



Cori's court... Tahoka's Cori Vega brings the ball down court in the Jan. 26 game against Idalou, perhaps on her way to making another basket for the Lady Bulldogs, as Vega led with 20 points in the 57-42 victory. Two other players scored in double figures, with Kyra Helm and Haley Hall both tossing in 12 points each. Ready to assist Vega in this photo is Amanda Truelove (14). (TISD PHOTO)

Rep. Heflin Files Bill To Restore CHIP Program

State Representative Joe Heflin has filed House Bill 824 to restore health coverage to hundreds of thousands of Texas children through the Children's Health Insurance Program (CHIP). In 2003, the Texas Legislature reduced state funding for CHIP and made enrollment in the program more difficult. Since the restrictive policies were enacted, almost two hundred thousand children across the state have lost their health coverage.

Joining dozens of other House members to advocate and raise awareness for the repeal of the restrictive CHIP policies, Rep. Heflin said, "In District 85 alone, between 2003 and 2007 the CHIP enrollment numbers dropped by more than half. Children should be a number one priority, and that is why we need to refund CHIP, so children can have the access they need to health insurance."

Restoring the CHIP program to pre-2003 enrollment levels would not cost the state any additional money. According to data collected for the Texas Health and Human Services Commission, during the 2006 budget year the State of Texas left unspent \$400 million in state funds dedicated for CHIP and Children's Medicaid. "Those dollars could easily cover every child that has lost CHIP coverage since 2003," said Heflin.

"The money is there to do the right thing and to help working families who cannot afford private health insurance. CHIP gives the children of those hard working families health insurance, so they can grow up happy and healthy," Heflin added.

Heflin represents Texas House District 85, including Borden, Crosby, Fisher, Floyd, Garza, Glasscock, Hale, Howard, Irion, Jones, Kent, Lynn, Reagan, Sterling, Stone-wall, and Terry Counties. He can

be reached at the Capitol at P.O. Box 2910, Austin, TX 78768-2910 (Tel. 512-463-0604) or at his District 85 office, P.O. Box 585, Crosbyton, TX 79322 (Tel. 806-675-1583).

Angel Food Ministries Offers February Menu

The last day to pay and place orders for February food boxes in the Angel Food Ministries Program will be no later than 6:00 p.m. on Friday, Feb. 9. Orders will be taken at New Home Church of Christ on Friday, Feb. 9 from 3:00-6:00 p.m. Lone Star cards may be presented at this time for payment.

All orders and payments may be mailed to: New Home Church of Christ, P.O. Box 188, New Home, Texas 79383 before the deadline.

Menus and order forms may also be picked up at the following locations: Department of Human Services, 1521 Ave. J, Tahoka, the Community Action Center, 1629 Ave J, Tahoka (next door to Farm Bureau), New Home Post Office and New Home City Hall, and Wilson City Hall. Hours are 8-12 and 1-3 p.m. Monday through Friday.

Distribution of food boxes will be Saturday, Feb. 24, from 10-11 a.m. at the New Home Church of Christ.

For more information, call Peggy Morrow at 806-252-6973.

Contemporary Worship Service Rescheduled

A contemporary worship service that was scheduled to be held in Tahoka on Saturday night, Jan. 13, at First United Methodist Church, was canceled due to the ice storm that hit the area. The event has been rescheduled for Saturday, Feb. 3.

Praise and worship time led by Byron Norwood of Tahoka will begin at 7 p.m. in the church sanctuary. The service will also offer devotional time, prayer time, and communion.



MR. AND MRS. KEATON HUTTO (nee KATHRYN YORK)

York, Hutto Vows Exchanged In December Ceremony

Kathryn York of Canyon, and Keaton Hutto of New Home were united in marriage at 7:00 p.m. on Saturday, December 30, 2006 at the First Baptist Church in Canyon. Kip Hutto of Jackson, FI officiated at the double ring ceremony.

The bride is the daughter of Perry and Becky York of Canyon, and the grand-daughter of Wayne and Mae Stewardson of Plainview. The groom is the son of Tim and Kristi Hutto of New Home and the grandson of Lynn and Larry Ray and David and Janet Hutto, all of Pampa.

Escorted by her father, Perry York, the bride wore a formal gown that featured a champagne dupion silk bodice drapes in a braided design with an intricately beaded scalloped champagne lace neckline and spaghetti straps. The bodice flowed into a diamond ivory full ball gown organza skirt and is finished with a chapel train.

Ashley York of Dallas, served as maid of honor, and bridesmaids were Kelsey Rich of Amarillo and Kebbi Hutto of New Home. They wore chocolate brown taffeta bridesmaid dresses that were accented with a wide sash of champagne with long ties to the back.

Brian Holladay served as Best Man and Austin Ham of Post and Tyler McAllister of New Home served as groomsmen.

Kylee Lopez of Amarillo, served as Flower girl and Cy Middleton of Happy, served as ring bearer.

A reception was held at the church following the ceremony.

The groom is a graduate of New Home High School and is currently attending West Texas A & M University. The bride is a graduate of San Jacinto Christian Academy and is currently attending West Texas A & M University. The couple will reside in Canyon following a wedding trip to Banff, Canada.

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STORK REPORT

Gabe and Amanda Locke of Tahoka, announce the birth of a daughter, Kayleigh Jenyce, born November 27, 2006 at 1:26 p.m. at Covenant Lakeside. She weighed 8 lbs and 3 oz. and was 21 inches long. She has a brother Kaleb.

Grandparents are Robert and Shannon Cox and Roger and Linda Locke, all of Tahoka, and Don and Laura Bishop of Brownfield.

Great-grandparents are Henry and Dorothy Bishop of San Angelo, and Denver Merryman of Arkansas.

Great-great grandparents are Pearl Bishop of Brownfield and Ollie Beck of Lubbock.

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Tahoka, Texas 79373

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Childca

A coup State of Tex ing that if yc or fewer cl you in your \$20.00 year considered l was aware home dayca than 3 child to be either but was una for two child required to

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Further community ing our mon nesses. By care, we are lies the oppo children in you had ca down, whic parents wou having to tal daycare in only would t out of Taho will go from 1:3 ratio to a at a much hi ents.

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Letters to the Editor

Childcare Laws

A couple of years ago the State of Texas passed a law stating that if you are caring for three or fewer children unrelated to you in your home you must pay a \$20.00 yearly fee to be what is considered listed with the state. I was aware of the laws governing home daycares that care for more than 3 children that required you to be either registered or licensed but was unaware that I, by caring for two children in my home, am required to be listed.

With that being said, to the person responsible for turning in the home daycares in Tahoka who were unaware that we were in violation of that law, you have gained nothing from all this except for maybe a couple of days of satisfaction that probably will turn into resentment when you find that you really did nothing to benefit yourself. Granted, we did not know the law but was it necessary to report us to the Texas Dept of Family and Protective Services just because we were not listed with the state. This is a small town where people have lived their entire lives and know others about as well as they know their own children. Anyone who knows me or the others that were reported to the TDFPS knows that the children that come to our homes are getting the love, nourishment and care that they have the right to receive.

Furthermore, we are a small community that thrives on keeping our money in our local businesses. By us providing this care, we are giving some families the opportunity to keep their children in a local daycare. If you had caused us to get shut down, which you didn't, these parents would probably end up having to take their children to a daycare in Lubbock where not only would their money be taken out of Tahoka, but the children will go from receiving care on a 1:3 ratio to at least a 1:6 ratio and at a much higher cost to the parents.

I know now that I am required to be listed and have started that process and furthermore, as a parent to 3 young children, I completely support laws that protect our children. However, I am confused as to what your reasoning was in reporting us because it is obvious that in this particular incident, the children's best interests were not what led to your decision. So I ask, was there really a legiti-

mate reason for reporting us or was it just petty selfishness?
Amanda Quisenberry

Appreciation Expressed For Hospital, Community

Last Monday morning, (January 19), my wife brought me to our hospital with chest pains. I want to tell you our hospital is a wonderful place to be. I don't know if everyone else feels the same way I do, but we have a very good thing here in our community. The staff and doctor were wonderful to me. I don't know if I would have made it if I had been taken to Lubbock to begin with.

