

Muleshoe Journal



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75¢

Volume 94, No. 30 www.muleshoejournal.com Muleshoe, Texas July 25, 2013

MISD Bus Barn Is Going Bananas!

By Larry Thornton
Managing Editor

Just because the students in Muleshoe Independent School District are on break for the summer doesn't mean there isn't anything interesting happening at the district's bus barn.

Over the past few years, some of the district's transportation employees have garnered local attention through their mechanic skills — by rebuilding a motorcycle with a rototiller engine, to gardening skills — trying their hands at growing a "king-sized" pumpkin. When it was picked, its reported weight was 65 pounds.

Currently, the transportation crew have a small garden with a variety of vegetables producing, except for a large tomato plant which to date has

Continued on A2



Don Phelps shows a few of his new arrivals at the MISD Bus Barn

Lesson Shared: 'White Space Is Not Your Enemy'

I just ordered a book recommended to me by a friend helping me with some ideas for the cover of my new Christmas record.

(A CD is still a "record," as in "recording." And, no, it is not difficult at all to sing "Let It Snow" with deep feeling on a 100-degree day.)

The title grabbed me: *White Space Is Not Your Enemy*. The book is a guide to "graphic, web, and multi-media



Focus On Faith
Curtis Shelburne

design." For 30 years as of September, part of ministry for me has been the monthly editing and designing of a little devotional magazine, *The Christian Appeal*.

My brother launched

the magazine in its present format 50 years ago, and one of his first design tips to me, the wet-behind-the-ears managing editor, was this: Don't be afraid of white space. Modern readers drown in type.

It's not just that modern attention spans are minuscule and most folks won't read at all if reading takes much effort.

For a supposedly literate society, we are frighteningly illiterate.

(*TV Guide* doesn't count.)

No, it's deeper than that.

A good bit of white space on your page or screen automatically gives value to, focuses your eye on, the relatively few items that win a place there.

Oh, you can get a bunch of words on a page if you load it up, shovel them in, decrease

the font size, increase the kerning, cram them in so tight that words will leak out on the floor if you don't belt the magazine shut with a rubber band.

And guess what? People won't read it. More white space. Fewer words. And the words get read. And they become more precious as communication happens.

"White space is not your enemy." I wonder what this truth might mean in, say, art, or music, or...

How important is "white space" in public speaking, or, I hate to mention this, preaching? Ouch! Sometimes less is more.

What about teaching? I've had the chance to lecture some college

Continued on A2

Teen Fights Under Investigation

By Larry Thornton
Managing Editor

A couple of fights involving teenage girls that were posted temporarily on Facebook™ are still under investigation by the Muleshoe Police Department.

According to Police Chief Roy Rice, citations for disorderly conduct were initially issued at the scene of the altercations, but the citations are "on hold" pending the collection of additional information and a review by Dist. Attorney Kathryn Gurley.

Explaining some of the details that are known, the police chief said officers responded to the scene

of a fight between a 13-year-old juvenile and an 18-year-old adult, both female, in the area of 12th and W. Ave. C on July 14, which had attracted a number of on-lookers, including some armed with video cameras.

It was further explained that after this initial fight started, a second altercation between a 17-year-old and an 18-year-old, both females, started a short distance away.

While both fights were videoed and uploaded to Facebook™ accounts, the initial fight involving the 13-year-old was apparently taken down after it was learned the incident was under investigation, Rice said.

The second fight, between the adult girls, is still available for viewing online.

While both fights are disturbing, especially because the onlookers were apparently more interested in videoing and encouraging the fights than attempting to stop them, the police chief said he was especially troubled because the mother of the 13-year-old reportedly provided transportation to the scene of the fight, and watched — along with a younger sibling, as the fight took place.

According to Chief Rice, that parent could be facing charges of endangerment to a child, as well.



Photograph by Gabby Perez

Jamaica Fun

Area residents had gathered for a fun-filled day at the Immaculate Conception Catholic Church's annual Jamaica. Pictured above, a youngster enjoys one of the activities at this year's festivities. Additional photographs are on A8.

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OPINION

Around Muleshoe...



Announcements from non-profit organizations in the Muleshoe area.

To post an announcement send an email to editor@muleshoejournal.com

SPCAA Funds

South Plains Community Action Association, Inc. has received additional funding from the Texas Department of Housing and Community Affairs to operate the Comprehensive Energy Assistance Program Jan. 1- Dec. 31.

The primary intent of this is to make funds available to enable SPCAA to respond to energy needs affecting low-income households. Priority will be given to eligible households and to households that include at least one member that is elderly, disabled or a child age five or younger.

For additional information concerning this program, contact Janie Posadas at the SPCAA Center, 804 W. American Blvd., Monday through Friday, 8 a.m. to 12 noon, or 1-5 p.m., or call 272-7537.

AA Group

The Rule 62 AA Group has moved, and is now meeting at the Muleshoe Cowboy Fellowship, 710 E. American Blvd., on Friday at 7 p.m. The program is open to individuals with problems from alcoholism and drug addiction. Contact 946-7929 for additional information.

Local Prayer Session

A special prayer session is scheduled for Wednesday, July 13, at 7:15 p.m., at the Bailey County Courthouse, with the intent of "bringing God back into community and country." All Muleshoe-area Christians are invited to attend.

MISD Local Passes

Muleshoe ISD is once again offering the MISD Local Pass to senior citizens (65 and older) who are residents of the district. The MISD Local Pass was designed to allow senior citizens who are residents of the Muleshoe school district to attend locally sponsored school events at no cost.

Senior citizens who wish to obtain a MISD Local Pass may do so by seeing Pam Thomson at the MISD Superintendent's office or by calling her at 272-7404.

Guidelines for the use of the MISD Local Pass Card are as follows:

Good only for events sponsored by the Muleshoe Independent School District. (This includes district and non-district athletic events.)

Certain District or Regional UIL activities, even though they may be held in Muleshoe, are not covered by this pass. (e.g.- district One Act Plays)

The MISD Local Pass is not acceptable for activities such as dinner theater productions, suppers, etc.

The MISD Local Pass covers only one admittance and is non-transferable.

The MISD Local Pass is not acceptable for department activities (such as speech/drama, home economics, etc.) used as fund-raisers unless approved by the sponsor and/or principal.

www.muleshoejournal.com

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What Goes Around... Comes Around

Editorial

While we can hardly be considered a fan of Justin Bieber, anyone who has given thought to our political leanings should know how we feel about former Pres. Bill Clinton.

However, the former president deserved the apology he received a couple of weeks ago from the pop singer.

For those who are unaware of the incident that led up to the apology, the Canadian youth heart throb — who has been the brunt of much anger in recent months due to his childish antics, included in his errors in judgment an insult to the former president.

Specifically, Bieber expressed his most likely uninformed

feelings toward Clinton by spraying cleaning fluid on the former president's portrait, and cursing him.

Apparently, what goes around really does come around, as the old saw goes.

For those who don't recall, the former president endured a bit of outrage of his own during his first presidential campaign.

No, we're not referring to the infamous "I didn't inhale" incident.

In 1969, while attending Oxford University as a Rhodes Scholar, Clinton spoke

out against the United States' involvement in the Vietnam War.

In fact, he did more than speak out, as we recall, organizing a march to coincide with a similar event on American soil.

Just as we found the actions of the young Bill Clinton and his decision to speak out against his nation of citizenship from foreign soil distasteful, we have similar feelings about Bieber — a guest in this nation, displaying his angst in the manner he did.

While Clinton's action, from what we

understand of it, was protected free speech, and Bieber's apparently included an act of vandalism, a strong argument can be made that there is simply something "not right" about either action.

