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# Muleshoe Journal



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Volume 90, No. 31    www.muleshoejournal.com    Muleshoe, Texas    July 31, 2014

## MAHD Board Takes 'No Action' Regarding ER Coverage Contract

**By Larry Thornton**  
*Editor*  
 The Muleshoe Area Hospital District's board of directors took no action regarding proposed contracts for emergency room coverage during its Thursday, July 24, regular meeting. According to MAHD CEO David Burke, Muleshoe Area Medical Center's emergency

room has been staffed by physicians from Concord Medical Group, Inc., for about a year on a month-to-month basis. Contracts with two emergency room staffing companies, Concord and Southwest Medical Group, were presented to the hospital board for consideration. Burke said Concord was asking for \$105 per

hour, while Southwest was asking for \$110 per hour. A second offer from Concord, for \$68 per hour, included a provision that the emergency room billing would be handled by Concur; however, it was noted the this would probably result in patients paying a higher amount. It was also noted

there have been some physician credential problems using Concord. "I think its time to try something new," board member Dana Rasco said. Rather than tabling the issue, which would have required board action next month, it was decided not to take any action. In other business, the

hospital board: Briefly discussed the hospital district's budget for next fiscal year during which it was noted that the district's 40 cent per \$100 valuation cap prevents the hospital from using the higher effective rate. According to Burke, the effective rate for the FY 2014-15 budget is 40.5 cents per \$100

valuation. "We're going to make less then we did last year," he said. Because of the cap, the hospital district is also precluded from consideration of the rollback rate. Selected Andrus Brothers Roofing of Lubbock, doing business as ABF Commercial, to replace the hospital. **Continued on A3**

## MISD Releases School Bus Routes

Information about the bus routes for the Muleshoe Independent School District has been released for the 2014-15 school year. Individuals having questions about the routes should call David Gallman, transportation director, at 272-7329 or 946-9710. For specific questions concerning the school district's bus policy and its regulations, contact Dr. R.L. Richards, assistant superintendent. The bus routes are as follows:  
 Bus 1 — 301 East Sixth Housing Authority Apartments, East Sixth and Ave. F, DeShazo Elementary, Dillman Elementary, Muleshoe High School and Watson Junior High.  
 Bus 2 — DeShazo Elementary, Dillman Elementary, Muleshoe High School and Watson Junior High.  
 Bus 5 — Main and

Ave. G, East Fourth and Ave. F, Dillman Elementary, Muleshoe High School and Watson Junior High. (All Dillman students who get off at DeShazo, ride Bus 5).  
 Bus 6 — West Birch and Chicago, Muleshoe Cotton Compress, West Date and Boston, and West Cedar and Dallas.  
 Bus 7 — West Eighth and Ave. H, West Ave. J and Eighth, West Sixth and Ave. J, West Third and Ave. H, Second and Ave. H, First and Ave. J, East Fourth and Ave. D, East Fourth and Ave. B, DeShazo Elementary, Dillman Elementary, Muleshoe High School and Watson Junior High.  
 Bus 9 — East Austin and East Cedar, and East Austin and East Elm.  
 Bus 12 — Eighth and Ave. B, East Hickory (across from Roger **Continued on A3**



Photograph by Larry Thornton

## Tree Surgeons Tackle Hospital Tree

"Tree surgeons" began work early Monday morning on the removal of the large tree adjacent to the Muleshoe Area Medical Center's dining room entrance. The old tree's removal was required because of the continuing damage it's large roots were causing to the building's foundation and floor. Pictured above, an employee of Thompson's Tree

Experts of Lubbock begins by cutting away some of the tree's smaller branches. Actual cutting of the tree trunk and grinding away the remaining stump were expected to be completed Tuesday. Look for additional photographs and information about the tree in next week's issue.



## Concrete Continues

The Muleshoe Public Works Department added a couple more concrete sections to the walking path at the West City Park this past week. Pictured above, the city employees spread the concrete during the early morning hours. **Photograph by Larry Thornton**

## Court Begins Work On Budget

**By Larry Thornton**  
*Editor*  
 Bailey County Judge Sherri Harrison said she would not be using the county's effective rate in as she began working on the preliminary budget for FY 2015. Her statement as made during the Bailey County Commissioners' Court's brief budget workshop during Monday's regular session. She explained that last year the budget was prepared using the effective rate; however, after the budget was approved a ruling that

reduced local business year." Minsa's valuation According to the by about \$4 million judge, the county's dollars put unexpected current property constraints on the valuation — according to county budget. information received from the Bailey Central

**"Our valuations have dropped again..."**

company is once more Appraisal District, is contesting it's valuation, \$5.95 million less than the judge said. last year's. "Our valuations The 2014 estimated have dropped again," effective rate for Bailey Harrison said. County is .9240 per "Hopefully we've hit \$100 of valuation. bottom and we'll start This includes a gaining ground next **Continued on A3**

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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

### Library Volunteers

The Muleshoe Area Public Library is needing volunteers for its Storytime program.

The library will have a training day for volunteers willing to help on Tuesday, Aug. 19, at 10 a.m.

"Please make plans to attend this training if you would like to help with our Storytime program," said Librarian Dyan Dunagan.

The dates for the programs are Sept. 8, Oct. 13, Nov. 10, Dec. 8, Jan. 12, Feb. 9 and April 13.

### Football Tickets

Reserved seat tickets for the 2014 Muleshoe Mules football season will go on sale Monday, Aug. 4.

The tickets are \$35 for five home games.

Persons who held reserved seat tickets for the 2013 football season may purchase their seating options at the School Administration office, located at 514 W. Ave. G, Monday through Friday, during regular business hours 7:30 a.m. to 4:30 p.m.

Beginning Monday, Aug. 25, all remaining tickets will go on sale on a first come, first serve basis.

Any reserved seats remaining after the season starts will be available at a cost of \$8.00 per game and may be purchased at the MIAD Administration office on game day.