I appreciate and am very thankful for our hospital and staff of Lynn County Hospital. Thank you for working in a timely fashion on me. May God Bless each one of you.

People in other communities are in awe of our little community and how we treat each other like family. When someone is in need, we all pull together to be there for one another. It is the same way with our churches. When word got around town that I had a heart attack, we had all kinds of phone calls, visits at the hospital, food and plants. And not only my Pastor came to see me, but so did other pastors of other churches, and for that I thank you for all the love, care and concern given to our family. We are so blessed to be a part of this community.

I would like to thank Jeff Bayley, Richard Harbison, First United Methodist Church family, First Baptist Church family, Highway Dept., Tahoka school, and our wonderful EMS staff, and many, many more for all the love, care and concern for our family. Thanks for being there for us.

Mike and Gail Quisenberry

NEW AT THE CITY/COUNTY LIBRARY

Hollywood Station
by Joseph Wambaugh
Under the leadership of their sergeant, known as "The Oracle," the crew of the LAPD's Hollywood Station—cantankerous veteran Fausto Gamboa, his enthusiastic young partner Budgie Polk, single mother Andi McCrea, and the other colorful misfits—take on their toughest case yet as they deal with the Russian mob, diamonds, counterfeiting, and grenades.



SHELLEY ANN FORSWALL and BRIAN RUSSELL AUTRY
Couple To Wed In March

Robert and Toi Forswall of Euless, Texas, announce the engagement of their daughter, Shelley Ann Forswall to Brian Russell Autry, son of Allen and Vista Autry of Lubbock.

The future bride is the granddaughter of Jimmy and Joy Bragg of Tahoka and Lois Jean Forswall of Georgetown, Texas.

The future groom is the grandson of Jerry L. McClure and Frances Autry, both of Lubbock.

The couple plan to marry on Saturday, March 10, at White Chapel Estates in North Richland Hills, Texas.

The future bride is a 2000 graduate of Colleyville Heritage High School in Grapevine, Texas and a 2006 graduate of Texas Tech University. She is a substitute teacher for Lubbock ISD and works at Logan's Roadhouse. The future groom is a graduate of Coronado High School in Lubbock and attended Texas Tech University. He is a certified paramedic and currently works at University Medical Center.

The couple will reside in Lubbock.



Don't miss out on all of the continuing terrific Bulldog district basketball action. Friday, Feb. 2 is our Varsity and JV Lady Bulldogs' final home games of the regular season. Please come out and support our Bulldogs!

The following is a lineup of the games scheduled between February 1 and February 7:

- Our Varsity and JV Bulldogs and Lady Bulldogs play on Friday, Feb. 2 when Denver City comes to Tahoka. Tip off is at 4pm.

- Middle School district play continues on Monday, Feb. 5 with Idalou. MS Bulldogs play at home; 7th grade begins at 5pm; 8th grade follows. MS

Lady Bulldogs travel to Idalou; 7th grade begins at 5pm; 8th grade follows.

- Varsity and JV Bulldogs and Lady Bulldogs district play continues on Tuesday, Feb. 6 when they travel to Roosevelt. Tip off is at 5pm.

Apply For Rural Economic Development Loan/Grant

Bryan Daniel, USDA Rural Development State Director announced today the Agency is accepting applications for the Rural Economic Development Loan and Grant Program until Sept. 30.

USDA Rural Development Business Programs administer loans and grants designed to strengthen the economy and infrastructure of rural areas. The purpose of the Rural Economic Development Loan and Grant Program is to provide grants and zero-interest loans to electric and telephone companies who are USDA Rural development borrowers not delinquent on any Federal debt or in bankruptcy proceedings. This entity estab-

lishes a revolving loan fund that can be used for community facilities and infrastructure. The funds support financing job creation projects and economic development within rural areas. Priority is given to projects that are physically located in rural areas having a population of less than 2,500 people. A third-party recipient may be a private or public organization having corporate and legal authority to incur debt.

For more information regarding the Rural Economic Development Loan and Grant Program, please call Danny Torres, USDA Rural Development Business Programs Director at (254) 742-9780 or visit their web site at <http://www.rurdev.usda.gov/tx/>.

Search For Miss Lynn County Announced

Lynn County females who are single, have never been married or given birth, and between the ages of 19 and 29, may apply for the title of "2007 Miss Lynn County." Miss Lynn County will represent her county at the Miss Texas Pageant to be held at the Scottish Rite Auditorium in San Antonio, Texas May 4-6, 2007. The young woman chosen as Miss Lynn County will become an ambassador from the Lynn County area and receive an official title and sash.

The young lady chosen as Miss Texas will receive a prize package valued at over \$11,000 and the opportunity to represent Texas at the 2007 Miss International Pageant. The American Heart Association and The United Way are the official charities of the Miss Texas Pageant.

Young ladies living in Lynn County interested in applying should write for a bio. form:

Miss Texas International Pageant, 14427 Brookhollow, Suite 197, San Antonio, TX 78232 or call or e-mail for more information: 210.403.0589 Kristin@TXBeautyQueens.com.

The current reigning 2006 Miss Texas is Lindsay Stanford of Austin. As Miss Texas, Lindsay speaks to adults and children about "The Importance of a Healthy & Active Lifestyle." Lindsay's goal as Miss Texas is to raise awareness and promote the importance of living a healthy lifestyle including eating right, exercising and maintaining emotional health. Lindsay aspires to be a role model for all young women by encouraging them to set high goals. For more information and tips on living an active lifestyle, visit: www.fitness.gov.

Miss contestants will compete in Personal Interview, Fitness Wear, Fun Fashion Wear and Evening Gown. (There is no talent or swimsuit competition.)

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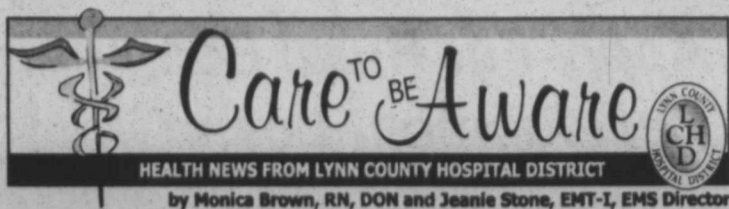
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"Know Your Numbers"

This week we'll share information about the important Blood Glucose test. A blood glucose test measures the amount of glucose or "sugar" in your blood. Glucose comes from the foods we eat, especially carbohydrates like sweets, breads, pasta, and starchy vegetables like corn, rice, and potatoes. Normally your blood glucose level increases slightly after you eat. When you eat a meal, glucose from the food stimulates your pancreas to release **Insulin**. The amount of insulin released is proportional to the amount or type of food you ate. **Insulin's main role is to help move certain nutrients (especially glucose) out of the blood and into the cells of your body's tissues**, because our cells require glucose to function. If the body is not producing insulin, or is not producing enough insulin, or if it is not using the insulin properly, the glucose will build up in the blood instead of being transported into the cells as it should be. On the other hand, if the body produces too much insulin, there will not be enough glucose in the blood.

Blood glucose levels can be measured by a simple blood test. Your health care provider may want to test your glucose level to rule out hyperglycemia (high blood glucose) as seen in diabetes or hypoglycemia (low blood glucose). He/she may want to know what your blood glucose level is after you've had nothing to eat or drink for at least 8 hours. This is called a **fasting blood**

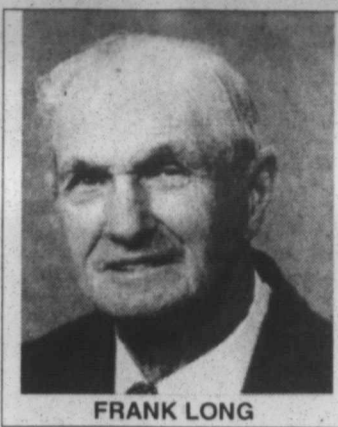
sugar. Or he/she may want to see what your blood glucose level is regardless when you ate last. This is called a **random blood sugar**. Random testing is useful because glucose levels in healthy people do not vary widely throughout the day. Blood glucose levels that vary widely may indicate a problem.

65 - 120 mg/dl is the normal lab value for both of these tests. Of course this value may be altered by various factors like the medications you take, the amount of alcohol you drink, emotional stress, smoking, and other health issues. Your health care provider will determine what is acceptable for you.

