

# THE Lynn County News



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TAHOKA, LYNN COUNTY, TEXAS

THURSDAY, JANUARY 5, 2006

6 PAGES PLUS INSERT

50¢

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## Area Bale Count

(as of Tuesday)

Texas Star Gin-Wilson/Union	82,859
New Home Coop-Lakeview	51,857
Farmers Coop-O'Donnell	50,405
Farmers Coop Assn. 1-Tahoka	31,610
Woolam Gin-O'Donnell	31,211
Wells Coop Gin	22,500
Grassland Coop Gin	12,163
Close City Gin-Post*	8,634
Lynn County Gin-Tahoka	5,600
<b>Weekly Total</b>	<b>296,839</b>

## Weather

Date	High	Low	Precip.
Dec. 28	64	37	
Dec. 29	77	36	
Dec. 30	61	39	
Dec. 31	76	38	
Jan. 1	72	39	
Jan. 2	75	38	
Jan. 3	83	40	
Total Precipitation in Jan.:			0"
Total Precipitation in 2005:			22.30"

## Words of Wisdom

Each new day brings new beginnings.

Make 2006 a year to be kinder & more caring to those around you. Enjoy the world God has given you. Love much - laugh often - and live life to its fullest!

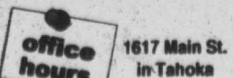
## Lynn County News

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Open Monday - Thursday  
9:00 a.m. - 5:30 p.m.  
(Open During Lunch Hour)  
CLOSED FRIDAYS  
(Drop Box available by front door)

## Filing Period Ends:

### Three Contested Races To Entice Voters In Local Primary Elections

Three county offices will be contested races in the upcoming Democratic Primary and the district judge's race will pit a Republican challenger against the Democratic incumbent in the November general election, which should entice Lynn County voters to turn out for voting which begins in late February. Early voting for the Democratic and Republican primaries is Feb. 21 through March 3, and the Primary Elections will be held on March 7.



DISTRICT JUDGE  
CARTER T. SCHILDKNECHT

### Judge Schildknecht Files Re-Election Candidacy Papers

District Judge Carter T. Schildknecht has filed candidacy papers with the Republican Party of Texas to officially begin her run for re-election.

Schildknecht is currently serving her first full term as District Judge for the 106<sup>th</sup> Judicial District of Texas, which includes Dawson, Gaines, Garza, and Lynn counties. A practicing attorney from 1992 to 2001 and a former school teacher (1969-1989), Schildknecht was appointed in 2001 by Governor Rick Perry to fill the unexpired term left by the retirement of long-time District Judge George H. Hansard. She then turned back challenges in both the primary and general elections in 2002 to win a full term as District Judge.

"Serving the people of the 106<sup>th</sup> Judicial District has been and continues to be an honor and a privilege for me," said Judge Schildknecht. "I believe, as the framers of our Constitution did, in three separate and independent branches of government. Our system of justice depends on a fair and impartial judiciary that is free from intimidation. I welcome the opportunity to have the people of our district consider my work habits and my dedication to our Constitution and to 'justice for all' that we hold so dear."

A graduate of Lamesa High School (1959), Stephens College (A.A., 1961), Texas Tech (B.S. in Ed., 1963), and the Texas Tech School of Law (J.D., 1992), Schildknecht is active in the Presbyterian church and in community and civic matters, is a member of the College of the State Bar and a Fellow in the Texas Bar Foundation, and currently serves on the Board of Directors of the Judicial Section of the State Bar of Texas.

Schildknecht and her husband, Ellis, live in Lamesa and have two children and three grandchildren.

(Pol. Adv. Paid by Carter T. Schildknecht)

### Tahoka Stock Show Saturday, Jan. 7



Lynn County Stock Show  
Jan. 18-21

Four candidates are seeking the office of Lynn County Justice of Peace in Precinct 1, including the incumbent, Judge Terri Walker, and challengers Ginger Henry, Nancy Guilliams, and Quaydene Caswell who filed last Wednesday after the paper went to press. The filing period ended Monday, Jan. 2 for local races.

Another candidate who filed during the last week is Curtis Gicklhorn, for Lynn County Commissioner of Precinct 4. He faces candidate Brad Hammonds in that race. The current Pct. 4 commissioner, J.T. Miller, had originally filed for re-election but withdrew his candidacy.

And, Helen Saldana filed during the last week for the office of Lynn County Treasurer, facing candidate Pam Miller for the seat. County Treasurer Janet Porterfield is not seeking re-election.

All other county offices up for election have unopposed incumbents seeking re-election, including County Judge H.G. Franklin, District Clerk Sandra Laws, County Clerk Susan Tipton, Pct. 4 Justice of Peace Ed Follis Jr., and Pct. 2 Commissioner Mike Braddock.

All county offices are four-year terms, and all candidates have filed on the Democratic ticket. Lynn County voters in the upcoming primary elections will use the county's new electronic voting machines for the first time. Anyone interested in an opportunity to view the new machines and to "practice" voting may contact the Lynn County Clerk's Office at 561-4750.

In the four-county area that comprises the 106<sup>th</sup> Judicial District, District Judge Carter Schildknecht has filed for re-election on the Republican ticket for another term of office. Filing on the Democratic ticket for the office of District Judge is Lynn County resident James J. Napper, who currently serves as Lynn County Attorney. Lynn, Garza, Dawson and Gaines counties comprise the 106<sup>th</sup> Judicial District. That race will be determined in the November General Election, as both are unopposed in their respective Primary elections.



QUAYDENE CASWELL

### Quaydene Caswell Seeks JP#1 Seat

Quaydene Caswell of Tahoka announces her candidacy for the office of Justice of Peace, Pct. 1. Mrs. Caswell is a lifelong resident of Lynn County, and she and her three children all are graduates of Tahoka High School. She was married to Venson Caswell, who died in July 2005.

In announcing her candidacy, Mrs. Caswell says, "I am looking forward to the opportunity to serve Lynn County, should I be elected. I feel I am capable of learning the duties involved in the office of Justice of Peace, and I will appreciate your vote and support in the upcoming election."

She was a hairdresser in Tahoka for 15 years. "I will appreciate the opportunity to work for you as Justice of Peace," added Mrs. Caswell.

(Pol. Adv. paid by Quaydene Caswell)

## LYNN COUNTY OFFICES IN THE MARCH 7 PRIMARIES

Early Voting: Feb. 21-March 3

**106th District Judge**  
Carter T. Schildknecht (R) *Incumbent*  
James J. Napper (D)

**District Clerk**  
Sandra Laws (D) *Incumbent*

**County Judge**  
H.G. Franklin (D) *Incumbent*

**Justice of Peace, Pct. 1**  
Terri Walker (D) *Incumbent*  
Ginger Henry (D)  
Nancy Guilliams (D)  
Quaydene Caswell (D)

**Justice of Peace, Pct. 4**  
Ed Follis Jr. (D) *Incumbent*

**County Treasurer**  
Pam Miller (D)  
Helen Saldana (D)

**County Clerk**  
Susan Tipton (D) *Incumbent*

**Commissioner, Pct. 2**  
Mike Braddock (D) *Incumbent*

**Commissioner, Pct. 4**  
Brad Hammonds (D)  
Curtis Gicklhorn (D)

(Candidates listed in no particular order, may not appear on ballot in this order)

## Identity Theft, Criminal Mischief Reported

A case of identity theft in which a Tahoka man's bank checking account number was used by unknown persons is being investigated by Tahoka Police Dept.

Last Thursday police were advised by Rufus Hunter of Tahoka that transactions had been made on his checking account at a Lubbock bank in November that he had not authorized, the latest one being in the amount of \$325.01 to a wireless company. Hunter said he contacted the bank and learned that two more fraudulent transactions were pending, but that those transactions would be stopped.

Kelly Calsoncit of Tahoka reported Friday that two storm windows in her apartment had been broken out, with the loss set at \$30.

Two tires on a truck tractor semi reportedly were punctured with a sharp instrument by someone while the truck was parked on the Tahoka Gin lot, police were told Saturday. Damage was estimated at \$300.

Arrests related to liquor law and driving violations headed the list of offenses which landed people in jail in Lynn County over the New Year's weekend. Two persons were

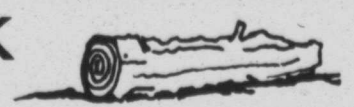
held for DWI third offense or more, and there were other arrests for driving while license suspended, driving while license invalid (three persons), speeding, open container in vehicle, disregarding stop sign, Victoria and Lubbock County warrants on bad checks, more than one valid drivers license on person, warrant on possession of marijuana, possession of cocaine less than one gram, possession of marijuana under two ounces, and minor in possession of alcohol.