If the young man who would grow up to be this nation's third youngest president wanted to oppose the Vietnam War, he should have done so within the boundaries of the country whose Bill of Rights guaranteed that freedom.

And, if a young man wishes to denigrate a national leader, whether current or past, than it is only common courtesy not to do so in the country that shelters you.

Barn Goes Bananas

Continued from A1

been a disappointment, but the most recent horticulture attempt with a bit of a surprise success involves a crop that normally grows a little further south than the Texas Panhandle.

According to bus mechanic and driver Don Phelps, he ordered some seeds for a banana tree online about four years ago, and was recently surprised to find the plant has produced fruit.

Originally planted at his home, after two years the resulting plant was getting too big for that location, so it was repotted and placed at the bus barn. After all, if a teacher can have an apple on her desk, and a district secretary a plant on hers, what's unusual about a banana tree in the bus barn?

While the plant remained barren for two years after the move, Phelps said he was recently told the problem was due to a couple of dead leaves at the top... so he removed them, and to his amazement a little over a week ago, he discovered the tree was in fact producing fruit.

The question now is — should the fruit mature, will it be used for pudding, bread or breakfast.

Focus On Faith...

Continued from A1 English students. I know the pressure. So much material. So little time.

It's so hard, but so important, to stop, slow down, shut up for a minute. Think together. Give and take together. White space.

God knew we needed white space in our lives for life itself to blossom and be rich and full and joyful, creative and productive.

That's what the Sabbath commandment is about. Time to rest. Time to let God "re-create" us.

We desperately need some "white space." We need to stop "doing" for a moment so that, when we're back to the "doing," what we do will

be worth something. And worth doing. And maybe even done with some joy.

You might run with this "white space" idea a bit and see how a little more if it might be a blessing in other areas of your life.

It might occasionally involve using the "off" switch on your cell phone or iPad™, for example. Just a thought.

Now, let me see if I can re-format this column so all the words will fit.

What? White space, you say? Well, that was tacky of you.

But you're right. Cutting stuff out to get that precious space is really hard.

And worthwhile.

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Obituaries

Jack Little

Graveside services for Walter B. (Grandpa Jack) Little, 90, of Muleshoe, were held on Wednesday, July 24, at Muleshoe Memorial Park Cemetery with the Rev. Dr. Stacy Conner officiating.

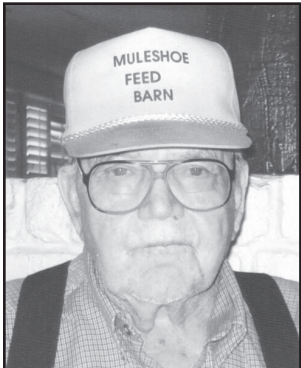
Mr. Little died on July 19, 2013 in Katy. He was born on Jan. 2, 1923, to Alexander and Blanche Little in Childress.

He was preceded in death by his wife, Smokie, in 2005.

Jack had lived in Muleshoe since 1947, after moving there from Decatur.

He served in the United States Navy, and received his bachelor's degree from Texas A&M University.

Jack was a farmer and a member of the



First Baptist Church of Muleshoe.

He is survived by a son — Tom Little of Houston; a sister — Neoma Marie Rawle of Chico; three grandchildren, and 10 great-grandchildren.

Memorials may be sent to the Oneita Wagnon Senior Citizens Center or Muleshoe Memorial Park Cemetery.

Online condolences can be made at www.ellisfuneralhomes.com.

Lynn Roberts

Funeral services for Wilma Lynn Roberts, 83, were held on Tuesday, July 23, at the Fifth Street Church of Christ in Farwell with R.L. Richards officiating.

Burial followed at Sunset Terrace Cemetery in Farwell.

Arrangements were under the direction of Steed-Todd Funeral Home in Clovis, N.M.

Mrs. Roberts passed away on Saturday, July 20, 2013, at Lubbock Heart Hospital.

She was born on Aug. 13, 1929, in Kress, to Homer Whitlow and Mary Francis Linn, and

married Bill Roberts on Aug. 13, 1948, in Kress.

Survivors include three daughters — Sheri Miller and husband Jerry of Lockney, Melody Sheets and husband Gene of Muleshoe, and Beverly St. Clair and husband Robert of Lubbock; a son — Robin Roberts and wife Karla of Lubbock; a brother — Forrest Whitlow and wife Jolene of Lubbock; and 10 grandchildren.

The family suggests memorials be sent to New Mexico Christian Children's Home, 1356 NM 236, Portales, NM, 88130.



The Sudan Buzz

This Week In Washington...

This week, the House will consider the Department of Defense Appropriations bill.

This legislation provides funding for our national security efforts and supports U.S. troops.

The bill includes \$512 billion in non-war defense funding and \$85 billion for war funding.

I feel strongly that providing a strong national defense is one of our government's highest priorities.

I'm pleased this legislation includes some spending reductions while still providing critical resources for national security and adequate support for the men and women defending our



country, including a 1.8 percent pay increase.

In the Financial Services Committee, we'll be marking up our housing finance reform bill.

I made a brief video explaining the PATH Act, which you can watch here.

In the Science Committee, we're holding a hearing on fracking and the flawed and false information that's been spread about this process.

The Department of Energy recently completed a study that showed that fracking in

Pennsylvania did not contaminate the water supply.

Study after study has shown that fracking is safe.

Of course, you probably knew that already.

We've been using this technology in Texas for

60 years.

Today, advances in fracking technology are revitalizing our economy and allowing us to identify and access fuels that were previously unreachable.

It's time for this Administration to acknowledge the science that proves fracking is safe, and to stop standing in the way of American energy development.

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Texas Time...



Sen. Cornyn at Big Bend

Continued from A4 Rock State Natural Area, which centers on a massive, pink granite rock that rises 425 feet above ground — the second largest formation of its kind in the country.

Legend has it that Tonkawa Indians named it after a Spanish Conquistador cast a spell on the formation and caused magical fires to glow on its peak.

In Texas, we do things bigger and better, and that's no exception when it comes to our state parks.

I congratulate the Texas Parks and Wildlife Department on 50 years of careful preservation of our

precious lands, and I encourage all Texans to take advantage of the natural beauty our vast park system affords us.

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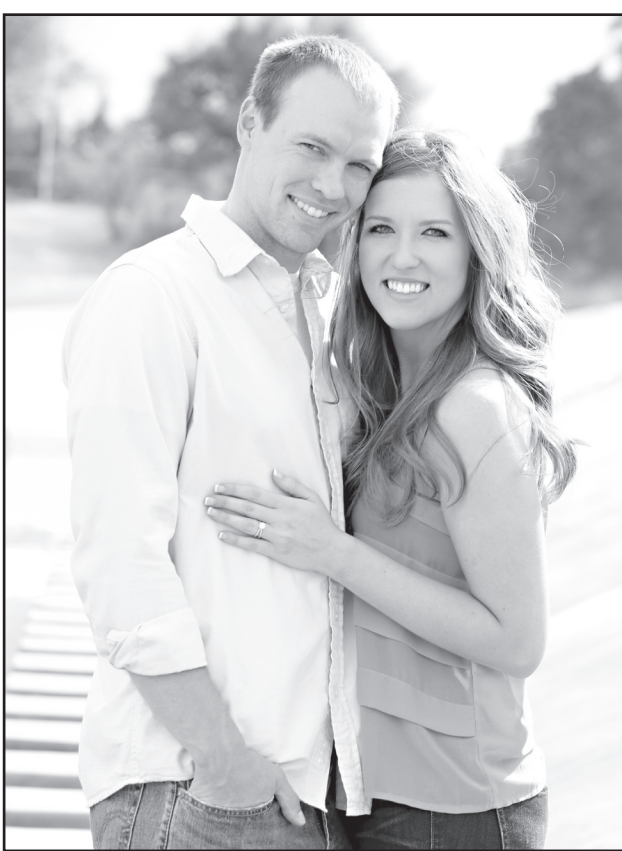
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Engagement



Bruce Hamilton and Kylah Riddle

Riddle, Hamilton To Wed

Jon and Niki Riddle of Dimmitt announce the engagement and upcoming marriage of their daughter, Kylah JeTonne Riddle, to Brant Price Hamilton of Ruidoso, N.M.

