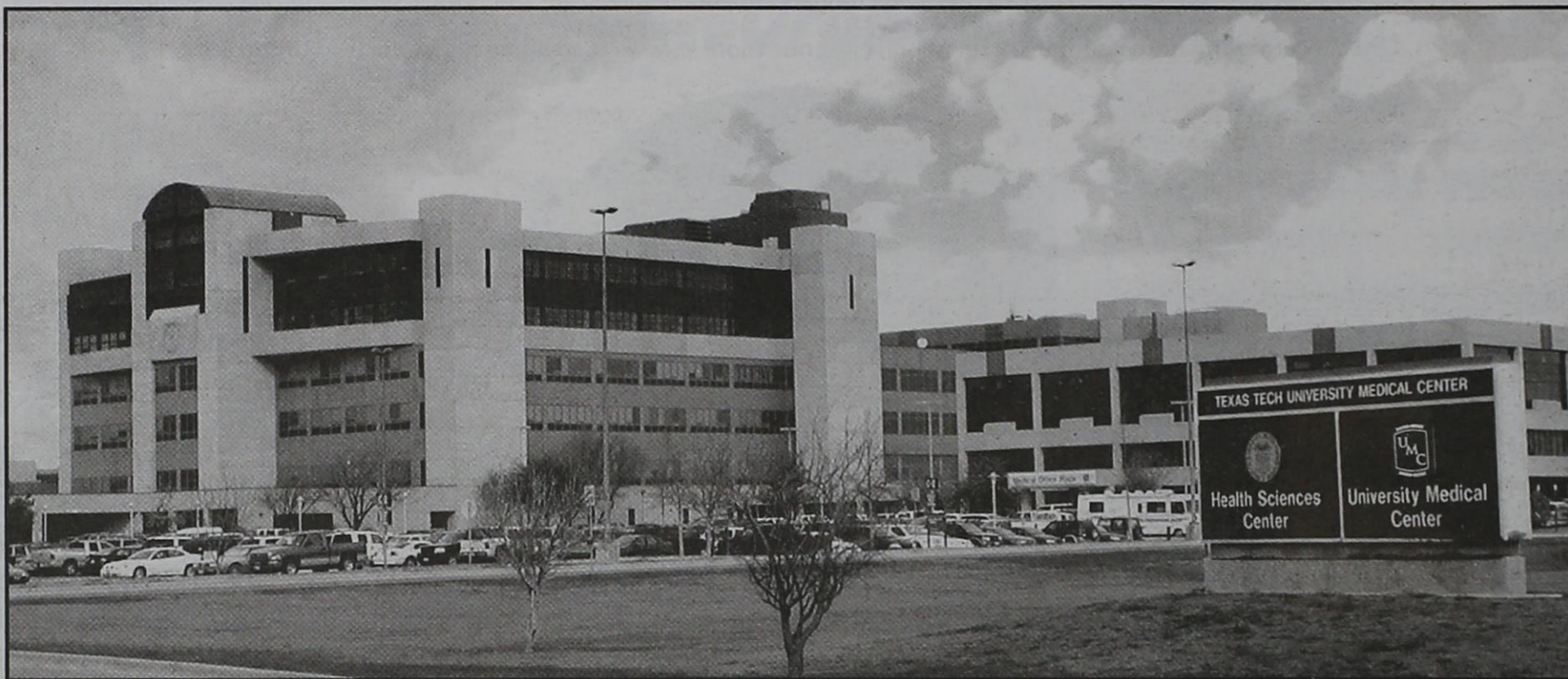
Service · Teamwork · Leadership

WWW.TEAMUMC.COM



Lubbock The Giant Side of Texas
Lubbock Chamber of Commerce

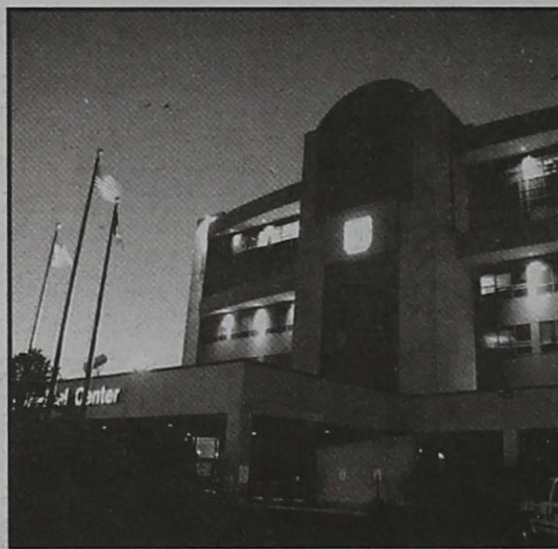
Growing to Meet Your Needs



UMC Health System's continuing expansion project looks forward to opening the new sixth floor with the UMC Heart Center this fall.

As UMC Health System continues to enjoy significant growth in both inpatient and outpatient volume, we recognized the need to expand our current facilities to meet the growing needs of our region.

With the addition of the 5th and 6th floors, UMC has added much-needed hospital beds, diagnostic labs and treatment facilities to our world-class facility. The newly-opened 5th floor houses a Medical/Surgical Cardiac unit and a general Medical/Surgical unit.



The 6th floor, scheduled to open in early fall, is home to the UMC Heart Center, where cardiac patients receive care based on the "patient-centered" approach. The

all-encompassing Heart Center features a Cardiac ICU, a Cardiac Cath Lab, Heart Station, Nuclear Medicine Department and a registration area. The UMC Heart Center is designed to give patients and their families access to the widest range of state-of-the-art cardiac care in one convenient location.

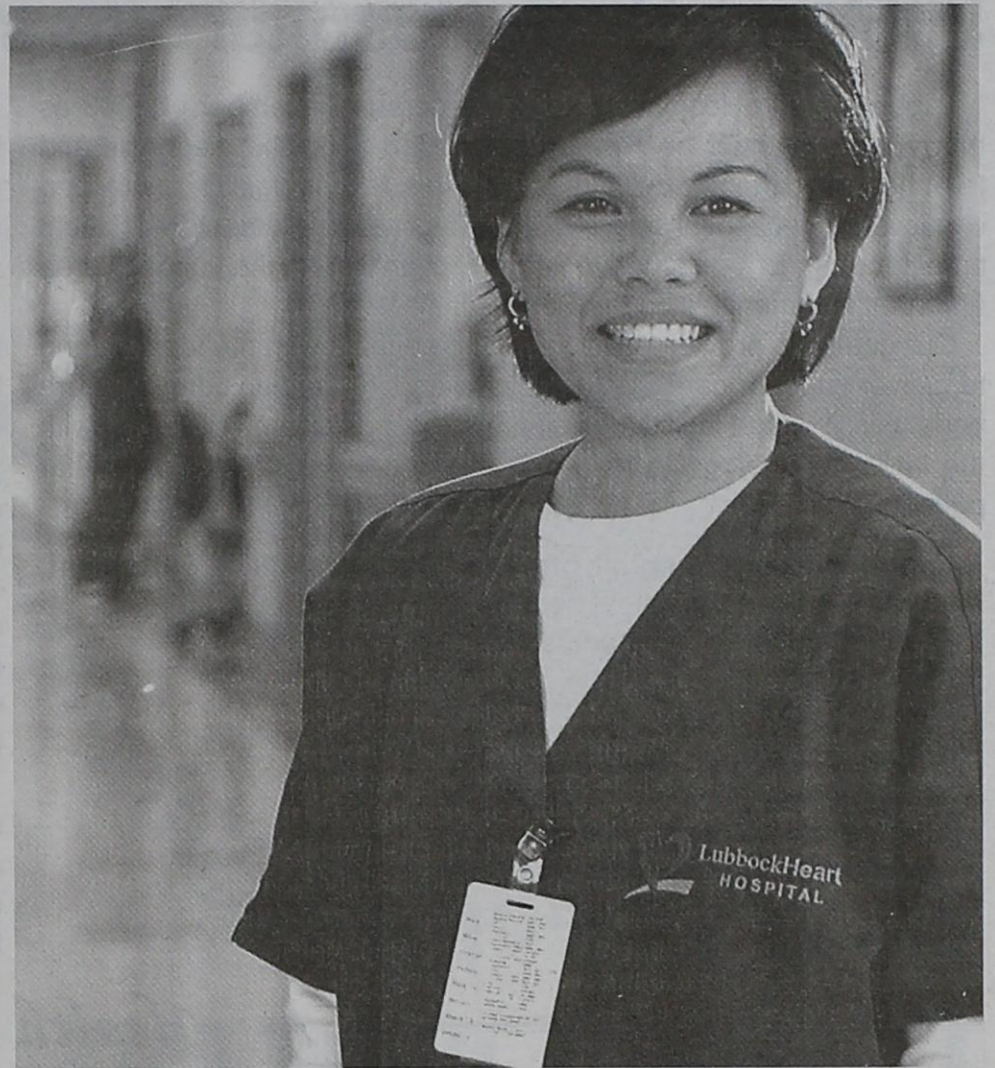
Our commitment to growing with the South Plains is just one more way UMC is the hospital that's standing tall in the field of medicine.



Visit www.teamumc.com for more information about UMC Health System's continuing expansion project.

OUR FOCUS IS WHAT SAVES LIVES.

Specialization means more than just technology. It's having a team of highly trained professionals dedicated to giving our very best to cardiac care patients. From diagnosis to treatment, to recovery at Lubbock Heart Hospital, **our focus is caring for your heart.**



RANKED
TOP 2
PERCENT

★★★★★
FOR PATIENT
SATISFACTION

©2005 LHH. *Based on a 2005 quarterly survey conducted by Press Ganey healthcare survey firm.



CARING FOR THE HEART OF THE SOUTH PLAINS.