Jail population totaled 45 as of Tuesday, with seven held for Lubbock, four for Gaines, two for Dawson and one for Garza County.

Dispatchers at Lynn County jail, who handle calls for the sheriff's department, Tahoka and O'Donnell police departments, fire alarms and ambulance calls, reported that fewer calls were received in 2005 than in the previous year. Although December calls totaled 255, same as last December, the total number of calls received in 2005 was 710 less than in 2004. The totals were 3,048 in 2005 and 3,758 in 2004.

## woodwork

by dalton



IN KEEPING with my lifelong policy of writing about things I know nothing about, I am taking a brief look at the Chinese New Year. I don't know anyone who observes the Chinese New Year; in fact, I don't know anyone with Chinese ancestry.

As many Chinese as there are in the world, it's remarkable that I have never met one. I don't know the population of China, but it's a bunch. (Seems to me I once read that every sixth child born in the world is Chinese, which is why I told my wife we didn't need to have more than five kids.)

According to the internet, the Chinese New Year starts with the new moon on the first day of the new year and ends on the full moon 15 days later. The 15th day of the new year is called the Lantern Festival, which is celebrated at night with lantern displays and children carrying lanterns in a parade.

Some of the customs of the Chinese New Year appear a bit strange to non-Orientals like me. The web page I looked at detailed some of these customs, but never did say when the Chinese New Year would start this year, explaining that the Chinese calendar "is based on a combination of lunar and solar movements. The lunar cycle is about 29.5 days. In order to 'catch up' with the solar calendar the Chinese insert an extra month once every few years. This is why, according to the solar calendar, the Chinese New Year falls on a different day each year.

My desk calendar says it will start on Jan. 29.

During their celebration, the Chinese honor ancestors and present generations and family unity, all very worthwhile concepts.

"On the second day of the lunar new year, the Chinese pray to their ancestors as well as to all the gods. They are extra kind to dogs and feed them well as it is believed that the second day is the birthday of all dogs."

Hey, I have news for them: dogs are born every day of the year, just like Chinese.

"The fifth day is called Po Woo. No one visits families and friends on the fifth day because it will bring both parties bad luck."

I guess you wouldn't want to go see your girlfriend that day either, since it must be a po day for wooing.



**NEW YEAR, NEW FINANCIAL RECORDS**

**Texas CPAs Explain What to Keep And For How Long**

Personal financial records are a necessary part of our lives, but it's easy to get overwhelmed by the volume of papers that can accumulate. According to the Texas Society of Certified Public Accountants, January is an excellent time to get your financial records in order. Texas CPAs offer the following advice to help you determine what you should keep and what you should purge from your files.

**PERMANENT RECORDS**

Personal papers you should safeguard for your family include birth certificates, Social Security cards, marriage certificates, divorce decrees, insurance policies, Veteran's discharge papers, wills, living wills and powers of attorney, real estate deeds and mortgages, automobile titles and important contracts. These and other permanent records that are difficult to replace should be kept indefinitely, preferably in a safe deposit box. You'll need them to reestablish your financial life in the event of a fire, theft or other disaster.

**TAX RECORDS**

What often determines the records you need to keep - and for how long - is whether they are related to your tax return. You should save tax-related documents, such as receipts that support your deductions, a minimum of three years after you file your original return. Under normal circumstances, the IRS has three years from the date you file to audit you.

If you omit an amount in excess of 25 percent of the amount of gross income stated in your tax return, the statute of limitations extends to six years. There is no time limit if you failed to file a return or filed a fraudulent return.

**CHECKING ACCOUNT AND CREDIT CARD STATEMENTS**

Once you have reconciled your checking account statement, you may discard it, unless it shows de-

ductible expenses. If so, you should retain your statements and canceled checks for at least three years after you file. The same holds true for credit card statements. You can discard bank deposit slips and ATM receipts after you verify the transactions on your statement.

**INVESTMENT ACCOUNT STATEMENTS**

Monthly or quarterly investment statements can be shredded once you get your year-end statement and confirm that it accurately recaps your transactions for the year. Keep trade confirmations, showing the purchase and sale of mutual funds and stocks. These records should be held for three years after you report the capital gain or loss on your tax return.

**RETIREMENT PLAN STATEMENTS**

Keep your quarterly statements from your retirement plans until you receive your annual summary. Once you've compared the information, you can toss the quarterly statements. If you make nondeductible IRA contributions, keep the records to prove your cost basis when it comes to receiving distributions.

**PAY STUBS**

Keep pay stubs until you've reconciled the totals with your Form W-2. If the amounts match, you can destroy them.

**UTILITY BILLS**

Unless you need them to support the home office deduction, you can generally dispose of utility, phone and cable bills once you have paid them.

**HOME IMPROVEMENT RECORDS**

Even though most home sale gains may be tax-free, it's still a good idea to hold onto your original purchase contract and receipts for major home improvements. You could potentially face a tax bill should you need to sell a home you have lived in for less

**Consuelo Lopez**

Rosary for Mrs. Consuelo Lopez, 60, of Coleman, Georgia, formerly of Wilson, Texas was held Tuesday, Jan. 3, 2006 at 7 p.m. at Blessed Sacrament Catholic Church in Wilson. Mass was recited Wednesday, Jan. 4 at 10 a.m., at the same church with Father Paul Kariakatt officiating. Interment followed at Green Memorial Park in Wilson, under the direction of White Funeral Home of Tahoka.

She died Sunday, Dec. 25, 2005. She was born to Doroteo Villarreal and Angelita Vega on Nov. 13, 1945 in Edinburg, Texas.

Survivors include her husband, Medardo Ponee Lopez of Coleman, GA; three brothers, Martin Villarreal, Antonio Villarreal, and Benjamin Villarreal; and five sisters, Marla Rendon, Jesusa Villarreal, Juanita Tanner, Norma Castro, and Delia Onate.

than two years, or if the sale of your home results in a gain of more than \$500,000 for joint filers (\$250,000 for single filers).

**RECEIPTS AND WARRANTIES**

Receipts for major purchases and warranties should be kept for as long as you own the items. Receipts can be useful in proving the value of property that is lost or damaged.

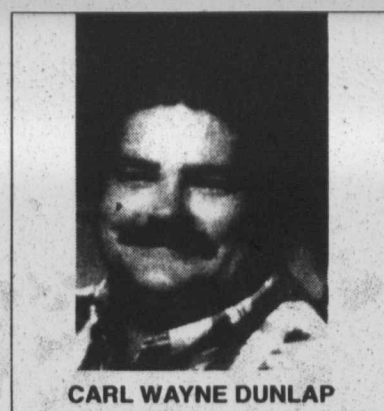
**CHECK WITH YOUR CPA**

CPAs agree that you should review your financial records at least once a year and carefully discard what is no longer necessary or relevant. With identity theft on the rise, the best advice is to invest in a paper shredder and use it to destroy all documents with personal identifying information.

**PERSONAL FINANCE INFORMATION**

For more information about personal finance issues, visit [www.ValueYourMoney.org](http://www.ValueYourMoney.org).

**OBITUARIES**



**CARL WAYNE DUNLAP**

**Carl Wayne Dunlap**

Services for Carl Wayne Dunlap, 47, of Wolfthor, were held Monday, Jan. 2 at Sunset Church of Christ with Bruce Thornton officiating and Syl Moore assisting. Interment followed in Nevels Memorial Park in Tahoka under the direction of White Funeral Home in Lubbock.

He died Dec. 30, 2005 in Lubbock. He was born April 26, 1958 in Dallas, Texas to Bill and Patsy (Roberts) Dunlap. He attended schools in Tahoka and Lubbock and graduated from Plainview High School in 1976. He also attended Texas Tech University.

Dunlap married Jerri Beth McKibben on Dec. 27, 1991 in Tahoka. He was a Master Plumber for Bruce Thornton Air Conditioning, Inc. and Vice President there for 15 years. He was a former President of the Wolfthor Lions Club and a former Mason with the Tahoka Masonic Lodge. He was also a former board member of the Frenship Youth Baseball League and he was a member of Sunset Church of Christ.

Survivors include his wife, Jerri Beth, of Wolfthor; two sons, Justin Dunlap of Lubbock and Brett Dunlap of Canyon; two daughters, Becky Dunlap of Iowa Park, and Lacey Dunlap of Wolfthor; parents, Bill and Patsy Dunlap of Lubbock; brothers, Jack Dunlap of Lubbock and Mark Dunlap of Dallas; a sister, Teresa Houck of Lubbock; mother-in-law, Mary Beth McKibben, and sister-in-law Lena Cloe, both of Tahoka.