Low blood glucose may indicate a serious health problem, and can be dangerous if not treated immediately. If your glucose level is too high and goes untreated, your health could suffer seriously including damage to your eyes, kidneys, nerves and blood vessels increasing your chances of having a heart attack or stroke. Your health care provider may want you to decrease the amount of food you eat, the amount of alcohol you drink, the amount of cigarettes you smoke and increase the amount of exercise you get. In many cases these changes alone are enough to correct the problem. For others the problem is more serious and may require oral medication or even insulin injections.

Next week we'll take a look at one of our favorite topics...ughhh...Weight and BMI (body mass index).

OBITUARIES



Ernest Franklin "Frank" Long

Ernest Franklin "Frank" Long died Jan. 23, 2007 at Covenant Hospital in Lubbock, TX at the age of 95. He was born the seventh of eleven children on Nov. 7, 1911 in Bonnerdale, Arkansas to Alex and Julia Long. He moved to Texas at 6 years old in a wagon. He spent most of his youth in Bowie, TX, but also lived in Seymour, TX, Girard, TX, and Oklahoma City, OK.

He married Imogene Goodall Nov. 26, 1933 in Girard. After marriage, the family lived in Arkansas, Arizona, and several Texas towns, before settling in Seagraves, TX in 1952 where Frank and Imogene remained until 1991. Most of his working years were spent farming. He later owned several service stations and after retirement he began refinishing antique, furniture. During his life, he also worked as a timber-cutter, copper miner, railroad worker, and a muleskinner in the oilfield. In 1991, Frank and Imogene moved to Tahoka, TX, and they remained there until moving to McKenzie House of Lubbock in 2003. At the McKenzie house he discovered several new domino partners and Bingo. He led the singing for church services, and he remained active in a Bible study there. Frank lost Imogene Nov. 25, 2004, just one day shy of their 71st anniversary. After her death, Frank continued to live his life fully as was his nature. Frank and Imogene were blessed with 6 sons and 2 daughters: Joe of Wichita Falls, TX, Dolores Tuttle of Ingram, TX, Philip of Lubbock, Aubrey of Lubbock, Lynn of Tahoka, and Steve of Kermit, TX.

He was preceded in death by one son, Benny, who went to be with our Lord at the age of 13. He is survived by four sisters, Lettie Mattney, Irma Ingley, Zola Weatherford, and Lorene Thompson, who reside in Bowie. He is also loved by 22

grandchildren, 22 great-grandchildren and 6 great-great-grandchildren. Frank's greatest legacy is his faith. He became a follower of Jesus Christ in 1949; he raised his children in the faith and knowledge of Christ, and he spread the good news freely. Frank was a member and deacon of Sweet Street Baptist Church of Tahoka, TX, pastored by his son, Lynn. In lieu of flowers, the family would prefer that contributions be made to Sweet Street Baptist Church.

Graveside services were held at 10:00 a.m., Saturday, Jan. 27, at the Seagraves Cemetery. Memorial services followed at 2:00 p.m. that same day at Sweet Street Baptist Church, in Tahoka at 1300 Ave. J, under the direction of White Funeral Home of Tahoka. (PAID)



JOYCE HUDGENS

Joyce Hudgens

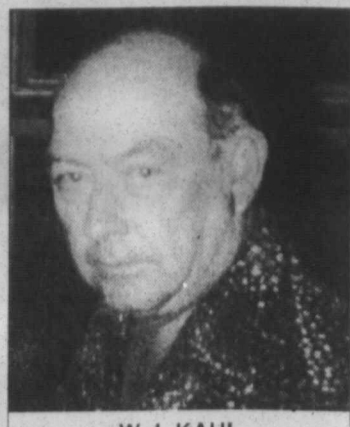
Funeral services for Joyce Hudgens, 80 of Lubbock, formerly of Tahoka, were held at 4 p.m. Friday, Jan. 26 at Resthaven's Abbey Chapel in Lubbock. Entombment followed at Resthaven Memorial Park.

Mrs. Hudgens died Monday, Jan. 22, 2007, in Plainview. She was born May 20, 1926, in Ralls, to Joseph and Mae Ruth Chappell. She married Floyd Hudgens on Jan. 29, 1944, in Ralls. They moved to Tahoka in 1959 and lived there until 1984 when they moved to Lubbock. They were members at Redbud Baptist Church.

She was preceded in death by her parents, two brothers, Hoyt and Dee Chappell, and two sisters, Lois Hunt and Doris Cox.

Survivors include her husband, Floyd Hudgens; two sons, Ronald Keith Hudgens of Denton and Gary Hudgens and wife, Lonnetta, of Tahoka; a brother, Ozell Chappell of Floydada; four grandchildren; and seven great grandchildren.

Memorials are suggested to Alzheimer's Disease Education, 3601 4th St. RM 3A 116, Lubbock, TX 79430.



W.J. KAHL

W.J. Kahl

Celebration of Life services for Walter Julius "W.J." Kahl, of Tahoka, were held at 10:00 a.m. Saturday, Jan. 27, at the First Baptist Church in Tahoka with Rev. Richard Harbison officiating. Interment followed in Nevels Memorial Park in Tahoka under the direction of White Funeral Home of Tahoka.

He died Friday, Jan. 23, 2007 in Lubbock, at the age of 76. He was born May 2, 1930 in Vernon, Texas to Walter Henry Kahl and Mamie Lee Smith. He graduated from Tahoka High School. W.J. was a farmer and a rancher for many years.

Survivors include his wife, Melissa; one son, Kent Kahl and wife Mistie of Tahoka; and three grandchildren, Kash, Corlee and Trevor.

He was preceded in death by his parents and one sister, Dorothy Renfro.

Memorials may be made to Lynn County EMS at 2600 Lockwood, Tahoka, Texas 79373.

Senior Citizens MENU

- February 5-9
- Monday:** Chicken and dumplings, pea salad, jal/plain cornbread, peaches
 - Tuesday:** Hamburger, steak, broccoli & cheese, potato salad, fruited jello
 - Wednesday:** Pork chops, mashed potatoes, harvest beets, white/wheat bread, lemon cake
 - Thursday:** Baked ham, butter beans, cinnamon sweet potatoes, cornbread, apple crisp
 - Friday:** Sandwiches, tuna, chicken, ham or bologna, all the trimmings, banana pudding

Obituary Notices -- POLICY --

There is no charge for obituary notices, subject to editing. The Lynn County News will publish obituaries with any connection to Lynn County. Information may be sent to The Lynn County News, P.O. Box 1170, Tahoka, TX 79373, faxed to 806/561-6308, or e-mail: lcn@tahoka.com or at LynnCoNews@poka.com.

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Contemporary Worship Service

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Praise & Worship Time
led by Byron Norwood. (A love offering will be taken.)

Devotional Time

Prayer Time

Communion

Casual Dress! EVERYONE WELCOME!



NITA MILDRED RAMSEY

Nita Mildred Ramsey

Memorial services for Nita Mildred Ramsey, 79, of Graham, were held Wednesday, Jan. 31, at 11:00 a.m. in the First United Methodist Church in Graham with Dr. Bob Holloway, pastor, officiating.

She died Sunday, January 28, 2007 at Graham Regional Medical Center.

Mrs. Ramsey was born September 27, 1927 in Tahoka, Texas to the late Cody and Violet Tankersley Bragg. She married Joe Ramsey June 27, 1948 in Tahoka, Texas. Nita moved to Graham in 1985 from Plainview, Texas. She was a homemaker and secretary for the family business.

Survivors include: husband, Joe Ramsey of Graham; daughter, Gail Bryant and husband Bill of the Trophy Club; sons, Wayne Ramsey and wife Leslie of Graham, Scott Ramsey and wife Bennie of Graham, and Don Ramsey and wife Virginia of Austin; grandchildren, Ramsey Roedersheimer and husband Tony, Jake Bryant, Joanie Ownby and husband Robert, Meredith Ramsey, Ben Ramsey, Stan Ramsey, Aaron Ramsey, Melody Vought and husband Ben, Holly English, and Nathan English; great grandchildren, Quinton and Lyric Vought; sister, Jolene Day of Abilene; brothers, Jimmy Bragg of Tahoka, Charles Bragg of Lake City, FL, and Jerry Bragg of Houston; numerous nieces and nephews also survive.