If you have questions concerning the ticket sales, contact Dana Rasco at 272-7400.

### Roping Club

The Muleshoe Roping Club will be meeting on Monday, Aug. 4, at 7 p.m., at the Dusty Rhodes Arena. Hamburgers and ice cream will be served.

## Cattle On Feed Totals Are Still Decreasing

Cattle and calves on feed for slaughter market in Texas feedlots with capacity of 1,000 head or more totaled 2.49 million head on July 1, down three percent from a year ago.

According to the monthly report released by the Texas Field Office, the estimate was down two percent from the June 1 level.

Producers placed 370,000 head in commercial feedlots during June, down 13 percent from a year ago and down 36 percent from May.

Texas commercial feeders marketed 420,000 head during

June, down 13 percent from 2013 and down seven percent from May.

On July 1, there were 2.19 million head of cattle and calves on feed in the Northern High Plains, 88 percent of the state's total.

The number on feed across the area was down two percent from last year and also down two percent from the June 1 total.

June placements in the Northern High Plains totaled 326,000 head, down 36 percent from the May total.

Marketings were down eight percent

Continued on A3

# Brock Bronson And The Russian Attack On Goliad

One day when I was just a small lad growing up at 125 N. Goliad Street in Amarillo, Brock Bronson scared the bejabbers out of me.

Until that moment, I'd never even seen a bejabber. Maybe you've never laid eyes on one, either. You don't want to, let me tell you.

Hmm. Until recently, I hadn't thought of that guy in years.

Brock Bronson. Now there's a name that means business. Especially if it's attached to a teenaged bully sort of guy.

Especially if you've barely broken into double digits age-wise yourself. Especially if the teenaged Bronson lives just three doors down the street from you.

(I've changed the name to protect the guilty — and to keep the innocent from being sued — but it was exactly that kind of name.)

I barely remember Brock, His Teenaged Highness, ever lowering himself to speak a word to me, which may have made the words he spoke on that fateful day all the scarier.

In his defense (which is crazy — a guy named Brock Bronson doesn't need any defense), he may not have been that much of a bully.

He may have been just a pretty normal teenage boy which meant then, just like it probably does now, that he had a higher opinion than the facts would support regarding his own intelligence, invincibility, immortality, and skill behind the wheel of an automobile.

Maybe his parents didn't share those views, but I will testify, the pre-teen boys on his block were pretty sure that teenage guys like Brock were either one

### News about your college student

If your college student is graduating or has made the Dean's or President's List, in order for that information to appear in the Muleshoe Journal, we must receive notice from the respective educational institution.

Your son or daughter must sign a release so the information can be sent to us.

Have them visit their bursar's office to sign a form indicating they wish to share their good news!

Once permission has been granted, the college or university should send the info via email to: editor@muleshoejournal.com.



Focus On Faith Curtis Shelburne

notch below deity or in very close contact with the Devil.

Either way, they were not to be trifled with.

Which might explain to some extent why my little brother and I believed him when Brock and his companions (I don't remember if he had companions, but this is the kind of brainstorm teenage boys usually have in pairs) roared to a brief stop in front of our house, stopped my little brother and me in our innocent tracks as we were riding bikes or trikes on our sloping driveway, and informed us that a Russian attack had been launched against the United States in general and Goliad Street in particular.

He led us to believe that we didn't have time enough even to run inside the house but that if we'd crawl way in under the juniper bushes that bracketed our driveway, maybe the Russians wouldn't see us, and we might

have some slim hope of survival.

I suppose we thought Brock was headed to the Front. All we knew for sure was that he was headed away.

Jim and I ended up way under a big juniper waiting for Soviet bombers to appear. I don't know how long we waited, but it seemed like hours, and, later, it seemed like days before I quit itching. (Have you tried crawling around under junipers recently?)

I suppose we were waiting for Brock to

stop by and give the "All Clear." It never came. Neither did he. But neither did the Russians or their bombers.

Ah, worrying about a Russian attack on Goliad Street was world-class dumb. But I hate to think how much time I've wasted in the years since then worrying about stuff which, from Heaven's point of view, must be even dumber.

Worry. Anxiety. It's dumb and dumber.

Faith. Now that's where wisdom comes in. On Goliad Street or anywhere else.

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## Muleshoe Journal USPS 367820

Established Feb. 23, 1924 Published by Panhandle Weeklies, LLC.  
Every Thursday at 201 W. Ave. C, P.O. Box 449, Muleshoe, TX 79347.  
Periodicals paid at Muleshoe, TX, and at additional mailing offices.  
Postmaster: Send address changes to the Muleshoe Journal, P.O. Box 449, Muleshoe, TX 79347.

We are qualified members of the Panhandle Press Association, West Texas Press Association and Texas Press Association

**Michael Distelhorst, Publisher** © 2014  
[mdistelhorst@hearstmp.com](mailto:mdistelhorst@hearstmp.com)

**Larry Thornton, Editor**  
[editor@muleshoejournal.com](mailto:editor@muleshoejournal.com)

**Rhea Gonzales Ad Representative**  
[adsales@muleshoejournal.com](mailto:adsales@muleshoejournal.com)

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# Commissioners' Court... Continued From A1

maintenance and operation at .6934, an interest and sinking fund of .0971, the general fund at .7905 and farm to market roads at .1335.

The 2014 estimated rollback rate for the county is .9939 per \$100 in valuation.

This includes a maintenance and operation at .7527, an

interest and sinking fund of .0971, the general fund at .8498 and farm to market roads at .1441.

At Monday's meeting, the judge said the

preliminary budgets she would be preparing for the court's next budget meeting on Aug. 4, would include a rate of .95, and the .9939 rollback rate.

In other business Monday, the court:

- Ordered payment of county bills totaling \$188,879.97.
- Approved the county treasurer's report for June.
- Approved the second amendment to the county's FY 2014 budget.

