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## Back To School

Tahoka Elementary Pride Corp hosted a Back-To-School night with a Carnival theme Tuesday night, with students and their families meeting their teachers and putting up school supplies before heading to the playground for some fun. Atmos Energy supplied free hot dogs for the night, and a good portion of the crowd in the background shown here is waiting in line for their turn for the free treats. The family in the foreground is already enjoying the cold drinks and dogs. Face-painting, snowcones, Bulldog stuff and more were available at the event.

(LCN PHOTO)



# THE Lynn County News



VOLUME 100, NUMBER 34

TAHOKA, LYNN COUNTY, TEXAS

THURSDAY, AUGUST 21, 2003

6 PAGES PLUS INSERT

50¢

**Lynn County Harvest Festival Booth Reservations**  
Call Rebecca Ingle, 561-4440, to reserve booth space (\$30 per space)  
Harvest Festival to be held Saturday, Sept. 13 at Courthouse Square in Tahoka

Weather			
Date	High	Low	Precip.
Aug. 13	85	62	
Aug. 14	83	61	
Aug. 15	86	64	.02"
Aug. 16	92	58	
Aug. 17	93	66	
Aug. 18	96	69	
Aug. 19	95	69	
Total Precip. in August: 0.02"			
Total Precip. to date: 8.97"			



**SERVING UP DOGS** - Kevin Larpenter reaches for a hot dog bun as he serves hot dogs at the Back-To-School Carnival Tuesday night at Tahoka Elementary. Larpenter works for Atmos Energy, who provided the treats for the event. (LCN PHOTO)

## Harvest Festival Gearing Up For Saturday, Sept. 13

Plans for the annual Lynn County Harvest Festival are gearing up, with this year's festival scheduled for Saturday, Sept. 13 at the courthouse square in Tahoka. Food and game booths, queen and princess contests, prize giveaways and musical entertainment are offered during the day's activities.

Booths are offered on a first-come, first-serve basis, at a cost of \$30 per booth. To reserve booth space, contact Rebecca Ingle at 561-4440 (leave message if no answer).

Harvest Festival Queen Contest chairmen are Byron and Sandra Norwood, Karen Huffaker and Leah Taylor. Lynn County high school girls interested in entering the queen contest should call Mrs. Huffaker at 561-4302. Princess chairman is Tammy Angeley, who may be con-

tacted at 561-4213. The contest is open to all Lynn County girls in grades 3-8.

Bandgora, a popular band who has performed for several Harvest Festivals, will again provide musical entertainment during the day as well as for the Street Dance that evening.

Area merchants will soon be contacted to provide merchandise for the hourly merchant drawings, and sign-up slips will be available in the next week or so for area residents to sign up for the drawings. You must be present to win in the merchant drawings, as names are announced from the stage.

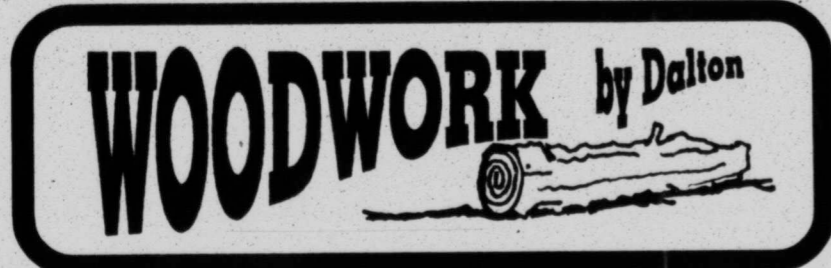
## Beer Sales, Phone Theft Reported Here

A Tahoka man and woman were arrested Saturday by local law enforcement officers and agents of the Texas Alcoholic Beverage Commission and charged with sale of beer. Several 30-packs of beer were confiscated.

Loretta Perez of Tahoka told police someone had stolen her Nokia cellular telephone Saturday. Service to the phone then was disconnected. Police also were called to several scenes of domestic disturbances, and made several arrests related to liquor law violations.

In jail during the week were 20 persons on charges including driving while intoxicated, failure to appear on DWI charges, no auto liability insurance, warrants from Bexar and Hidalgo Counties, failure to identify to a peace officer, public intoxication, theft over \$50, no drivers license, minor in possession of alcoholic beverage, minor driving under the influence, furnishing alcohol to a minor, fugitive from justice, delivery of a controlled substance, application to revoke probation on conviction of burglary of a habitation, possession of controlled substance, and no drivers license plus fictitious insurance and inspection documents.

