# Image: Movember 30, 2017 Volume 114, No. 48 Serving Lynn County since 1903 Tahoka, Lynn County, Texas Tahoka, Lynn County, Texas Email: LynnCoNews@poka.com

#### What's • 1

- Inside
- Obituaries pg. 2 - John "Big Daddy" Curry
- Woodwork pg. 2
- Tahoka 3-D Band in final Battle of the Bands - pg. 3
- Traffic accidents, thefts reported during week - pg. 4
- Commissioner files for seat pg. 6

#### "Did you know" ...

If you sneeze while travelling at 60 mph, your eyes are closed for an average of 50 feet.



- Dec. 1: Open House Tahoka Drug, 1610 Main 8:30 a.m.-6:00 p.m.
- Dec. 2: Christmas Craft Show 9:00-2:00 at the Tahoka Life Enrichment Center 1717 Main Street
- Dec. 7: Open House City/County Library

# SERVING OUR COMMUNI

#### School youth offer skills, hard work, smiles, in 'TISD Community Day'

#### by JUANELL JONES

et's give back to the community that is always supporting us – that was the motto of the Tahoka Independent School District staff and students last Tuesday, for TISD Community Service Day.

Tahoka ISD students and staff served the community in a variety of ways last week, offering helping hands, artistic skills, baked goods, letters and cards of appreciation, and more in their second annual TISD Community Service Day. Everyone, from the little pre-kindergarten children though high school youth, had projects that benefit-

ted the community on the Tuesday before Thanksgiving. It was their way of giving back to the community that supports them. School class-

School classwork was set aside for the day, as students, teachers and other staff undertook projects and activities that would show their community that they care. It was very fitting that the community day was scheduled for the SUPT. ALAN UMHOLTZ

scheduled for the SUPT. ALAN UMHOLTZ Tuesday before Thanksgiving. Our stude The event started with an assembly and had a

of all students (K-12) in the gymnasium as Tahoka citizen and businessman Cal Huffaker gave an account of the value take them to the customer's vehicles, put out produce, stacked ice, etc. They also delivered baked goods to Lyntegar employees. • 5th graders made Boxes of Grati-

They also helped bag groceries and

tude filled with items for local senior citizens The Middle School students split

into small groups along with a staff

member, and cleaned up lawns and streets. Most groups consisted of about 9 students and a teacher or staff member. They walked up and down streets raking and bagging leaves and picking up trash. "I'm not sure the exact number of bags filled but I'm sure it was over 200. I know one group raked and filled well over 40

JMHOLTZ bags by themselves. Our students and staff worked so hard and had a great time giving back and helping others," said Kelly Kieth, Middle School Principal. Tahoka High school students lent



Let's play games! ... 1st graders and high school students went to Lynnwood Center and played games with the residents.



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s@poka.com

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to leave in ar. And who what the Lord that, but this hat we could ing to come I don't know wast that but ith a smile. bly different now. For me, So I just say, ring forward, y." 5:00-6:00, 1717 Main St.

Dec. 8: Open House First Bank & Trust 10:00-2:00 at Wilson & Tahoka locations

Dec. 16: Tahoka Area Chamber of Commerce Polar Express Train Ride 6:00-9:00 p.m. from the "Depot" at Tahoka Church of Christ fellowship hall,

2320 Lockwood

SANTA'S LAND DRIVE THRU PARK

is now open 6:30-10:00 pm every Friday, Saturday and Sunday night, and EVERY night from Dec. 15-25. It's free! Located at S. 11th & Ave. O in Tahoka.

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of efforts of volunteers in the past of Tahoka. Then, students gathered in groups that descended upon many locations in Tahoka to provide assistance

to organizations and groups. In the elementary grade levels, students went all over town with a wide variety of projects:

• Pre-K classes collected canned food for the local food pantry, provided through the Tahoka Church of Christ

• Kindergarten classes made goodie bags for local first responders, including Tahoka Police Dept., Lynn County Sheriff's Dept., EMS, and Tahoka Fire Dept.