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Lubbock Heart Hospital offers premier cardiovascular care

Lubbock Heart Hospital opened its doors in December of 2003 as the region's premier heart hospital focused upon the diagnosis and treatment of cardiovascular disease. This technologically advanced cardiovascular hospital provides cost-effective, quality-centered patient care through a physician-driven organization to both the Lubbock area and rural communities on the South Plains.

Our goal is to provide physicians and patients with the ideal setting to deliver superior care. With 74 beds and 16 cardiac coronary care beds, this licensed facility has all-private patient rooms equipped with the latest technology to meet the special needs of cardiovascular patients.

Lubbock Heart Hospital provides cardiovascular outpatient, interventional and surgical services including:

- Non-invasive cardiovascular testing
- Cardiac catheterization
- Open-heart surgery
- Peripheral angiography
- Cardiac and vascular interventions
- Electrophysiology testing
- Arrhythmia management and treatment
- Vascular surgery
- 24-hour emergency care

Lubbock Heart Hospital provides a specially designed and equipped Emergency Room. Trained emergency professionals can treat acute emergencies in the event of an injury or family illness, 24 hours a day, seven days a week. A helipad accommodates air traffic emergencies and transfers.

Lubbock Heart Hospital is a dedicated organization committed to fighting the leading cause of death in the U.S. According to the American Heart Association, in 2002, cardiovascular disease claimed 927,448 lives, or 38 percent of all deaths. In addition, it is estimated that this year an estimated 1.2 million Americans will have a new or recurrent coronary attack. With a projected 950 heart surgeries and over 5500 cardiac catheterizations, Lubbock Heart Hospital is focused on the fight.

At Lubbock Heart Hospital we strive to lead the region as a premier cardiovascular hospital providing advanced standards in healing to the community and surrounding areas. With state-of-the-art technology, we are able to effectively provide the very best cardiac care for both local and rural patients throughout the South Plains.

We will continue to promote cardiac care and specialty medical services in a first-class medical facility where a talented and compassionate staff works together in a trusting partnership. From diagnosis, to treatment, to recovery, at Lubbock Heart Hospital our focus is caring for your heart.

Health Watch

Doctor has a 'nutty' solution to weight control

By Leonard J. Ram, MD

It's a nutty idea — but it works! Eating 100 nuts a day — a variety of almonds, cashews, walnuts, pistachios, pecans, macadamias, or peanuts — keeps the doctor away and helps dieters lose weight.

How can nuts help with weight



loss? Because nuts contain both protein and healthy unsaturated fats, they induce satiety, or fullness. Because nuts have a complex fiber structure, they are incompletely digested and absorbed, which means that not all the calories they provide actually get into the body. In addition, nuts are a powerful health food, lowering LDL and raising HDL cholesterol, and reducing the risk of heart disease, diabetes, and cancer.

People continue to look for a diet and lifestyle program that's based on science, not some food fad. They want a program that's not about deprivation, and not about special bars or shakes, taking pills, or undergoing major irreversible surgery. A healthy, sustainable diet program is about taking control of your life, incorporating balance, eating normal, palatable foods, and harnessing the power of nuts.

How does this "nutty" diet work? It's simple. When you get up in the morning, include a few nuts as part of your

breakfast or as a mid-morning snack — you'll be amazed at the pick up you get. Just before or during lunch, grab a few more. It will keep you from over-eating. If you want to indulge in a glass of wine or a cocktail later in the day, eat a few nuts with your beverage. At dinner, include nuts in your recipes. They make an excellent and tasty addition to a variety of foods.

Before you know it, nuts will have become a major ingredient in your diet. And you'll soon realize that you feel less hungry, find food cravings have diminished, and that you're actually shedding excess pounds while enjoying the foods you love. The key is portion control. Always eat one ounce of nuts or less as a single serving. That's all you need.

All successful diet programs, to optimize health and weight loss, should include regular exercise. In addition, it's very helpful to have regular meetings with a nutrition coach, either in person or via the telephone.

Having regular meetings with a nu-

trition coach gives emotional support, provides motivation, teaches the client about basic nutrition, food/mood issues and is critical for long term success.

So what can you expect from a nut-based diet program? You can expect rapid changes in the way you feel, including more energy, less cravings, and better concentration. You can expect gradual, safe weight loss. Your can expect your appearance will change, both from loss of weight and more direct effects of softer skin and improved complexion. And, at the same time, you will improve your body's internal health, reducing the risk of heart disease, diabetes, and cancer. You might live longer. But, first, you have to be willing to go nutty.

Remember, 100 nuts a day keeps the doctor away!

By Leonard J. Ram, MD, author of *The Ram Nut Diet* TM. For more information about his diet program, or to purchase books, nuts, and related products, call toll free 1-866-NUTDIET, or visit www.ramnutdiet.com.

Central Plains Center - 36 years of dedication to helping people with mental illness, retardation

Central Plains Center, which started in 1969, has seen many changes. In the past the Center was commonly known as "MHMR" but they do more than mental health and mental retardation services. Some of those are services for children with developmental problems, juveniles with substance abuse problems, and criminal justice.

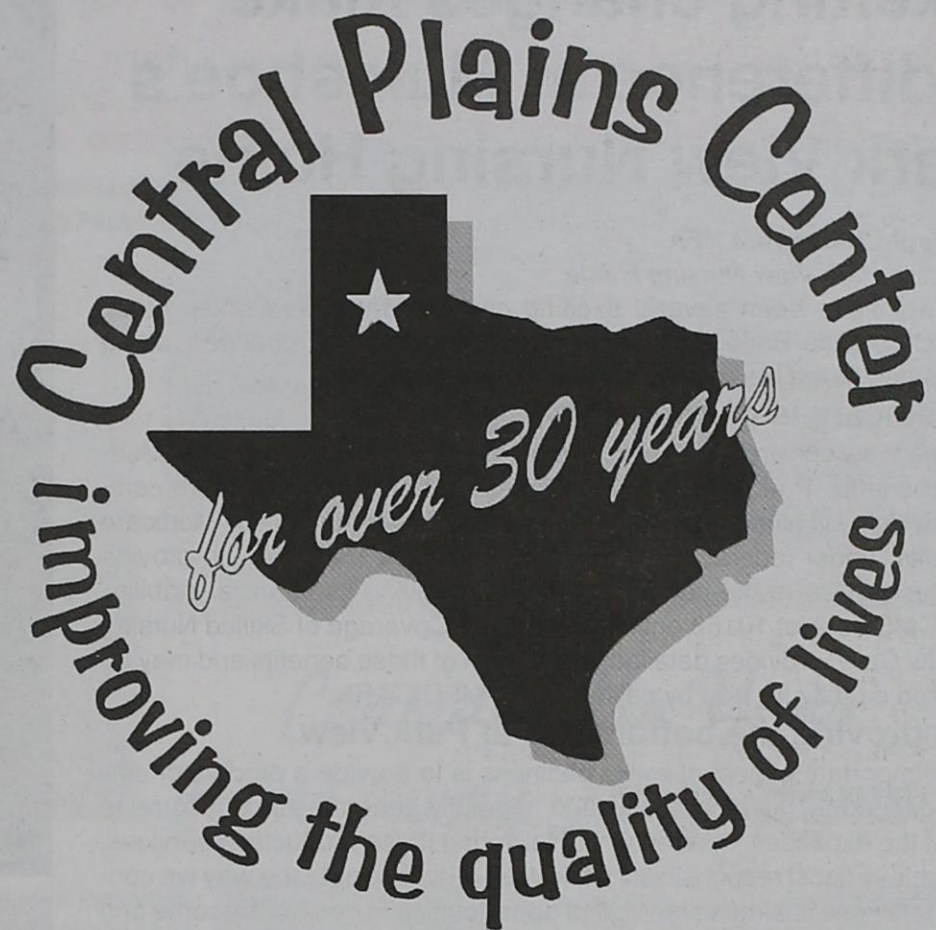
There are 40 other Centers, like Central Plains, across the state. One thing they all do is offer supports to people with a mental illness or retardation so individuals can live as normally as possible in the community of their choice. If it were not for Centers there would be a lot of people still in institutions and not living independently and working at jobs.

"There are some very frustrating things about this system," says Ron Trusler the CEO of Central Plains Center. "One is that our funding source may not be the best fit for the community in certain situations. We may have restrictions or limits placed on what we can do and that can leave gaps in what is needed locally. We are certainly aware for the need of accountability when it comes to how we use funds but services could be more effective if we had more flexibility to meet local needs rather than what is strictly mandated from Austin."

Trusler says that another frustration is being required to do things that they are not paid to do. Our Board signs a contract with the state and later responsibilities are added without any extra money. That increases our cost and decreases services to citizens.

Trusler does not believe that throwing money at a problem is always the answer. We have learned to be more cost efficient and productive due to creative thinking of the staff. "We are always looking for ways to collaborate with other agencies to help eliminate duplication of functions. That is hard to seriously consider because many agencies are protective of their territory. We want to keep our little silos and may feel threatened when the subject of consolidating administrative services is raised."

The Center has established an Endowment Fund where people can donate money to the overall operations or into specific programs of the agency. Some people have helped financially for a long time. It gives people the opportunity to give back to help others.



**2700 Yonkers, Plainview
(806) 293-2636**

The Center serves a nine county area primarily – Hale, Swisher, Floyd, Briscoe, Motley, Lamb, Castro, Parmer and Bailey counties. Trusler states that the nine counties are their sponsors. They each contribute money and office space and each Commissioners Court appoints a person to the Board of Trustees. "Our Board members are volunteers who care deeply about the services to the area. They spend a lot of time in the various considerations that we bring before them. They are a great bunch of men and women," Trusler said.