All of these brought the total jail population to 40 as of Wednesday, with 16 of these held for Lubbock and four held for Hockley County.



SOMEBODY who no longer lives in Lubbock commented about that city in an e-mail which has been forwarded quite a bit in this area. Here's the way it starts:

Lubbock has some type of ten-year cycle of weirdness. In the 70s tornadoes struck. In the 80s the Virgin Mary was expected to appear. In the 90s an earthquake shook Lubbock. In 2002 a Tech professor lied about destroying viruses which could wipe out a big hunk of the population. Psychics predict that the cycle of unusual happenings will continue into 2011 when some Lubbock driver will use a turn signal.

Among other things, the e-mail also said the two biggest fall sports in Lubbock are Tech football games and drunken brawls after Tech football games.

THE MOST SENSELESS crime of all is vandalism, an act where someone deliberately destroys something, but the one doing the damage doesn't really get anything out of it, other than the perverted satisfaction that they could cause misery, grief and financial loss to someone else. Perhaps those who deliberately cause damage, such as "keying" someone's car, or doing something else to a vehicle, tearing up a vacant house or whatever they can do that's destructive, believe subconsciously that the victim will somehow be reduced to their own level, which is pretty low.

A 12-year-old at a band camp recently caused flooding of some rooms at a Tech dormitory, resulting in about \$1,100 damage. Thankfully he was caught and slightly punished.

But the ultimate in senseless destruction is done by the brilliant but evil computer hackers who cause viruses like the most recent "worm" affecting and damaging millions of computers worldwide and causing billions of dollars to be lost, not just by companies, but also by individuals who own computers. And so far as I know, none of these jerks (I would use a stronger term, but this is a family newspaper) have ever been caught.

As smart as some people are about computers, they should be able to track down the source of all this misery and once the originator of any such virus is identified, they should be locked up somewhere (on the moon, for example) in solitary confinement for the rest of their lives.

A prank is a prank. But when anyone causes needless damage or suffering, he (or she) should be severely punished.

## Harvest Festival Queen To Win \$2000 Centennial Scholarship

One lucky girl from Tahoka, Wilson, New Home or O'Donnell High School will win a \$2000 Centennial Scholarship at this year's Lynn County Harvest Festival Queen Contest, and Harvest Festival Princess contestants will win more money than ever before. Also new this year, school and civic clubs and organizations are being asked to sponsor a queen candidate for the contest.

All freshman, sophomore, junior or senior girls at all four Lynn County high schools are invited to participate in the Harvest Festival Queen Contest. In honor of Lynn County's Centennial year, the Lynn County Centennial Committee and Harvest Festival Committee this year is sponsoring a \$2,000 Centennial Scholarship for the queen. In years past, the Queen has won a \$500 scholarship.

Candidates must sell Queen tickets at \$1 each (for a chance to win a \$1000 trip package), and for every 350 tickets sold by a candidate, she will receive \$100 cash from the Harvest Festival.

All candidates will be interviewed individually by judges, prior to the Harvest Festival. All three judges are from outside Lynn County, and will not have any prior knowledge of any contestants. All candidates who sell at least 150 tickets will be finalists. Other than determining finalists, ticket sales are not considered in determining the winner.

Based on interviews, judges will determine the top finalists, who will answer one question on stage during the Queen Contest on Saturday, Sept. 13 at the Lynn County Harvest Festival, held at the courthouse square. Candidates will be judged based on poise, personality, appearance, etc., and only the three judges will determine the winner. She will receive a \$2000 scholarship when she enters the college of her choice.

Harvest Festival Princess contestants will win more money at this year's Harvest Festival, open to any girl in third-eighth grades in Tahoka,

AUG 21 2003





**PLAY TIME** - Children lined up for their turn on the slide at the Tahoka Elementary playground Tuesday night during Back-To-School night activities. Students and their families found their classrooms and met teachers before heading outside to the carnival hosted by Tahoka Pride Corp. (LCN PHOTO)

### Lynn County News Editors Recognized

Juanell Jones and Vondell Elliott of the Lynn County News have been named to the Media Honor Roll, a program sponsored by the Texas Association of School Boards (TASB), by Tahoka Independent School District. The Media Honor Roll recognizes media representatives statewide who deserve recognition for fair and balanced reporting of news about public schools. Media representatives from more than 450 Texas newspapers and radio and television stations were honored by their local school districts.