The prospective bride is a graduate of Dimmitt High School and Abilene Christian University.

The prospective groom is the son of Jeff and Deena Hamilton.

He is a graduate of

Muleshoe High School and Eastern New Mexico University.

The wedding has been set for Oct. 5, 2013 at the home of Jon and Niki Riddle, with a reception to follow at the same location.

Interested in telling your community about the happenings in Sudan?

Contact the Muleshoe Journal at 272-4536

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Dr. George will begin practice at LHC Family Medicine on Monday, July 15, 2013 You may call 806-385-6424 to schedule an appointment.

She graduated from West Texas A&M, went to medical school at Texas Tech University Health Science Center and did her family medicine residency at TTUHSC.

We are very excited to have Dr. Cindy George join our staff.



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Thanks for reading the Muleshoe Journal!

Double Jeopardy Issue Does Not Bar Subsequent Lawsuit Against Zimmerman

Q. I read that there may be another lawsuit filed against George Zimmerman. How is this possible? Whatever happened to double jeopardy?

A. Double jeopardy is alive and well. It just doesn't prevent all subsequent lawsuits. Double jeopardy prevents a person from being charged and tried more than once for the same or a similar crime.

There is a distinction, however, between criminal proceedings on the one hand, and civil proceedings on the other, based on the different purposes served by each. Criminal proceedings are punitive in nature, and are filed by the government.

They serve two primary purposes, deterrence and retribution, and result in a loss of liberty or life. For these reasons the rules governing criminal proceedings tend to favor the accused over the prosecution. Civil proceedings are filed by an individual against another individual, and are designed to compensate injured persons for any losses incurred.

Civil courts employ rules that are fairer to both parties. For example, the standard of proof to obtain a conviction in a criminal trial is "beyond a reasonable doubt," a very high standard.

A plaintiff may prevail in a civil trial, however, on a showing of "preponderance of the evidence," a standard that basically requires the jury to find their decision was more likely than not.

My opinion is that in the Zimmerman case, there may well be a civil lawsuit for wrongful death filed by the family of Trayvon Martin, notwithstanding the fact that a criminal jury found him not guilty.

As was seen with the O.J. Simpson case, a civil jury may find liability where a criminal jury found not guilty.

Q. I rent an apartment. I recently discovered the floor in my closet was wet. Later, I saw what looks like mold growing out of the carpet. It turns

Ask A Lawyer...

By Richard Alderman

out the air conditioner had to be repaired.

Although my landlord promptly made the repairs, he has refused to pay for getting my clothes in the closet cleaned? What are my rights as a tenant?

A. Under the law, the landlord has an obligation to do what he promised to do under the lease and make any necessary repairs.

Unless the lease states otherwise, the landlord has an obligation to repair a leaky air conditioner. In most cases, however, the landlord is not liable for any damage that occurred before the problem was reported to him.

For a landlord to be liable for damage to

your personal property, the landlord must be negligent, and that negligence must have caused the damage.

If the landlord did not know about the leak and promptly had it repaired as soon it was reported, he would not be responsible for any damage to your clothing.

On the other hand, if he knew about the leak, and did not take reasonable steps to repair it, he could be considered "negligent" and responsible for damage to your clothing that could have been prevented with prompt repairs.

The bottom line is that a landlord is generally not responsible for damage to a tenant's property. That is why

it is so important that all tenants have renter's insurance.

Q. I co-signed for someone who bought a car. He stopped paying and I had to pay almost \$3,000 to settle the account. Can I recover this money from the person I co-signed for?

A. As you seem to understand, when you co-sign you must pay in the event the person you co-signed for does not.

If you do not pay, it will be treated as your debt. This means you might face a lawsuit, and the debt will be reported as your debt to the credit bureau.

If you pay, however, the law gives you the right to be reimbursed by the other party.

I suggest you send the person for whom you co-signed a certified letter asking for payment. If he does not reimburse you, file a claim in small claims court.

Do you want to know more about your legal rights? Visit my website, www.peopleslawyer.net

Obituaries and Death Notices

Death notices will be published free of charge in the *Muleshoe Journal*.

Obituaries will be published at the rate of \$4.50 per column inch.

In all cases, the death notice and obituary information should be submitted by the funeral home for verification purposes.

The guidelines that will be used to determine if, and how much the publication will cost is as follows:

Death Notices...

Death notices may include the deceased's name, city of residence, age, date and place of birth, date and place of death, and the names of parents. Survivor information will not be included.

If the notice is to be published prior to any services, the time, date and location of services, and location of burial may be included.

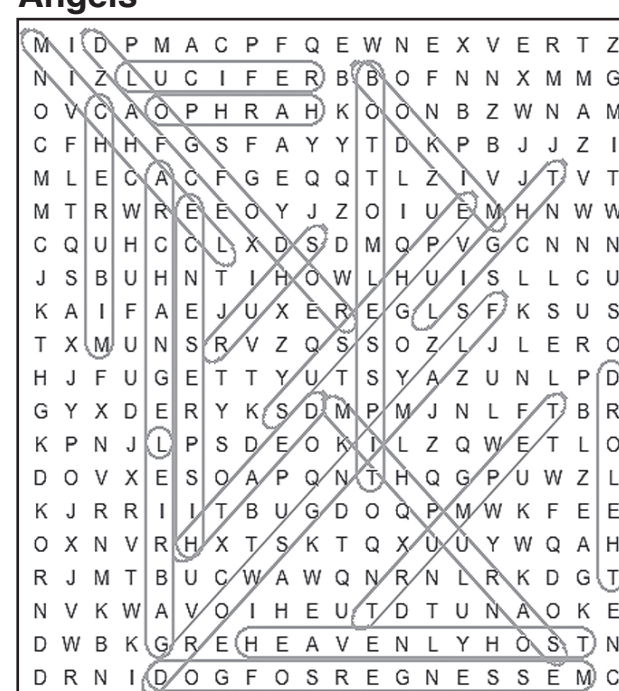
If publication will be after said services, the time will not be included.

Obituaries...

Obituaries printed in the *Muleshoe Journal* are printed at the rate of \$4.50 per column inch, and may contain a variety of information, including but not limited to: Date and details of funeral and place of burial; date and place of birth and parents names; date of marriage; biographical information; names of parents, spouses or children who have preceded the person in death; names of survivors; and where memorials may be directed.

A black and white photo will be included; however, there is an additional charge of \$75 to include a color photograph.

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MULESHOE FOOTBALL LEAGUE

Sign-ups for Muleshoe Football League will be held at United

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3 p.m. - 6 p.m.

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Bring Birth Certificate

Contact
Joe Garcia (President) - 806-283-4221
Anthony Garcia - 806-549-4158

Subscribe to the Muleshoe Journal

Jr. High & High School

All students who will attend Jr. High and High School, will register.

DATES:

Jr. High

MONDAY, AUGUST 12TH, 2013

7:30AM - 5:00PM

TUESDAY, AUGUST 13TH, 2013

12:00 NOON - 7:00PM

HIGH SCHOOL

MONDAY, AUGUST 12TH, 2013

SENIORS 9:00AM- 11:00AM, JUNIORS 1:00PM- 3:00PM

TUESDAY, AUGUST 13TH, 2013

SOPHOMORES 9:00AM - 11:00AM

FRESHMAN 1:00PM - 3:00PM

NEW STUDENTS/MAKE UP REGISTRATION 6:00PM - 7:30PM

If you have any questions, please call Jr. High 272-7349 or High School 272-7303.