Trusler says, "The Center has approximately 210 employees that work through out the nine counties. The budget is \$7 million, which 72% of that is for salaries and benefits. That is a significant economic benefit to our community." Their services are not just for the indigent but also for professionals, business people from all walks of life. They can bill insurance and Medicaid when appropriate.

The Center has a 24-hour crisis team. That phone number is 1-800-687-1300. Trusler invites feedback and questions from the public regarding the services they provide. His office number is 293-2636.

Exciting changes make a difference at Muleshoe's Park View Nursing Home

By Paul Chaisson, LNFA
 Director, Park View Nursing Home

There have been several exciting changes that have taken place at Muleshoe's the Park View Nursing Home. Among the changes, along with some of the reasoning behind the changes, are:

Medicare is coming soon!

Park View currently accepts private pay residents and those with Medicaid benefits. Park View is in the process of becoming "Medicare certified" which will allow current and future residents to use their "Medicare benefits" under federal law. This action will allow Park View to provide greater service to the community while improving its financial stability. The CMS booklet 10153 entitled "Medicare Coverage of Skilled Nursing Facility Care" provides detailed information of these benefits and may be ordered directly for free by calling 1-800-MEDICARE.

Improving the bottom line at Park View

An important aspect of every business is to provide a product or service desired by the community, and hopefully generate some income to offset the expenses incurred while delivering these products or services. To achieve fiscal responsibility Park View must evaluate the way we conduct business, taking advantage of opportunities to generate income and reduce expenses. Three current projects having a dramatic impact include:

- (1) Becoming "Medicare certified"
- (2) Installing commercial washers and dryers.
- (3) Installing an electronic time clock.

This project will allow Park View complete control over laundry services and reducing operating costs by more than \$3,000 a month.

This will reduce the costs of generating payroll and provide greater control over man-hours worked compared to the obsolete, time consuming process of using a punch card time clock that is now in use.

The financial benefits of these projects will not be immediate — except laundry — but will soon be realized over the next year and for years to come.

Staffing at Park View

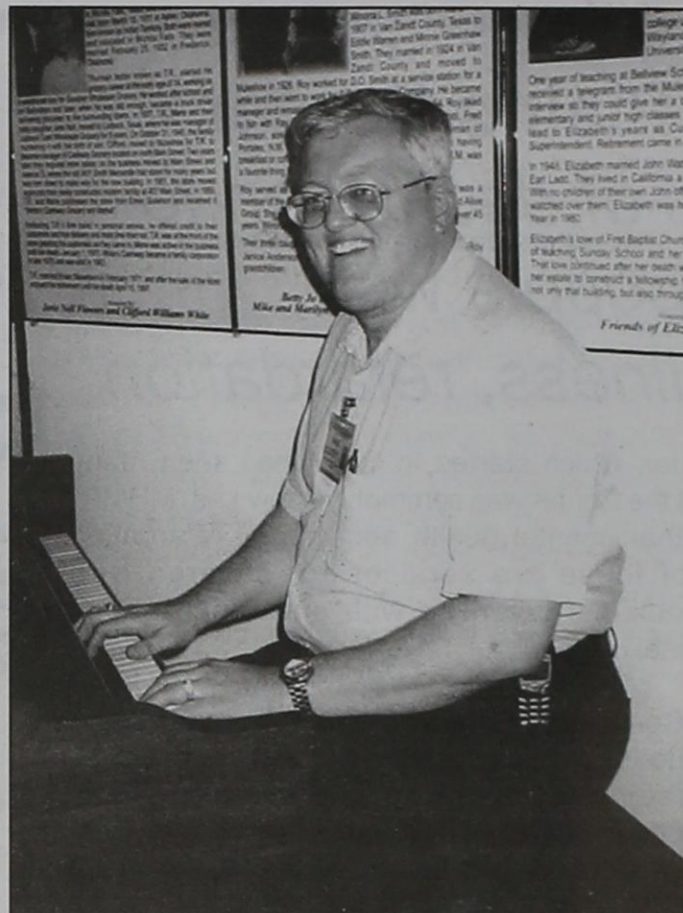
The "difference" in a service industry is the "staff." This is especially true in a nursing home where the daily tasks of meeting the needs of residents are accomplished through direct labor.

On the Medicare website (www.medicare.gov) a wealth of information about any nursing home in the United States can be found. The amount of nursing hours worked per day is an important measure that bears a direct impact on the quality of care received by residents.

An industry benchmark is 3.0 NPPD. This means each resident receives an average of three hours a day of direct nursing care. Our target at Park View is a nursing PPD of 3.5 which is higher than industry standards by five full-time positions in nursing.

Recruiting and maintaining competent staff is the greatest challenge in operating a nursing home. Two components to accomplish this are a decent working environment and competitive wages.

Over the next few months a review of the wage structure for Park View will be completed by the board and myself. This task is necessary to stay competitive, especially as Park View receives its Medicare certification and becomes a Skilled Nursing Facility.



Tickling the ivories and the listeners...

Pictured on the left is Paul Chaisson of Park View Nursing Home as he entertains at a recent pancake breakfast held at Muleshoe's Oneita Wagnon Senior Citizens Center. Pictured below, are a few of the local senior citizens who stopped by to eat, visit and enjoy the music.

New director brings fun to town

By Larry Thornton
 Managing Editor
 Muleshoe Journal

Just a few months ago, there an unexpected spark of excitement hit the Muleshoe community... a new director was appointed to manage Park View Nursing Home.

But while Park View's board of directors were looking for someone with experience, competence and proven ability, after their selection has some time to get his feet on the ground, it was discovered they had also hired someone who has rapidly become an asset to the entire community.

Paul Chaisson, who came to Muleshoe from the State of Maine via Abilene Christian University, has already made

his presence known by providing music at the various gatherings held at the Oneita Wagnon Senior Citizen Center.

"I like playing old tunes, and like to have fun," Chaisson explained in an interview with the *Muleshoe Journal* in May.

Chaisson served 10 years active duty in the U.S. Air Force, the last two as a pianist in a military band followed by service in the Air National Guard band, from which he retired.

He has suggested several changes to help the nursing home run more efficiently and cost effectively, but has left little doubt that he values the residents individually and considers himself to be an advocate on their behalf.

Muleshoe Area Healthcare Center - Park View

1100 W. Ave. J, Muleshoe • 272-7578 • FAX 272-3514 • www.mahdservices.org

Owned and operated by Muleshoe Area Hospital District since 1989, Park View is a 90-bed state-of-the-art care facility overlooking Muleshoe City Park.

We offer many amenities, including a beautifully landscaped "back porch" with gazebo and cozy benches, two fireplaces (one in our "homey" lobby and the other in the residents' day room, three sun rooms overlooking the park, and game and activity rooms.

For our patients with special needs, we have a 16-bed Special Care Unit with a private dining room, sun room and a private outdoor area which also has a gazebo.

Also located on the premises is an examination room, therapy room and family room for overnight accommodations when needed.



"Consider Us Your Home Away From Home"

Daily staff meetings keep every phase of operation in sync - from yard maintenance to administration, department heads meet to discuss problems and solutions.



Park View is manned by a highly trained staff of individuals dedicated to a better quality of life for Park View residents.

Our mission is to provide quality health care services in a manner which demonstrates Christian concern.



Just listen to what some of our residents have to say...

Jewel Peeler has lived in Park View for 3-1/2 years and loves the facility and staff, food and activities. "I feel at home here."

Marlin & Loma Moseley have lived at Park View for 6 months. They appreciate the caring staff who are always nice and helpful, the great food and continuous activities.



The Park View nutritional staff puts great effort into creating delicious, nutritious meals for our residents.



G.R. Lasiter has lived at Park View for just 6 months now but says that "life is great" at Park View. "The food is very good and we always have something to do!"

Editor steps into alternative medicine

By **DAVIE A. BROWDER**

Managing Editor
Castro County News

MULESHOE - Putting my feet on the front page of a newspaper - any newspaper, but especially the newspaper where I work - is not my idea of fun. Maybe if I had prettier feet, we could talk about it.

However, when I heard about H₂O Wonder, Inc., and talked to some friends who'd had Starla Ellis use her IonCleanse on them, I decided to uh ... take the plunge, so to speak.

"After I have a session, my back pain is gone for weeks at a time," said Leah Bell, who works for the Muleshoe paper and calls the process quite aptly a "foot flush."

Another employee there swears to its efficacy in treating his bum knee.

"My right ankle had been operated on twice and I always had a little swelling around it; my right knee

has been through three surgeries. This process has kept the swelling down and the soreness is negligible," said Larry Ayers. "It's really helped. Before this, I'd been treated for cancer twice and doctors had told me that poison from your bodies tends to go to your legs and feet, so I'd had this done in hospitals several times before. It works."

So, I thought, what the heck. I decided to splurge (actually I persuaded my boss to give me \$20 for the treatment) - all in the name of "scientific research" on my part. And off I went.

Before I talk about the results I had, let me clarify what IonCleanse is.

Ellis said she decided to get her machine after she saw what it can do.

"I had it done in Brownfield and liked the results," Ellis said. "It made me feel better. It detoxifies the body."

To use IonCleanse, her clients put their feet (usually the feet, although one person immersed his

hands) in a footbath of warm water. The IonCleanse is put in, turned on and after that, you just watch as the clear water turns various colors depending on the toxins that are being washed out.

Ellis said she calls the IonCleanse her H₂O Wonder because "everybody's wondering what color the water is going to be."

Colors range from yellow-green to black with white, black or red flecks floating around. Each color corresponds to certain toxins. For instance, I had a lot of white foam, which shows mucous from the lymph system, i.e. sinuses.

The beauty of this process, according to the literature is the IonCleanse "detoxifies the body more effectively and faster than any herbal or fasting protocols, with little or no stress to the patient."