1st graders went to Lynnwood
 Independent & Assisted Living Center
 and played games with the residents
 2nd graders made Christmas

decorations for local senior citizens
3rd graders provided personalized water bottles and snacks for el-

ementary teachers
4th graders went to Thriftway grocery store and greeted customers with baked goods and hot chocolate.

their skills and strengths to various activities. Some of these were cooking and serving burritos for the Gin and farmers, helping at City Hall, and packing emergency packs for local families in need. Students also helped out at the hospital by cleaning windows and decorating for the holiday season. Talented students brightened up the downtown with colorful seasonal decorations on business windows. Keeping in the holiday spirit, a large group of students assisted with readying Santa's Land for the season. Students helped out at the Show Barn moving panels. The residents at Lynwood had their spirits brightened by both elementary and high school students who played games and visited with them. Students also helped organize the local Food Pantry and Clothes Closet at the Tahoka Church

of Christ. Throughout the day, students and staff alike were reminded of the value of volunteering and giving back to their community. It was a great day of giving at Tahoka ISD.

## Moonlight Madness events slated for Sunday, Dec. 10

Tahoka NHS, Student Council, PTO, local businesses and community members will be joining together to support the Lynn County Pioneers Senior Citizens Center with several events planned for Sunday, December 10th from 5-8 p.m.

First Baptist Church, Tahoka, will be open for kids to enjoy Cookie Decorating with Tahoka Elementary PTO as well as Christmas Bingo, Crafts, and more with TMS and THS Student Council members.

While children are enjoying the festivities at FBC, adults are encouraged to visit two homes that will be decorated for the season and open to guests: the home of John and Suzanne Baker at 1629 N 5th and the Maxine Paris property at 2001 N Main, decorated by Maxine and her daughter, Kellie Craig. A few local businesses will also be open for shopping, eating and socializing. The Home Place and Tahoka Drug's Gift Shop will be open as well as Pop Belly's.

"Come celebrate the season with us! Donations collected at all locations will be given to the Lynn County Pioneers Senior Citizens Center," said TISD sponsor Klyssa Woodley.

If any other businesses are interested in participating, contact Klyssa Woodley (kwoodley@tahokaisd.org). We want to help! ... 4th graders went to Thriftway grocery store and greeted customers with baked goods and hot chocolate, and helped bag groceries.



Santa's Land helpers ... THS students helped prepare Santa's Land park.



**Greetings from Olaf** ... THS students (this is Anna Marie Arce and teacher Amy Izzard) painted Christmas scenes on the doors and windows of Tahoka businesses, to help spread Christmas cheer.

99

Did you know wind doesn't make a sound until it blows against an object? Did you know that sound travels 15 times faster through steel than air?





2 November 30, 2017 
The Lynn County News

#### The Lynn County News

The Lynn County News (USPS 32-3200) is published weekly by Lynn County News Inc. on Thursday (52 issues per year) at Tahoka, Lynn County, Texas. Periodical postage paid at Tahoka, Texas 79373. Postmaster: Send address change to The Lynn County News, P.O. Box 1170, Tahoka, TX 79373.

SUBSCRIPTION RATES: Lynn County Address: - \$25 year Other Addresses in U.S. - \$30 year

PUBLISHER / NEWS EDITOR Juanell Jones ADVERTISING MANAGER Pam Elrod © All material Copyright 2017 The Lynn County News

DEADLINE: Noon Tuesdays

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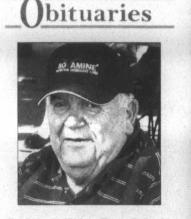
"Like" us on Facebook ... www.facebook.com/LynnCountyNews



#### Donations sought for Phebe K Warner Christmas Greeting

Each year the Phebe K. Warner Club of Tahoka sponsors a Christmas Greeting in The Lynn County News, naming those who contribute to their scholarship fund. Donations are currently being sought for this fund, and may be made at First National Bank of Tahoka or to any club member. Every contributor's name will be printéd in the Christmas Greeting, as specified in the donation.

"All donations will be used to finance our scholarship given yearly to a Lynn County graduating senior. Donations will be accepted until Dec. 15, and the greeting will be published in the Lynn County News Christmas edition," said a club member, adding, "Thank you for your support!"



#### John "Big Daddy" Curry

John Dwayne Curry, 81, of Tahoka passed away on Sunday, November 26, 2017 in Tahoka. He was born on March 10, 1936 in Lubbock to Dewey and Elnora (Dulaney) Curry. He attended Tahoka Schools and Texas A&M College. John married DaOnne Vickers on August 30, 1958 at the First Baptist Church of Tahoka, where he was a member. He enjoyed fishing, hunting, woodworking and spending time with his family.