# MISD School Bus Routes...

**Continued from A1**  
Miller Park), East Birch and East Fir (next to church), East Gum (between Ithaca and Joliet), 10th and Ave. C, 14th and Ave. C, Dillman Elementary, 14th and Ave. C eastbound, 10th and Ave. C (eastbound), DeShazo Elementary, Muleshoe High School

and Watson Junior High. (All DeShazo students going to Dillman or West Ave. C, ride Bus 12.)

Bus 13 — Behind Chinese Restaurant, Reno and Ash, Quincy and Railroad Ave., Pasadena (middle of the street).

Bus 14 (p.m. only) —

Dillman Elementary, West 18th and Ave. B, West 14th and Ave. B, West 10th and Ave. B.

Bus 27 — Kinder Corner (West Eighth and Ave. G), West 10th and Ave. D, West 14th and Ave. D, West 18th and Ave. D, and Progress both a.m. and p.m.

# Hospital District ... Continued From A1

district's hale-damaged roofs.

Six roofing companies provided bids for consideration.

According to information presented to the hospital board, the district's insurance

carrier will pay \$175,979.39 of the replacement costs on the hospital district's shingle roofs, leaving \$48,020.61 for the district to pay.

The estimated cost of replacing the hospital's flat roof is

\$314,700; however no settlement has been made regarding it.

- Conducted the annual review and approved changes to the district's departmental policy and procedure

Continued on A5



Chief Dep. Dominguez, Sgt. Andrade and Sheriff Wills

# County Deputy Promoted

Bailey County Sheriff Richard Wills announced the promotion of Dep. Elasar Andrade to Patrol Sgt. on July 24.

Sheriff Wills commended Sgt. Andrade for his hard

work and dedication to the Bailey County Sheriff's Department.

"Sgt. Andrade is doing a great job for the department, and we appreciate everything that he is doing," said Chief Dep. Julian

Dominguez.

Sgt. Andrade is also the warrant officer and has cleared several felony and misdemeanor warrants when he took over that position about a year ago, according to Dominguez.

# Cattle Numbers... Continued From A2

from last month at 369,000 head.

Cattle and calves on feed for slaughter market in the United States in feedlots with a capacity of 1,000 head or more totaled 10.1 million head on July 1.

This inventory was

down two percent from July 1, 2013.

Placements in feedlots during June totaled 1.46 million head, six percent below June 2013.

June placements of cattle and calves weighing less than 600 pounds totaled

400,000 head; 600-699 pounds totaled 245,000 head; 700-799 pounds totaled 320,000 head; 800 pounds and greater totaled 490,000 head.

Marketings of fed cattle during June totaled 1.85 million head, two percent below 2013.



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## Child Find

The children of Texas come in all sizes, shapes, colors, and abilities. They do not all learn the same way, but they all learn!

Do you know a child ages 0-21 who shows signs of developmental delay, on-going learning problems, behavioral or medical problems that interfere with learning?

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, 2014.

Muleshoe ISD will be screening young children birth through five who may have learning problems.

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

## DILLMAN & DESHAZO REGISTRATION

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

**DILLMAN DATES:**

**THURSDAY, AUGUST 7, 2014 • 8AM – 7PM**

**FRIDAY, AUGUST 8, 2014 • 8AM- 4PM**

**DESHAZO DATES:**

**THURSDAY, AUGUST 7, 2014 • 8AM – 7PM**

**FRIDAY, AUGUST 8, 2014 • 8AM- 4PM**

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 4th, if you have any questions, please call Dillman 272-7382 or Deshazo 272-7364.

## JR. HIGH & HIGH SCHOOL

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

**JR. HIGH**

**THURSDAY, AUGUST 7, 2014**

**8AM – 7PM**

**FRIDAY, AUGUST 8, 2014**

**8AM – 4PM**

**HIGH SCHOOL**

**THURSDAY, AUGUST 7, 2014**

**SENIORS 9AM- 11AM, JUNIORS 1PM- 3PM**

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

**FRIDAY, AUGUST 8, 2014**

**SOPHOMORES 9AM - 11AM • FRESHMAN 1PM - 3PM**

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

\*Monday, August 25 Students First Day of School

# Senior Citizen News

With a new fiscal 2015 approaching, it is time to think about the upcoming election time for your senior center board members.

The Oneita Wagon Senior Center's board has three folks who are completing their three-year term and are eligible for re-election.

The nomination sheets will be out starting Friday, Aug. 1, and ending Friday, Aug. 8.

Now is the time for you to think about your choice and put that name on the list of nominees.

The board election will be held starting Monday, Aug. 18, and ending Friday, Sept. 5.

If you missed last Friday's meal time, we are sorry, and you will

be sorry when we tell you what you missed.

Not only Friday's meal, but also Curtis Shelburne came by and sang songs with some very special songs during the lunch time.

The center deeply appreciates Curtis providing such a special treat.

Please come by any time.

Well, Bunko players, you have waited long enough.

The good news is that Tuesday, Aug. 5, will be a time for the Bunko gathering.

Be sure to be at the center a few minutes before 10 a.m. to get your seat at the tables.

The games start at 10 a.m.

**Aug. 4-8 menus:**  
Monday, Aug. 4 —

Homestyle lasagna, garlic bread, brussels sprouts, and pears.

Tuesday, Aug. 5 — Macaroni beef with tomatoes, lima beans, fruit and oatmeal bar, and a wheat roll.

Wednesday, Aug. — Grilled steak, mashed sweet potatoes, green beans, tossed vegetable salad, French dressing, cornbread, and tropical fruit salad.

Thursday, Aug. 7 — Braised beef brisket, pinto beans, spinach, tossed vegetable salad, French dressing, sliced whole wheat bread, and applesauce.

Friday, Aug. 8 — Fish or chicken strips, Borracho beans, green peas, tossed vegetable salad, French dressing, whole wheat roll, and tropical fruit mix.



## Lackey Generations Gather

Four generations of the Walter and Brenda Lackey family recently held a reunion at Possum Kingdom Lake.