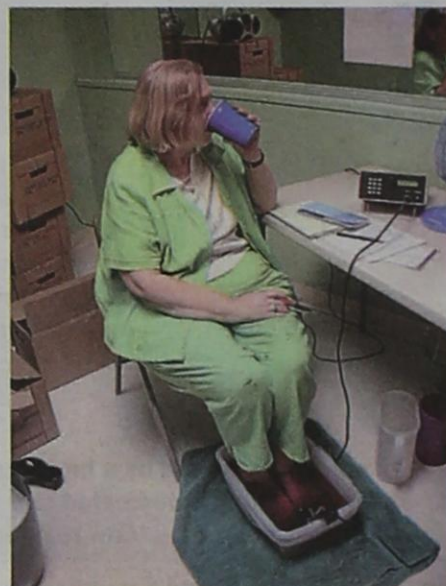
Ellis started her business at her home, but it soon grew to the point where she moved it into The Honey Comb, a beauty shop owned by a friend. Her customers, strictly word-of-mouth, come from



Just starting the cleanse.



Three minutes into the process.



Eleven minutes in and drinking the water as suggested.



Seventeen minutes into the cleanse.



Just finishing up after a 20-minute session. Starla Ellis takes the ion cleanser out of the water now full of toxins.

all over, including Dimmitt, Lamesa and Seagraves.

She's quick to tell her customers that it's not a cure for anything. But she said she's seen it alleviate pain and asthma symptoms.

"I have one person who comes here with asthma who hasn't used an inhaler since March," she said.

The literature says that the results are brought about by the ionization of the water molecules. And the fat and mucous residue that shows up in the water reflects the wastes that leave the body during the session.

So there I sat, my feet immersed in warm water with a little machine purring away. And as I watched, it started. First with a few flecks

of color, then the water started turning colors. In 20 minutes the water was dark brownish-orange with lots of foam floating on top.

After being told to drink plenty of water and take a vitamin C, I left feeling great. My sinuses had opened up and for three days I didn't need an antihistamine. My right foot, which I broke in April had been swollen and painful when I got there, but the swelling and pain were gone.

So the trip wasn't a bust, I felt better and in the process found out what everyone's been talking about.

Ellis works Monday, Tuesday afternoon, Thursday and Friday mornings. For an appointment, call (806) 946-7552.

In Appreciation

Bartley Funeral Home would like to take this opportunity to express our sincere appreciation to the families we have been privileged to serve the last 5 years. We pledge our continued professionalism and honesty in the future.

To show our appreciation to families who would prefer to use *Bartley Funeral Home* we are pleased to announce that **we now accept ALL pre-need contracts.** **In other words, if you have a pre-need with another funeral home, WE WILL HONOR IT.**

We are **not owned** by any of the **large conglomerates in the foreign countries or Houston.** We are **independently** owned and our owner is Thad Bartley.

You will also find our facilities to be handicap accessible.

Our memberships include: Texas Funeral Directors Association, Panhandle Funeral Directors Association, The Better Business Bureau, the Plainview Chamber of Commerce, and Plainview/Hale County Industrial Foundation.



Thad Bartley



Jerry Chapa



Yolanda Hernandez



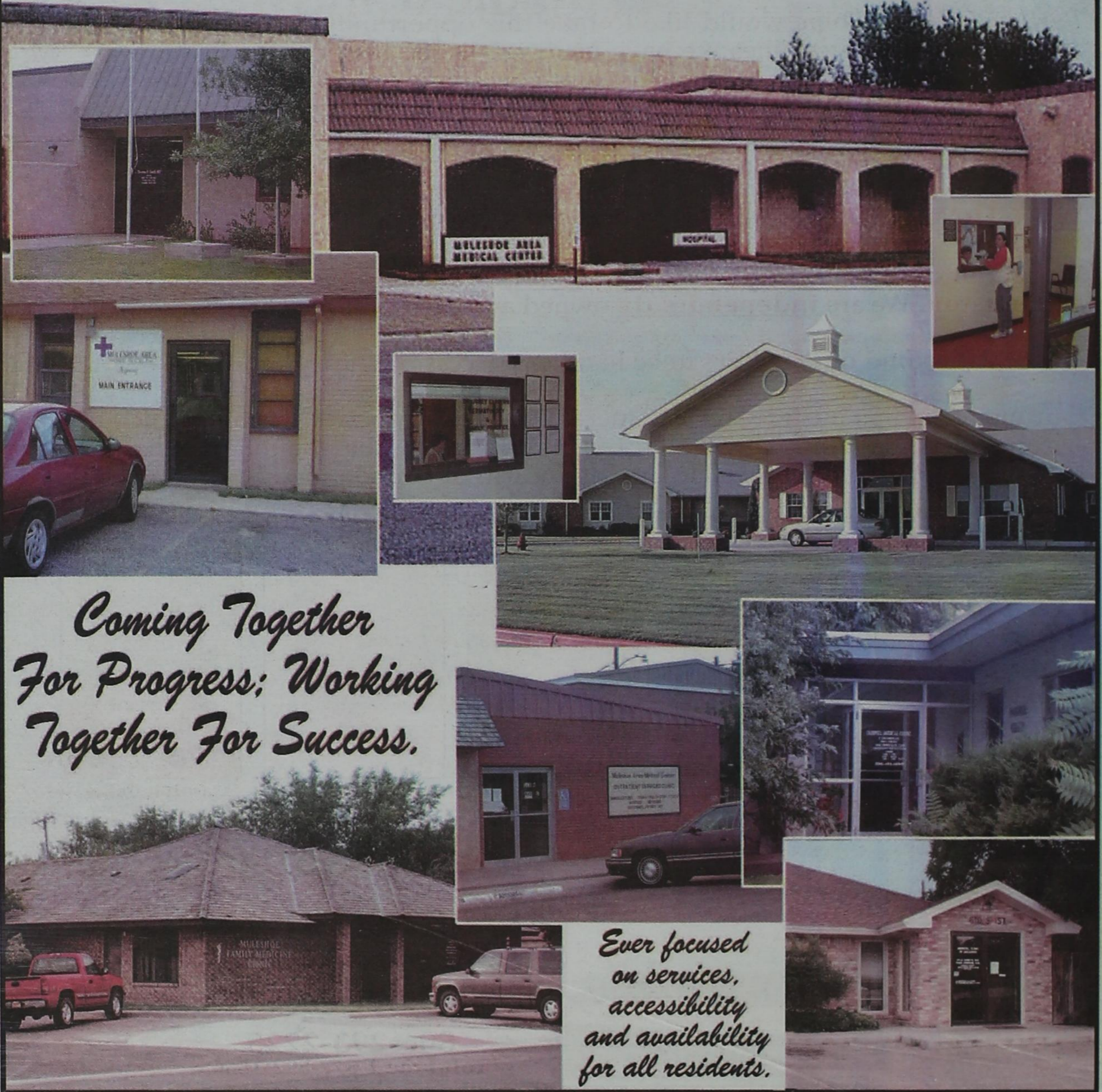
Fred Baker



Carolyn Baker



Muleshoe Area Hospital District



*Coming Together
For Progress; Working
Together For Success.*

*Ever focused
on services,
accessibility
and availability
for all residents.*

Muleshoe Area Hospital District committed to providing area A+ medical and health care

Our mission:

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

Muleshoe Area Hospital District was created in 1989 by vote of the citizens of the hospital district after being legislatively authorized by the Texas legislature. Governed by a five member board elected by district voters, the district has grown into a significant healthcare delivery system providing a continuum of care. The hospital district operates Muleshoe Area Medical Center, Muleshoe area Healthcare Center-Park View, Muleshoe Area Home Health Agency, Muleshoe Area Medical Center Outpatient Services Clinic, Muleshoe Family Medicine Clinic (Dr. Bruce Purdy), Medical Clinic of Muleshoe (Drs. Kyle Sheets and Ryan Johnson), and Farwell Medical Clinic. The Claborn Family Practice and Dermatology Clinic (Dr. Jobey Claborn) and the Precure

Chiropractic Clinic (Dr. Michael Precure) have offices at the hospital.

The hospital district employs over 200 people with an annual payroll in excess of \$4,500,000 and an annual budget greater than \$12,500,000.

The district provides a variety of services, including inpatient, outpatient, emergency, surgical procedures, laboratory, X-ray, ultrasound, CT-scan, physical therapy, respiratory therapy, rehabilitation, long-term care and home health.

The Muleshoe Area Hospital District has grown into a major area-wide healthcare provider by focusing on services, accessibility and availability for district residents, reflecting its motto of "Coming together for progress; working together for success."

As part of the continuum of providing health care services to the community and the region, Muleshoe Area Hospital District offers 24-hour emergency care, as well as inpatient and outpatient services through its Medical Center, Physician Clinics, an Outpatient Clinic and a Home Health Agency.

Muleshoe Area Medical Center

Services we provide:

- 24-Hour Emergency Room, Level IV Trauma Center
- Helipad
- Surgery
- Lab and X-ray
- CAT Scans
- Mobile MRI
- Mobile Mammograms
- Physical Therapy
- Respiratory Therapy
- Swing Bed Program
- Discharge Planning
- Family Violence Referrals

- Referrals to Social Services Agencies
- Community Awareness Program
- Community Education
- Child Birthing Classes
- Pharmacy Assistance Program
- Indigent Health Care Program
- Medicaid Qualifying Assistance
- Training Facility for South Plains College Student Nurses
- Clinical Rotations for Physical Therapy Students
- Clinical Rotations for Physician Assistant Students

Muleshoe Area Home Health Agency

Our Services:

- Skilled Nursing (RN's and LVN's)
- Home Health Aides
- Physical Therapy
- Medical Social Worker
- Speech Therapy
- RN on Call 24 Hours a Day, 7 Days a Week

King's Manor Methodist Home

Caring for Generations



24 Hour Nursing Care
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Independent Living in Cottages
Adult Day Care Services
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Hospice

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400 Ranger Drive
Hereford, Texas 79045
806-364-0661

41 years of caregiving

**King's Manor: Elder care
with competence and compassion**

King's Manor was founded forty-one years ago as a retirement center and nursing home and has responded to the changing demographics of the community in order to provide continuity of care from independent living through 24-hour nursing care.