*Monday, August 26 Students First Day of School

DILLMAN & DESHAZO REGISTRATION

All students who will attend Dillman and DeShazo Elementary School, Grades Pre-K thru 5th will register.

DATES:

WEDNESDAY, AUGUST 7TH, 2013

8:00AM - 5:00PM

THURSDAY, AUGUST 8TH, 2013

3:00PM - 8:00PM

FRIDAY, AUGUST 9TH, 2013

9:00AM- 1:00PM

New Students will need to bring a legal birth certificate, social security card, immunization record, proof of residency, and the enrolling person's ID. Previous school records/report card will be helpful.

Returning students will be mailed a registration notice. If nothing is checked on the notice, then your child's records are complete. You will only need to complete the registration papers.

The Dillman and Deshazo office will open August 1st, if you have any questions, please call Dillman 272-7382 or Deshazo 272-7364.

Community Hay Day Bible School

Growing in Friendship with Jesus

Saturday, July 27

East Side Park, Muleshoe, Tx

Bible Stories, Games, Music & Crafts

Registration: 8:30 - 9:00 a.m.

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For more information contact

272-5517

JAMAICA 2013



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If so, please call our office for more information. For parents of very young children, we invite you to attend the Kindergarten Roundup at Dillman Elementary on August 7, 8 & 9, 2013.

Muleshoe ISD screens young children birth through five who may have learning problems.

For more information please call the Special Education Office at 272-7323.



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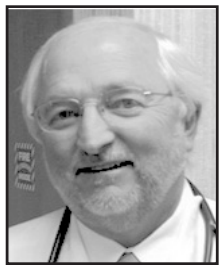
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Our Mission

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

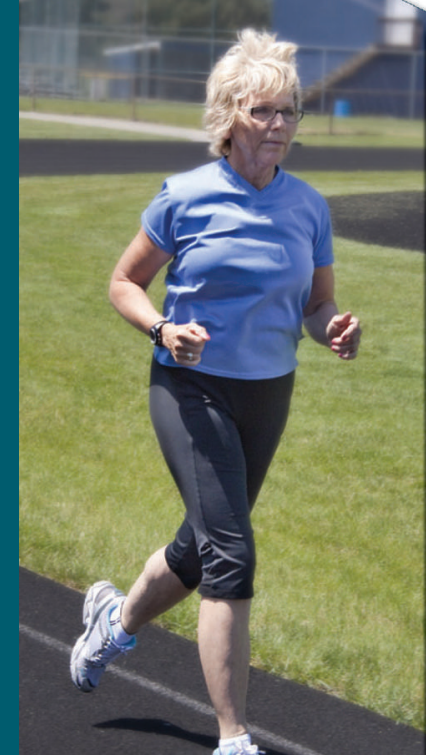
Muleshoe Area Hospital District

MAHD

Linking Together for Life

Senior Living in West Texas

HEALTH & WELLNESS



Senior Living
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word search and
listing... Page 2



Stay Strong at Any Age

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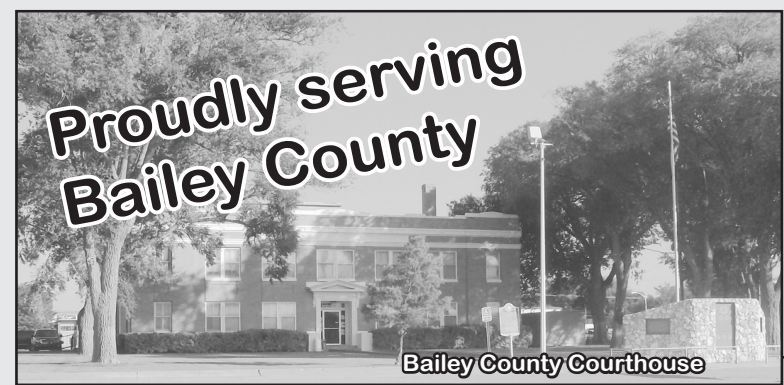
Some Bailey County’s services noted

Bailey County provides a variety of services to its residents:

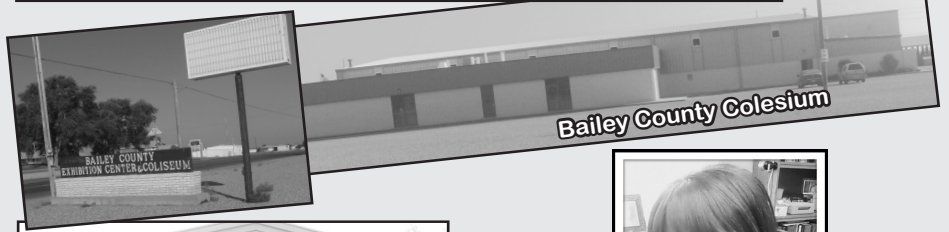
- The Bailey County Judge presides over a five member commissioners’ court, which has budgetary and administrative authority over county government operations.
- The county judge also has judicial responsibility for certain criminal, civil and probate matters and also presides over juvenile cases. And, the judge performs wedding ceremonies and prepares the budget along with the county treasurer.
- The Bailey County Office of Aging provides services to all ages. The Aging Services includes Bailey County Transportation Services which provides transportation for senior citizens to doctor appointments and grocery shopping.
- The Meals on Wheels provides hot meals delivered to qualifying senior citizens Monday through Friday.
- Benefits Counseling service are also available through the Office of Aging.

Community services that are provided to all ages include indigent health services, veterans’ affair services and the Salvation Army.

- The Bailey County Law Enforcement Center provides county law enforcement and houses and manages inmates in the jail.
- The Justice of Peace, who is also housed in center, hears small claims and justice court suits, collects traffic fines, performs wedding ceremonies and inquests.
- The Bailey County Coliseum is a 26,000 sq. ft. facility available for community events, meetings, reunions and parties. The facility has a large arena and stands. There is a separate meeting room for smaller functions.. A concession stand with a newly remodeled kitchen available.
- The coliseum can be rented at very reasonable rates. For more information about the Bailey County Coliseum call 272-4051.



Bailey County Courthouse



Bailey County Coliseum



Bailey County Law Enforcement Center



Shelby Carpenter
 Bailey Co. Dept of Aging

**MULESHOE
 ECONOMIC
 DEVELOPMENT
 CORPORATION**

Committed to Improving the Quality of Life of Bailey County Citizens

The GO TEXAN Certified Retirement Community Program is a certification and promotion program provided by the Texas Department of Agriculture.

To become a certified retirement community, each community must complete a rigorous application process including a retiree desirability assessment. Each application is reviewed and scored by an independent advisory committee comprised of volunteers who are experienced in various aspects of community and economic development.

The GO TEXAN stamp of approval ensures each certified community has demonstrated through its application that it can meet the living, employment/volunteer, health, entertainment, education and safety needs of its citizens and visitors - all the things that make Muleshoe a great place to retire.

The Texas Department of Agriculture certified Muleshoe as a Certified Retirement Community in 2011.



215 S. First, Muleshoe
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**Muleshoe Economic
 Development Corporation**

Committed to Improving the Quality of Life of Bailey County Citizens



Wayne Pierson
 New MEDC Board Member



Mark Morton
 President



Gil Rennels
 Secretary/Treasurer

*Our Mission:
 The Muleshoe Economic Development Corporation (MEDC) is committed to the promotion of high quality development in the Muleshoe Area and to improvement in the quality of life for its citizens.*



Dustin Cleavinger
 MEDC Board Member



Jose Sanchez
 Vice President



**Director of Economic
 Development
 Kasey Coker**

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Muleshoe Housing Authority

Harmon Elliott Senior Citizens Complex • Housing for Elderly and/or Disabled Persons



The Harmon Elliott Senior Citizens Complex is located at 901 W. Ave. K & 809 W. Ave. K in Muleshoe, Texas. (52 units available)

The Harmon Elliott Senior Citizens Complex is a complex that was built for elderly and/or disabled persons.