He was preceded in death by his parents, sister Molly, and great- grandson Cade Joseph.

Those left to cherish his memory are his wife, DaOnne; daughter, Denise Curry Deuvall; sons, Alan Curry, Greg Curry and wife Wendy and John Curry and wife Tammy; brothers, Wiley Curry and wife Kay, and Mike Curry and wife Joveta; sisters, Margie Freeman and Suzy Scopel and husband Allen; grandchildren, Chrissy Tecut and husband Kenny, Blane Curry, Kasey Grein and husband Josh, Kate Joseph and husband Scott, Kelsea Deuvall, Kelly Deuvall, Coleman, Mason, Neeley, Chantz, Ethan, and Peyton Curry; greatgrandchildren, C.J., Walter, Kylie, Emily, and Macey.

Celebration of life service will be held at 3:00 p.m. on Saturday, December 2, 2017 at First Baptist Church, Tahoka. Visitation will follow services at the First Baptist Church.



**Donation for Christmas...** The Sweet Street Naomi Sunday School Class made a donation to the Lynn County Christmas for Kids (CFK) Program. Pictured from left, Sheri Stone, representing CFK, Patricia Hogg, representing Sunday School Class, and Linda Owen, CFK.

In lieu of flowers the family suggest memorial donations be made to Hospice of Lubbock or the charity of your choice. Combest Family Funeral Homes. (PAID)

#### Flu shot patch? New way to take your medicine

Scientists at Georgia Teach and Emory University in Georgia have come up with a painless and convenient way to get your flue shot via a patch you simply apply to your arm, according to the Association of Mature American Citizens.

The adhesive side of the patch features a hundred tiny needles that deliver the vaccine via your epidermis in just about 20 minutes. Patients would be able to safely self-medicate with this innovation that will be available in the not too distant future, after human studies required by the FDA. No more muscle-piercing needles. You could get your patch directly from your doctor or pharmacist via the mail.

- from www.amac.us

# Editor to the

#### Help the Homeless

With Thanksgiving just past and Christmas season upon us, we are very thankful and blessed to have our family and a home to live in. However, this is not the case for many homeless individuals. We have been working with Grace Campus (Paul's Project) a tax deductible 501c3, for the homeless. At Grace Campus (formerly,

Tent City) in Lubbock, transitional housing is being provided for approximately 90 homeless individuals. Paul's Project is funded totally by donations and your help can provide much needed support for those less

fortunate. Monetary donations, or Walmart gift cards allow the most flexibility in purchasing needed supplies. Paper goods, cleaning supplies, large plastic containers and used linens are also major needs.

If you would like to join us in supporting this much needed effort, you can drop off donations to Tommye Nance at Huffaker Law Office, Retha Pittman at Tahoka City Hall, or you may contact Elaine Smith at 561-5451 or Kim Hammonds or 806-441-4538. We will also pick up any donations or items. Let's join together and make LynnCoNews@poka.com



IS THE SEASON to be singing or listening to a lot of Christmas songs, and one of the oldest is the "Twelve Days of Christmas," which I had never thought much about, except to wonder mildly what leaping lords, French hens, swans, golden rings and partridges in pear trees had to do with Christmas. I just figured that somebody who wrote the song had some strange gift requests.

Now I have received an e-mail that claims there is meaning in all those things, originating in the Catholic faith a long time ago. I didn't check with any of my Catholic friends to see if they knew this already (they probably do), but here is the interesting (whether true or not) interpretation, as e-mailed to me:

From 1558 until 1829, Roman Catholics in England were not permitted to practice their faith openly. Someone during that era wrote this carol as a catechism song for young Catholics. It has two levels of meaning: the surface meaning plus a hidden meaning known only to members of their church.

Each element in the carol has a code word for a religious reality which the children could remember.

The partridge in a pear tree was Jesus Christ.

Two turtle doves were the Old and New Testaments.

Three French hens stood for faith, hope and love.

The four calling birds were the four gospels of Matthew, Mark, Luke & John.

The five golden rings recalled the Torah or Law, the first five books of the Old Testament.

The six geese a-laying stood for the six days of creation.