The sunny, spacious cottages offer independent living in a secure and private community, without the burden of home and yard maintenance. When a little more personal care is required, assisted living apartments are available in a gracious living environment. Both styles of living offer a sense of community and opportunities to develop friendships while maintaining an active lifestyle.

Westgate Nursing provides quality care by a caring staff in a home-like environment replete with plants, birds, and dogs. Meals are served buffet style, offering the residents a wide variety of entrees, fruit and vegetables. Our strong activities and social services departments strives to help each resident maintain their dignity and independence as they make the transition to nursing care.

The experienced staff works together to achieve not only physical health, but spiritual and emotional wellbeing.

The Adult Day Care Services helps mentally and/or physically impaired adults to maintain or improve their level of functioning, allowing them to remain in their home in the community. The program is offered Monday through Friday, from 7:30 a.m. to 5:30 p.m., and offers participants the opportunity to socialize, receive health and social services, and provides up to 50 percent of their daily nutritional needs.

King's Manor also offers Home Health and Hospice services.

Reasons given to eat bread, grains for optimal health

At a conference on vascular health, held June 30, new research on inflammation and heart disease demonstrated that long-term adherence to low-carbohydrate diets significantly increased the risk for cardiovascular disease.

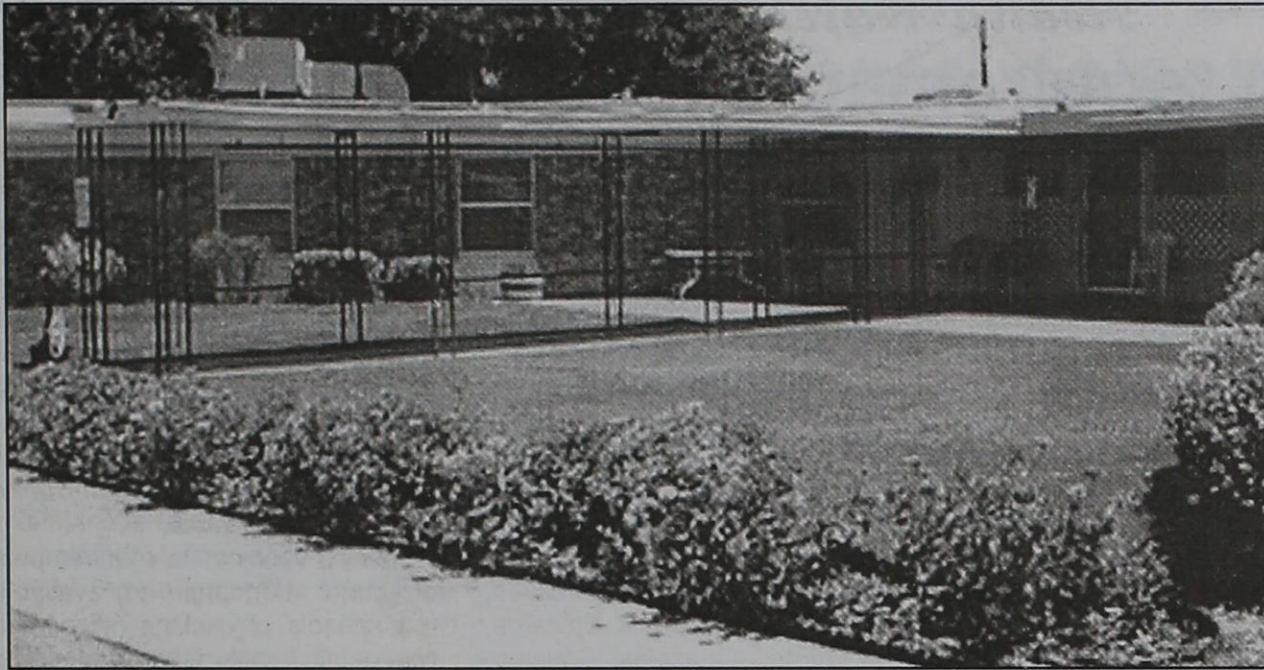
Dr. Richard Fleming, preventive and nuclear cardiologist with the Department of Physics at Hampton University in Virginia shared the results from his test on the impact of low-fat, low-carbohydrate and moderate-fat diets on weight-loss and coronary blood flow as it is linked to early stages of heart disease at the Eighth International Conference on Vascular Endothelium.

Study participants who followed either moderate-fat or low-fat diets showed improved coronary blood flow. Conversely, people on a high-fat, low-carbohydrate diet experienced higher levels of a blood chemical known as Interleukin-6 that indicates chronic inflammation and is considered an early indicator of heart disease, according to Fleming.

"What people eat not only influences their weight, but also their overall health and well-being," said Fleming. "Being overweight or obese is associated with increased inflammation which may cause heart disease, certain cancers and a number of other health problems. However, suboptimal diet plans, like low-carbohydrate regimens, may negate the positive effects of weight loss by promoting an increase in inflammatory coronary artery disease risk factors."

"Dr. Fleming's research underscores the nutritional value of incorporating grain products into your diet," says Judi Adams, MS, RD, president of the Grain Foods Foundation. "Yet most consumers are unaware of how grain foods can contribute to the prevention of heart disease, as well as some cancers, birth defects and diabetes."

Marcia Scheideman, MS, RD, and president of the Wheat Foods Council, says, "When consumers cut carbohydrates from their diet in an effort to follow the latest fad diet, they are eliminating a whole food group that can help with weight control and one that provides a variety of vitamins and nutrients that are an essential component of a healthy diet."



In the homelike setting at Dimmitt Nursing and Rehabilitation, we are providing care in the peace and quiet of the country. We recognize that the residents' success in long-term care is dependant on the care and treatment received, and also on family support and involvement. Our primary goal is to give our residents all that is needed to achieve the highest quality of life possible.

We Offer:

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- Long-term care
- Respite care
- Hospice
- Wound care
- Pain management
- Physical therapy
- Occupational therapy
- Speech therapy
- An active resident council

Medicare and Medicaid rooms are available

Dimmitt Nursing and Rehabilitation

Positive changes make Dimmitt nursing home the best choice

Dimmitt Nursing and Rehabilitation has undergone many positive changes in the last few months.

The nursing home is growing, and has recently welcomed several new residents to their new home in Dimmitt.

The nursing home and rehabilitation center has also welcomed a new administrator. Erin Crosson, a recent graduate of Texas Woman's University in Denton, and of the Long-Term Care Administration program at Tarrant County College, has joined the team.

"I am happy to be here in Dimmitt and to be working with such a good staff. This is a great little nursing home. We are looking forward to more growth for the facility and to being an active part of the Dimmitt

community," Crosson said.

"We are also thankful to have some wonderful volunteers who have been working the past few months to decorate the halls and make the atmosphere here much more cozy," a representative from the nursing home said.

The volunteers are decorating the halls with all different themes, from one hall honoring our nation's veterans to another decorated in "Red Hat" decor.

"We are planning an open house for mid-September to show off all this volunteer work, and will be posting invitations in the paper and around town," the representative said. "Everyone is welcome to come visit the facility and to meet the residents and staff."

"I am happy to be here in Dimmitt and to be working with such a good staff..."

— Erin Crosson

Government publications available to help with skin care problems

Whether you're 14 or 40, you want your skin to be smooth and clear. But skin diseases from acne to eczema affect millions of people of all ages. Learn how to ease the suffering of these conditions with a new, free package of publications from the National Institute of Arthritis and Musculoskeletal and Skin Diseases.

Acne is a pretty big deal to teenagers since nearly 85 percent of them develop the disorder. Find out about what causes acne, the treatments that will and won't work, and how to properly care for your skin with *Questions & Answers About Acne*.

Atopic dermatitis, also known as eczema, is a long-lasting disease that causes the skin to become extremely itchy and inflamed, triggering swelling, redness, and scaling. It commonly affects infants and young children. The publication *Atopic Dermatitis* covers the symptoms, treatment options, and common irritants to avoid.

Like eczema, psoriasis is a skin dis-

order that causes scaling and inflammation. The itching and pain of psoriasis can cause significant physical discomfort, which may interfere with daily activities such as walking and sleeping. *Questions & Answers About Psoriasis* explains what causes this chronic skin disease, how it is diagnosed, and the various medications and therapies that are available.

There are three easy ways to get your free Skin Care package:

- Send your name and address to Skin Care, Pueblo, Colorado 81009. Visit www.pueblo.2sa.2ov/rc/n26skin.htm to place your order online or to read or print out these and hundreds of other federal publications for free. Call toll-free 1-888-8 PUEBLO. That's 1-888-878-3256, weekdays 8 a.m. to 8 p.m. Eastern Time and ask for Skin Care.

Get even more information and take advantage of federal online resources at www.FirstGov.gov, your official front door to federal and state government websites.

Health Watch

New immunization requirements take effect Sept. 1

A new law effective Sept. 1 requires that children attending child-care centers and enrolled in early childhood programs be vaccinated against invasive pneumococcal and hepatitis A diseases, according to the Texas Department of State Health Services (DSHS).

Pneumococcal disease is caused by a bacteria that often leads to middle ear infections, pneumonia, blood stream infections, sinus infections and meningitis. The vaccine is required for all children age two months through 59 months attending child-care facilities and pre-kindergarten programs.