There are some utilities that are included in the rent. All apartments have washer/dryer connections, and central heat and air. Maintenance is available 24 hours a day.

Mission: We are committed to provide a safe, decent, sanitary and affordable housing to qualified applicants in an effective and efficient manner

Overview: The Muleshoe Housing Authority was organized in 1975. It is a non-profit organization designed to provide housing to qualified applicants.

The Muleshoe Housing Authority shall not discriminate or deny to any family, because of race, age, color, sex, creed or national origin, the opportunity to apply for housing, nor deny any eligible applicant the opportunity to lease or rent any apartment suitable to its needs.

Muleshoe Housing Authority Board of Directors: Jose Sanchez, Chairman; Terome Clemmons, Vice Chairman; Tim Campbell, Board Member; Steve Friskup, Board Member.

Muleshoe Housing Authority Employees: Raquel Posados, Executive Director; Olimpica Reyes, Secretary; Bryan Vandusen, Maintenance; Rashad Kirven, Maintenance.



Main Office Located at: 301 E. 6th Street, Muleshoe, TX
Phone: 806-272-5560 or 806-272-5550 Fax: 806-272-4240
Email: mhamha@fivearea.com

Tips On Finding A Place To Put Sparkle Into The Golden Years

(NAPSI)—If you're ever among the estimated 65 million Americans caring for loved ones, a look at one famous family's experience may be useful to you.

Joan Lunden, former host of "Good Morning America," wife, mother of seven and caregiver to her mother, Gladyce, was faced with the challenge of finding the right senior living community for her mom. Lunden found herself completely unprepared for what was ahead.

"My mom was always a social butterfly," recalled Lunden. "I thought she would live in a place where she could make friends, entertain and socialize, but I quickly came to realize that version of my mom no longer existed. The community we initially chose was lovely but did not meet her needs."

Gladyce's first community lacked critical aspects of memory care that would help her cope with dementia, a condition that was worsening with time.

"We had to move a couple of times but ultimately found a small residential home in my mom's area that provided the hands-on, day-to-day care she needed. It was a long journey, but we finally arrived at the right place," Lunden added.

As a result of her experience, Lunden has partnered with the nation's largest senior living referral service to help educate Americans on what they need to

know about this difficult, complex process. At A Place for Mom, knowledgeable and compassionate Advisors counsel families through the process, offering guidance at each stage of their search. These experts advise there's no better way to learn about a community than to visit. Families should tour the places they're considering, together, to fully gauge if it's the right fit.

What To Look For On a Visit

- Check for Cleanliness. Look under the beds, into corners, and at baseboards and windows to ensure that the community is properly maintained. Ask for details on housekeeping protocols, maintenance and response times.

- Follow Your Nose. Odors offer subtle hints. Smells concentrated in one area indicate a single, recent incident. Odors throughout the community may indicate a bigger problem.

- Visit During an Activity. Research the activity calendar and learn what's available on- and off-site throughout the

year and if those activities match your loved one's interests.

- Meet the Management. Meet community management so you can assess their approach to residents' care. Also look for interaction between staff members and residents. Are they engaged and courteous? Do they make eye contact with residents?

Continued on page 4



The Hospice Choice

When we, or someone we love, are diagnosed with a terminal illness, most families are thrown into crises mode. Most certainly it creates an emotional crisis, but sometimes it may create a financial crisis as well. One family member may want to pursue an aggressive treatment while the individual themselves, may want to concentrate on comfort and quality of life.

Hospice has a team of not only nurses, but chaplains and social workers and volunteers that can help families make educated decisions about what path to choose. These professionals can help with difficult family dynamics; walk loved ones through the grief process, and help the terminal patient with sorting through the unfinished business of life.

Hospice can help in a financial crisis as most private health plans cover services as do Medicare and Medicaid. Hospice covers the cost of medication related to the terminal diagnosis, it covers medical equipment and drugs for symptom control and pain relief. There is a common misconception that Hospice is only about providing relief from pain. Although this is certainly an important component of Hospice, it is not what the concept is all about.

The employees of Samaritan Hospice strive to create an experience for the patient and their families – an experience far different from the traditional medical model of hospitals, diagnostic tests, sterile treatments and endless supplies of needles. Every human being lives their life unique to only them and so each human should be able to die in a way unique to them, and in a way of their own choosing whether it be in their own home, an assisted living or nursing home. Hospice does not hasten death in any way; in fact, many individuals improve for a time while under the care of Hospice. Individuals whose pain is under control feel better, and have more interest in doing the things they love.

Hospice is about being in control of your life and making choices that you and your family can live with. Begin the conversation. Samaritan Hospice can help you decide the path that is right for you and your family.



Samaritan Hospice
"Neighbors making a difference"

Nurses on Call 24/7

Our mission:

Samaritan Hospice is guided by Christian ethics to help our rural neighbors by promoting the highest quality care near end of life.

Serving:

Deaf Smith, Bailey, Parmer, Castro, Lamb, Hale, Swisher, Potter, Randall, Oldham, Armstrong, Hartley and Carson counties.

426 N. Main, Suite E
 Hereford, TX 79045
 806-363-6085

Hospice is a life-affirming mission of comfort and care: we are there for both the patient and the family.

Tips On Finding A Place To Put Sparkle Into The Golden Years

Continued from page 3

- **Go Outdoors.** Does the area feel safe and secure? Are activities held in these areas on sunny days?
- **Dine.** The dining room experience is very important. Discuss entrée choices, learn about dining hours, options and procedures. Enjoy a meal and meet some of the residents.
- **Ask Security and Safety Questions.** Be sure bathrooms are accessible and have convenient grab bars. Are there registered nurses on-site? How do staffing patterns differ at night?
- **Check on Personal Care.** Discuss bathing options and preferences. Observe current residents while visiting. Are they clean shaven, with well-groomed hair and

nails? Are the residents dressed appropriately?

- **Ask About Move-Out Criteria.** Under what circumstances is a resident asked to move out? What notice does the resident or caregiver need to give the staff? Oftentimes, a 30-day notice is required by the property.
- **Trust Your Instincts.** Think about your loved one living in the community. Do you feel at ease? The place doesn't have to be the most beautiful to be the best fit. Follow your instincts and your heart.

How to Learn More

- * For more details on these helpful tips and further suggestions on how to find the right senior living options, visit www.aplaceformom.com or call (877) 311-6099.

Let Our Reputation Speak For Itself, Call Or Come In Today For A Tour.

Quality First

Our team of dedicated professional staff led by a Licensed Nursing Home Administrator includes Licensed and Certified Nursing staff, Environmental team, Certified Therapeutic Recreation Director, and Food Service Coordinator.

"Our team of professionals is dedicated to providing person centered care to your loved one."

Support Staff

Our support staff includes Licensed Social Service Coordinator, Registered Dietician, and a Pharmacy Consultant to help you achieve and maintain optimal independence.

Unique Amenities:

- Chapel • Therapy Center • Full Service Beauty Shop
- Smoke Free Environment

"We cannot wait to make you and your loved one a part of the family."

Making The Most Of Medicare

(NAPSI)—If you're one of the 30 million Americans with a new Medicare card, you may take a healthy interest in how best to benefit from it.

One of the first and most important things to consider now that your new plan is in effect is prescription drug coverage.