The gathering included three of the couple's children, two sons-in-law, six grandkids, a granddaughter-in-law, and and great-granddaughters.

Pictured above, from left to right, are: Seated — Joshua Pyle, Hannah Pyle, Brenda and Walter Lackey and Deborah Lackey Smith; standing — Krisann Pyle, Harper Pyle, Logan Smith, Walter Lackey, Jr, Madelyn Lackey, Madison Lackey, Corbin Lackey, Janae Pyle, Tracy Lackey Been, Shane Been and Ricky Smith.

# BAILEY COUNTY DEVOTIONAL PAGE

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Pastor Ruben Acevedo  
272-4542  
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6 pm; Wed. 7 pm

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Solutions on A8

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Rachael's Sons  
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Benjamin  
Joseph's Sons  
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**LARIAT CHURCH OF CHRIST**  
Wesley Roach, Min.

S.S. 10 a.m.; W.S. 11 a.m. & 6 p.m.; Wed. 7:30 p.m.

**LAZBUDDIE CHURCH OF CHRIST**  
Harrol Redwine, Min.  
S.S. 9:30 am; W.S. 10:20 am & 5 pm; Wed. 6 pm

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272-4619  
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First Sunday of Month  
4 pm Parkview Nursing Home Service  
Mon. 9 am Ladies Bible Stdy;  
Tues. 6 pm Adult Bible Stdy;  
Pastor Mindy McLanahan,  
272-5517

**LAZBUDDIE METHODIST**  
S.S. 9:30 am; W.S. 10:30 am  
Pastor Ken Peterson  
965-2121

**EL DIVINO SALVADOR U.M.C.**  
619 E. 5th Street & Ave. G,  
Fernando Sanchez, Pastor  
272-6888

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Sunday 1:30 pm  
Wednesday 7:30 pm

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Steve Claybrook, Pastor  
W.S. 10 am; Wed. 7 pm  
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*If you have changes to make to church information, please contact the Journal at 272-4536.*

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# Obituaries

## Peggy Dent

Funeral services for Peggy Dent, 71, of Muleshoe, were held on Saturday, July 26, at Muleshoe Church of Christ with Bro. Terry Wilson of Sudan and Eddie Moudy of Abilene officiating.

Burial followed in Muleshoe Memorial Park.

Peggy died on July 22, 2014, in Muleshoe. She was born on July 11, 1943, in Stillwater, Okla., to Ray and Laura Mae (Purdy) Stansell, and married Ronnie Dent in Earth, on July 6, 1962.

Peggy graduated from Springlake High School in 1961.

She worked as a secretary at Central Church of Christ in Amarillo. She also worked at the Muleshoe Independent School District for 10 years as a teacher's assistant.

Peggy was a member of the Sudan Church of Christ.



She was preceded in death by her parents.

Those left to cherish her memory are her husband — Ronnie, of 52 years; their children, son — Monty Dent and wife Debbie of Denver, Colo., and daughter — Michelle Rader of Austin; and two loving grandchildren — David Dent and Kayla Dent of Denver, Colo.

Memorials can be sent to the New Mexico Christian Children's Home, 1356 New Mexico 236, Portales, New Mexico, 88130.

Online condolences may be made at [www.ellisfuneralhomes.com](http://www.ellisfuneralhomes.com).



## Weather Whys: Contrails

**Q:** You sometimes hear of contrails. What are they?

**A:** Contrails are what appear to be long lines of clouds high in the sky and they are formed from jet aircraft exhaust, explains Brent McRoberts of Texas A&M University.

"Contrails are created when very cold air freezes the warm and humid engine exhaust," he says.

"Air temperatures where contrails are formed are usually minus 40 degrees or colder. Contrails could be compared to exhaling in winter and seeing your breath because it's so cold. When water vapor from the exhaust hits the cold air, ice crystals develop and they produce a contrail," says McRoberts.

**Q:** Do contrails affect the weather?

**A:** This is a question that is beginning to be seriously debated worldwide, McRoberts adds.

"More and more scientists believe contrails act like natural cirrus clouds and block out solar energy from above and keep in the heat from below," McRoberts says.

"A group of NASA scientists estimated that contrails cover about 0.1 percent to 0.4 percent of the Earth's skies in an average year. In heavy air traffic areas, as much as 20 percent of the sky may be covered by contrails. Another study shows that lower atmospheric temperatures across North America rose almost 0.5 degree per decade from 1975 to 1994, which is why some researchers believe contrails may have an impact on climate change over long periods of time," he says.

## Hospital District...

Continued from A3 manual.

- Received a financial report which noted the district's cash on hand, as of June 30, was \$961,683.78 for the hospital, and \$251,449.33 for Park View Nursing Care Center.

The hospital's net accounts receivable for the period decreased

to \$848,034.72, and its accounts payable decreased to \$554,436.38

At Park View, the accounts receivable increased to \$122,107.89 in June, and its accounts payable increased to \$104,727.23.

Year-to-date totals in June lists the hospital's revenue at \$7,474,278.49, which is \$383,129.89 over budget.

Y-T-D expenses are \$7,966,436.96 at the hospital.

At Park View, the year-to-date totals show revenue at \$2,632,291.92, which is \$508,911.21 over budget.

Y-T-D expenses are \$2,596,318.84 at Park View.

# Death Notices

## Raymond F. Schroeder

Former Muleshoe coach Raymond F. Schroeder, 76, of Amarillo, died on Wednesday, July 23, 2014. He was born on March 10, 1938, in Adams, Okla., to D.W. and Elizabeth Schroeder. Funeral services were held on Saturday, July 26, in Boxwell Brothers Ivy Chapel, followed by burial in Memory Gardens Cemetery.



## Ruvalcaba Graduates

Among the recent graduates from South Plains College's Evening Police Academy was Ricardo Ruvalcaba, pictured above.