Hepatitis A is a liver disease that is spread from person to person, often by putting objects in the mouth that have been contaminated with the stool of a person with hepatitis A. Children in child-care centers and pre-kindergarten programs who are two years old or older will need two doses of hepatitis A vaccine given six to 18

months apart.

To attend child-care facilities and pre-kindergarten programs, a child also must be immunized against diphtheria, tetanus, pertussis (whooping cough), polio, measles, mumps, rubella, hepatitis B, varicella (chicken pox) and Haemophilus influenzae type b (Hib) at the appropriate age.

If children do not have at least the first dose of the required vaccines by Sept. 1, they may be excluded from child-care facilities and pre-kindergarten programs.

New this year for school children are expanded requirements for hepatitis B and varicella immunizations. Students in kindergarten through 11th grade must have received hepatitis B vaccine. Those in kindergarten through fifth and seventh through 11th grades must have received the varicella vaccine before the start of school.

"Parents should be sure their children are in compliance with all school-

enrollment vaccination requirements prior to the start of school," said Monica Gamez of the DSHS Immunization Branch. State rules require that school students be vaccinated against nine illnesses: diphtheria, tetanus, pertussis, polio, measles, mumps, rubella, hepatitis B and varicella.

In addition, hepatitis A vaccine is required for students in kindergarten through third grade who attend school in a county with a high incidence rate.

These counties are Bexar, Brewster, Brooks, Cameron, Crockett, Culberson, Dimmit, Duval, Edwards, El Paso, Frio, Gonzales, Grayson, Hidalgo, Hudspeth, Jeff Davis, Jim Hogg, Kenedy, Kinney, La Salle, Maverick, McMullen, Moore, Nueces, Pecos, Potter, Presidio, Randall, Real, Reeves, Starr, Sutton, Terrell, Terry, Uvalde, Val Verde, Webb, Willacy, Zapata and Zavala.

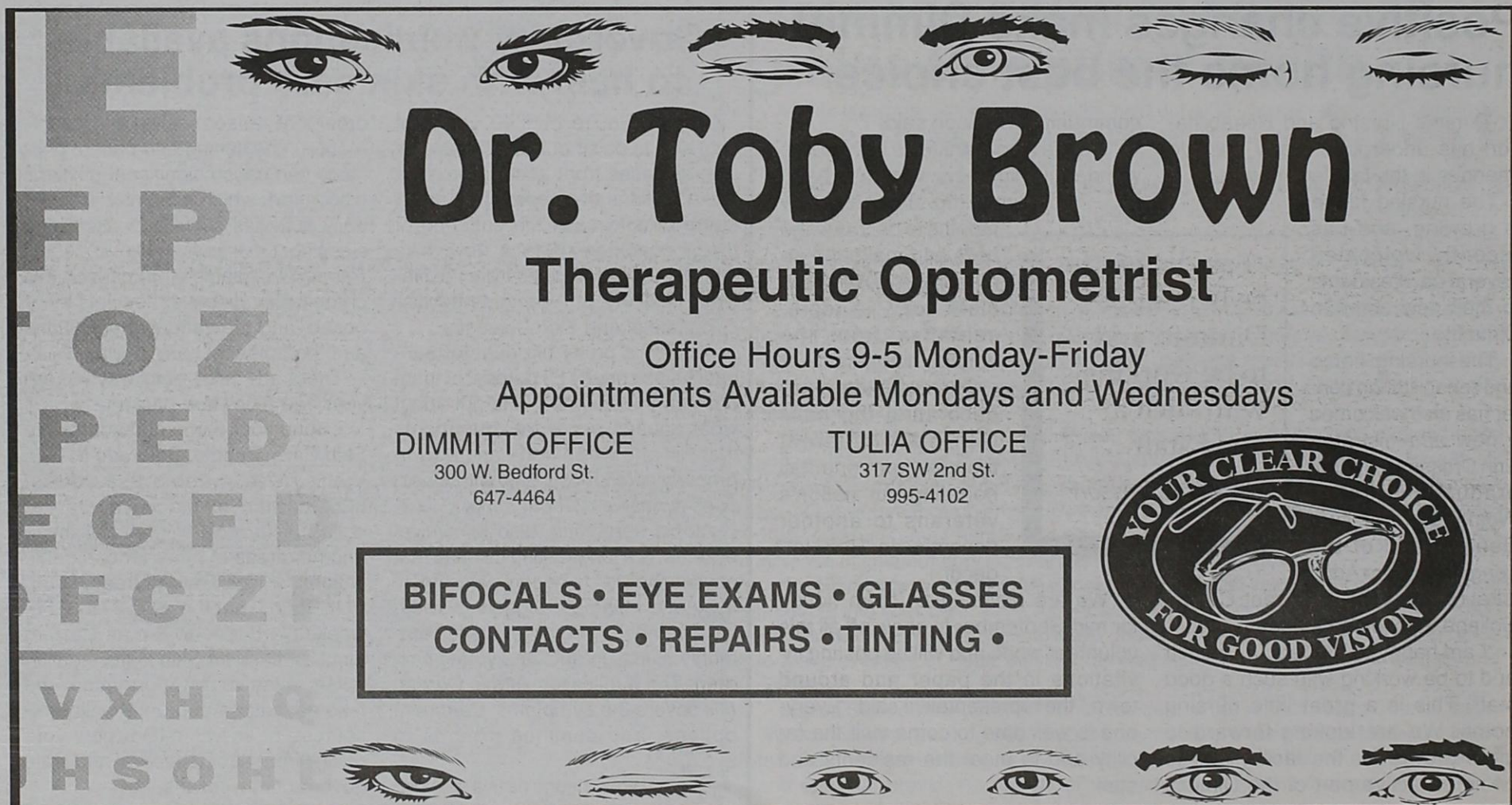
Routine vaccination recommendations call for most of the vaccine doses required for school attendance to be

given by age 2 with boosters between ages 4 and 6. Catch-up schedules are available for students who did not receive the vaccines when younger.

Military dependents, homeless students and certain students transferring from other Texas schools will be granted temporary enrollment regardless of vaccination status. Some students are exempt from vaccination requirements for medical reasons or for reasons of conscience.

Specific vaccination requirements for school attendance are available from schools, physicians' offices and local public health departments. The information also is available online at www.ImmunizeTexas.com <<http://www.immunizetexas.com/>> or by calling DSHS toll free at 1-800-252-9152.

Vaccination requirements apply to students in all public and private primary and secondary schools, those in registered child-care facilities and students enrolled in pre-kindergarten programs in Texas.




Dr. Toby Brown
Therapeutic Optometrist

Office Hours 9-5 Monday-Friday
Appointments Available Mondays and Wednesdays

<p>DIMMITT OFFICE 300 W. Bedford St. 647-4464</p>	<p>TULIA OFFICE 317 SW 2nd St. 995-4102</p>
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Health Watch

Be prepared for accidental poisoning

Millions of people are accidentally poisoned every year.

According to the American Association of Poison Control Centers, a child is poisoned every 30 seconds in the United States and 60 percent of those poisonings occur with children under the age of six.

The AAPCC noted that poisons come in four different forms: Medications, powders, plants, granular pesticides and fertilizers are solid forms. Examples of liquid poisons are lotion, furniture polish, lighter fluid and syrup medicines.

Special attention should be paid to liquid poisons because a large quantity can be swallowed in a short period of time and they are absorbed quickly.

Spray poisons include insecticides, spray paint and some cleaning products. If inhaled, spray poisons can cause damage to the heart and lungs. There are also invisible poisons such

Poison Control Centers:

Texas Panhandle Poison

Control Center

1501 S. Coulter
Amarillo, TX 79103
1-800-222-1222

Methodist Hospital

Poison Center

3615 19th St.
Lubbock, TX 79413
1-806-793-4326

as carbon monoxide from hot water heaters, exhaust fumes from can fumes from gas or oil burning stoves.

Charles Barton, M.D., a physician at Covenant Emergency Department, said they treat poison cases quite often in the pediatric emergency room, mostly due to children accidentally in-

gesting over-the-counter medications or their parents' prescription drugs.

The National Capital Poison Center gives these tips to prevent poisonings:

- Store medicines and household products in their original containers.
- Lock medicines and household products where children cannot see or reach them.
- Use child-resistant packaging and replace caps tightly after using the product
- Always read the label before taking or giving medicine.

Use household products according to label directions. Mixing products can cause dangerous gases to form.

The NCPC also states that 92 percent of all poison exposures occur in the home. Personal care products, cosmetics, cleaning substances and analgesics are the most common forms of exposure for children under the age of 6.

Protect your children's

health...

make sure they're immunized!

History Notes

According to *Tales and Trails of Bailey County*, Muleshoe physician Dr. A.R. Matthews' first office was in the back of a service station located on South Main Street. He later moved his office to the McCarty Drug Store.

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Something Special Gifts has something for everyone; specializes in wedding gifts

Something Special Gifts, located inside Western Drug Co. at 1411 W. American Blvd. in Muleshoe, is your one-stop shop for every gift item from Yankee candles and ladies wigs to Mikasa crystal and western accessories.

Owner Judy Wilbanks and store manager Glenna Yell invite you to stop in and see the great selection of gift items for yourself.

"Our space may look small, but we carry one of the best selections of gifts items you'll find in West Texas. Glenna has really helped merchandise the store well so our location, though quaint, isn't lacking beautiful, quality merchandise," says Judy.

You'll find a large selection of Yankee candle jars, tarts and votives along with both electric and non-electric candle warmers, china and pottery by Mikasa, Noritake and Dansk, and crystal by Mikasa, Noritake and Crystal Clear.