Seven swans a-swimming represented the sevenfold gifts of the Holy Spirit--Prophecy, Serving, Teaching, Exhortation, Contribution, Leadership, and Mercy.

The eight maids a-milking were the eight beatitudes.

Nine ladies dancing were the nine fruits of the Holy Spirit--Love, Joy, Peace, Patience, Kindness, Goodness,

#### LynnCoN

#### Add yc Tahol in fina Battle

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a difference for the less fortunate.

Tommye Nance

#### Social Security announces 2% benefit increase for 2018

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 66 million Americans will increase 2.0 percent in 2018, the Social Security Administration announced recently.

The 2.0 percent cost-ofliving adjustment (COLA) will begin with benefits payable to more than 61 million Social Security beneficiaries in January 2018. Increased payments to more than 8 million SSI beneficiaries will begin on December 29, 2017. (Note: some people receive both Social Security and SSI benefits) The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$128,700 from \$127,200. Of the estimated 175 million workers who will pay Social Security taxes in 2018, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2018, when announced, will be available at www.medicare.gov. Faithfulness, Gentleness, and Self Control.

The ten lords a-leaping were the ten commandments.

The eleven pipers piping stood for the eleven faithful disciples.

The twelve drummers drumming symbolized the twelve points of belief in the Apostles' Creed.

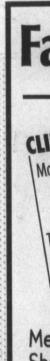
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#### The Lynn County News 🔳 November 30, 2017 3

#### Add your vote! Tahoka 3-D Band in final four KCBD Battle of the Bands

Thanks to the voting of all the fans and supporters of the Tahoka 3-D Band, it had advanced to the Final Four of the KCBD's Battle of the Bands. The voting for the winner of the Final Four starts this Thursday, Nov. 30, and continues for two weeks through Thursday, Dec. 14. The winning band will receive a \$3000 grand prize awarded by KCBD. To vote, go to KCBD.com/bands and vote once every minute starting Nov. 30.

"Having beat Spur by 56%, who we knew would be stiff competition, Tahoka waits while four other bands compete for the remaining two spots of the Final Four: Floydada, Lubbock Cooper, New Deal, and Whiteface," explained director Carroll Rhodes.

"Our three competitors will definitely be aggressive and intense to have made it this far, but we know our Tahoka family is just as determined as any of these other schools," stated directors Cristal Burse and Rhodes. "We need everyone's help both in Tahoka and around the state and nation if your Tahoka 3-D Band is to be the winner of the \$3000 awarded by KCBD," they added.



**So much fun!** ... Lots of area citizens came out to Tahoka's very own Drive-Thru Santa's Land to enjoy a train ride on the WTS&O Train during the opening Thanksgiving weekend. Although the train was only there on opening weekend, the drive-thru park is open every Friday, Saturday and Sunday night from now through Christmas, at S. 11th and Ave. O. Special thanks to Leighton and Joan Knox, Todd Holland and Star Bray for the train rides. *(LCN PHOTOS by Juanell Jones)* 





The "Marrying Squire" ... I.F. "Uncle Ike" Metcalf (1850-1930), was Tahoka Justice of the Peace from 1920 until his death Nov. 15, 1930. The "Marrying Squire" called himself "The Law above the Caprock" and sometimes "The Law at the Head of the Brazos," and was one of the most colorful characters the county ever had. Some of his court decisions were unique, to state it mildly. Born in the

North, he claimed to have been a Scout for the Union Army in the Civil War. Coming to Parker County, Texas after the War, he joined the Texas Rangers, and while stationed at Camp Cooper, 6 miles above Fort Griffin, he engaged in several bloody Indian fights and had been to Tahoka Lake before 1870. Coming to

Lynn County in 1905, he farmed a little, had a "refreshment joint" (as he called it) in Tahoka, preached at Baptist churches, and the 110-pound settler became Justice of the Peace. The photo is displayed in the Tahoka Pioneer Museum, located at 1600 Lockwood, open 10:00 a.m.-2 p.m. Fridays and Saturdays.