The ceremony was hosted on Tuesday, July 22, in the Sundown Room of the SPC Student Services building.

# Births

## Aubree Godbolt

Michael Godbolt and Mariah Alfaro of Muleshoe announce the birth of their daughter — Aubree Chanel Godbolt, on July 21, 2014, at 8:50 p.m. at Lamb Healthcare Center.

Aubree weighed six pounds, 11 ounces at birth and was 19 inches in length.

Her grandparents are Juan and Maria Alfaro and Mary Woodward.

## Roping Club To Meet

The Muleshoe Roping Club will be meeting on Monday, Aug. 4, at 7 p.m., at the Dusty Rhodes Arena.

Hamburgers and ice cream will be served.

## 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.

## Muleshoe Memorial Park Cemetery

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272-5517



# The Sudan Buzz

## USDA Reminds Farmers Of Farm Bill Conservation Compliance Changes

Agriculture Secretary Tom Vilsack recently reminded producers that changes mandated through the 2014 Farm Bill require them to have on file a Highly Erodible Land Conservation and Wetland Conservation Certification (AD-1026). The Farm Bill

relinked highly erodible land conservation and wetland conservation compliance with eligibility for premium support paid under the federal crop insurance program. "It's important that farmers and ranchers taking the right steps to conserve valuable farm

and natural resources have completed AD-1026 forms on file at their local Farm Service Agency (FSA) office," said Vilsack. "This will ensure they remain eligible for crop insurance support."

For farmers to be eligible for premium support on their federal crop insurance, a completed and signed AD-1026 form must be on file with the FSA.

Since many FSA and Natural Resource Conservation (NRCS) programs have this requirement, most producers should already have an AD-1026 on file.

If producers have not filed, they must do so by June 1, 2015.

When a farmer completes the AD-1026, FSA and NRCS staff will outline any additional actions that may be required for compliance with the provisions.

The Risk Management Agency, through the Federal Crop Insurance Corporation (FCIC), manages the federal crop insurance program that provides the modern farm safety net for American farmers and ranchers.

Since enactment of the 1985 Farm Bill, eligibility for most commodity, disaster, and conservation

programs has been linked to compliance with the highly erodible land conservation and wetland conservation provisions.

The 2014 Farm Bill continues the requirement that producers adhere to conservation compliance guidelines to be eligible for most programs administered by FSA and NRCS.

This includes the new price and revenue protection programs, the Conservation Reserve Program, the Livestock Disaster Assistance programs and Marketing Assistance Loans implemented by FSA.

It also includes the Environmental Quality Incentives Program, the Conservation Stewardship Program, and other conservation programs.

FSA recently released a revised form AD-1026, which is available at USDA Service Centers and online at [www.fsa.usda.gov](http://www.fsa.usda.gov).

USDA will publish a rule later this year that will provide details outlining the connection of conservation compliance with crop insurance premium support.

Producers can also contact their local USDA Service Center for information.

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### RANDY'S ROUNDUP

UPDATE BY CONGRESSMAN RANDY NEUGEBAUER

#### The lesser prairie chicken

When the lesser prairie chicken was listed as "threatened," we in West Texas saw how a single listing can affect hundreds of thousands of people.

The federal government has had the authority to restrict the use of private property, even without reimbursing the owner.

That can restrict farmers and ranchers, energy producers, and overall economic development. We can't afford to expose our landowners to the high costs of a listing and the frivolous lawsuits that often follow, especially without making sure the data used to support the decision is accurate and transparent.

As a member of the ESA Working Group, we put together four ESA reform bills to fix this broken system.

My bill requires the federal government to share the data they use to justify their ESA listing decisions with the states before a listing is finalized. States need the chance to respond when the scientific data isn't accurate.

My bill would also require the federal government to consider state and local government data on the issue. In my experience, state and local experts understand West Texas much better than any bureaucrat in Washington.

My bill passed the Natural Resources

Committee in April, and now my reforms will be included in the 21st Century Endangered Species Transparency Act this week.

I look forward to voting on these common sense reforms to bring transparency and opportunity to the ESA listing process.

This is a good first step towards putting Texans back in charge of the environment in their own backyard.

#### Suing the President for Executive Overreach

Remember when President Obama unilaterally delayed Obamacare's employer mandate without Congressional approval — twice?

Or when he tried to grossly expand EPA's authority? How about when he told us all he needs to push his own liberal agenda without Congress is a pen and a phone?

What I have been hearing from you in West Texas is that the President's abusing his authority, and he's taking our country in the wrong direction. I agree.

I'm especially worried about his unilateral actions to bypass Congress — and bypass the U.S. Constitution.

In the House, we're working to stop his executive overreach. We've passed multiple bills to hold him accountable to you and to his Presidential oath to uphold the Constitution, but he

Continued on A8

\*\*\*\*\*

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**If interested, contact the Muleshoe Journal, 272-4536.**

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# Renter's Insurance Is A Very Good Idea

Q. I live in a two-bedroom apartment. I pay my rent on time and I am a good tenant. I do not have insurance.

Recently, a fire at my complex burned part of my apartment and damaged my property. The apartment owner says he will repair the apartment but is not responsible for my property. What can I do?

A. The apartment owner may be correct — it depends on the facts. Simply because there was a fire at the complex does not mean the apartment owner is legally responsible for the damage to your apartment.

Basically, for the apartment to be responsible it will be necessary for you to show some "fault" on the part of the apartment.

In most cases, the basis for this "fault" is negligence. Under the law of negligence, an apartment owner must take reasonable steps to maintain the apartment and must act reasonably to remedy any problem.

If he does not and your property is damaged as a result, he could be liable.

For example, if the fire were caused by an act of God or some other accident outside of the control of the owner, the owner would have no responsibility.

On the other hand, if there was a problem with the electrical wiring and the apartment owner did not properly repair it, the owner could be liable if a fire resulted and damaged your apartment.