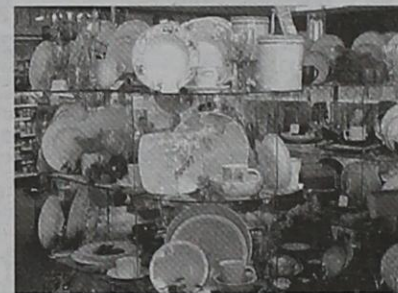
We also have a lovely selection of pewter trays, chips-n-dips bowls and salad bowls. Decorative kitchen or bathroom canister sets are also available at Something Special.

If you're looking to decorate your home, we offer a variety of home decor items, including candlesticks, mirrors, wall hangings, tabletop decorative accessories, lamps and throws perfect for snuggling up with or hanging on your walls.

In addition to more traditional items, Something Special also carries high quality ladies wigs and fragrances for both women and men.

And little ones aren't left out of the shopping fun at Something Special! We handle baby's gifts and infant clothes up to nine months.

"If you haven't been in to see what's new, make the trip today. And if you haven't ever visited our store, don't deny yourself any longer," says Judy. "We think you'll soon find out it's worth your time to come and look around!"



Covenant Home Care offers a variety of services

As one makes the important decision of choosing a home care provider, there are many facets to consider. One agency that can help you is **Covenant Home Health Care**, which is located in **Littlefield, Plainview, and 8 other West Texas towns**. They are available 24 hours a day, 7 days a week, and are built of health care personnel who are dedicated to providing the highest level of personal care.

One fact to consider is the myth that home care is just for the elderly. Covenant Home Health Care offers a multitude of services within one company, providing a continuum of care. Not only can Covenant Home Health Care offer skilled nursing and home care aides, but also a variety of specialty services that will cover patients of any age from birth on up with the assurance that warmth and understanding are only a phone call away.

Pediatric home care is for patients from birth to age 18. An OB/GYN program can provide care for those patients who are expecting a baby and are not as stable as they should be.

Also available are nurses who specialize in wound and ostomy care. One other option for home care is telemedicine. Covenant Home Health Care is an exclusive provider of HomMed telemedicine which places a monitor in the patient's home and monitors their vital signs

daily, leaving a peace of mind that they are being looked after daily, even though a nurse is not actually present in their home.

One more specialty program Covenant Home Health Care is known for is our Foot Steps program. We are able to perform foot related skills such as toenail trimming, sensory testing, foot care education and more.

Covenant Home Infusion can partner up with Covenant Home Health to provide IV antibiotics and hydration in the home setting eliminating the need for an extended hospital stay. This organization is definitely dedicated to serving you and providing professional standards and personal excellence second to none.

A referral requires a physician's order, yet anyone can get the referral started as they see a need arise. Medicare, Medicaid, or private insurance may cover many of these services. Each provider has different guidelines and coverage. Check with your provider and look into your options.

Remember Covenant Home Health Care's phone numbers **806-385-3255 or 800-887-4570 (Littlefield) or 806-296-2767 or 800-725-2767 (Plainview)** for any information, or to set up an appointment to discuss any questions that you may have about our services.

*Covenant Home Care offers
"assurance that warmth & understanding are
only a phone call away."*

*Se Habla
Español*


Serving the West Texas area 24 hours a day, 7 days a week



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Home Health Care		Littlefield
		806-385-8255 800-887-4570
Plainview	Lubbock	Midland
806-296-2767 800-725-2767	806-725-8400 800-445-8125	432-686-0900 800-437-4098
Big Spring	Floydada	Post
432-263-6816 800-480-6816	806-983-3001 800-851-6977	806-495-3533 800-939-3533
Crosbyton	Levelland	Spur
806-675-7321 800-207-3664	806-894-2375 800-887-1501	806-271-4696 800-617-4696

Health Watch

Breast cancer feared, but heart disease is top killer

Jennifer Wider, M.D.

Society for Women's Health Research

Although heart disease is by far the number one killer of American women, a strong majority of women say breast cancer is the disease they fear the most, according to a new survey commissioned by the Society for Women's Health Research in Washington, D.C.

"Women tend to fear breast cancer more than heart disease, which doesn't make sense from a statistical standpoint because the incidence of heart disease is much greater," Michael Remetz, M.D., an associate professor of cardiology at Yale Medical Center in New Haven, Conn., said.

Almost a quarter of the women surveyed, 22 percent, said breast cancer is the single disease they most fear. All cancer responses totaled 57 percent. Heart disease was the second most feared specific disease, with 9.7 percent of women calling it their top fear.

Women are more aware of their risk for heart disease now than in the past.

The percent of women who most fear heart disease has nearly doubled since 2002, representing a growth in awareness that heart disease is not solely a disease of men.

"Increased efforts by the Society for Women's Health Research and other women's health groups to raise awareness of heart disease in women, in particular through the Red Dress national awareness campaign, have definitely paid off," Sherry Marts, Ph.D., the Society's vice president of scientific affairs, said.

The survey shows that diseases women most fear do not match up with the ones most likely to kill them. Heart disease was responsible for 28.6 percent of all deaths in U.S. women in 2002, the last year for

which complete data is available from the Centers for Disease Control and Prevention. All cancers combined, however, represented only 21.6 percent of women's deaths that year. Breast cancer was responsible for less than four percent of all deaths.

"It's all perception," Remetz said. "Heart disease is viewed as more of a chronic process that people can live with. They may be fearful of heart attacks, but many view chronic illness as something that will not kill them immediately."

The word cancer usually evokes fear in most people and advocacy groups have made marked efforts to increase public consciousness.

"Breast cancer organizations have been very successful in raising awareness," Marts explained. "It is the most common cancer diagnosis among women. However, advances in treatment have increased survival rates dramatically, so it is no longer the leading cancer killer of women in the U.S. That distinction belongs to lung cancer."

"It may also be an issue of control," Remetz said. "Breast cancer has a strong, emotional component. Breast cancer can involve mutilating surgery but with heart disease, doctors can use medications, angiography and stents to prevent further disease. People feel that they can beat it."

Lung cancer ranked seventh among women's greatest health fears, even though it claims more female lives when compared with breast cancer. In 2002, more than 67,000 U.S. women died of lung cancer, while 41,500 died of breast cancer. Lung cancer is the leading cause of death from cancer for both men and women in the United States. Although the number of cases seems to be decreasing among men, it continues to rise among women, according to the American Lung Association.

Women need to be aware of their risk for different diseases. "We need continued public education, as well as improved understanding among health care providers, about how diseases such as heart disease and lung cancer affect women," Marts cautioned. "Women and men are affected differently by a wide range of conditions. It is important to pay attention to your individual risk factors and be aware of which diseases are on the rise. Knowing their symptoms and the available tools for prevention and treatment are keys to maintaining good health."

"They may be fearful of heart attacks, but many view chronic illness as something that will not kill them immediately..."

Are you sun smart?

Submitted by Mandi Seaton

Bailey CEA-FCS

Summer and sunshine just naturally go together. Whether mowing the lawn, caring for the garden, or attending a baseball game, every outdoor activity means exposure to the sun.

A little sunshine is a good thing, but too much can be deadly. Protecting the skin from the sun's harmful ultraviolet rays is essential in the prevention of premature aging effects and other skin damage, eye problems and skin cancer.

Staying indoors all the time is not practical... or desirable, for most people. Instead, try these simple steps to protect your skin from damage caused by the sun.

- Use sunscreen. Most people don't realize sunscreen is the easiest and most effective way to block the sun's harmful rays. Choose a sunscreen with at least SPF 15 or higher. Apply sunscreen 20 to 30 minutes before heading outside. Reapply every two hours. If swimming or sweating reapply more often.

Put sunscreen on all exposed areas of the body, including ears, nose, and the back of the neck. Use lip balm with an SPF of 15 or higher to protect your lips.

- Wear a hat. Hats with a minimum of a three-inch brim will protect the neck, ears, eyes, forehead, nose, and scalp.

- Wear sunglasses. Buy sunglasses with 99-100 percent UV protection to protect your eyes.

- Limit sun exposure. Avoid the sun, or seek shade, from 10 a.m. to 4 p.m. when the sun's rays are the strongest. UV radiation can pass through clouds and water so don't assume you are safe if it is cloudy or overcast.

For more information on sun safety and skin cancer, contact Mandi Seaton, Bailey County Extension Agent—Family and Consumer Sciences, 306 West Second, Muleshoe, TX 79347, 806-272-4583; or visit <http://coolshade.tamu.edu>.

THANK YOU TO ALL HEALTH CARE PROFESSIONALS!

Continued from page 2
 know who he's dealing with."

I rejoined reality in time to hear him say that the fullness can turn into indigestion or heart burn if you insist on continuing to eat. After that, your belly starts to cramp which should be a big enough deterrent to make you quit eating.

I thought to myself "deterrent to make me quit eating? Even if I didn't have a mouth or hands, I'd find a way to keep eating, buddy."

"In general, patients end up eating about half of what they have been capable of eating previously," he told the captive audience.

My problem with this concept is simple...I eat three times what I'm supposed to eat. Won't cutting my intake in half only mean I'm still eating more than I should?

Dr. Mcllroy then explained some expected side-effects of the procedure, including nausea. It can even make food or cigarettes taste metallic or extremely sweet. On the plus side, it can

kill cravings for food and cigarettes and withdrawal symptoms from quitting smoking.

"One of the oddest reports I've had is that it improved a woman's golf game by 10 strokes," Mcllroy joked. "She hadn't lost any weight, but she was very happy with the results anyway."

The staples have been reported to change the taste of food - to moldy, pure sugar, enhancing the chocolate flavor, some have said peanut butter tasted like pure salt.

Davie and I tested this possible side-effect almost immediately after leaving the doctor's office. We made a bee-line to the local steakhouse and ordered soup and salad.

Although my cucumbers tasted like sweet pickles and her broccoli salad tasted like watermelon that first meal, neither of us has experienced any other strange taste sensations since.