Memorials may be made to First United Methodist Church, P.O. Box 88, Graham, Texas 76450 or Meals on Wheels, P.O. Box 1300, Graham, Texas 76450. (PAID)

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- English IV

Free Diabetes Classes To Be Offered In Tahoka

Free classes will be offered here with information on living with type 2 diabetes. Plan to attend the "Do Well, Be Well With Diabetes" 3-part program on Wednesdays, February 21, 28, and March 7, from 2:00-5:00 p.m., at the Lynn County Extension Office, 1600 Ave J, Tahoka (north of PJ's).

"There is no cost to participate in the program. Parents of children who have diabetes are also welcome," stated Amy Baugh with the Lynn County Extension Service.

Eating the right foods at the right times is vital for good diabetes management, but don't forget the foods must also be eaten in the right quantities. That's why carefully measuring serving size is so important.

Portion size is the key to good blood glucose management, as is selecting foods wisely and then eating them in the right amounts throughout the day.

According to the USDA My Pyramid, a healthy daily diet for most adults contains five or more ounces of breads, cereals, rice and pasta; two to three cups of vegetables and one to one and a half cups of fruits; two or three cups of milk, yogurt and cheese; three to six ounces of meat, poultry, fish, beans, eggs or nuts; and small amounts of oils from natural sources such as vegetable oil, fish, nuts and seeds. The amounts eaten daily from each food group depend on your age, weight, gender and activity level.

A popular meal plan for people who have diabetes uses exchange lists, where foods are given a certain value - starch exchange, milk exchange and so on - which can then be integrated into a healthy daily menu. One exchange is a single serving, and can be substituted for other exchanges in a healthy manner. These easy-to-use substitutions can help people with diabetes count calories, maintain their blood sugar levels and obtain nutrients. More information is available from the American Diabetes Association and the American Dietetic Association.

Knowing what each exchange contains is important. For example, one starch exchange - bread, cereal, croutons, rolls, pasta, tortillas, etc. - has 15 grams of carbohydrate, three grams of protein, one or less gram of fat and 80 calories. One fruit exchange provides 15 grams of carbohydrate and 60 calories, while one milk exchange provides 12 grams of carbohydrates, eight grams of protein and differing amounts of fat and calories.

Counting carbohydrates is also a popular method of building healthy menu plans. This method provides several choices of carbohydrates for each meal and each snack. Each choice provides about 15 grams of carbohydrate, which might be a starch, a fruit or a serving of milk.

But whichever meal plan you and your health care provider choose for you, portions must be monitored by measuring. A small scale designed for food portions can be helpful with this process. When food portions are measured in ounces, a scale can provide the most accurate portion control. Once you are more familiar with what these portions look like, you will be better able to guesstimate them without using a scale.

SUGAR CONTENT
For people with diabetes, the prevailing wisdom has been to avoid sugar - but not any more. Research has shown that people with diabetes can include sugar and other nutritive sweeteners in their menus, within the context of a healthy diet. However, sugars should be eaten in moderation. Sugars are quickly absorbed into the blood stream and increase blood sugar levels.

Read labels. Food manufacturers list ingredients from greatest to least, by weight. If sugar is listed as one of the first two ingredients, it probably contains too much sugar.

Some sugars aren't listed as "sugar." Watch for terms that end in "ose" or "ol," or other forms of sugar such as honey or syrup.

Some canned vegetables have sugar added; although these products can be used, a better choice would be fresh or frozen vegetables without the added sugar.

Regular bread also has some sugar added, but it's a small amount in comparison to the major ingredients.

Foods that are labeled "dietetic" may be low in fat and sugar, but they still contain calories and starch and shouldn't be eaten in mass quantities, any more than any other foods.

Artificial sweeteners can be used in a healthful meal plan, but read the labels carefully to make sure they also are non-caloric. Some of these sweeteners are:

- Saccharin: does not convert to glucose; is readily absorbed and is excreted unchanged by the kidneys. However it does contain sodium and may increase sodium content in the diet.

- Aspartame: made from protein; leaves no bitter chemical or metallic aftertaste. However, it is not heat-stable so cannot be used in cooking. Drinks sweetened with aspartame that are stored in heat will lose their sweetness. People with phenylketonuria (PKU) cannot metabolize the amino acid in aspartame and should avoid products containing it.

- Acesulfame-K: high-intensity sweetener that does not leave an aftertaste and is secreted unchanged in body waste. It also helps prevent tooth decay.

- Sucralose (commonly known as Splenda): made from sugar and tastes like sugar, but is



It's up there ... Kyra Helm tries to block a shot from an Idalou player here, in the home game on Jan. 26 that Tahoka's Lady Dogs won 57-42. Also shown are Cori Vega (23) and Maegan Hall (22). The Lady Bulldogs won a narrow victory over Post last night (Jan. 30), 35-31, with Vega tossing in 12 points and Kyra Helm adding 11 for the win. The girls are 4-4 in district. (TISD PHOTO)

SPC Senior Sneak Set for Feb. 16

The South Plains College Senior Sneak Preview is scheduled for February 16. The morning activities begin at 9:00 am at the Texan Dome in Levelland, Texas. The high school senior event hosts a variety of activities to allow students to experience SPC life.

Students will have the opportunity to visits with current students, sit in on a college class, explore majors, visit with clubs and organizations and even take a campus tour. The parents will be provided with a special session regarding financial aid, admissions, tuition, housing, transferring and any other questions. First-time college parents might have about the college process.

For more information or to register for the event, talk to a high school counselor, call 806-894-9611, extension 2113 or click the Senior Sneak logo at www.southplainscollege.edu.

Band Boosters To Meet Feb. 12

The Tahoka ISD Band Boosters will have a very important meeting on Monday, Feb. 12th at 5:45 p.m. in the THS LRC.

"We will be discussing the upcoming band trip, band banquet, fund raisers as well as the track meets," stated a band booster representative. "Everyone is encouraged to attend this very important meeting," she added.

Questions and Answers of the Day

Acts 19:11-20

Question: What does God bless?

In Acts, chapter 19:11-12: As we know, Paul was obedient. God blessed him to the point that by Paul's hands miracles came. There were handkerchiefs that touched Paul's body that were given to the sick. Sickness departed from them; and the ones with evil spirits - the evil spirits left. God blessed Paul's love and obedience to Him. In Acts 19:19, many of these people practiced curious arts - witchcraft, soothsaying, talking to the dead, etc. ... They came to Jesus. They took their books worth fifty thousand pieces of silver and burned them. Take notice to what happened because they did this. Verse 20 says, "So mightily grew the Word of God and prevailed."

What does that mean? It means that because they let go of their way of believing and anything to do with it and let God guide them, God was then able to move and work mightily.

Sometimes we have to give up our ways. Whatever we hold on to stops God's work in our life. It's not always easy to let go of our ways. Our love for God has to override our need for some things. I know this much: God loves us.

I guess what I am saying is that I love you and I want for you to have God's full blessing on your life. I know His love for you goes way beyond comprehension. Don't get discouraged. Some things come faster than others. Just keep applying the Blood of Jesus to your situation. I pray God blesses your way.

Love -- your sister in Christ, Linda.

LINDA LOCKE • P.O. BOX 1722 • TAHOKA, TEXAS 79373

Wilson SCHOOL MENU

February 5-9 Breakfast

Monday: Donut
Tuesday: Burrito
Wednesday: French Toast Sticks
Thursday: Sausage and egg
Friday: Pancake

Lunch

Monday: Burrito, Spanish rice, salad, fresh fruit choice, sugar cookie
Tuesday: BBQ Chicken, mac & cheese, salad, chilled pears, cornbread
Wednesday: Steak fingers, mashed potatoes w/ gravy, green beans, roll, frozen cherry bar
Thursday: Fajita chicken over rice, broccoli & cheese, corn, French bread stick, apricot fruit fluff
Friday: Pizza, salad, bananas, chocolate cake

not metabolized like sugar. Research has shown it does not raise blood sugar in people with diabetes. Is very stable, so can be used in baking and cooking.

- Neotame: non-nutritive, general-purpose sweetener that is heat-stable.