December 4-8 Monday: Salisbury steak w/ mushroom sauce, mashed potatoes, spinach, pea salad, fruit cocktail

**Tuesday:** BBQ Chicken breast, baked potato, peas, chocolate pudding Wednesday: Beef soft taco, Spanish rice, broccoli, corn, mandarin oranges
Thursday: Vegetable beef stew, zucchini, salad, apricots
Friday: Fish on a bun, coleslaw, peach chantilly
Mark your calendars...
Game Day Tuesdays... On

• Game Day Tuesdays... On Tuesdays at 1:00 p.m. we will have game days. Dominoes, cards and you can also bring your favorite game! • Donations to benefit the Center for the building fund are greatly appreciated. All donations are tax deductible; we are a 501(c)3 organization. An account is at the First National Bank of Tahoka.

November is BANANA PVDDING LOVERS MONTH

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Library CITY-COUNTY LIBRARY 1717 Main St. • Tahoka TX (inside the Life Enrichment Center)

Admission is free.

#### Renovation

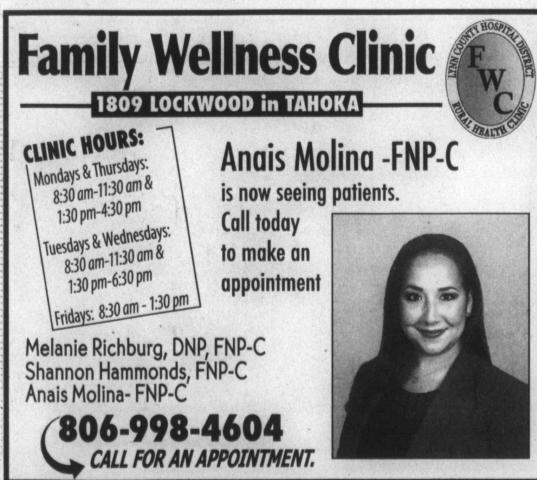
Renovation is still moving smoothly along. Again, we would like to thank everyone for their patience during construction. City-County Library will soon be having a Renovation Sale in order to make room for the new furniture and shelving that will be going in. Please keep watch on our Facebook page for date and time. **Bulldog Pride** 

City-County Library Paw Print Keychains Fundraiser has kicked off. Please contact the library 806-561-4050 to purchase your unique paw print keychain made by our very own 3D printer. Large keychains are

for \$3 and small keychains are \$2.

Ho..Ho..Ho!

The City-County Library Open House will be on Dec. 7 from 5-6:00 pm. Children will be able to get their photo taken with Santa with a FREE photo booth that will be set up letting everyone capture the memorable moment. Children can visit Santa to let him know that they have been good this year and what they want under the Christmas tree. come and enjoy this special time with family and friends.





🛃 November 30, 2017 🔳 The Lynn County News

These local firms are sponsoring this FARM NEWS:

AgTexas Farm Credit Services Favis Ferguson and Mike Metzig

Capital Farm Credit Jason Gandy Shaun Wied

Farmers Co-op Association No.1

Lynn County Farm Bureau

#### Lynn County Area Gins BALE COUNT (reported 11-28-17)

Texas Star Gin, Wilson/Union50,191
New Home Coop, Lakeview 30,457
Wells Coop Gin23,927
Noolam Gin, O'Donnell18,962
Farmers Coop #1, Tahoka 16,728
Farmers Coop, O'Donnell12,010
Garlyn Gin 6,810
TOTAL BALES 159,085

Did you know?

Gorillas sleep 14 hours a day

• The word racecar can

be spelled the same way backwards A giraffe can go longer

without water than a camel Crocodiles swallow rocks to

help them dive deeper

An elephant's trunk can hold over 5 litres of water

In eastern Africa you can buy beer brewed from bananas

Pop corn was invented by the actec Indians

# Traffic accidents, thefts reported during week

by JUANELL JONES

Three traffic accidents, including a three-car pileup just inside the Lubbock/Lynn County line on US 84, occurred during the past week. The three-car pileup happened a half-mile south of the Lubbock/Lynn County line on US 84 just after 7 p.m. on Sunday, Nov. 26. Fortunately, no injuries were reported, but no information was available on how the accident occurred. Persons involved in the accident included Christopher Eugene Branigan, Allison Michelle Branigan, Lyndi Paige Walters, Lexi Lee Walters, and Newton Frederick Koemel.