Doctor Mcllroy proceeded to explain another possible side-effect—infection, though this is rare if precautions

are taken. Both infection and swelling can cause the staple to quit working.

"If your staples do become infected, they must be removed either by yourself, myself or the emergency room," he said. "If you end up having to go to the ER, it's going to be a lot more expensive to have them removed," he said.

Finally, Dr. Mcllroy begged our group of ladies to give him at least a week before we give up on it. I was one of the lucky ones - it took from the get-go.

The doctor is in his Levelland office on Monday, Wednesday and Friday, 9 a.m. until noon, 1:30-5:30 p.m.

He's in his Lubbock office Tuesday and Thursday, 9 a.m. until noon, 1:30-5:30 p.m. and Saturdays, 9 a.m. until noon

Either Mcllroy Chiropractic Clinic location can be reached by calling (806) 894-8119.

Although most of his day is spent working on patients in his chiropractic services, he does the ear stapling three times a day, placing all ear acu-

puncture patients together as one group.

Other interesting info:

- Ear acupuncture works with the body's memory. In one to two months, your memory will catch up making it unlikely that you'll rebound and regain the weight you've lost.

- The average weight loss is 25-30 pounds; the biggest loss recorded thus far by Dr. Mcllroy's office has been 168 pounds.

- The staples seem to work best in the left ear about 80 percent of the time and in the right ear about 20 percent of the time. To cover all bases, he staples both ears.

- Mcllroy is the only chiropractor in this area who performs the procedure, learning the art from a fellow student while still in college. Though knowledgeable of all acupuncture points, he only offers weight loss and smoking procedures to the public and has been doing so for 15 years.

- Skin staple removers can be purchased from Dr. Mcllroy's office for \$5.

Health Watch

Avoiding mosquito bites key in preventing West Nile Virus

The name may sound exotic—West Nile virus.

But it is the common backyard mosquito that is the troublemaker, the potential carrier of this and other infectious diseases. Most mosquitoes are simply an annoyance, but avoiding mosquito bites is the key to preventing illness.

"We do not know the extent to which West Nile infections or the other mosquito-borne illnesses will affect Texans this year," said Jim Schuermann, staff epidemiologist for vectorborne and zoonotic diseases with the Texas Department of State Health Services. "But we do know that mosquitoes are a problem in every part of the state every year. And there are steps people can take to protect themselves."

At the top of the list is to use an insect repellent containing DEET, picaridin or oil of lemon eucalyptus. According to a 2003 DSHS survey, 77 percent of the people who got the most serious forms of West Nile infection never used repellent. This year the U.S. Centers for Disease Control and Prevention added picaridin and oil of lemon eucalyptus to the list of recommended

repellent ingredients.

"People should read and follow the label instructions," Schuermann said.

DSHS offers the following additional recommendations.

- Drain standing water from around your home. Empty cans, buckets, tires, rain gutters, tree holes and saucers under potted plants regularly. Change the water in pet bowls, bird baths and wading pools several times a week. It only takes a thimble of water for mosquitoes to breed.

- Limit the amount of time outdoors between dusk and dawn when those mosquitoes likely to carry infections are most active.

- Dress appropriately when outside in mosquito-infested areas. Cover as much skin as possible to reduce exposure to mosquito bites and use a recommended repellent on exposed skin. Mosquitoes may bite through thin clothing, so spray clothes with repellent containing either DEET or permethrin for extra protection. Studies show that permethrin sprayed

on clothing lasts through several washings.

Schuermann said it also is important to keep mosquitoes out of the house. "Be sure door, porch and window screens are in good condition," he said.

West Nile virus and other mosquito-borne infections can result in serious illness or death. "With West Nile virus, older people, especially those who already have medical problems, are most likely to develop the more serious forms of illness including encephalitis and meningitis," Schuermann said.

In 2004 West Nile was detected in 101 Texas counties. A total of 119 human cases of serious West Nile illnesses from 40 counties were reported, including eight deaths.

West Nile infection is caused by the bite of an infected mosquito that gets the virus when feeding on infected birds and other wild animals. It is not transmitted from person to person.

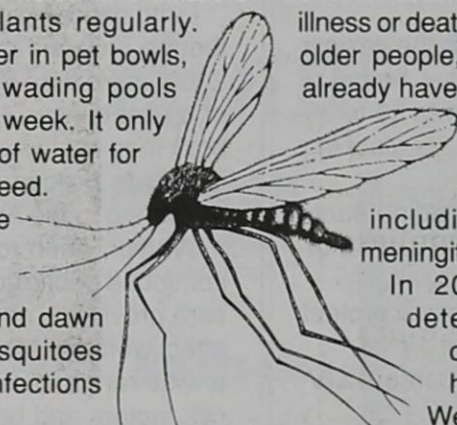
The risk of exposure to West Nile virus is relatively small. Not all mosquito species are able to transmit the virus.

Of the species that do, only one in 100 mosquitoes will be infected; and only a small number of people bitten by infected mosquitoes will become sick. In general, out of 100 people infected with the virus, only 20 will develop any illness at all.

Symptoms usually appear from three to 14 days after a person is bitten. For most who do develop symptoms, the illness is relatively mild. The most common symptoms of mild infections include fever, headache, muscle aches and drowsiness.

About one of 150 people infected with the virus will develop a severe form of the illness with symptoms that include intense headache, high fever, nausea, stiff neck, muscle tenderness, shivering and mental confusion. Convulsions, coma, and death may follow. For those who survive, recovery may take months.

Other mosquito-borne illnesses include St. Louis encephalitis, eastern equine encephalitis, western equine encephalitis and dengue fever. There is no specific treatment for these infections. For more information visit the DSHS Web site: www.dshs.state.tx.us.





Castro County Healthcare

HERE'S OUR CARING HOSPICE CARE STAFF



Dedicated to making life better

PMH Hospice Care

Our Hospice program provides many benefits not possible in a traditional health care setting and focuses on the unique needs of patients and families. We hope to inform the community that there is a caring option for the terminally ill and their families. We also offer bereavement services for thirteen months after a loved one has passed away to help through all the first anniversaries, birthdays and other important events. For more information, please contact Donna Charanza, RN, Hospice Director, at 806-647-2848, 213 E. Etter, Dimmitt, Texas, today for an appointment at 806-647-5646.

Plains Memorial Hospital

310 W. Halsell
Dimmitt, TX
806-647-2191

Durable Medical Equipment

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Dimmitt, TX
806-647-5105

Welch Rehab

310 W. Halsell
Dimmitt, TX
806-647-2646

Medical Center of Dimmitt

112 W. Jones
Dimmitt, TX
806-647-2194

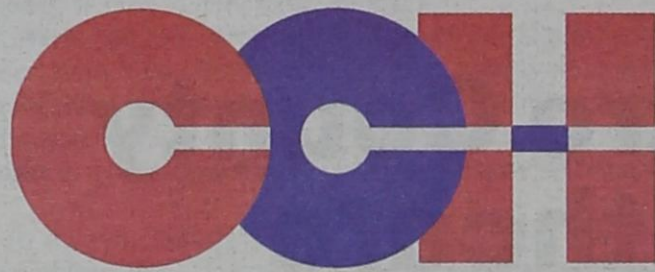
PMH Home Health/Hospice

213 W. Etter
Dimmitt, TX
806-647-2848

WELCH REHAB FITNESS PROGRAM



Do you need to get in shape, but want more than just a gym? Welch Rehab can evaluate your needs, set up a sensible program and help you achieve your goal. Celina Brockman, Certified Fitness Trainer, and Crystal Backus, PT, will guide you through the confusion of exercise programs and set up a personal system that works for you. The equipment in the Welch Rehab department is perfectly suited to meet your fitness needs. Please call Welch Rehab to set up an appointment.



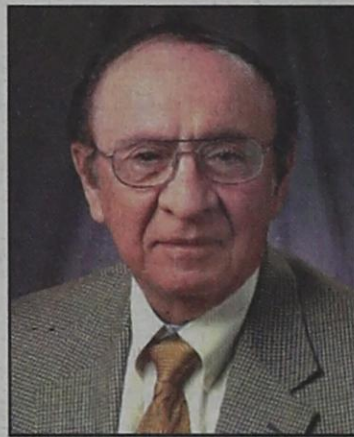
Castro County Healthcare

Meet Your Providers



DR. GARY HARDEE

Dr. Hardee has been providing healthcare to area residents of all ages since 1985. He is the Medical Director of the clinic and is Board Certified in Family Practice. Dr. Hardee is a graduate of Texas Tech University and the University of Texas Medical Branch.



DR. GREG MATOS

Dr. Matos is certified by the American Board of Surgery and does both general and peripheral Vascular surgery. He completed his training at the University of Puerto Rico School of Medicine and received a fellowship from Mercy Hospital in New York in Peripheral Vascular Surgery. His interests include family practice, abdominal surgery, gynecological surgery and Cancer of the head, breast and neck.



TONIA FRYE, P.A.

Tonia is a Certified Physician Assistant, graduating from Texas Tech University in 2002. She is the newest addition to our Medical Staff and she provides healthcare to all ages along with assisting our Physicians in the Emergency Room.



JILL McLEAN, FNPC, R.N., MSN

Jill received a master of science degree in nursing from WTA&MU in 2000. Jill is certified as a Family Nurse Practitioner by the American Nurses Credentialing Center and is a member of Sigma Theta Tau and the International Honor Society of Nurses. She started nursing in 1983 and was most recently employed by BSA Family Medical Clinic from 2000-2005. She came to CCH in April 2005. She is married to Charles and they have two daughters, Summer and Cassie.



DR. SKYLAR BIZZELL

Dr. Bizzell is a graduate of Texas Tech University School of Medicine and is Board Certified in Family Practice. His interests include family medicine, sports medicine, botox, acne treatments, microdermabrasion and endoscopy.