Perhaps the best way to save on medication costs is to utilize a pharmacy that's within your Part D plan's preferred network. Walgreens, for example, is a part of preferred networks with some of the nation's largest plans, such as Coventry, Humana, SmartD Rx and UnitedHealthcare.

The benefit to beneficiaries is not only convenience, but cost savings. By using a preferred network pharmacy, you can recognize significant savings on prescription co-pays and medication expenditures.

It's also important to understand the

preventive health services you may need, what's covered by Medicare and where you can go for these and other services. Immunizations, health tests and annual medication and plan reviews are all available at your local Walgreens, so talk with your pharmacist or plan provider if you have questions on these or other services.

If you take multiple medications, many Medicare Part D plans will cover face-to-face annual checkups as well. Your pharmacist will review all your medications, vitamins and supplements, see if there are lower-cost alternatives and make sure you're taking everything in the right way to get the best possible results.

The pharmacist can then call your doctor to discuss any recommended changes, and you'll receive a Medication Action Plan that you can share with your doctor.

Continued on page 9

WE CONTINUE TO BE COMMITTED TO GIVING THE BEST LONG-TERM CARE TO OUR RESIDENTS IN A BED & BREAKFAST ATMOSPHERE.

WE HAVE SERVED THE COMMUNITY FOR THE PAST 15 YEARS, AND LOOK FORWARD TO SERVING IT FOR MANY YEARS TO COME.

Harmonie House



24 Hour Nursing Facility

1400 Main Street • Amherst, TX • 806-246-3505

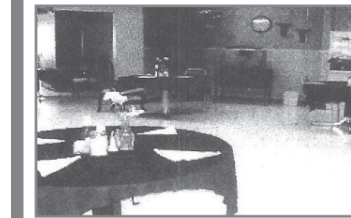
- **MEDICAID CERTIFIED**
- **PRIVATE & SEMI PRIVATE ROOMS**
- **Long Term Care Services with a difference WHERE CARE COMES FIRST!**

Locally Owned & Operated



Prairie Acres accepts Medicare, Medicaid, Insurance, Hospice, and Private Pay. If you have questions concerning which method of payment is best for your situation, the business office staff will be happy to explain how each payment option works, and assist you in contacting the local Medicaid program caseworker for any eligibility questions.

Potential residents are evaluated on a need-based status without regard to race, creed, color, national origin, age, gender, or religion.

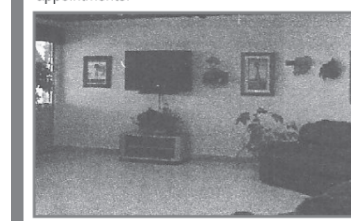


Services Available

- * Round-the-clock Nursing Care provided by LVN's and CNA's under the direction of a Registered Nurse
- * Nutritious and delicious meals served three times daily, in accordance with physician ordered diet. All menus are approved by a licensed Dietitian.
- * Respite Care/Short-Term Rehab Stays
- * Opal Ridge Dementia Unit
- * Formal Dining Room
- * Weekly visits by local physicians
- * Chapel
- * Daily Activities to promote wellness of mind, body, and spirit



- * Daily Housekeeping and Laundry services
- * Physical, Occupational, and Speech Therapy
- * Computer Lab and Reading Library
- * Religious Services provided by local Churches
- * Basic Cable in Resident Rooms
- * Beauty Shop
- * Patio with walking path and fenced yard for outdoor activities
- * Spacious and comfortable common areas
- * We provide transportation from home, hospital and other nursing facilities. We also provide transportation to and from medical appointments.



Prairie Acres Skilled Nursing Facility

"Dedicated to the Service of our People"

Your title is nursing home but you are so much more than that. I know who you are. You are Prairie Acres Nursing Home.

It was you who gave quality nursing home care for my mother Grace Opal Strickland.

With such amazing kindness and compassion. It was you who helped me see things that I couldn't see or perhaps didn't want to see. You touched my hand and comforted me with your understanding heart.

Several months went by and your presence in our lives became a priceless gift. Because of you I was able to relinquish some of the caregiving tasks that had fatigued me over the previous three years when I was the caregiver. Because of Prairie Acres I could rest a bit and restore my body and my mind. I was confident that my mother was being cared for with dignity and respect.

Soon you began to occupy a very special place in our hearts. A place of high honor! Perhaps I shall call you an angel. Angel of compassion and love.

You are a caregiver friend. You gave us strength when our hearts were so strained. You nourished us with gifts of love and compassion. You listened to our cares and concerns.

Did I ever really thank all of you? Can you ever really know how much the nursing home in our little town of Friona, Texas meant to both me and my mother.

I guess it is never too late to say thank you but those words seem too inadequate. I would really like to tell you what a difference you made in my life. Most probably all of you don't often receive the praise and recognition you deserve.

And so today I am writing this letter. It comes with the utmost respect for the nursing home we have in our little town and the highest regard for the difficult tasks you perform each day.

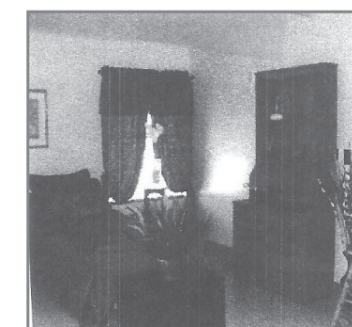
It has taken quite a while for me to process the death of my mother. I see it as a perfect plan to bring me to where I am in life now. As a caregiver I have first hand knowledge of the kind of nursing home we really have in Friona.

Our nursing home brings sunlight into the lives of the elderly and their families. What an incredible contribution you make in the sacred cycle of living and dying.

Wanda Campbell
Daughter of Grace Opal Strickland

The decision to place a loved one in a nursing facility in often one of the most difficult decisions a family can make. You want the best possible care and surroundings for your loved one. The staff of Prairie Acres understands the importance of this choice. We welcome you to visit and tour our facility. Rest assured that we will take the time to answer any questions or concerns you may have.

201 EAST 15TH • FRIONA, TX 79035
TEL: (806) 250-3922



The staff of Prairie Acres are very dedicated to our Residents. They are a special group who take pride in putting the needs of the residents first and provide quality care in a comforting, family-like environment. Because of the ever-evolving healthcare industry, we hold monthly educational meetings to ensure our staff have the information they need in order to provide the best possible care.

Making The Most Of Medicare...

Continued from page 4

Medicare covers an annual wellness visit at your doctor's office, or you can visit Take Care Clinics, which are located at select Walgreens. You'll get a personalized plan to help manage your health and help you make the most informed decisions with no out-of-pocket costs.