A woman driving a Jeep Grand Cherokee reportedly sideswiped a semi-truck when her Jeep had a blowout on US 87 about 7 miles south of Tahoka last Tuesday evening, Nov. 21 about 6:30 p.m. Crystal Meganas was the driver of the Jeep. The Jeep suffered some damage, but the semi-truck did not stop. Lynn County EMS was called to the scene, but did not transport the woman for medical care.

Tahoka Police arrested a 24-year-old Tahoka man on charges of Driving While Intoxicated last Thursday at 1:29 a.m. Police found the man in a black 2012 Dodge Ram 1500 pickup that was stuck in the guardrail on the northeast corner of the intersection at South Ave. J and the cemetery overpass. The pickup truck reportedly had significant damage and a large section of guardrail had been taken out by the vehicle. The driver stated he lost control of the vehicle, and also admitted he had been drinking, according to the police report. He was arrested and transported to Lynn County Jail.

Marcus Aguilar of Lubbock ' reported to Sheriff's deputies that all four wheels had been removed from his 2003 GMC pickup truck that had been stranded on the side of US 87, about 6 miles north of Tahoka. He said the vehicle broke down Sunday, and he left it on the side of the highway. When he returned on Monday, the wheels had been stolen, he reported.

Officers had a report of possible shots fired in the 1300 block of South 3rd Street, at 8 p.m. Nov. 23, but found nothing upon investigation.

At 9 a.m. on the 25th, someone called the Sheriff's Office to report hunters shooting from a county road, on CR 15 near FM 1054, but when officers arrived no one was found.

Gaylon Tekell reported theft of diesel from a tank located 9 miles north of Tahoka and west of US 87, at 2:40 p.m. Saturday.

A woman was reportedly heard screaming in the 2100 block of South 4th at 12:23 p.m. Monday, and officers investigating reported the case as a domestic disturbance, noting that a boyfriend had reportedly hit the woman and left the scene.

Police arrested a 31-yearold female, listed with a Lubbock address, outside a local convenience store last Monday, after identifying her as a person who had outstanding warrants in Lynn County. She was transported to Lynn County Jail for three outstanding warrants, one for No Drivers License, one for No Liability Insurance, and one for Speeding.

Lynn County Jail held 43 inmates during the week, including 18 for Ector County, 6 for Dawson, and 19 for Lynn County. Local charges included one for possession of marijuana, one for No Texas Drivers License, one for bond surrender custody capias DWI, three for unauthorized use of a motor vehicle, two for driving while intoxicated, and one for assault causes bodily injury to a family member.

#### County approves library expenditure

Lynn County Commissioners met in routine session Monday morning, approving a \$400 request from the City/County Library to help pay for floor rugs after the library renovation is complete. Commissioners approved all other monthly bills was presented, and briefly discussed the ongoing courthouse renovation project.

"We have discovered asbestos underneath carpet in two more rooms of the courthouse, and that will need to be removed," County Judge Mike Braddock told the court. "Other than that, they are still taking things apart and work is pro-

gressing as expected," he added. Sheriff Abraham Vega presented a report, noting that the Lynn County Jail held 45 inmates that day, including 18 for Ector County, 6 for Dawson, and 21 for Lynn County.

The meeting adjourned at 9:30 a.m. Commissioners Larry Durham, Don Blair and Matt Woodley were present, with commissioner John Hawthorne absent from the meeting.

#### Does Brain Size Matter?

With some things size matters, but with the brain, bigger doesn't always mean better or smarter.

In general, men's brains are 10% bigger than women's, even after taking into account LynnCoNews@poka.com

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**City snowflakes** ... City of Tahoka employees were busy early this week putting up the city snowflakes on downtown lightposts, and other Christmas decorations for the season. (LCN PHOTO by Juanell Jones)

#### Inactivity is not good for senior citizens By Dr. Glenn Mollette

A happier life is an active life. Doing nothing does not generate much in the realm of feeling good about yourself and is detrimental to your health.

Sometimes sickness or injury keeps us from doing anything. This can happen to us all and it's no fun being sick and shut-in the house. Inclement weather can drive us inside and for that reason many people dread the cold wintry months that are sure to come.