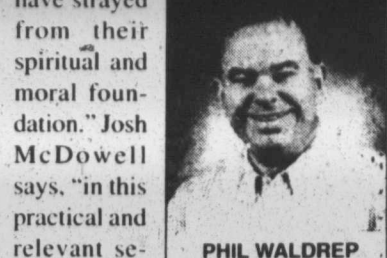
**Parenting Prodigals Series To Be Held At Sweet Street Baptist Church**

An eight-week video series called "Parenting Prodigals" by Phil Waldrep will be hosted by the Sweet Street Baptist Church, located at 1300 Ave. J, in Tahoka. The sessions will begin Sunday night, Jan. 22 at 7:00 p.m. Everyone is invited to attend but especially those parents of grown children who have walked away from the will of God in their lives.

The word prodigal means "wasted". Waldrep teaches that like the younger son in Jesus' parable, many of our sons and daughters are wasting their lives. "We often think of the defiant ones as prodigals," says Waldrep, "but there are other types that break our hearts: embarrassing, intellectual, lukewarm, and religious prodigals." Learn to apply six principles that will help bring your prodigal back to God.

This is what some are saying about the series. Art Linkletter says, "my friend, Phil Waldrep, offers powerful insight in Parenting Prodigals. This video series is a must-see for every parent with children who

have strayed from their spiritual and moral foundation." Josh McDowell says, "in this practical and relevant series, Phil shows you, through refreshing Biblical truth, how to turn a ruined relationship into a loving, intimate family bond." David Jeremiah says, "the six principles in Parenting Prodigals are the best I have ever seen, and I have read dozens of books and articles on this subject. I guarantee that this series will bring help and hope."



**PHIL WALDREP**

"This is free for everyone," said Lynn Long, pastor of the church, "but we especially encourage those to attend who have prodigals in their lives and would like to see them come back to God. You don't want to miss a single session of this helpful and informative series." For more information please contact the church at 561-5320, or 561-5310.

**Senior Citizens MENU**

Jan. 5-13

**Thursday, Jan. 5:** Chicken Spaghetti, Green Peas, Salad, Strawberry Cake

**Friday, Jan. 6:** Beef Stroganoff, Mashed Potatoes, Cauliflower W/ Cheese, Apricot Cobbler

**Monday, Jan. 9:** Smothered Chicken & Rice, Green Beans, Salad, Peaches

**Tuesday:** Hamburger Steak & Gravy or Liver & Onions, Salad, Sweet/sour Beets, Macaroni & cheese, Chocolate Pudding

**Wednesday:** BBQ Chicken, Baked Beans, Potato Salad, Poke Cake

**Thursday:** Meat Loaf, Mashed Potatoes, Corn, Jello w/ Fruit

**Friday:** Breaded Fish, Coleslaw, Black eye Peas, Hush Puppies, Chocolate Chip Cookies

**Senior Citizens Accepting Donations**

The Lynn County Senior Citizens will be having a garage sale scheduled for January, and are asking for any items you would like to donate. All donations may be brought to the center anytime Monday-Friday.

The center is still taking aluminum cans as well. All aluminum cans may be placed in the dumpster located across the street that is labeled for aluminum cans.

"The center would like to thank everyone for their support and contributions to the Senior Citizens. Monetary contributions are urgently needed at this time and your continued support is greatly appreciated," said Nancy Guilliams, director of the center.

**City-County Library**

561-4050 • 1717 Main • Tahoka (In the Life Enrichment Center)  
**HOURS:**  
Monday & Wednesday 9 am-5:30 pm  
(Closed for lunch 12:30-1:30 pm)  
Tuesday & Thursday 2 pm-7 pm  
Saturday 10 am-1 pm

**Tahoka Pioneer Museum**

561-5339 • 1600 Lockwood • Tahoka  
**OPEN:** Friday & Saturday 10 am-2 pm

**SPC Auctioneering Course Starts On Saturday**

South Plains College will be offering an auctioneering course on January 7 from 8:30 am to 4:30 pm at the Byron Martin Advanced Technology Center in Lubbock. The cost of the course is \$75.

The course satisfies continuing education requirements for associate auctioneers or auctioneers as required by the Texas Department of Licensing and Regulation.

Registration forms can be printed online at [www.southplainscollege.edu/workforce](http://www.southplainscollege.edu/workforce) and must be mailed or faxed to complete the registration process.

If mailing information all tuition and fees should be included. Checks should be made to South Plains College. Items should be mailed to: South Plains College, Division of Workforce Development, 3201 Ave. Q, Lubbock, Texas 79411.

Students can also pay using VISA or MasterCard by phone or fax. To pay by phone call 806-747-0576, extension 4906 or fax 806-747-5498.

Students are fully registered after a completed registration form and full payment are received. Early registration is necessary. For more information, contact 806-747-0576, extension 4906.

**Advertising: IT PAYS.**  
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**The Lynn County News**  
Tahoka, Texas 79373

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Juanel Jones ..... News Editor  
Vondell Elliott ..... Managing Editor  
Pam Elrod ..... Typesetting/Bookkeeping

**Lynnwood**  
Independent & Assisted Living Center

*Come see our beautiful new facility with Studio, One-Bedroom and Couples rooms featuring large walk-in closets, and kitchens equipped with microwave oven/refrigerator units.*

**Studio (One Large Room)** 471 sq. ft.  
**One Bedroom** 512 sq. ft.  
**Large One Bedroom (Double Occupancy)** 593 sq. ft.

**Call for availability and prices.**

- \$350 Damage Deposit is required, refundable upon satisfactory condition of the room upon move out.
- Private Pay Only is accepted. (We will provide information necessary for residents who have commercial insurance coverage to file a claim.)

**Prices include all of the following amenities:**

- Conveniently located adjacent to Lynn County Hospital District health care facilities
- Spacious living accommodations to be furnished with resident's own furniture and choice of decor
- Utilities included in room prices
- Three nutritious meals served daily in our large dining room
- Regularly scheduled social activities
- Personal laundry facilities and housekeeping services provided
- Assistance with medication (we will not administer medications, but will give medications to residents at the appropriate times for self-administration)
- Staff help in coordinating trips to see physicians, shopping, etc.
- Resident parking available
- Library, beauty shop, and other amenities
- Independent living with safety and security
- Caring and friendly staff
- Homelike, dignified living for your loved ones
- RESIDENT'S OBLIGATIONS: Telephone and Cable TV service, if desired, may be made through individual billing arrangements with those companies, paid directly by residents.

**1801 Country Club Road**  
Tahoka, Texas  
**(806) 998-1226**  
Susie Sosa, Lynnwood Administrator

*"Our goal is to provide our residents with a safe, homelike environment, yet have the privacy, independence and dignity to live a long and healthy life. Each resident will be afforded the highest level of genuine care."*

Owned and Operated by  
Lynn County Hospital District  
Fac. ID #100713

Map showing location: Lynnwood is located on Country Club Road, north of Hwy 380, east of U.S. 87, and south of Brownfield. It is near the intersection of Hwy 380 and U.S. 87.

**Diabetes To Be**

For more with diabetes age diabetes, Well, Be Well of classes - J 8, and 15, fi p.m., at the I Office, 1600 ner of Ave J is no cost to gram. Fam who have o children who welcome. Pl pate. For mo ister for the Baugh, Lyn Agent, 561-4 Exercise anybody's he with diabete: be a life-sav - Helps insul - Reduces b muscle tone - Strengthens lessens the ri arteries, hig other heart p - Lowers bac good cholest - Provides r glucose get cells; - Lowers the cines in som ber; Don't c without med - Reduces the high blood p lesterol; - Lowers str - Reduces de a sense of we Before s program, p should cons Heart disea physical con exercise choi cise options: One of i cise is also walking. Bu tained walki busy schedu help you re each day. Fo of walking, g done at differ could add up minutes \* or ity. This type heart beat fa moving and Another type ing or buildi recommende betes, howe After ch tor and gettin an exercise only five or first. Don't o should be ab work out. V riding a bicyc ercises are al Gradual 30 minutes. I heard in the p be painful. If the exercise warming up much. For the j least 30 min ate exercise e

**People Make A**

On January prescription effect and y penalty. At informed de and other p personal pl prescriptio card\*, a M extensive

\* For Comm p.m. (ET) 1 (1-800-633-

A rep from Med

561-



## Diabetes Management Classes To Begin January 25 Here

For more information on living with diabetes and how to better manage diabetes, plan to attend the "Do Well, Be Well With Diabetes" series of classes - January 25, February 1, 8, and 15, from 2:30 p.m. to 5:00 p.m., at the Lynn County Extension Office, 1600 Avenue J, Tahoka (corner of Ave J and 1st Street). There is no cost to participate in the program. Family members of people who have diabetes and parents of children who have diabetes are also welcome. Please sign up to participate. For more information or to register for the classes contact Amy Baugh, Lynn County Extension Agent, 561-4562.