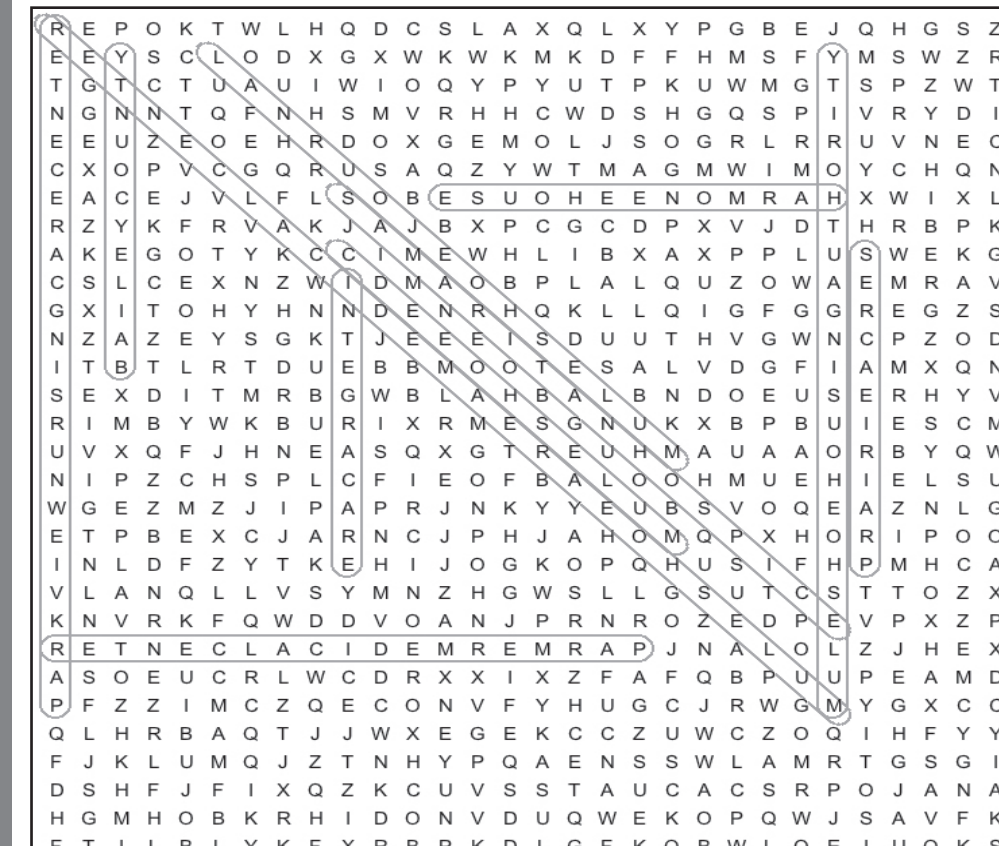
Medicare Wellness benefits provide discounts on medications and services including immunizations, screenings for a number of common conditions, as well as education and counseling to encourage wellness and prevent disease. However,

according to the Centers for Medicare & Medicaid Services, only 6.5 percent of eligible seniors have utilized this benefit. That's where your pharmacist can be a great resource to help understand what services are covered.

Learn More You can schedule appointments and get further information at www.walgreens.com/medicare or www.takecarehealth.com.

Also visit www.medicare.gov to learn more about how to make the most of Medicare and your Medicare Prescription Drug Plan.

Senior Living Advertisers



Parmer Medical Center, Personalized Service and High Quality Care

Parmer Medical Center (PMC) and Friona Rural Health Clinic (FRHC) are reaching out to all area residents to offer personalized service and high quality care. Parmer Medical Center is located in a state of the art facility with technically advanced equipment, but the hospital's team of care providers is the true secret behind PMC's success.

"Our team's expertise, dedication and commitment to the wellness of our patients allow us to carry out our goal of serving the health care needs of the residents in the Parmer County region with compassionate and effective care."

Friona Rural Health Clinic is a vital component of Parmer Medical Center. The clinic is attached to the hospital facility and allows patients easy access between the hospital and clinic.

The providers and support team at Friona Rural Health Clinic are eager to serve your entire family with compassionate, personalized care.

- Dr. Felipe Jubay's practice reflects his internal medicine training. He enjoys complicated disease management issues such as diabetes, hypertension, thyroid problems and heart disease.

- Dr. Jeff Dickson is "homegrown" having graduated from Friona High School, Texas A&M and Southwestern Medical School. He enjoys delivering care in all aspects of Family Medicine.

- Irene Balderas, PA is bilingual and serves the needs of many Spanish-speaking patients. She enjoys pediatric patients as well as treating women's health issues. Her professional interests also include emergency medicine.

- Michael Sermon, PA, joined the medical team in July, 2012. Michael received his education in Pennsylvania from a well renowned Physician Assistant's Program and enjoys all aspects of Family Medicine.

The team of providers at Friona Rural Health Clinic specializes in caring for your entire family, and they are currently accepting new patients. Same day appointments and walk-ins

are available.

In addition to the great service at Friona Rural Health Clinic, PMC has added five specialty clinics to its lines of services. The clinics provide gastroenterology, orthopedic, cardiac, urology and podiatry services.

These specialty physicians schedule clinics at PMC to care for patients in Friona as opposed to our patients having to drive to Amarillo or Lubbock for the services. Additional specialists may be added in the future.

PMC also specializes in rehabilitative care. Whether for outpatient or inpatient care, PMC's rehabilitation department delivers exceptional service and high quality care you need to regain your strength and independence.

PMC's rehabilitation team offers more than 90 years of rehabilitative care experience, and they are equipped to serve you with state-of-the-art therapy equipment, including an aquatic therapy pool and outstanding patient amenities.

Whether on an inpatient or outpatient basis, if recovering from joint replacement, a surgical procedure, recovering from an accident, stroke, illness or heart attack, the caring and highly experienced rehabilitation team at PMC is eager to lead you through recovery with compassionate, high quality care.

Another very special service offered at PMC is Swing Bed. This is a program designed by Medicare which allows PMC to assist patients who are in a transition phase of illness or recovery and require more intensive therapy or treatment than can be offered on an outpatient basis. To ensure all of our Swing Bed patients reach their maximum rehabilitation potential, their care is based upon their individual needs.

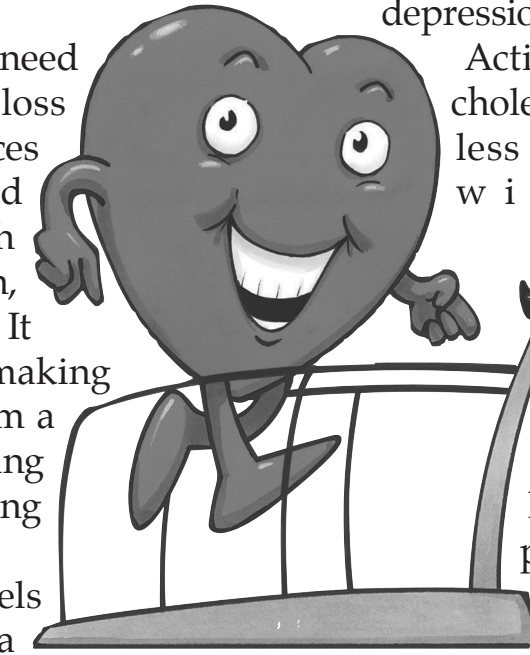
So, whether your need is a routine check up, treatment for illness or injury, specialty services, Swing Bed or rehabilitative care, Parmer Medical Center and Friona Rural Health Clinic are ready to serve you.

Benefits of Physical Activity for Older Americans

In general, people become less physically active as they get older. Nearly 40 percent of people over the age of 55 report no leisure-time physical activity. In addition, older people have a reduced incidence of coronary heart disease, hypertension, non-insulin-dependent Type 2 diabetes, colon cancer, depression and anxiety.

The older people become, the more they need regular exercise. It helps prevent bone loss (reducing the risk of fractures) and reduces the risk of dozens of diseases associated with aging. It also increases muscle strength and may improve balance and coordination, which can reduce the likelihood of falling. It also increases the ability for basic living, making it easier to carry grocery bags, get up from a chair and take care of household chores. Being physically active is a real key in maintaining quality of life and independence.

Studies have shown that increased levels of physical activity are associated with a



Active people with high blood pressure, high blood cholesterol, diabetes or other chronic diseases are less likely to die prematurely than inactive people with these conditions. Inactive people lose muscle fiber at a rate of 3 to 5 percent every decade after age 30. That's a 15 percent loss of muscle fiber by age 60!

Health experts warn that as a consequence of diminished exercise tolerance, a large and increasing number of elderly people will be living below, at, or just above "thresholds of physical ability." In this condition, a minor illness could make them completely dependent on others for their daily care.