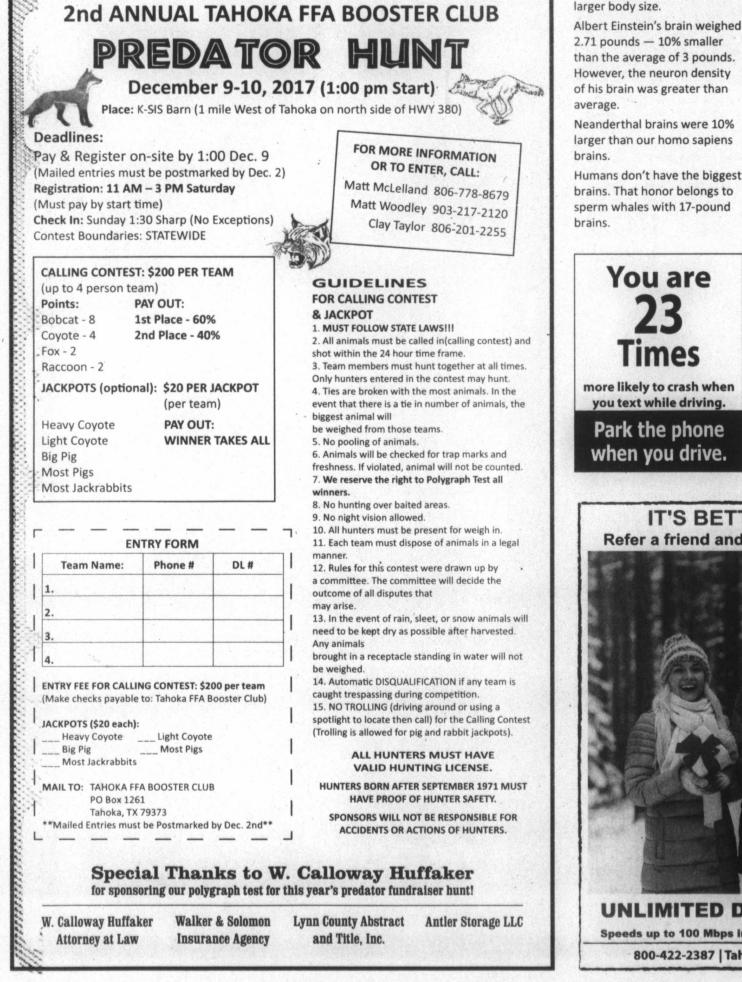
However, we all need to strive more in our daily activity. You don't have to be a member of a high priced gym to move every day. You don't have to have a lucrative retirement to move every day. If you can walk and move your arms you are really on your way to activity.

Whether you live in the city or country we all need to think more every day about getting out of the house and being in motion. Walking, jogging, mowing grass, working in the yard, house cleaning or more exercise, we all need it.

Behind my office is a nursing home. A man-comes out of that nursing home almost every day in a wheelchair. He has no legs. His wheelchair is motorized. However, every day he pushes himself to go the public library or down the road to one of a couple of small restaurants. He hasn't given up. I want to challenge us all to not give up and push ourselves a little more in the realm of activity.

In this day and time we all are in danger of terminal inactivity. Computers, televisions, social media, desk jobs, comfortable lounge chairs and riding in the car can spell long bouts of inactivity.

Researchers have been investigating ways to reduce our risk of



chronic disease for decades. One big question: How much exercise is needed to prevent disease? The answer is at least 150 minutes per week. According to the U.S. Department of Health and Human Services' physical activity guidelines, adults should participate in at least 150 minutes of moderate-intensity aerobic physical activity per week, including at least two days of muscle-strengthening activities.

What health risks are linked to physical inactivity?

Lack of physical activity has clearly been shown to be a risk factor for cardiovascular disease and other conditions.

Less active and less fit people have a greater risk of developing high blood pressure.

Physical activity can reduce your risk for type 2 diabetes.

Studies show that physically active people are less likely to develop coronary heart disease than those who are inactive. This is even after researchers accounted for smoking, alcohol use, and diet.

Lack of physical activity can add to feelings of anxiety and depression.

Physical inactivity may increase the risk of certain cancers. Physically active overweight or obese people significantly reduced

their risk for disease with regular physical activity. Older adults who are physically active can reduce their risk for falls and improve their ability to do daily activities.

Thousands and thousands of deaths occur each year due to a lack of regular physical activity. In addition: Inactivity tends to increase with age.

Now, please get up and do something. Our health and happiness depend on it.

Thanks to John Hopkins Medicine, Hopkinsmedicine.org and eatright.org for their information.