However, one word of caution: People should not eat large amounts of any sweetener. Ask a dietitian to help make good decisions about the place these sweeteners have in your diet plan.

For more information or to register for the classes contact Amy Baugh, Lynn County Extension Agent, Texas Cooperative Extension, 561-4562.

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ATTEND CHURCH IN LYNN COUNTY

First Baptist Church

1701 Ave. K • Box 1547 • Tahoka, TX 79373
(806) 561-4557 • www.fbctahoka.org
PASTOR: REV. RICHARD HARBISON
First Service - 8:30 a.m.
Sunday School - 9:45 a.m.
Second Service - 11:00 a.m.
Evening Worship - 6 p.m.
Activities For All Ages - Call For Complete Schedule
There's A Place For Me at FBC!

TAHOKA Church of Christ

2320 Lockwood • Box 1177 • Tahoka, TX 79373
(806) 561-4060 • email: tcoc@poka.com
MINISTER: RON FANT
Sunday School - 10:00 a.m.
Sunday Worship - 11 a.m., 6 p.m.
Bible Classes - Wednesday 7 p.m.

Wilson St. John Lutheran Church

13th & Dickson • Wilson, TX 79381
(806) 628-6573
Sharing Christ's message of forgiveness and salvation with our community and beyond.
LEADERS: REV. YVONNE KIEBLER
TONDA FREITAG, PLM
Sunday School (for all ages) - 10 a.m.
Sunday Worship - 11:15 a.m.

Draw First United Methodist Church

(established 1907)
P.O. Box 496 • O'Donnell, TX 79351
Phone (806) 428-3357
or Fern Barnes (806) 327-5583
PASTOR: REV. TONI BAYLEY
Sunday Morning Worship - 9:15 a.m.
Sunday School following

First United Methodist Church

1801 Ave. J • Box 500 • Tahoka, TX 79373
(806) 561-4503 • fumctahoka@juno.com
PASTOR: REV. JEFF BAYLEY
Sundays: Sunday School - 9:45 a.m.
Sunday Worship - 10:45 a.m.
Youth - 6 p.m. - Adult Bible Study 7 p.m.
Family Fellowship - 6:30 p.m. Wednesdays
"For I know the plans I have for you... plans to give you hope and a future!"
--JEREMIAH 29:11

Sweet Street Baptist Church

1300 Avenue J • Box 751 • Tahoka, TX 79373
(806) 561-5310
PASTOR: LYNN LONG
Sunday School - 9:45 a.m.
(A Bible Study Class for all ages)
Morning Worship - 10:55 a.m.
(Uplifting Music - Message from God's Word)
Evening Worship - 6 p.m.
(Praise & Worship - Gospel Message)
Wednesday Night - 7 p.m.
(Prayer & Bible Study, Children & Youth Ministries)
EVERYONE IS WELCOME!

Ambassadors for Christ

701 N. 1st • Tahoka, TX 79373
Phone 561-5520 or 998-6092
PASTOR: CHARLIE STICE
ASSOCIATE PASTOR: MICHAEL SCOTT
SUNDAY SERVICES:
Sunday School - 9:45 a.m.
Morning Worship - 10:45 a.m.
Youth - 5:15 p.m.
Evening Praise & Worship - 6:00 p.m.
Wednesday Bible Study - 7:00 p.m.

Wilson St. Paul Lutheran Church

16th & Houston St. • Box 136 • Wilson, TX 79381
(806) 628-6471 • www.stpaulwilson.com
PASTOR: DAVID W. RÖHDE
Sunday School - 9:15 a.m.
Divine Service - 10:15 a.m.
"Where Christ Serves People"

New Home Church of Christ

St. address • Box 188 • New Home, TX 79383
(806) 924-7579
MINISTER: VICTOR ELLISON
Bible Class - 9:30 a.m.
Sunday Worship Service - 10:30 a.m.
Sunday Evening Service - 6 p.m.
Mid-Week Bible Study - 7:30 p.m.

MESSAGE FROM: Rev. Jeff Bayley, Pastor, First United Methodist of Tahoka

God, Our Defender
Psalm 62:6
Here is a big question. What is God doing when you are in a bind? When the lifeboat springs a leak? When the rip cord snaps? When the last penny is gone before the last bill is paid?... I know what we are doing. Nibbling on nails like corn on the cob. Pacing floors. Taking pills.... But what does God do? He fights for us. He steps into the ring and points us to our corner and takes over. "Remain calm; the Lord will fight for you" (Exodus 14:14). His job is to fight. Our job is to trust. Just trust. Not direct. Or question....Our job is to pray and wait.
Be blessed, Jeff Bayley

New Home United Methodist Church

350 N. Main
New Home, TX 79383
(806) 924-7549
PASTOR: RICK WOLFE
Sunday School - 10:00 a.m.
Sunday Worship - 10:45 a.m.
Youth Activities

O'Donnell First Baptist Church

701 Standefer • O'Donnell, TX 79351
(806) 428-3236
PASTOR: SCOTT HENSLEY
Sunday School - 9:30 a.m.
Sunday Worship: 10:45 a.m. and 6:00 p.m.
Wednesday Prayer Meeting - 7 p.m.

Grassland Nazarene Church

2885 CR 25 • Tahoka, TX 79373
(806) 327-5656, 327-5655
Sunday School - 9:45 a.m.
Sunday Morning Worship - 10:45 a.m.
Sunday Evening Worship - 6 p.m.
Youth and Adults: Wednesdays - 7 p.m.

Wilson First Baptist Church

1403 13th St. • Box 67 • Wilson, TX 79381
(806) 628-6333
PASTOR: BILLY PARMER
Sunday School - 9:45 a.m.
Sunday Morning Worship - 11:00 a.m.
Discipleship Training - 5 p.m. Sunday
Sunday Evening Worship - 6 p.m.
Wednesday Bible Study & Prayer Mtg-6 p.m., Youth 7 p.m.

St. Jude Thaddeus Catholic Church

South 4th & Ave. M • Tahoka, TX 79373
(806) 561-4436
PASTOR: REV. EDUARDO TEO
DEACON: FRANCISCO AGUILAR
Mass - 9:30 a.m. Sunday, 7 p.m. Wed. & Thur.
Rosary - 7 p.m. Tues.
CCE Class/Confirmation Instruct. - 7 p.m. Wed.

Tahoka Trinity Church

1925 Lockwood • Box 1168 • Tahoka, TX 79373
Phone (806) 561-5317
PASTOR: PERRY SHUFFIELD
Sunday School - 9:45 a.m.
Sunday Morning Worship - 10:45 a.m.
Sunday Evening Worship - 6 p.m.
Youth - Sundays at 7 p.m.
For a ride to Sunday School or Church, call 561-5317

Heflin Appointed To Ag, County Affairs Committees

State Representative Joe Heflin was appointed to the Agriculture & Livestock and County Affairs Committees when committee assignments were announced Friday afternoon. A former county judge in Crosby County, Rep. Heflin received a seniority appointment to the County Affairs Committee, and he was appointed to the Agriculture & Livestock Committee by House Speaker Tom Craddick.

Heflin noted that both committee assignments provide excellent opportunities to work on behalf of his constituents throughout District 85. "The County Affairs Committee will allow me to work directly with officials in all 16 counties in the District to see that the needs of our county governments as well as the needs of our towns and cities are heard and addressed," said Heflin.

Regarding the Agriculture & Livestock Committee assignment, Heflin stated, "Obviously, Agriculture and Livestock are very important to every county

in District 85. This committee assignment gives me the opportunity to ensure that Austin takes into account the needs and concerns of agri-business in District 85."

"I couldn't be more pleased with these assignments," Heflin added.

Heflin also stated, "Speaker Craddick did a good job of protecting West Texas interests. He spread the representatives from the area to as many committees as possible. The final result is that West Texas will be very well represented during this legislative session," Heflin concluded.

Heflin represents Texas House District 85, including Borden, Crosby, Fisher, Floyd, Garza, Glasscock, Hale, Howard, Irion, Jones, Kent, Lynn, Reagan, Sterling, Stone-wall, and Terry Counties. He can be reached at the Capitol at P.O. Box 2910, Austin, TX 78768-2910 (Tel. 512-463-0604) or at his District 85 office, P.O. Box 585, Crosbyton, TX 79322 (Tel. 806-675-1583).