Criteria for the district selection included media representative's efforts to get to know the superintendent, board president, and the district's mission and goals; report school news in a fair, accurate, and balanced manner; give a high profile to positive news about schools; visit the school; and maintain a policy of no surprises by sharing information with school officials.

"Districts across Texas appreciate these reporters for their balanced and accurate approach to sharing both the challenges facing our schools and the successes achieved by local teachers, students, and school boards. Their work aids local communities in focusing on the goal of providing the best public schools we can for every child," said Rick Odgen, TASB president.

In most cases, local school boards passed a formal resolution to add names of media from their communities. The 2003 Media Honor Roll will appear in the August/September issue of TASB's Texas Lone Star, and certificates were created for presentation at the local level.

TASB is a nonprofit association established in 1949 to serve local Texas school districts. School board members are the largest group of publicly elected officials in the state. The districts they represent have a combined annual budget of \$26 billion and employ more than 540,000 people.

### Obituaries



#### Joe Luis Garcia

Rosary for Joe Luis Garcia, 44, of Tahoka was held Wednesday at 7:00 p.m. at St. Jude Catholic Church in Tahoka, August 20. Mass will be on Thursday, August 21, at the same church with Father Leonardo Pahamtang, Pastor, officiating. Burial will follow at Nevels Cemetery under the direction of Calvillo Funeral Home of Lubbock.

He died Tuesday, August 19, 2003 at Lynn County Hospital. He was born on April 2, 1959 in O'Donnell. He attended Tahoka High School and was a member of St. Jude Catholic Church. He was a lifelong resident of Tahoka.

Survivors include a son, Simon Garcia of Dallas; and two daughters, Raquel Rodriguez and Christina Garcia, both of Lamesa; three brothers, Porfirio Garcia, Reynaldo Garcia, and Robert Garcia, all of Tahoka; two sisters, Lisa Villa of O'Donnell and Emma Alvarez of McGregor; and three grandchildren.



DARLA HEINRICH

### Senior Citizens MENU

August 25-29

**Monday**- Spaghetti with meat sauce, green beans, beet onion salad, wheat rolls, lemon cake

**Tuesday**- Burritos Verdes, lime rice, south TTX squash casserole lettuce, tomato salad, Chilean salad dressing, Empanadas De Calabaza

**Wednesday**- Turkey and Dressing, poultry gravy, carrots, tossed salad/ranch, wheat roll, melon, cookies.

**Thursday**- Polish sausage and cabbage, okra, apricots, cornbread, oatmeal cookie

**Friday**- Chili and onions, peppers, beans, carrot raisin salad, cornbread, banana lime gelatin

*Volunteer and help others -- it will do your heart good!*

Thanks to everyone for honoring Annie Stice at her 90th Birthday Party. We appreciate all who attended, sent cards and love!



-- Annie, Children & Grandchildren

### Tahoka Grad, Now Teacher, Attends NASA Summer Institute

Darla (Willis) Heinrich, a teacher at Idalou High School, and a 1994 graduate of Tahoka High School, was one of 30 teachers selected from across the nation for the prestigious LiftOff Summer Institute held at NASA's Johnson Space Center in Houston this summer.

She is the daughter of Doyle and Donna Willis of Tahoka, and is married to Robert Heinrich. During the last school year, Mrs. Heinrich was a teacher/sponsor for students participating in the NASA program from Idalou High School.

The 30 teachers from nine states came together July 14-18 to conduct experiments, tour facilities, and network with other teachers to share innovative lesson plans and ideas. The competitive weeklong institute featured a series of workshops, hands-on activities, field trips, and featured presentations by NASA scientists working on various missions.

Teachers learned about the effects of space flight and focused on the

biological and physiological effects of space flight. They toured NASA's Johnson Space Center Mission Control, Neutral Buoyancy Lab, and learned about the solar system and missions for future exploration. Teachers also visited the NASA Educator Resource Center at Space Center Houston to receive additional educational materials for use in the classroom.