Unfortunately, you have learned too late the value of renter's insurance. Just as a homeowner should have homeowner's insurance to cover damage to the home, renters should

have renter's insurance to protect against situations such as this one.

In fact, many landlords now require a tenant to have renter's insurance.

Q. I pay my rent in cash each month. Does my landlord have to give me a receipt?

A. If you pay cash, the law requires the landlord to provide you with a receipt for payment.

Q. I have a small construction business. I have not been paid for a job. How long do I have to file a claim in Justice Court?

A. As you seem to know, the new court for filing a small claim in Texas is Justice Court.

You may file a claim for up to \$10,000. Your claim to collect the money you are owed would be for breach of contract. In Texas you have four years to file a lawsuit for breach of contract.

Q. I have been working for the same company for about one year. They just called me in and said they were firing me because "things have not worked out."

I have always done what was asked of me and received very good evaluations. This seems like a wrongful termination. Can I sue?

A. Basically, unless you have an employment contract, Texas law considers you to be an employee "at will." That means you can be fired, or you may quit, at anytime, for any or no reason.

Employers may not discriminate based on things such as sex, race, age, religion, or disability, but they do not have to have a good

reason to fire you. Your termination is wrongful, only if it violates your contract or is unlawful discrimination. If you feel you have been unlawfully discriminated against, you should contact the Equal Employment Opportunity Commission (EEOC).

Q. I went through a divorce. I kept the car and he kept the truck. The decree says we will each make the payments for the vehicle we kept.

I paid off my car; he did not pay for the truck, and it was repossessed. The debt collectors keep calling me because the

loan was in both of our names. Am I still liable for his debt?

A. When you were divorced, the court decided who would pay the bills. The divorce decree, however, is between you and your spouse, not the lender.

If you were responsible for the truck loan before the divorce, you still owe it after the divorce. If you pay, however, you have the right to be reimbursed by your ex-spouse based on the divorce decree.

Want to know more about our legal rights? Check out my website, www.peopleslawyer.net

## Ask A Lawyer...

By Richard Alderman

## MULESHOE AREA HOSPITAL DISTRICT

Muleshoe Area Hospital District is proud to announce and welcome

Lindsay Johnson, PA-C



She is joining the practice of Muleshoe Family Medicine Clinic, 701 South 1st St. on July 1, 2014 and will work with Bruce D. Purdy, M.D.

Call 806-272-7531 for an appointment

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In our first week of hometown hero salutes, we take the time to acknowledge the many spiritual leaders of our community and the surrounding area. It is with your strength and guidance that we move righteously forward. Your influence guides other heroes to do what is best for our community. Your leadership guides our community to do what is right in the eyes of God. We're a better community because we can lean on you. We thank you for your patience, compassion and prayers on our behalf. As servants of God, you are our earthly heroes. Know that we too, pray for you and your continued wisdom.

**Bailey County Ministerial Alliance** - Function - Help those in need, including transits that pass through town (with exceptions) and local transits. Help the elderly when possible. Generate funds for the Hope Chest and Christmas In Muleshoe programs. Food drives for various food pantries, toys for Christmas programs and some churches also participate in coat drives. Around Easter, we try to raise money again for those in need.; Personnel - Numerous volunteers from a combination of churches in Muleshoe.

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Pastor Escuela Dominical 9:45 am Culto de Adoracion 10:45 am  
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806-265-5222

**CATHOLIC IMMACULATE CONCEPTION CATHOLIC CHURCH**  
805 E. Hickory  
Leonardo Pahamtang, Min.  
8:00 a.m. (Spanish)

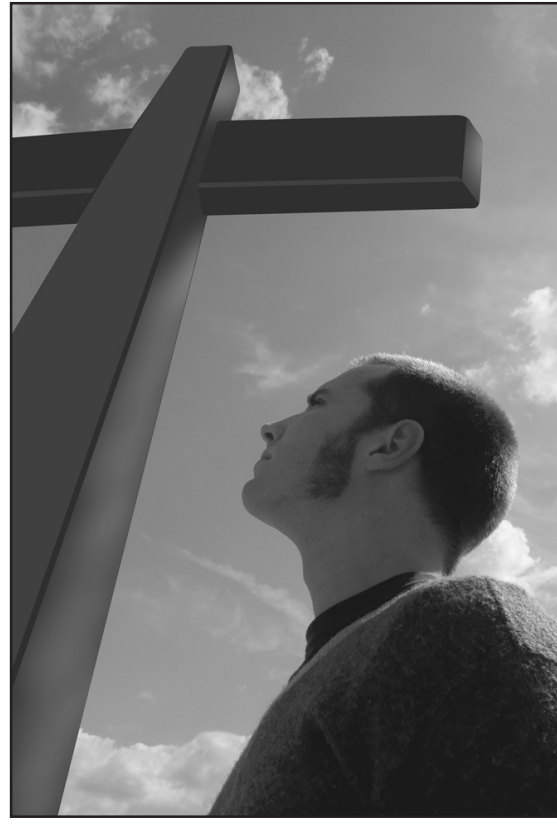
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Steve Friskup, Minister  
272-5199  
Service: 7:30 p.m. Thursday

## RANDY'S ROUNDUP

UPDATE BY CONGRESSMAN RANDY NEUGEBAUER

Continued from A6

and the Senate Democrats have ignored them time and time again.

So now the House is taking the lead on a lawsuit against President Obama. It will center on his unilateral actions in implementing Obamacare, and it will require the President to start doing his job — executing the law.

This week we'll vote on a bill to authorize Speaker Boehner to file a lawsuit on behalf of all of us in the House.

I'm listening to you, and I'm sending a strong message to the President — we won't sit back and let him override the Constitution.

## Tribes of Israel

C T J S J J R C E M U Z I L P A H S S O N S V U Z  
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## We Love Our Hometown Heroes!