Bulldogs in action ... Josh Hawthorne (32) and Lance Murphy (5) are ready to assist in the Bulldog win over Idalou on Friday and Saturday (the game was halted due to a leaking roof and resumed on Saturday). The Dogs won 51-44. (TISD PHOTO)

The NEW HOME NEWS

Girls Night Out

On Jan. 22, Karon Durham hosted a Girl's Night Out, with 15 high school girls attending. Guest speaker for the evening was Mr. Talbert, of Lubbock ISD, presenting a program on "How To Understand Guys."

Calendar of Events Feb. 5-9

Feb. 5- High School hosting Wilson
Feb. 6- Jr. High hosts Wilson
Feb. 7- Youth Summit and smaCD presentation at the Civic Center
Feb. 8- Varsity Cheerleaders take Valentine Leopards to Children's Hospital; Group and Individual Pictures
Feb. 10- San Antonio Stock Show through Feb. 16

New Home Lists Third Six-Weeks Honor Roll

Superintendent's Honor Roll: Carolyn Olsen, Michaela Rodriguez, Corey Smith, and Meghan O'Rourke.

Principal's Honor Roll: Katherine Barrington, Triston Hargrove, Reagan Kennedy, Nick Rosa, Dimitri Correa, David Gomez, Chelsi Rodriguez, Jacobi Ford, Jonathan Rowser, Cody Cross, Kris Silva, Mary Maeker, Mikaela Wallace, Keely Nettles, Josh Nieman, Rachel Reagan, Trevor White, Mallory Alvarado, Sarah Clem, Daniel Ford and Kebbi Hutto.

Teachers Honor Roll: Clara Barrington, Britney Escobedo, Jadon Garrison, Heaven Hargrove, Aliyah Mindieta, Ariah Morales, Joel Sanchez, Caitlynn Adams, Ramon Barraza, Emilee Curtis, Thalia Garza, Kayla Gonzales, Devan Hargrove, Garrett Jameson, Lea Gustafson, Meagan Jameson, Camryn Nieman, Joe Vasquez, Natalie Vasquez, Paige Ford, Isabel Gomez, Abraham Hildebrand, Kaylan Lehman, Joarri Mireles, D.J. Ussery, Lindsey Burenheide, Merritt Mitchell, Tori Tello, Madison Gass, Maranda Hymes, Charles Kieth, Haley Lehman, Jonathan Nieman, Taylor Shellman, Kaitlin Thompson, Allison Burenheide, Linzee Gibbins, Regan Harrell, Justin Laseman, Naomi Nevarez, Zachary West, Jessica Gomez, Kassadi Gonzales, Josh Correa, Lupe Gomez, Jacob Laseman, Heath Link, Maribel Mireles, Joshua Tello, Whitney Decker, Hector Fiscal, Kali Gonzales, April Torres, Ashley West, R.H. Whitten, Jordan Clem, Christian Garcia, Allison Gibbins, James Torres, Sarah Ussery, Hailey Wilkinson, Natalie Bruton, Tanner Comey, Kevin Doggett, Amber Holler, Britany Holtz, David Nevarez, Tyler Nieman, Freddy Tello and Ashley Zuniga.

Nieman Named All-South Plains

Tyler Nieman of New Home ISD was named to the Lubbock Avalanche-Journal's 2nd Team All South Plains for Six Man Football.

New Home SCHOOL MENU

February 5-9

Breakfast
Monday: Donut
Tuesday: Mini corndogs
Wednesday: Rice Krispy bars
Thursday: Breakfast pizza
Friday: Tortilla omelet
Lunch
Monday: Chicken sandwich, trimmings, chips, pear cup
Tuesday: Pizza, lettuce/tomato, corn, baby carrots, jello w/topping
Wednesday: Deli sandwich bar, pickle spear, baby carrots, cucumber slices, orange wedges, apple
Thursday: Stuffed potato, green beans, broccoli w/ cheese, rolls, mixed fruit cup
Friday: Hamburger or cheeseburger, French fries, trimmings, cookie

CONTACT INFORMATION: STATE REPRESENTATIVE JOE HEFLIN

Following is the contact information for State Representative Joe Heflin. We would very much appreciate your including it in the newspaper on a regular basis as a public service to your readers:

The Honorable Joe Heflin
State Representative District 85
Texas House of Representatives

CAPITOL:
P.O. Box 2910
Austin, TX 78768-2910
(512) 463-0604
Fax: (512) 236-0704

DISTRICT 85:
114 West Aspen
P.O. Box 585
Crosbyton, TX 79322
(806) 675-1583

Email address:
JOEHEFLIN@HOUSE.STATE.TX.US

Card of Thanks

We would like to take this time to say how thankful we are for the love and support shown to us during the recent loss of our wife, mother and grandmother - Joyce Hudgens. We would also like to thank all of those who reached out and touched us through phone calls, cards, food, and flowers.

A very special thank you to the Ladies at Sweet Street Baptist Church and the Courthouse for all the food you sent our way. A special thank you to Donna Willis, Gilda Taylor and Sandra Laws for the many trips to Lubbock to see that we were taken care of.

Your thoughtfulness was greatly appreciated.

Floyd Hudgens
Gary, Lonnetta Hudgens
and families
S-11c

These Tahoka Firms Are Sponsoring This

FARM NEWS

AgTexas Farm Credit Services

Monty Bedwell and Mike Metzger

First Ag Credit FCS

Clint Robinson,
President

Farmers Co-op Association

No. 1

Lynn County Farm Bureau



Grandparents: Get Your Pictures Ready!

The Valentine Brag Page will be in the February 15th issue of The Lynn County News and you can have your grandchildren's photos published for only \$8 each picture. So, start hunting those photos out and bring them to the news office.
Deadline is Thursday, Feb. 8

The Insurance Texans Trust.

Service

Maeker Insurance Agency
Lynn Maeker, Agent

924-7241
or 759-1241

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3Bedroom newly painted vinyl floor Greatneig from Sch or 441-43

RENTAL
Tenant of backyard stove & room co. office. No work, b. Driv 2312 Call in Ask

REAL
CLO Stucco 2 dining, kit, carport, s yard. Well school - 15 for appoint

Large qua with norma East/North day.
M 3 BR, 2 bath lots of close age. Locat today!

MOVIE
Siding, 3 b garage, ce area. 1421

Notice is of May, 2007 directors. Ea accordance w District on th being made election is iss by virtue of Hospital Dis Witness

/s/ Jerry Board P Forms to picked up at returned not March 12, 20 To be eil in Lynn Cou tures with th Early vo Lynn Count (8), 2007. Texas 79373.

NOTIC MAYO DEL LYNN COU DIRECTOR NOMBRAD MESA DIRI ELECCION ESTA LISTA AUTHORIS ORDEN DE HOSPITAL SELLADA F FORMA LEVANTAD TRICT. LAS ANTES DE PARA S ESTAR CAL TEXAS YA CAMPANA EN CA COUNTY C ORLE CO Y EL FIN EN CONDADO 79373.

CLASSIFIEDS

Call 561-4888
by Noon Tuesday

THE LYNN COUNTY NEWS DEADLINE FOR NEWS AND ADS IS NOON TUESDAY

Real Estate

HOME FOR SALE
1803 AVE. P
3 Bedroom Brick, 2 living areas; newly remodeled; freshly painted inside and out; new central heat/air; new carpet/vinyl flooring; updated bath! Great neighborhood - 1/2 block from School! Call 806-561-4843 or 441-4352.

RENTAL HOUSE FOR SALE:
Tenant occupied. 2-1 w/fenced backyard & carport, w/d conn., stove & fridge, CH&A. Extra room could be 3rd bedroom or office. Needs outside cosmetic work, but inside looks good. Drive by and look at 2312 N. 1st, Tahoka. Call if interested: 561-1193. Asking \$12,000 firm.

REAL ESTATE
CLOSE TO SCHOOL
Stucco 2 or 3 BR, 2 bath, living, dining, kitchen, attached garage, carport, storage, large fenced yard. Well located and close to school - 1928 N. 5th, Tahoka. Call for appointment.

GOOD LAND
Large quarter of cultivated land, with normal FSA yields and acres. East/Northeast of Tahoka. Call today.