Exercise might be important in anybody's health plan, but for people with diabetes, regular exercise can be a life-saver. For them, exercise:

- Helps insulin work better;
- Reduces body fat and increases muscle tone and strength;
- Strengthens heart and lungs, which lessens the risk of hardening of the arteries, high blood pressure and other heart problems;
- Lowers bad cholesterol and raises good cholesterol;
- Provides more energy by helping glucose get from the blood to the cells;
- Lowers the need for diabetes medicines in some people. (But remember: Don't change your medicine without medical approval.)
- Reduces the effects of heart disease, high blood pressure and high cholesterol;
- Lowers stress; and
- Reduces depression and provides a sense of well-being.

Before starting on any exercise program, people with diabetes should consult with their doctors. Heart disease, nerve damage or physical condition might limit your exercise choices, but different exercise options are usually available.

One of the best forms of exercise is also one of the simplest - walking. But if a program of sustained walking doesn't fit into your busy schedule, other options might help you reach your exercise goal each day. For example, 10 minutes of walking, gardening or housework done at different times during the day could add up to the recommended 30 minutes \* or more! \* of daily activity. This type of exercise makes your heart beat faster, gets your muscles moving and makes you perspire. Another type of exercise, weight lifting or building strength, is seldom recommended for people with diabetes, however.

After checking with your doctor and getting the go-ahead to start an exercise program, start slowly, only five or 10 minutes at a time at first. Don't overexert yourself; you should be able to talk easily as you work out. Walking, swimming, riding a bicycle and doing chair exercises are all beneficial activities.

Gradually increase your time to 30 minutes. In spite of what you've heard in the past, exercise should not be painful. If it is, you may be doing the exercise the wrong way or not warming up properly or doing too much.

For the greatest benefit, get at least 30 minutes or more of moderate exercise every day \* if not every

day, at least three or four times a week.

Light exercise is any activity that does not make you breathe heavily; moderate exercise causes you to breathe more heavily; and strenuous exercise causes rapid breathing.

People with type 2 diabetes who don't use medication to control their condition rarely have a problem with hypoglycemia, or low blood sugar; however, people who need pills or insulin injections to control their diabetes need to be aware of the link between hypoglycemia and exercise.

To avoid low blood sugar, don't exercise when insulin is at its peak. If you start to feel anxious, shaky, dizzy or confused during your workout, stop immediately! Other signs of low blood sugar are: changes in walking pattern, decreased coordination and decreased ability to think or see. Some people also become very irritable when blood sugar levels are too low.

To bring your blood glucose up to a safe level, eat or drink one of the following choices or something that is pure sugar, such as three or four glucose tablets, five to seven pieces of hard candy, a small box of raisins, one-half cup of fruit juice, one-half can of regular (not sugar-free) soda or one cup of skim milk. If you don't feel better in 15 minutes, eat the same amount of foods again.

You might experience low blood sugar as long as 12 hours or more after exercising. If that happens, take care of it immediately \* low blood glucose can quickly become a serious health hazard.

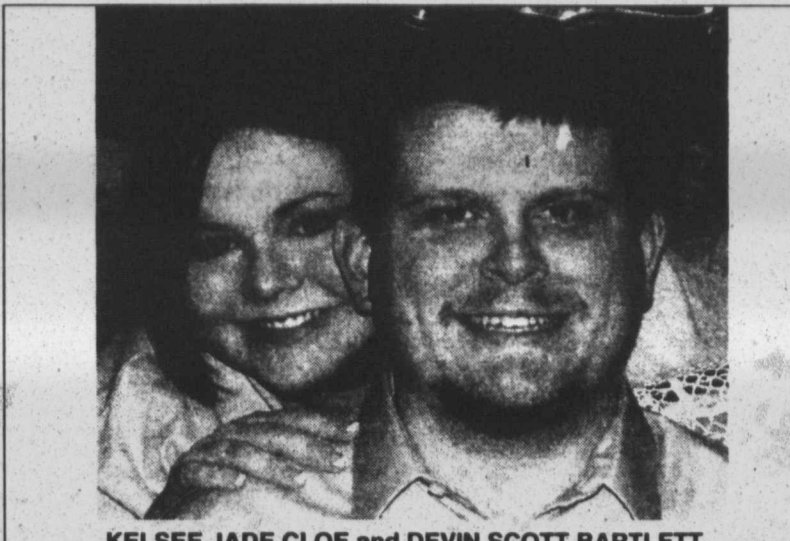
Check blood glucose levels about 30 minutes before exercising, and then again immediately before you start your workout. This will give you an indication of the stability of your blood sugar levels. If it registers below 80 mg/dL, eat a large snack, wait 15 minutes and check it again. When your blood sugar level is back up to 120 or above, it's OK to exercise.

When blood glucose levels are between 120 and 250 mg/dL, exercising is usually safe; however if the level is above 250 mg/dL, do NOT exercise!

If you need medication or injections to help control your diabetes, try these exercise tips:

- Take a glucose source with you when you work out. Glucose tablets are available at pharmacies, or take eight to 10 hard candies, a non-diet soft drink or raisins.
- Wear a diabetes ID bracelet and always carry money for a public phone or a cell phone.
- Exercise with friend. Not only will that add a measure of safety to your workout, it might keep you motivated!

Whether you need medication or not, you do need liquids. Drink plenty of fluids whenever you work out, including at least 17 ounces (two large glasses) of fluid about two hours prior to exercising. Then drink water whenever you need it during your workout. Sports drinks are OK too, especially if your workout will be longer than an hour, but keep in mind that sports drinks contain carbohydrates and can have an effect



KELSEE JADE CLOE and DEVIN SCOTT BARTLETT

### Couple Announce Engagement

Roger and Patti Cloe of Tahoka and Joe and Jana Richardson of Oklahoma City, Oklahoma announce the engagement and approaching marriage of their children, Kelsee Jade Cloe and Devin Scott Bartlett.

Kelsee has a daughter, Korlee Page Cloe. She is the granddaughter of Jimmy and Sammie Turner of Azle. The future bridegroom is the grandson of Jean Evans of Taloga, Oklahoma.

The couple plan to marry May 6, 2006 at the home of Mr. and Mrs. Jimmy Turner.

The future bride is currently a sophomore at the University of Phoenix majoring in Human Services, and is currently employed by White Funeral Home of Tahoka.

Bartlett is the Children's Minister at First Baptist Church in Crescent, Oklahoma and a full-time employee of Mercy Hospital in Oklahoma City.

### Tahoka Bulldog Basketball 2005-2006 Schedule

Date	Opponent	Location	Time	Teams
Dec. 27-29	Slaton Tourney	Away	TBA	JV/VG
Dec. 29-31	Lamesa Tourney	Away	TBA	JV/VB
Jan. 3	TBA			
Jan. 6	Post	Home	4:00	JV/VBG
Jan. 10	Idalou	Home	4:00	JV/VBG
Jan. 13	Slaton	Away	5:00	JV/VBG
Jan. 17	Roosevelt	Away	5:00	JV/VBG
Jan. 20	Denver City	Home	4:00	JV/VBG
Jan. 24	Abernathy	Away	5:00	JV/VBG
Jan. 27	Shallowater	Home	4:00	JV/VBG
Jan. 31	Post	Away	5:00	JV/VBG
Feb. 3	Idalou	Away	5:00	JV/VBG
Feb. 7	Slaton	Home	4:00	JV/VBG
Feb. 10	Roosevelt	Home	5:00	JV/VB
Feb. 14	Denver City	Away	5:00	JV/VB

on blood glucose levels.

Don't exercise outdoors on very hot, humid days or very cold ones. Start each exercise session with a light warmup, such as walking for five to 10 minutes. Follow this with five to 10 minutes of stretching (but don't bounce).

Once you've warmed up, start your exercise routine. Try to keep your heart rate higher than normal for 20 to 30 minutes.

End your workout with a cool-down and more stretching. Slow down gradually until your breathing becomes more normal.

Wear clothing that is comfortable but not too restrictive and which doesn't make you sweat. In summer, wear light-weight, light-colored clothing when you exercise, and in winter, dress in layers. Use a sunscreen of SPF 15 or higher and wear a hat.

And don't forget the importance of proper footwear. Exercise shoes should feel good and fit well. Try these shoe-shopping hints:

- Shop later in the day when your feet are slightly swollen. That way your shoes won't be too small.
- Measure both feet. Often one foot is slightly larger than the other; buy the shoes that fit the larger foot.
- Make sure there's about a half-inch extra space in the toe area.
- Look for shoes with a firm heel that does not rub against your foot.
- Don't buy shoes that are too tight.