Middle and high school teachers apply for LiftOff and are selected competitively. The workshops are organized around an aerospace or space science theme drawn from NASA's diverse engineering and scientific research programs. The theme for LiftOff 2003 was "Exploring the Unknown."

This nationally competitive, educational training for teachers is sponsored by the Texas Space Grant Consortium. Teachers interested in applying for LiftOff 2004 Summer Institute may obtain information from the internet at [www.tsgc.utexas.edu](http://www.tsgc.utexas.edu).

Jump into the middle of things, get your hands dirty, fall flat on your face and then reach for the stars.

—Joan L. Curcio

### Maintain Bone Density After Quitting Hormone Therapy

By quitting combination hormone therapy, post-menopausal women avoid the drug's risk for breast cancer, heart attack, stroke and dementia.

However, since estrogen increases bone mass, women also increase their risk for osteoporosis when they quit taking the combination of estrogen and progestin.

"Fortunately, it is not necessarily the end of the line of you cannot take estrogen," said Dr. Ronald Young and associate professor of obstetrics and gynecology at Baylor College of Medicine and a co-investigator of the Baylor Clinical Center of the Women's Health Initiative. "There are many options for women to maintain their bone density."

Many medical experts advise taking combination hormone therapy only for short-term relief of the symptoms of menopause, based on the results of the Women's Health Initiative study, which found health risks associated with the use of estrogen and progestin.

Short-term estrogen use, however, does not offer the body's bones enough protection. Drugs designed specifically to protect bone density, such as bisphosphonates, in addition to a healthy diet rich in calcium, vitamin D and vitamin K and weight-bearing exercise, can help fill in the gap.

Doctors recommend the following tips to prevent bone loss.

**Eat right:** Consume foods that are high in calcium including dairy

products like milk and cheese. Leafy green vegetables also help build strong bones.

**Exercise:** Weight-bearing activities strengthen bone and can include anything that forces the body to work against gravity. Examples include walking, jogging, stair climbing, even dancing and weight lifting, either by using free weights or an exercise machine.

"Walking and just moving your body more are primary ways to strengthen bones," said Dr. Jennifer Hays, director of the Center for Women's Health at Baylor Clinical Center of the Women's Health Initiative. "If you don't have a set of weights you can use things around the house, like a can from your pantry, and do some curls. A weight training program doesn't have to be expensive or difficult."

**Know your risk:** Caucasian and Asian women, women with small bone structures and women with a family history of osteoporosis are most at risk for osteoporosis. But all women approaching-related fracture in their lifetime, according to the National Osteoporosis Foundation.

**Get scanned:** A bone scan is an accurate way to determine a woman's bone density and is offered by gynecologists, internists, primary care physicians and gerontologists. Women with risk factors for osteoporosis, which includes getting off hormone therapy, should start getting bone scans after age 50.

\*\*\*  
He who allows his day to pass by without practicing generosity and enjoying life's pleasure is like a blacksmith's bellows—he breathes but does not live.

—Sanskrit proverb

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### Back-to-School

# Revival!

Sunday thru Wednesday, Aug. 24-27



Mike Schafer

Pastor, Aldersgate UMC Lubbock

◀ EVANGELIST

THEME: "Is that a Moving Van at the Church?"

#### SUNDAY, AUG. 24 - 11:00 a.m.

Morning Revival Service followed by Covered Dish Luncheon  
Topic: "Welcome to the Burning Bush Moving Company!" Exodus 3:1-10

#### SUNDAY-WEDNESDAY, EVENINGS • 7:00 p.m.

Topics: Sunday evening - "You want me to go where?!" Exodus 3:11-14, 4:1-14  
• Monday - "Who's chasing our moving van?" Exodus 14:5-25  
• Tuesday - "I want to go back to my old house!" Exodus 16:1-8  
• Wednesday - "Isn't moving the pastor's job?" Exodus 17:10-13, 18:13-18

#### MONDAY-WEDNESDAY MORNINGS • 6:30 a.m.

Breakfast followed by testimonies given by laypeople from Aldersgate UMC, Lubbock



TAHOKA'S First United Methodist Church

1801 Avenue J • 561-4503

AUGUST 21 2003