MOBILE HOME
3 BR, 2 bath, living, dining, kitchen; lots of closets, double carport, storage. Located at 1327 Ave. M. Call today!

MOVE-IN CONDITION
Siding, 3 bedroom, 1 bath, 2 car garage, cellar, open fence, good area. 1421 S. Ave. M. Call today!

NICE AREA
Brick + add-on - 3 BR, living, dining, kitchen, 1 bath, 2 carport, storage, fenced garden, water well (80' deep), 1621 N. 4th, Tahoka.

PEBSWORTH
Southwest Real Estate
1801 N. 7th Street • Tahoka
806 / 561-4091

House for Sale
O'DONNELL
4 BR, 2 Bath, spacious 2 car garage with a storage room. Corner house on a lot and a half. Sprinkler system, large back yard, water well, and pool with a deck. Concrete circle drive and parking.
428-3463

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with or without improvements. Northeast Lynn County.
Edwards Realtors
Call 780-8473 or
Jeanell 773-0352 • Melvin 773-0492

HOME FOR SALE
3 bedroom, 3 baths, basement, large 2 car garage, central air, front and back porches, large lot. 2,144 sq. ft. living area.
1612 Ave. O
CALL 561-4728 or 470-1451

FOR SALE:
In O'Donnell
702 12th Street
3 bedroom 2 bath home - has new ceramic tile and carpet.
Call 806-428-3811.

Volunteer ... it will do
your heart good!

Autos For Sale
FOR SALE: 1993 Buick Lesabre. Good condition, good tires, new spare. Call 998-4793.

For Sale
FOR SALE: '03 Suzuki GSXR 600 Sport Bike, lots of extras, 5,000 miles, \$5,500 or best offer. Also: '01 Husaberg 470, lots of extras, \$2500. 806-548-2853.

FOR SALE:
1800 sq. ft house
Needs finishing and must be moved, or demolished and sold for lumber, etc., \$1800. Also, limestone that was removed from the house is available for sale at \$1800. Located on the corner of N. 5th and Ave. R. Call 561-1193 if interested and will discuss options.

PECANS FOR SALE
SHELLED \$5.00/lb.
Call Joy & Jimmy Bragg at 465-3665 or Sue Tekell at 561-4719

FOR SALE:
Broyhill bedroom furniture with storage headboard, tall side cabinets with slide out night tables, light bridge, triple dresser and mirror, chest of drawers. \$700 for all.
ALSO: Gently used Spring Air queen adjustable bed with sheet set and comforter. \$350 for all.
Call 561-1193

SELLING QUEEN pillowtop mattress set, in plastic, warranty. \$125. 806-549-3110.

BRAND NEW double/full size mattress set. \$119. TWIN mattress set, \$99. Both new with warranty. 806-549-3110.

BEAUTIFUL CHERRY solid wood sleigh bed with mattresses. Brand new from factory. \$379. 806-549-3110.

SACRIFICE COMPLETE all wood Bedroom set. Beautiful \$699. Still boxed. 806-549-3110.

LEATHER SOFA, loveseat, Matching table set. New with lifetime Warranty. \$799. 806-549-3110.

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GOLDEN PLAINS CARE CENTER.
SNF seeks Certified Nursing Assistants or individuals interested in FREE C.N.A. Training. Please call 495-2848 or come by 605 W. 7th in Post, Tx. Classes beginning now! 5-1tc

Card of Thanks

We would like to thank Dr. Freitag and the nurses at Lynnwood and the hospital for their care of Dan B. Cockrum. Also Betty, Susie and the staff at Lynnwood for the excellent care the years he was there.
Sybil, Dan E., Lynda and family

We would like to express our thanks for all of the kindness shown to us after the loss of our father. The cards, flowers, food and memorials given have meant so much. While this has been a difficult time, the prayers and support of our friends has been such a comfort. Thanks again for all the kind and thoughtful deeds.
Love, Charlotte Wiseman & family
Billie & Milton Williams & family
Debbie & Ivan Line & family

Notice

\$200 REWARD
for information leading to the conviction of those responsible for the killing of a Black Bull in Southeast Lynn County Jan. 13-16.
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Legal Notice

Notice is hereby given that an election will be held on the twelfth (12th) day of May, 2007, in Lynn County Hospital District for the election of two (2) directors. Each director will serve a three-year term. Said election to be held in accordance with the resolution and order passed by the Board of Directors of said District on the eleventh (11th) day of January, 2007 and said resolution and order being made a part of this notice, for all intents and purposes. This notice of election is issued and given by the undersigned, pursuant to authority conferred by virtue of the resolution and order of the Board of Directors of Lynn County Hospital District and under authority of law.

Witness our hands and seal of said district this eleventh (11th) day of January, 2007.

/s/ Jerry Ford Board President /s/ Jim Morris Board Secretary

Forms to have your name placed on the ballot for hospital directors may be picked up at Lynn County Hospital District Administrator's Office and must be returned not later than sixty-one (61) days prior to the election or by 5:00 p.m., March 12, 2007.

To be eligible for office of Director, a person must be a qualified voter, live in Lynn County, Texas, and file a report of campaign contributions and expenditures with the administrator of the Hospital District.

Early voting will be held in the office of the County Clerk of Lynn County at Lynn County Courthouse, commencing April thirty (30) and ending May eight (8), 2007. The County Clerk's official mailing address is P.O. Box 936, Tahoka, Texas 79373.

NOTICIA LEGAL
NOTICIA SE LLEVAN A CABO ELECCIONES EL DIA DOCE (12)-DE MAYO DEL 2007 EN EL DISTRICTO DEL HOSPITAL DE EL CONDADO O ES LYNN COUNTY HOSPITAL DISTRICT PARA ELEGIR DOS (2) DIRECTORES. DIRECTORES SERVIR TERMINOS DE TRES (3) ANOS. LA ELECCION NOMBRADA FUE ORGANIZADA POR ORDEN DE LOS DIRECTORES DE LA MESA DIRECTIVA EL DIA ONCE (DE 11) DE ENERO DEL 2007 DICHO ELECCION FUE PRESENTADA POR LOS DIRECTORES NOMBRADOS EN ESTA LISTA. FUE PRESENTADA DE ACUERDO CON LAS REGLAS DE AUTORIZACION FE CONFERENCIADA Y AUTORIZADA POR REGLAS Y ORDEN DE LOS DIRECTORES DE ESTA MESA DIRECTIVA DE LYNN COUNTY HOSPITAL DISTRICT FE AUTORIZADA POR LEY FUE TESTIGADA Y SELLADA POR DICHO DISTRICTO EN ESTE DIA 11 DE ENERO DEL 2007.

FORMAS PARA PONER SU NOMBRE EN LA BOLETA PODRAN SER LEVANTADAS EN LA OFECINA DEL ADMINISTRADOR DEL HOSPITAL DISTRICT. LAS FORMAS DEBERAN SER REGRESADAS DENTRO DE 61 DIAS ANTES DE LA ELECCION O PARA MARZO 12, 2007, 5:00 P.M.

PARA SER ELEGIBLE PARA EL OFICIO DE DIRECTOR LA PERSONA DEBE ESTAR CALIFICADO PARA VOTAR Y VIVE EN EL CONDADO DEL LYNN, TEXAS Y ARCHIVAR INFORME DE CONTRIBUCION Y DESEMBOLSO DE LA CAMPANA CON ADMINISTRADOR DE LE HOSPITAL DISTRICT.

EN CAUSO DE QUE ESTE AUSENTE PUEDE VOTAR EN LA OFICINA DEL COUNTY CLERK DEL CONDADO DE LYNN COUNTY EN LAS CASA DE CORTE CONDADO DE LYNN, COMENSANDO EN ABRIL TREINTA (30), 2007 Y EL FIN EN MAYO OCHO (8), 2007. EL FUNCIONARIO DEL EMPLEADO DEL CONDADO QUE ENVIA LA DIRECCION ES P.O. BOX 936, TAHOKA, TEXAS 79373.