Replace shoes when they begin to wear out. Wear clean, seamless socks and check your feet after you exercise. Look for blisters, warm areas, redness, cracks, cuts, bruises and any other injuries. If you see any of these, call your doctor immediately.

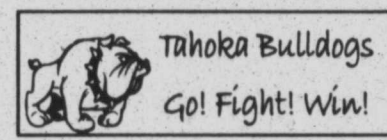


### Texas Tech Offers 'Super Saturdays' For K-6th Students

Registration is underway for the spring session of *Super Saturdays* at Texas Tech University. *Super Saturdays* is an academic enrichment program for children in kindergarten through sixth grade. Classes meet for four consecutive Saturdays on the Texas Tech campus from Feb. 11 through March 4. The Institute for the Development and Enrichment of Advanced Learners (IDEAL) sponsors the program through Texas Tech's Division of Outreach and Extended Studies.

Some classes offered include: art, engineering, forensics, photography, creative writing, theatre, cooking and more. Instructors for the classes include members of the Texas Tech faculty, graduate students and public school teachers. Classes are hands-on and some include field trips. One goal of *Super Saturdays* is to introduce children to a variety of subjects to help them focus on an academic path. Students may take as many classes as they wish. Enrollment is limited. The average cost per class is \$68 but fees vary according to subject. Partial scholarships are available as well as early bird registration fees. The deadline for early bird registration and scholarship application is Jan. 27.

To participate in *Super Saturdays*, students must submit a recent report card with a B+ or better average or submit a letter of recommendation from a school teacher or school official. For more information visit [www.dce.ttu.edu](http://www.dce.ttu.edu) or to register, phone (806) 742-2420.



LEFT AT Lynn County News Office: Ladies eyeglasses. Call or come by the News Office to claim. 561-4888.

### Boys Little Dribblers Registration Sign Up

Tahoka Boys Little Dribblers will have a registration sign-up on Friday, January 6 at 5:30 p.m. at the THS gym, and on Saturday, January 7, from 9:00 a.m. to noon at the Lyntegar meeting room.

Sign ups are for boys from second grade through sixth grade, and birth certificates must be provided at registration.

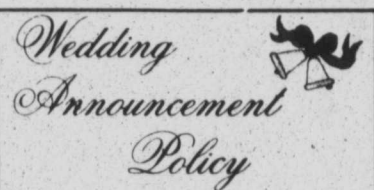
For more information please call Tammie Angeley at 561-4213 or Mike Rivas at 561-1240.

### New Home ISD Yearbook On Sale

The 2005-2006 New Home Leopards yearbook is on sale now through February 28 for \$32.00. The price increases to \$37.00 March 1. A plastic cover may be purchased for \$3.00, and name imprinting on the cover is \$5.00.

Place orders through Adviser Marsha Scott or any Yearbook Staff Member: Mallory Alvarado, Rachel Bygel, Sarah Bygel, Tory Estrada, Amber Holler, David Nevarez, Blaine Paul, Maricela Rodriguez, Freddy Tello, Leo Torres, Ashley Zuniga.

### Lynn County Merchants Appreciate Your Business!



The Lynn County News accepts wedding announcements at no charge if run within 8 weeks following the event. A \$35 fee will be assessed if run after that time. All information is subject to editing. Wedding and Engagement forms are available at the Lynn County News Office, 1617 Main, P.O. Box 1170, Tahoka, TX 79373, (806) 561-4888, Fax 561-6308.

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\*\*Overdraft Privilege limits vary by account product. Our normal non-sufficient funds and/or overdraft charge will apply to each item overdrawing your account.

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- Savings Accounts
- Safe Deposit Boxes
- Checking Accounts, including FREE CHECKING
- Certificates of Deposits
- Bank by Mail
- Direct Deposit
- Loans -- Farm, Commercial, Residential, Auto and Installment
- Home Mortgage Loans for purchase or improvements

HOURS:  
Lobby - 9:00-3:00 Monday-Friday  
Drive-Thru - 9:00-6:00 Monday-Friday  
ATM - 24 Hours a Day at Town & Country Convenience Store, Tahoka

**FNB** First National Bank of Tahoka  
MEMBER F.D.I.C. (806) 561-4511  
EQUAL HOUSING LENDER

### People With Medicare: Make An Informed Choice!

On January 1, 2006, the Federal Government's Medicare prescription drug coverage (Medicare Part D) goes into full effect and you have until May 15, 2006 to join a plan without penalty. At Community Care Rx<sup>SM</sup>, we urge you to make an informed decision. Ask your friends, confer with your doctor and other health care professionals you trust, like your personal pharmacist. They can help you choose the Medicare prescription drug plan that's right for you and meets your prescription drug needs such as the Community Care Rx<sup>SM</sup> card\*, a Medicare-approved prescription drug plan with an extensive list of drugs and a variety of plan designs.

\* For Community Care Rx<sup>SM</sup> customer service, call 1-866-684-5353 Mon-Sat 7 a.m.-10:30 p.m. (ET). TTY users call 1-866-684-5351. For more information, call 1-800-MEDICARE (1-800-633-4227) 24 hours a day, 7 days a week. TTY users call 1-877-486-2048.

A representative from Community Care Rx, a certified Medicare Part D Prescription Drug Program, will be in our store each Tuesday morning from 9 am to 12 noon, to assist you in understanding the new Medicare program and the options that you may have.

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**LOCAL SCHOOLS HELP:**

**Televideo Presentation Offered To Train Volunteers To Help Seniors Choose Prescription Savings Program**

Tahoka ISD and Wilson ISD have partnered with the South Plains Association of Government Area Agency on Aging and Region 17 Education Service Center to provide an interactive televideo presentation on using the [www.medicare.gov](http://www.medicare.gov) web site to train senior citizens and other volunteers who can assist seniors and disabled persons who need to enroll in a Medicare Approved Prescription Drug Savings Plan.

"This presentation is open to the public for anyone who can assist senior citizens and disabled persons in the community to take advantage of the prescription savings program. There is no need to pre-register at the schools. We are hoping that the community will help to enroll recipients in a plan in order to keep the savings in the community which affects everyone," explains O.B. Brooks with the Area Agency on Aging.

The first interactive televideo presentation will be held next Wednesday, Jan. 11, from 4:00-4:50 p.m. at Wilson ISD, in their school ITV room. In Tahoka, the presentation will be held on Thursday, Jan. 12, from 4:00-4:50 p.m. in the school ITV room. Contact the schools for exact location of the rooms.

"The Medicare web-site is very user friendly and we need to train as many people as we can as soon as possible, so they can help those who have not already enrolled to understand the program. They will need to enroll so that they can save on prescription medications beginning in February 1, 2006 through June 1, 2006," said Brooks.

For more information, contact SPAG/Area Agency on Aging at 806-762-8721 in Lubbock or toll-free at 1-800-858-1809.

**SCHOOL MENU**

**Jan. 5-13 Breakfast**  
**Thursday, Jan. 5:** Pop Tart  
**Friday, Jan. 6:** Donuts  
**Monday:** Breakfast Pizza, Biscuit w/ Sausage gravy  
**Tuesday:** Cereal w/ graham crackers  
**Wednesday:** French Toast Sticks  
**Thursday:** Pancake, Sausage Patty  
**Friday:** Breakfast Burrito  
**Lunch**  
**Thursday, Jan. 5:** Chicken Fried Steak, Grilled Cheese sandwich, Green beans, Potatoes w/ gravy, Apple  
**Friday, Jan. 6:** Corn dog, Hot dog, Baked beans, Fruit cup  
**Monday:** BBQ on Bun, Rib on bun, Baked Chips, Carrot Sticks, Fruit mix  
**Tuesday:** Frito pie, Soft taco, Pinto beans, Jalapeno Cornbread, Orange half  
**Wednesday:** Chicken fajitas, Macaroni Ham -cheese, Santa Fe rice, Fruited jello fresh fruit  
**Thursday:** Sloppy joe, Ham & cheese on a bun, corn, Pear half  
**Friday:** Pepperoni pizza, turkey & cheese sandwich, buffalo fries, banana pudding, fresh fruit

**Free Guides Available For Disaster Preparedness/Recovery**

In recent days, fires have charred thousands of acres of grassland and farmland and destroyed more than 250 structures in the three states. Four deaths were reported last week in Texas and Oklahoma.

The American Red Cross, the American Institute of Certified Public Accountants, and the National Endowment for Financial Education have partnered on the creation of a free disaster preparedness and recovery handbooks available to the American public. The public can access these free guides at [www.redcross.org](http://www.redcross.org).