MULESHOE ANIMAL CLINIC & VET SUPPLY  
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272-3061/272-4990

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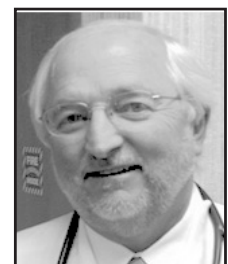
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- OUT PATIENT IV THERAPY
- PHYSICAL THERAPY
- RESPIRATORY THERAPY
- SWINGBED PROGRAM
- DISCHARGE PLANNING
- REFERRALS TO SOCIAL SERVICES AGENCIES
- FAMILY VIOLENCE REFERRALS
- COMMUNITY AWARENESS PROGRAM

- COMMUNITY EDUCATION
- PHARMACY ASSISTANCE PROGRAM
- INDIGENT HEALTH CARE PROGRAM
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- BONE DENSITY
- DIAGNOSTIC RADIOLOGY
- TELERADIOLOGY
- PAC "FILMLESS" RADIOLOGY



*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



Stay Strong at Any Age

Published by the Muleshoe Journal ©2014

Senior Living advertisers word search and listing... Page 2

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Muleshoe Journal

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"Senior Living in West Texas"
was produced by the staff
of the Muleshoe Journal,
201 W. Ave. C, Muleshoe, TX 79347

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 and 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.

Collage of images including Bailey County Courthouse, Bailey County Coliseum, Bailey County Law Enforcement Center, and a photo of Shelby Carpenter, Bailey Co. Dept of Aging.

Five Brain Fitness Tips

by Susan Grotenhuis
(NAPSI) — Here's an idea to think about: To stay mentally sharp, sustained effort is key. It takes work to keep a complicated organ such as your brain in optimum condition.

Fortunately, it doesn't have to be complicated. You can follow these five simple steps to keep your mind bright:

1. Change
By the time you reach retirement age, your brain has mastered many tasks. You have to think of creative ways to surprise it. So change is vital to brain health.
Change your routines, change your environment, make new friends, have different conversations, listen to different music, try new foods. List the most familiar things in your life and then change them.

2. Think
Don't let your brain get bored. Stimulate it with lots of new, refreshing information. Read articles, visit museums, study a new topic or take up a new hobby.

That awkward feeling you may remember from your first day on the job is what you want to replicate. Try learning a foreign language or a musical instrument.

3. Move
Experts agree that aerobic exercise has the greatest benefit in terms of helping your brain stay young.

Encourage important blood flow to the brain by doing at least 2-1/2 hours of moderate aerobic activity (brisk walking) each week.

Start where you can and gradually build up from there. Setting small, monthly goals keeps your efforts focused and on track.

4. Eat smart
Keep those arteries — in your heart and your brain — from getting clogged with fat by eating plenty of fruits, veggies and whole grains.

Stick with healthy fats such as those in nuts, avocados and olive oil. Include plenty of lean protein and fiber to round things out.

Try to fill half your plate at each meal with fruits and vegetables. They're full of anti-oxidants and supply important nutrients. Avoid white flour, generally found in breads and pastries.

Losing any extra pounds can help, too. Maintaining a healthy weight means a better chance at a healthy brain.

5. Be happy
Human beings are social creatures. The brain is designed to interact with others and derives great benefit from close relationships.

When you're happy, your brain is happy.
When you're stressed or depressed, your brain releases a chemical called cortisol.

Cortisol in small doses is useful for alertness and concentration. When it lingers, however, it attacks the cells in the hippocampus, where memories are formed.

Getting plenty of sleep is also important for relaxing and renewing the mind.

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.
GO TEXAN CERTIFIED RETIREMENT COMMUNITY
Muleshoe Economic Development Corporation
215 S. First, Muleshoe
806-272-7455
FAX 806-272-5260
Email: muleshoe@fivearea.com
www.muleshoedc.com

# 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; 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](mailto: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

# Easy Ways To Protect Yourself Against Phone Scams

(NAPSI) — As children, we were taught not to open the door to strangers or let an unidentified caller know our parents weren't home.

Today, as adults, we've been warned not to believe an email claiming a loved one is stranded in London without money, and not to sign the back of our credit cards with anything other than "See Photo ID."

We can take precautions, but it still won't stop technically savvy criminals from trying to take advantage of consumers. Scams have become so advanced that even the most prepared could easily fall victim, with new methods surfacing too frequently.

Two recent phone scams that have hit unsuspecting people with fraudulent charges are the IRS phone scam and the one-ring scam. Here's how they work:

### IRS phone scam

In this particular scam, a criminal will call pretending to be an IRS agent, requesting personal information like date of birth and Social Security and bank routing numbers.

Scammers prey on consumers' fear, so many people wanting to show compliance with a government agency relinquish their information to the fraudster.

### One-ring scam

Another recent innovative scam is called one-ring, which involves scammers dialing American mobile

phones from robo-calling facilities outside the United States, typically in the Caribbean, from 10-digit numbers that appear to have U.S.-based area codes.

If you get a call from a government agency asking for a payment, hang up. No one from a federal government agency will ask for money over the phone.

Their trick is to hang up after one ring in the hope that the recipient will be curious and call back, thinking that he or she has missed an important call.

Since the number is actually international, callers are charged exorbitant connection and long-distance fees, as scammers attempt to keep victims on the line.

**So how can you protect yourself?** Hang up immediately. If you get a call from a government agency or other

business asking for a payment, hang up. No one from a federal government agency will ask for money over the phone, even the IRS.

### Don't call a suspicious number back

In the case of the one-ring scam, the number appears like it's from the United States when it's not and, therefore, is not legitimate.

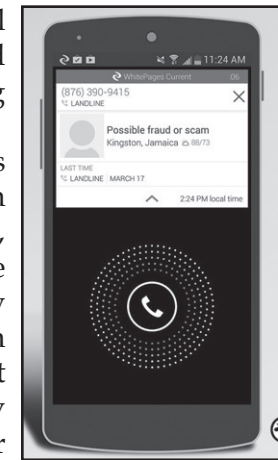
Scammers are able to set up systems to ensure all incoming calls are charged-most of the time consumers are unaware of the charges.