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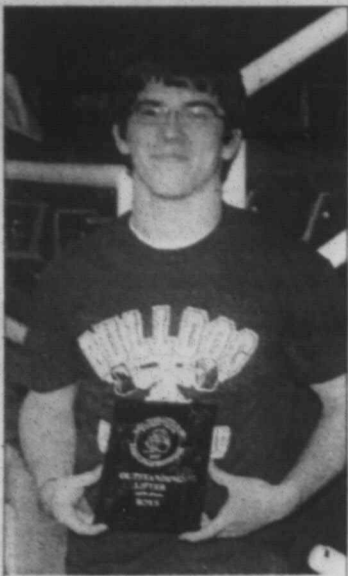
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Tahoka School News

by Tahoka High School Journalism Students



Outstanding Lifter...
Heath Ross of Tahoka was named Outstanding Boy Lifter at the Snyder Powerlifting Meet recently.

Tahoka's Heath Ross Named Outstanding Powerlifter At Snyder

Tahoka High School powerlifters competed in the Snyder Powerlifting Meet recently. Heath Ross was named Outstanding Boy Lifter, and the Tahoka boys team placed 2nd place overall, with the girls placing 5th place overall.

Individual results are as follows:

Boys: Heath Ross, 1st place with total weight of 1080#; Jacob Stevens, 1st place with total weight of 740#; DJ Torres, 1st place with total weight of 555#; Michael Gonzales, 2nd place with total weight of 750#; Allen Henderson, 4th place with total weight of 760#; Ridge Hall, 5th place with total weight of 740#; Kyle Larpeneter, 12th place with total weight of 810#.

Girls: Marissa Gomez, 1st place with total weight of 490#; Amanda Parades, 2nd place with total weight of 735#; Sarah, 5th place with total weight of 485#.

December Temps Near Normal

December 2006 saw near normal temperatures, but much above normal precipitation in the South Plains area, according to information released this week by the National Weather Service office in Lubbock. Precipitation averaged 2.09 inches, which was 1.34 inches above normal.

Looking back at 2006 it was a year of extremes. The year started off with one of the driest and warmest winters on record. Dry, windy and warm conditions caused numerous wild fires. "Severe drought" was a good description for the first half of the year. In fact, the average rainfall for the first seven months was only 7.18 inches (about 1/3 the annual totals). In July some western parts of the South Plains area started receiving significant rain, but for most areas including Lubbock, plentiful rainfall didn't begin until the middle or later parts of August.

The annual rainfall for the Tahoka station was measured at 22.32 inches for the year.

In December 2006, the greatest daily precipitation in the South Plains area was measured at 1.70 inches at Snyder on Dec. 20. The greatest monthly precipitation was 3.27 inches at Memphis, and the least monthly precipitation was measured at 1.11 inches at Seminole.

Local Sales Tax Allocations Made

Comptroller Susan Combs announced that the state collected \$1.67 billion in sales tax revenue in December, up 6.7 percent compared to December 2005.

For details of January sales tax payments to individual cities, counties, transit systems and special purpose districts, locate the Monthly Sales Tax Allocation Comparison Summary Reports on the Comptroller's Web site at www.window.state.tx.us/taxinfo/allocsum/compsum.html.

7th Grade Girls Basketball

By: Amanda Paredes

On Tuesday January 29th Tahoka Middle school "A" and "B" teams played against Slaton.

The Bulldog "B" team won their game 15-8. The top scorer with 8 points was #20 Monica Strickland. Other players who scored were #15 Isabell Resendez with 3 points, #30 Skyler McCleskey and #40 Taryn Bishop with 2 points.

The Bulldogs "A" team lost their game 18-21. The top scorer was #10 Stormee Martin with 6 points. Other players that scored during the game were #22 McKenzie Smallin with 5 points, #35 Gretchen Henley with 4 points, and #34 Nancy Munoz with 3.

the end, the Dogs lost 17-36.

The top scorer for the Bulldogs was Isaac Vega with 8 points. Andy Hinds had five points and Zach Garcia added two.

The 7th Grade Bulldogs played the Ralls Jackrabbits last Saturday in a tournament in Idalou. The Dogs stayed within striking distance for most of the game, but Ralls pulled away in the 4th quarter. The Bulldogs lost 19-32.

The leading scorer for the Dogs was Vega with 7 points. Chekota Parker had five points. Chance Cook added three points. Garcia and Hinds each chipped in two points.

8th Grade Girls Basketball

By D'Maris Murillo

The Tahoka 8th grade basketball team lost to Slaton 22-26 on Monday, Jan. 29.

Leading the team in points was Sabrina Moralez with seven points, Morgan Lockaby with six, and Kenzie Angeley with four. Contributing to the bulldogs points was Kalee Wuensche with three and Taylor Ford with two.

The 8th grade Lady Bulldogs flew by the Roosevelt Lady Eagles 49-20 Thursday Jan. 25.

Putting points on the board were Lockaby with 12 points, Ford with 10 points, Wuensche with eight points, Moralez with six points, Garcia with five points, and Nikki Box and Angeley with four points each.

7th Grade Boys Basketball

By Josh Freitag

The 7th Grade Dogs traveled to Slaton on Monday, Jan. 29 to play the Tigers. The Bulldogs got behind early and trailed the entire game. In

8th Grade Boys Basketball

By Valerie Sosa

On January 29, the 8th grade played Slaton. Tahoka lost with a close one, 35-33. The top scorer was Taylor Abel with 20 points.

On January 25-27 the 8th grade boys participated in the Idalou Tournament.

The boys lost to Idalou 21-32. Sabino Perez, Taylor Abel, Ricardo Delgado, and Willie Vest all scored four points each. Other players who contributed were Alex Webster and Tanner Hall.

The 8th Grade boys also played Ralls in the Tournament. Tahoka came up short in the first game by 1 point, 31-32. The top scorer for the game was Abel with 20 points. Webster had 5 points, Delgado had 4 points, and Hall had 2 points.

J.V. Girls

By Amanda Resendez

The J.V. Lady Bulldogs faced the Idalou Wildcats on Jan. 26. They were defeated 29-54. The top three scorers were Britney Hair with 14 points, Corlee Greene with eight points and Meghann Rivas with four points.



Strong Showing at Snyder ... The Tahoka High School Powerlifting teams competed well at Snyder recently, with the boys team placing 2nd overall, and the girls team 5th place overall, and bringing home several medals. They are, in front from left, Marissa Gomez, Amanda Paredes and DJ Torres; and in back, Allen Henderson, Michael Gonzales, Heath Ross, Ridge Hall, Kyle Larpeneter, Jacob Stevens and Sarah Blaylock, with Coach Don Hilger standing behind the group.

J.V. Boys

By Erica Villegas

The J.V. Bulldogs faced the Idalou Wildcats on Jan. 26. They lost 26-34.

Antonio Baker led scoring with 10 points.

Varsity Girls Basketball

By Sarah Calvillo

On Jan. 26 the Lady Dogs trounced the Idalou Lady Wildcats with a 57-42 victory. Top scorers were Cori Vega with 20 points, Kyra Helm and Haley Hall with 12 points each. Other scorers were Brooke Inklebarger with 8 points, Bailey Hall with 3 points and Amanda Truelove with 2 points.

Varsity Boys Basketball

By: Nick House

The Bulldogs defeated Idalou

at home 51-44 on Jan. 26 and 27. The game was called with 3:48 left in the first half due to a leak in the roof.

Idalou traveled back to Tahoka on Saturday to finish the game.

Top scorers for the game included Jay Tillman with 15pts, Damon Moore with 12pts, and Daniel Baker with 10pts.

The Bulldogs pulled through a close game against Slaton on Jan. 23, 44-42.

Moore led scoring with 21pts. Matt McLelland added eight points, and Lance Murphy added four.

Bulldogs claimed victory in the home game against Roosevelt 44-31 on Jan. 22. Josh Freitag and Moore were top scorers with 11pts. Tillman put in seven.

SPC Offers ASE Certification Testing

South Plains College will be offering certification tests by the National Institute of Automotive Service Excellence until February 22. The computer-based ASE certification exams are offered at SPC's ACT Center. The center is located at the Reese Technology Center, 105 Davis Drive, Building 4, room 452.

To register for the exams, call ASE's toll-free number - 1-800-525-6929 - between Jan. 10 and Feb. 15, 2007. For more information, call the ASE Help Desk at 1-888-ASE-TEST or visit the ASE web site at www.ase.com/cbt.

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