The following lists a few steps Texans can take to prepare before disaster strikes:

- 1.) Protect your property.** Think about ways you can avoid or reduce property damage if a disaster were to strike again. A few ideas:
  - Know where to turn off water, gas, and electric lines. Install smoke detectors.
  - Clear surrounding brush to protect your home against wildfires, install hurricane shutters on windows, use wind-resistant shingles on your roof, and secure objects that could fall and cause damage.
  - If you're not sure where to start, contact your local fire department for recommendations.
- 2.) Conduct a household inventory.** Make a list of your possessions so you can estimate their value for insurance or tax purposes.
  - Include model and serial numbers. Computer software programs are available to help with this task.
  - If possible, take photos or your possessions or videotape them. Don't forget to photograph your property's exterior, your vehicles, and contents of your garage, closets, and attic.
  - Save receipts for valuable items and get professional appraisals of jewelry, collectibles, and artwork. These expensive items need to be listed individually in your insurance policy.
  - Store this list in a safe place away from your home, such as a safe deposit box at a bank located away from disaster prone areas.
  - Update your inventory annually.
- 3.) Have adequate insurance.** If necessary, seek special or additional coverage for floods, earthquakes, or other losses not covered by standard insurance.
  - If you own a home, buy at a minimum, full replacement or replacement cost coverage. This means the structure can be replaced up to the limits specified in the policy. Even better protection, although not always available, is guaranteed replacement cost coverage. This means the policy will pay to rebuild your house at today's prices, regardless of the limits of the policy. However, you must make an effort to keep the policy coverage amount current.
  - Check to see if the policy covers building-code changes, and look for a policy that covers the replacement cost of your possessions, not just the actual cash value.
  - If you rent, buy renter's insurance, which pays for damaged, destroyed, or stolen personal property. You also may need special insurance if you live in an area prone to floods or earth movement. Ask your insurance agent.
  - Finally, don't overlook the importance of wind and hail, health, disability, long-term care, umbrella liability, life insurance and flood insurance. Standard home-insurance policies don't cover flooding, but the federal government does through the National Flood Insurance Program. You may need to draw on benefits from one or all of these policies if you are ever faced with another disaster.
- 4.) Keep cash available.**
  - Stash a small amount of cash or traveler's checks at home in a place where you can get at the money quickly in case of a sudden evacuation, or if a disaster shuts down local ATMs and banks.
  - Set aside extra money in an emergency fund in a bank savings account, and keep your credit cards paid off so you will have enough credit to get you through a disaster.
- 5.) Use an evacuation box and safe deposit box.**
  - Put important papers in a box that you can grab in the event of an emergency. Some items to put in the box: traveler's checks, a few rolls of quarters, negatives of important per-

sonal photographs, a list of emergency contacts, copies of prescriptions and medical records, copies of insurance policies, backup disks of critical computerized information, copies of other important family and financial records, and your safe deposit box key.

• Store original documents, property deeds and birth certificates, in a bank safe deposit box.

**6.) Make an evacuation plan.** Imagine that you could take only one suitcase or pack a single carload in the event of a disaster. What would you take, how would you leave your home, where would you rejoin your family, and who would you call if you became separated?

**7.) Look at other free resources.** Go to the AICPA's Web site: [www.360financialliteracy.org](http://www.360financialliteracy.org) (State Society Web site) for additional free information including two guides to help consumers prepare and recovery from a financial perspective to expedite financial recovery.

Financial steps after disaster strikes include:

- How to file amended tax returns to obtain immediate federal government assistance
- How to tap into your IRS/401(k) for emergency funds without tax consequences
- How to restore household security
- How to identify and apply for any local, state or government disaster aid from the federal government
- How to manage an injury or disability
- How to negotiate with Insurance companies to ensure best possible coverage.
- How to deal with financial decisions after death
- How to manage property loss

**A Gift to the AMERICAN CANCER SOCIETY MEMORIAL PROGRAM strikes a blow against cancer**

**POLITICAL CALENDAR**

**Democratic Primary**  
 March 7, 2006  
 Early voting February 21-March 3  
 (Political advertising paid by the candidates listed)

**Lynn County Justice of Peace, Pct. 1**  
**QUAYDENE CASWELL**  
 (CANDIDATE)

**POLITICAL CALENDAR**

**Republican Primary**  
 March 7, 2006  
 Early voting February 21-March 3  
 (Political advertising paid by the candidates listed)

**District Judge 106th Judicial District**  
**CARTER SCHILDKNECHT**  
 (INCUMBENT)

**Host Families Urgently Needed**

Foreign high school students are scheduled to arrive soon for academic semester and year program homestays, and the sponsoring organization needs a few more local host families.

According to Pacific Intercultural Exchange (P.I.E.) Executive Director, John Doty, the students are all between the ages of 15 and 18 years, are English-speaking, have their own spending money, carry accident and health insurance, and are anxious to share their cultural experiences with their new American families. P.I.E. currently has programs to match almost every family's needs, ranging in length from a semester to a full academic year, where the students attend local high schools.

P.I.E. area representatives match students with host families by finding common interests and lifestyles through an informal in-home meeting. Prospective host families are able to review student applications and select the perfect match. As there are no "typical" host families, P.I.E. can fit a student into just about any situation, whether it is a single parent, a childless couple, a retired couple or a large family.

Families who host for P.I.E. are also eligible to claim a \$50.00 per month charitable contribution deduction on their itemized tax returns for each month they host a sponsored student.

For the upcoming programs, P.I.E. has students from Germany, the Former Soviet Union, Venezuela, Argentina, Brazil, Macedonia, Hungary, Korea, Mexico, Australia, Yugoslavia, China, and many other countries. P.I.E. is also participating in two special government-funded programs to bring scholarship students from the Newly Independent States of the former Soviet Union as well as predominantly Islamic countries such as Yemen, Syria, Jordan, Morocco, Kuwait, Iraq and Qatar to the United States. P.I.E. is a non-profit educational organization that has sponsored more than 25,000 students from 45 countries since its founding in 1975. The organization is designated by the United States Department of State and is listed by the Council on Standards for International Educational Travel (CSIET), certifying that the organization complies with the standards set forth in CSIET's Standards for International Educational Travel Programs.

Doty encourages families to contact the program immediately, as it will allow the proper time for the students and hosts to get to know one another before they actually meet for the first time.

Lynn area families interested in learning more about student exchange or arranging for a meeting with a community representative may call P.I.E., toll-free, at 1-866-546-1402. The agency also has travel/study program opportunities available for American high school students as well as possibilities for community volunteers to assist and work with area host families, students and schools.

Memorials and donations made to the **Lynn County Pioneers** 1600 S. 3rd • P.O. Box 223 Tahoka, Tx 79373 will benefit our local senior citizens center.

**ATTENTION: Anyone who wants to help Seniors and Disabled Persons understand the new**

**MEDICARE APPROVED PRESCRIPTION DRUG SAVINGS PLAN**

Come to a **FREE** Interactive Televideo Presentation on using the [www.medicare.gov](http://www.medicare.gov) web-site available locally:

<b>WEDNESDAY, JAN. 11</b> 4:00-4:50 p.m. at Wilson ISD (School ITV Room)	<b>THURSDAY, JAN. 12</b> 4:00-4:50 p.m. at Tahoka ISD (School ITV Room)
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(No need to pre-register. Contact schools for exact location of ITV rooms.)

SPONSORED BY SPAG/AREA AGENCY ON AGING IN PARTNERSHIP WITH REGION 17 EDUCATION SERVICE CENTER.

**THE LYNN COUNTY NEWS**  
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*Need an Invitation?*

If you need an invitation for a Baby Shower, Wedding Shower, Birthday Party or anything else, come by the Lynn County News office and let us help you! We have all colors of paper to choose from and can help you customize your invitations ... all at a low price.

For example: 100 Baby Shower post cards - black ink on bright color card is only \$12.

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**4.) Keep cash available.** Stash a small amount of cash or traveler's checks at home in a place where you can get at the money quickly in case of a sudden evacuation, or if a disaster shuts down local ATMs and banks.

• Set aside extra money in an emergency fund in a bank savings account, and keep your credit cards paid off so you will have enough credit to get you through a disaster.

**5.) Use an evacuation box and safe deposit box.** Put important papers in a box that you can grab in the event of an emergency. Some items to put in the box: traveler's checks, a few rolls of quarters, negatives of important per-

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 1906 N. 8th, plantator \$60,000.  
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# CLASSIFIEDS

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## Real Estate

**JANE JOHNSON**  
Weichert, Realtors  
Linda Clark & Associates  
Cell: (806) 470-1968  
Office: (806) 794-4554  
Email: jjohnson@weichertclark.com  
Website: www.WeichertClark.com

**TAHOKA:**  
1825 N. 4th - 3/2/2 on 3 lots, lots of storage, solid oak flooring, many extras. \$114,900.

1906 N. 8th - 3/2/1, two living areas, plantation shutters, 1 yr home warranty. \$60,000.

**BROWNFIELD:**  
1906 E. Tate - 3/2/2 French quarter cobblestone tile. \$108,500.

RL 1 E. Hwy 380 - 10 acres w/ utilities hook-ups, barns, septic. \$23,000.