Source: http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Benefits-of-Physical-Activity-for-Older-Americans_UCM_308037_Article.jsp

IntegraCare Home Health's Primary Goal Announced

"100 percent patient satisfaction is, and will forever remain, IntegraCare's top priority!" said Kristen Meeks, clinical supervisor at the IntegraCare Home Health Muleshoe office.

"IntegraCare is consistently recognized for adherence to exceptional performance standards and our entire staff exudes integrity, empathy and teamwork with every interaction," she added. According to HomeCare Elite, IntegraCare is in the top 25 percent nationwide, based on patient outcome of home health agencies.

IntegraCare staff members include: Kristen Meeks, RN, BSN, clinical supervisor; Jenna Ozbirn, RN, case manager; Cassandra Toscano, LVN; and Shirley Hood, CNA.

"Medicare covers the cost of hospice services offered. They also pay 100 percent of home health services for those who qualify, and IntegraCare will even bill Medicare for you!" said Jenna Ozbirn, RN, case manager. "We offer both services right here in Muleshoe, and these services are targeted at assisting patients to sustain and enhance their quality of life."

Other home health and hospice branches in the West Texas area include: Amarillo, Big Spring, Colorado City, El Paso, Littlefield, Lubbock, Midland, Odessa, Pampa, Slaton, Snyder and Tahoka.

All locations serve a 60-mile radius. IntegraCare has 40+ locations and over 1,200 highly skilled professionals offering unsurpassed service in North, Central and West Texas.

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Home Health • Hospice • Community Services
Caring . . . with every touch



Our patients quickly discover that skilled care, compassion and honor are at the very core of everything we do and everyone we touch.

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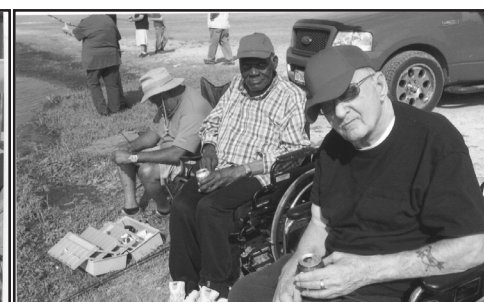
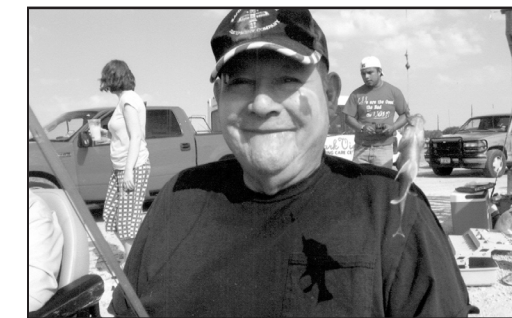
Park View
Nursing Care Center
"A Commitment to Caring"

- Beautifully landscaped facility
- Two fireplace to add to the home-like atmosphere of our facility
- Three sun rooms overlooking the park
- Game & activity room
- Spacious private & semi-private rooms
- Certified for Skilled Nursing Care
- Full in-house therapy, including physical, occupational & speech
- Home-like, caring environment with professional, ethical & compassionate staff

1100 W Avenue J • Muleshoe
272-7578



Park View residents had a fun day of fishing at Lake Muleshoe...



Facing a HIP, KNEE or other joint

REPLACEMENT OR SURGERY?

If you need a little extra care upon your discharge from surgery or an acute illness...Parmer Medical Center is here for you.



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Personalized Service.
State-of-the-Art Care.
Your Hospital.

We're an acute care hospital specializing in Swing Bed care. If you or a family member are planning a surgery or are on the way to recovery, but need a little extra care... Parmer Medical Center is here for you.

What is a Swing Bed Program?

Our Swing Bed Program meets the needs of patients who are in the transition phase of illness or recovery. For those whose medical requirements cannot be met at home or in an acute care setting, our Swing Bed Program provides rehabilitation and recovery services based on your individual needs.



"My care has been wonderful. If I ever need swing bed again, Friona is definitely where I will choose to go!"

Norma Prather - Muleshoe, TX



"This is the finest hospital I've ever seen. The physical therapy has been wonderful."

Shirley Steinbock - Lazbuddie, TX



"There was always someone there smiling, friendly and willing to help. The care was really good"

Walter Schueler - Farwell, TX



"The nursing care, physical therapy and attention to my personal needs were superior to what I had in Amarillo."

Dr. Robert Alexander - Friona, TX



Meet the Providers

1307 Cleveland, Friona • 806.250.2781



Located next to Parmer Medical Center. Friona Rural Health Clinic is a clinic with your whole family in mind.

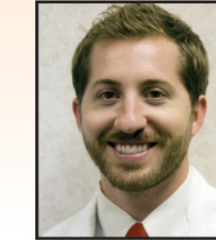
Hours: Mon.-Fri. 9-5. Call for Saturday hours



Felipe L. Jubay, Jr.
MD



Jeff S. Dickson
MD



Michael Sermon
PA-C



Irene Balderas
MPAS, PA-C

PARMER MEDICAL CENTER ALSO OFFERS THE FOLLOWING SPECIALTY CLINICS. PLEASE CALL FOR AN APPOINTMENT

Specialty Clinics

Sports Medicine and Orthopedics

Clinicians from Parker Sports Medicine and Orthopedics are holding clinics at PMC two days per month. James R. Parker, M.D. a board certified orthopedic surgeon, Ryan Teichelman, PA-C and Carlos Flores, MPAS, PA-C staff the clinic. They are seeing patients of all ages related to the full range of orthopedic services, including traumatic injuries, degenerative conditions, fractures and common conditions such as carpal tunnel syndrome, trigger finger, ganglion cysts and tennis elbow. Individuals may make appointments through their primary care physician or by calling the orthopedic clinic office at 806 350-2663.

Gastroenterology and Hepatology

Kuldip Banwait, M.D., a board certified gastroenterologist and hepatologist holds clinics at PMC once every three weeks. Dr. Banwait treats gastroesophageal reflux, non-cardiac chest pain, abdominal pain, irritable bowel disease, constipation, diarrhea, rectal bleeding, liver diseases, pancreatic diseases, ulcerative colitis and crohn's disease. Contact your primary care physician for a referral to see Dr. Banwait.

Cardiology

Cardiology services are provided by Suresh Neelagaru, M.D., a board certified cardiologist. Dr. Neelagaru offers cardiology services to patients aged 15 and older. He will be providing echocardiograms, EKGs, holtter monitors and pre-treatment consultations and post-treatment follow-up visits at PMC. Some of the wide range of treatments and services he provides in his Amarillo office includes pacemakers,

defibrillation, hearth caths, cardiomyopathy and more. He will be providing clinics monthly and appointments can be made by a referral from your primary care physician or by calling Dr. Neelagaru's office at 806 352-9090 for a self-referral.

Urology

Girish C. Vallabhan, M.D., a board certified Urologist representing the Lubbock Urology Clinic, holds clinics at Parmer Medical Center once a month. In addition to pre-treatment consultation and post-treatment follow-up visits, services offered at the PMC clinic or at his office in Lubbock include treatment for male and female urinary problems, impotence and infertility, bladder control and incontinence, prostate conditions, early detection and treatment for genital and urinary cancer, laparoscopic surgery, robotic surgery, vasectomies and minimally invasive surgeries. Appointments can be made through your primary care physician or by calling Dr. Vallabhan's office at 806-771-0077.

Podiatry

Felkins Podiatry is now providing podiatric treatment at Parmer Medical Center. Sore feet, discolored toenails, unexplained numbness, heel pain, bunions, hammertoes, warts, ingrown toenails, pediatric foot deformities, wound care and treatment for diabetics are some of the many services offered by Dr. Felkins. He will be providing clinics monthly at Parmer Medical Center and appointments can be made through your primary care physician or by calling Dr. Felkins' office at 806-322-4044.



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