Glenn Mollette is a syndicated columnist and author of twelve books. Contact him at GMollette@aol.com. Learn more at www.glennmollette.com





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6 November 30, 2017 🔳 The Lynn County News

LynnCoNews@poka.com



Kindergarten classes boxed up goodies for first responders.



5th graders made Boxes of Gratitude filled with items for local senior citizens.



THS students helped organize the Food Pantry and Clothes Closet.

11



#### **TISD day of** community service

(More pictures from the Tahoka ISD Day of **Community Service**, as students and staff gave back to the community of Tahoka.)



**3rd graders provided** personalized water bottles and snacks for elementary teachers.



2nd graders made Christmas decorations for local senior citizens.

### **Commissioner files for seat**

One more person filed for county offices during the past week, to have his name placed on the ballot in the 2018 Republican Primary. Larry Durham, County Commissioner for Precinct 4, filed for-reelection for another four-year term.

Others who filed previously for county offices include Mike Braddock for re-election as Lynn County Judge, Amy Schuknecht for re-election as Lynn County Treasurer, John Hawthorne for re-election as County Commissioner Precinct 2, Ed Follis for re-election as Justice of the Peace, Pct. 4, Christie Olivan for Justice of the Peace, Pct. 1, and Sandra Laws for re-election as District Clerk.

Eight county offices have

#### Tahoka School Menu

**December 4-8** 

Monday: Cocoa Cereal Bar Tuesday: Breakfast sausage pizza Wednesday: Breakfast Burrito

Thursday: Blueberry pancakes Friday: Egg & Cheese Sandwich

Lunch \*Pre-K Monday: \*Beef Ravioli/Chicken Crisp Wrap/Cheese Nachos Tuesday: \*Cheese quesadillas/ Beef tacos/Ham & cheese sub/ Wednesday: \*Hamburger/ Grilled Cheese Sandwich/Chef Salad

Thursday: \*Spaghetti w/ meat sauce/Chicken Corn Dog/BBQ Chicken Salad

Friday: \*Cheese Pizza/Ranch Chicken Sandwich/Ham & Cheese Sub

positions up for election in the 2018 March Primaries. The filing period continues through Dec. 11, 2017, for all candidates interested in filing for a seat.

The eight county offices that candidates may apply to file for a four-year term include the County Judge, County Treasurer, County Clerk, District Clerk, Justice of Peace Pct. 1, Justice of Peace Pct. 4, County Commissioner Pct. 2, and County Commissioner Pct. 4.

Candidates interested in filing on the Republican ticket may contact Lynn County Republican Party Chairman John Baker, at 806-789-1257. Currently in Lynn County, there is no County Democratic Party chairman, but candidates interested in filing on the Democratic ticket may contact the Texas Democratic Party, 512-478-9800.

#### **Christmas Play offered** at FBC on December 3

First Baptist Church of Tahoka is giving the community a gift of laughter with a fun Christmas play. On Sunday, December 3rd at 6:30 p.m. a cast of church members will be performing 'The Living Nativity' by Karen Jones.

The cast in order of appearance includes: Shea Askew as Deputy Maggie Perkins, a deputy/bailiff in court; Heather Tekell as Judge Cybil Jones, Justice of the Peace; Daniel Garvin as Chester Blevins, .Joseph from the Nativity; Taylor Smith as Harvey Ditwilder, a shepherd; Scott Dimak as Clyde Jenkins, a farmer who portrays a king; Lisa Hawthorne as Eunice Jenkins, Clyde's wife, Mary in the Nativity; Amy Preston as Minerva Culpepper, one of two old maid sisters, angel; and Su-



san Tipton as Gladys Cullpepper, second old maid sister, angel

"This is a fun and funny play that will have you laughing but tells a sweet story of what Christmas is all about," said a sponsor.

#### Don't text and walk

A woman on her cell phone fell through a sidewalk in New Jersey recently. Not long ago a young woman texting on her cell phone was caught on surveillance video tripping into a fountain in an Arizona mall. The incidence of distracted cell phone usage has grown at an alarming rate, says the Association of Mature. American Citizens, so much so that the Honolulu City Council recently passed a law that prohibits looking at your cell phone while walking. While texting and driving is illegal in : most places, it is possible to be the time pedestrians are liable as well.