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## HOME FOR SALE

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\$65,000 3/2/2 on Corner Lot  
Lrg. Living w/Fireplace, CH/AC  
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www.sgwinn.com for photos  
Steve Gwinn 806-543-5050  
Coldwell Banker Rick Canup, Realtors

## REAL ESTATE

**SUPREME LOCATION**  
Stucco, 3BR, 1B, plus living, dining, kitchen, fenced yard, 2 storage bldgs., pecan trees. Located at 1616 N. 1st in Tahoka.

**VERY NICE HOME IN GOOD NEIGHBORHOOD**  
Brick, 3 BR, 2 B, living, dining, kitchen, large fenced yard on North 6th St. in Tahoka. If your credit is okay, we can get you a loan. Call!

**MOVE-IN REDUCED PRICE! NEW INSIDE-**  
2 BR, 2 B, 2 Car garage, large basement Located on 2-1/4 acres. Country home. Must see -- Call.

Call and list your property today!

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806 / 561-4091

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2 Bedroom, 1-1/2 Bath on Large Lot. Just North of town. Recently updated, new roof, claw foot tub. Excellent buy at only \$50,000.

**FORECLOSURE! \$60,300**  
Reduced to \$72,270... **EVERYTHING IN CONTRACT!**  
4 BR, 2.5 Bath, 2 car garage, over 2400 sq. ft., plus acres, fire-place, den, walk-in closets.

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### Governor Proclaims School Board Recognition Month

Texas Governor Rick Perry has proclaimed January 2006 as School Board Recognition Month. Districts across the state will use this opportunity to show their appreciation and bolster understanding of the critical role elected boards of education play in their local schools and communities.

"The full promise of this great nation heavily depends on how well young Americans are prepared to embrace and succeed at the challenges ahead. Critical to achieving this goal is ensuring excellence in education," said Gov. Perry.

"Throughout the Lone Star State, school boards work to meet this mission, achieving successes that continue to make a positive difference. Through their efforts in working with educators, government officials and the community, school boards help to provide young Texans with the tools necessary for success," added the governor.

Created in 1949 to foster educational excellence in districts through

out the Lone Star State, the Texas Association of School Boards will be conducting an awareness campaign throughout the month of January to highlight the many contributions of school boards.

"I encourage all Texans to recognize the important roles that school boards play in ensuring a quality education for young Texans. Through their commitment and focus on the future, we are building an even stronger foundation for the Texas of tomorrow," he said.

"We encourage every community to take time in January to acknowledge the vital contributions made by locally elected school trustees and support them as they tackle the challenging and rewarding task of preparing our students for the future. School board members are extraordinary people who are dedicated advocates for Texas youth, yet few people fully understand the demands and far-reaching implications of their responsibilities on local boards," said James B. Crqw, TASB executive director.

"More than 7,000 men and women serve their Texas communities on school boards and give of their vision, knowledge, leadership and time.

## COTTON MARKET WEEKLY

Dec. 30, 2005

Cotton futures on the New York Board of Trade were mostly range-bound during the holiday-shortened week but settled sharply lower on Thursday, the last full trading day of the year. Fundamental concerns drove the market, but many traders were interested in talking about the weather conditions in Texas.

According to meteorologists, temperatures are well above normal for this time of year in Texas and the conditions are causing some concern for the upcoming cotton planting season. Soil moisture levels are deteriorating, and a cold, wet winter would be welcome to augment underground water supplies.

No rain is in the immediate forecast for the Texas High and Rolling Plains, and the clear weather probably will allow producers to finish harvesting activities by the end of the year. Most gins, however, likely will continue operating at full capacity at least until the end of January.

Most producers on the Texas High Plains reported their 2005 crop was of excellent quality. On average, the 2005 High Plains cotton crop has proven to be superior to previous years in virtually every fiber quality category. Considering the dramatic difference in harvest conditions when compared to a rain-drenched and troublesome 2004 season, a significant quality improvement this year is not surprising.

"The higher cotton production in 2005 is the result of a fortunate combination of timely rains, good weather throughout the growing season, cottonseed varieties that produce higher yields, and a successful boll weevil eradication program," a cotton analyst explained.

Conditions also were favorable for excellent crops in Oklahoma and Kansas. Due to higher yields and a growing number of acres planted to cotton, Kansas farmers expect to produce the largest cotton crop in the state's history. USDA currently pegs the crop at 90,000 bales, compared to 71,000 in 2004, but some industry observers place the Kansas crop closer to 105,000 bales. USDA also anticipates a 350,000-bale 2005 cotton crop in Oklahoma, the largest crop in the state since 1990.

Not to be outdone by Texas, both Oklahoma and Kansas produced a superior quality of cotton as well. The higher quality cotton available from producers in the tri-state area this season has attracted customers who typically source high-grade cotton from other growths.

Meanwhile, online trading by producers in Texas, Oklahoma and Kansas in the week ended Dec. 29 totaled 48,294 bales compared to the previous week when 55,338 bales were traded. Average prices received by producers in the most recent week ranged from 46.09 to 47.53 cents per pound compared to 46.10 to 47.93 cents per pound the previous week.

USDA reported net export sales of U.S. cotton totaled 438,600 bales in the week ended Dec. 22, a 50 percent increase from the previous week's sales and 17 percent more than the four-week average. Major buyers included China, Canada, Thailand, and Taiwan.

Export shipments of 209,400 bales were 26 percent less than the previous week and nine percent less than the four-week average. The primary destination was China with smaller quantities to Turkey, Mexico and Indonesia.



It may be just one horsepower, but before riding off into the sunset on that new horse you've just purchased, make sure you know what you are getting.

Dr. Michael Martin, equine field service clinician at Texas A&M University's College of Veterinary Medicine, has some tips on selecting a horse and how your veterinarian can help.

"There are many aspects involved when buying a horse, in addition to answering health questions," states Martin. "The concern for a first-time buyer should, and most importantly, be the safety of the horse," says Martin. "Buy a horse that is experienced and dependable, one with a good attitude."

Martin recommends that the "attitude" judgment be made by a friend or trainer who is qualified and knowledgeable about horses.

"Veterinarians only spend a very limited amount of time with the horse evaluating its medical condition, so many veterinarians may be reluctant to make a judgment about the disposition of the horse," says Martin. In addition, veterinarians may be reluctant to make judgments about conformation unless it relates to a lameness issue.

Martin says three basic medical examinations are performed by a veterinarian on any individual horse. A health certificate, insurance exam, and a pre-purchase exam provide different levels of information about the health status of a horse.

The health certificate is used to determine if a horse is free of any infectious or contagious diseases and is usually done when a horse is crossing state lines. An insurance exam is more in depth and focuses on satisfying the specific questions of an insurance company. The company may be more concerned with what kind of mortality risk is present with the particular horse.

area as these conditions persist into 2006. With that in mind, I will continue to work with Governor Perry and my colleagues in Congress to get needed relief to the devastated regions. I also encourage everyone to do what you can to fire-proof your homes. Additionally, this is a good opportunity to take another look at your emergency response plans so that your families know exactly what to do in case of a fire.

When rough times have fallen upon our state in the past, Texans have always come to the aid of their neighbors. The compassionate response to the fires has proven that this community spirit is alive and well, and, once again, we will make it through together.

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## FARM NEWS

AgTexas Farm Credit Services (AgTexas FCS) formerly PCA  
Mike Metzgi

First Ag Credit FCS  
Clint Robinson, President

Farmers Co-op Association  
No. 1

Lynn County Farm Bureau

The pre-purchase exam is performed to inform the prospective buyer of the medical status of the horse at the time of examination so that a more knowledgeable decision can be made.

"Find a veterinarian to perform the pre-purchase exam who is knowledgeable and familiar with the discipline in which you desire to use the horse," Martin adds. "Then the veterinarian can evaluate the horse performing in that particular discipline and provide a more accurate assessment of possible medical problems."

Another important aspect of buying a horse is to become aware of the management techniques used to care for the horse.

"When buying a horse be sure to have a plan and be knowledgeable about how the horse will be managed to include feeding and exercise programs," Martin stresses. Ask several questions about the horse's history and specific needs.

It is important to recognize differences between farriers. Ask if the horse requires special shoes or if leg or hoof problems exist.

In addition, ask questions about the amount of time the horse is kept in a stall versus outside. "Horses are managed differently as far as turnout time. Turnout time (meaning outside the stall) can make a huge difference in attitude," says Martin.

Before you purchase the horse, a particular problem may not have been present, but because of a change in management techniques, horses may develop bad habits as a result of excess energy from confinement, Martin says.

Horses are different concerning the amount of time they will tolerate in the stall. Martin suggests that horses be turned out for at least three to five hours a day on days they are not ridden. "The ideal situation is if your horse could be out 8-12 hours a day," he notes.

"New horse owners will generally not be as realistic about all the requirements of managing a horse to get the most enjoyment out of it. Asking questions about the horse that you are thinking about purchasing, taking someone knowledgeable with you, and including a veterinarian's evaluation in the process can go a long way towards making the right decision for you and your new horse."

### Town or Farm USE SMOKE ALARMS

Install smoke alarms on every level of your home. Test batteries monthly.

United States Fire Administration  
Federal Emergency Management Agency  
<http://www.usfa.fema.gov>

### Notice

CITY OF WILSON  
PUBLIC WATER SUPPLY SYSTEM  
PWS#1530003  
P.O. BOX 22, WILSON, TEXAS 79381

#### SUBJECT: QUARTERLY FLUORIDE NOTIFICATION

The Texas Natural Resource Conservation Commission (TNRCC) has notified the City of Wilson water system that the drinking water being supplied to customers had exceeded the Maximum Contaminant Level (MCL) for FLUORIDE. The U.S. Environmental Protection Agency (U.S. EPA) has established the MCL for Fluoride at 4mg/L, and has determined that it is a health concern at levels above the MCL. Analysis of drinking water in your community for FLUORIDE indicates a level of 3.8 MG/L.

This is not an emergency. However, some people who drink water containing FLUORIDE in excess of the MCL over many years could get bone disease, including pain and tenderness of the bones. Fluoride in drinking water at half the MCL or more may cause mottling of children's teeth, usually in children less than nine years old. Mottling, also known as dental fluorosis, may include brown staining and/or pitting of the teeth, and occurs only in the developing teeth before they erupt from the gums.

You do not need to use an alternative water supply. However, if you have health concerns you may want to talk to your doctor to get more information about how this may affect you.

The City of Wilson has inquired about getting a Reverse Osmosis plant to deal with this problem and without the help from grants this system has been too costly to put in at this time. The City is also looking for alternative water supply sources.

For further information contact the City Office at 628-6221.  
PWS# 1530003 /s/ ROY ISHAM, WATER SUPERINTENDENT 1-1c

THE STATE OF TEXAS CAUSE NO. 05-03-06239  
IN THE INTEREST OF DESIREE ANN VASQUEZ, ALEXIS MARIE VASQUEZ, JOADAM VASQUEZ, CHILDREN  
IN THE 106<sup>TH</sup> DISTRICT COURT  
LYNN COUNTY, TEXAS

TO: The Unknown Father of Desiree Ann Vasquez and Alexis Marie Vasquez, Children and To All Whom It May Concern, Respondents,

"You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10:00 a.m. on the Monday next following the expiration of 42 days after the date you were served this citation and petition, a default judgment may be taken against you."

The petition of Department of Family and Protective Services, Petitioner, was filed in the Court of Lynn County, Texas, on the 10<sup>th</sup> day of March, 2005, against The Unknown Father of Desiree Ann Vasquez and Alexis Marie Vasquez, Children and To All Whom It May Concern, Respondents, numbered 05-03-06239, and entitled "IN THE INTEREST OF DESIREE ANN VASQUEZ, ALEXIS MARIE VASQUEZ, and JOADAM VASQUEZ, children." The suit requests, "ORIGINAL PETITION FOR PROTECTION OF A CHILD, FOR CONSERVATORSHIP, AND FOR TERMINATION IN SUIT AFFECTING THE PARENT-CHILD RELATIONSHIP."

The date and place of birth of the children are subject the suit: Desiree Ann Vasquez DOB June 30, 1993, place N/A. Alexis Marie Vasquez DOB July 29, 1994, place N/A. ORDER SETTING FINAL HEARING will be heard by the said Court, at Tahoka, Texas on the 7<sup>th</sup> day of March 2006 at 9:00 A.M.

The court has authority in this suit to render an order in the children's interest that will be binding on you, including the termination of the parent-child relationship, the determination of paternity and the appointment of a conservator with authority to consent to the children's adoption.

Issued and given under my hand and seal of said Court at Tahoka, Texas this 27<sup>th</sup> day of December, 2005.  
Attorney for Petitioner  
James Napper  
P.O. Box 848  
Tahoka, TX 79373

Clerk of the Court:  
Sandra Laws/District Clerk  
P.O. Box 939  
Tahoka, TX 79373  
By: Lonneta Hudgens, Deputy

Delivered this 03 day of Jan, 2006  
Jerry D. Franklin, Sheriff of Lynn County  
By Pete Vallejo III, Deputy 1-1c

## New Subscription Rates

Due to the rising cost of postage, The Lynn County News must raise their subscription rates. Effective January 1, 2006, a one-year subscription to a mailing address in Lynn County will cost \$21 (you still save \$5 a year over the newsstand price). One-year subscriptions to all other addresses in the United States will be \$26.

Mail your payment to  
The Lynn County News, Box 1170, Tahoka, TX 79373  
or come by the office at 1617 Main Street in Tahoka.

### Seniors EyeCare Program Offers Eye Exams, Care

Today, more than two-thirds of visually impaired adults in the U.S. are over 65 years of age. Nearly 20.5 million Americans age 65 and older are afflicted with cataracts, the leading cause of blindness in the U.S. Alarmingly, the number of Americans with age-related eye disease is expected to double within the next three decades unless something is done to reverse the trend.

Moreover, a recent study out of the University of Texas Medical Branch in Galveston indicates that seniors suffering from poor vision have shown evidence of a premature mental decline: The results of this study clearly bring to light the importance of routine eye care for older adults.

In honor of "Take a Loved One to the Doctor Day," the Texas Ophthalmological Association encourages people to call the EyeCare America Seniors EyeCare Program. This year-round program offers eye exams at no out-of-pocket cost to seniors who are without an ophthalmologist (a medical eye doctor). To see if you, a loved one or a friend, 65 and older, is eligible to receive a referral for an eye exam and care, call 1-800-222-EYES (3937). The EyeCare America help line operates 24 hours a day, every day, year-round.

"Blindness and vision impairment have enormous personal, social and economic costs, limiting the activities of otherwise healthy and active people," said Gary M. Cowan, MD, President of the Texas Ophthalmological Association. "EyeCare America bridges the gap between seniors and the quality eye care they need thereby allowing them to live more fulfilling and active lives."

Here in Texas, EyeCare America and its 373 volunteer ophthalmologists have served more than 24,302.

Through the program those who are eligible receive a dilated eye exam and up to one year of treatment at no out-of-pocket cost to the patient. EyeCare America is able to provide this no cost care through its network of 7,500 volunteer ophthalmologists who have agreed to accept Medicare or other insurance as payment in full.

EyeCare America is a public service foundation of the American Academy of Ophthalmology. The Seniors EyeCare Program is co-sponsored by the Knights Templar Eye Foundation, Inc. and Alcon.

More information can be found at: [www.eyecareamerica.org](http://www.eyecareamerica.org).

### Randy's Roundup

A Weekly Newsletter from Congressman Randy Neugebauer January 3, 2006

#### Responding to Grass Fires

Instead of remembering Christmas 2005 as a time spent with family celebrating their faith, many residents in the 19<sup>th</sup> District will only remember this holiday season for the devastating grass fires that raged through the region, destroyed homes, and, in some cases, took the lives of their neighbors.

Last Wednesday, I traveled to Cross Plains to get a first-hand look at some of the damage caused by the fires. I also had the opportunity to speak with residents who were affected by the fires. From what I learned on my tour, it is clear that the costs of these fires will prove to be immeasurable for many Texans. I am encouraged, however, by the initial responses by the state government and the local communities who have rallied to help those in need.

Governor Perry has also visited the area. In addition to the emergency declared by the state government, he has also requested a federal emergency declaration for Texas. This would mean additional resources would be available to combat the fires, respond to this disaster, and help families and businesses affected by this emergency. To help this process move along as quickly as possible, I have sent a letter to President Bush supporting Governor Perry's request. In a show of Texas unity, 14 other members of our state's congressional delegation signed on to the letter as well.

These post-Christmas fires are not isolated incidents. High winds and a severe drought have created conditions that caused 1,946 fires which consumed 112,319 acres in 2005. And it is a real possibility that more fires could be in store for our

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