### Use mobile apps

There are many apps that can identify callers to help ensure verification.

WhitePages Current Caller ID takes call identification a step further, warning you of

Continued on page 8



# 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](http://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



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



*"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

# 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](http://www.walgreens.com/medicare) or [www.takecarehealth.com](http://www.takecarehealth.com).

Also visit [www.medicare.gov](http://www.medicare.gov) to learn more about how to make the most of Medicare and your Medicare Prescription Drug Plan.

**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**

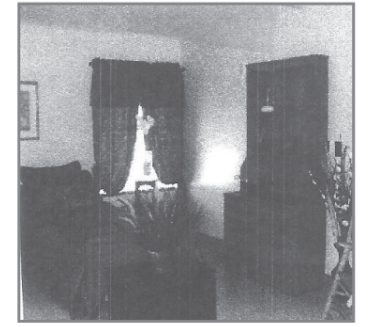


- \* Daily Housekeeping and Laundry services
- \* Physical, Occupational, and Speech Therapy
- \* Computer Lab and Reading Library
- \* Religious Services provided by local Churches
- \* Basic Cable in Resident Rooms
- \* Beauty Shop
- \* Patio with walking path and fenced yard for outdoor activities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



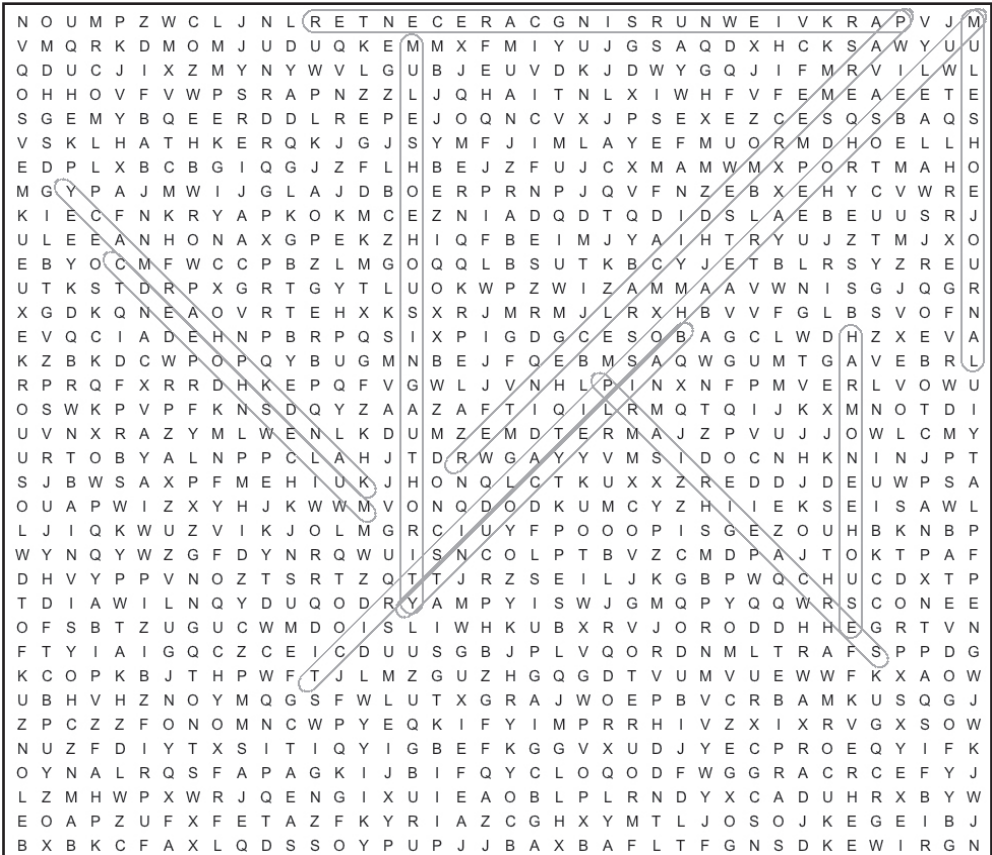
The decision to place a loved one in a nursing facility is often one of the most difficult decisions a family can make. You want the best possible care and surroundings for your loved one. The staff of Prairie Acres understands the importance of this choice. We welcome you to visit and tour our facility. 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.

## Senior Living Advertisers



## How To Choose A PERS Device

(NAPSI) — According to the National Safety Council, injuries related to falls are still a primary concern for seniors, and with good reason: The Centers for Disease Control states one in three adults aged 65 and over experience a fall each year.

To proactively address concerns about falls, many seniors choose to invest in a personal emergency response system (PERS).

But according to senior safety expert

Dennis Boyle of MobileHelp, there are four main things to consider when choosing the right PERS device:

### 1. Waterproof

Showers and pool decks are slippery surfaces that seniors regularly utilize — the wearable pendant or accessories that detect falls should be waterproof to accommodate such activities.

### 2. Mobile

More than 45 percent of falls happen outside the home — if the person is mobile, the PERS device should be, too.

### 3. Automatic fall detection

Following a fall, 80 percent of people aren't physically able to push the button on their PERS device.

With automatic fall detection, they don't have to — if they fall and can't push the button or even respond, help will still be on the way.

### 4. Comfort

The device should be lightweight, with multiple wear options (such as neck pendant or wristwatch styles), and neck pendants should feature quick-release fasteners for safety.

For further facts, go to [www.mobilehelp.com](http://www.mobilehelp.com) or call 1-800-761-9185.

**Mobile PERS devices increase peace of mind for seniors and their loved ones.**

## Phone Scams...

Continued from page 3

potential scams and providing alerts for both incoming and outgoing calls to signal users if a number is one of thousands identified as a scam.

*Never provide personal information*

Avoid giving out credit card information, Social Security number or other personal details to an incoming caller whom you do not know, even if you are familiar with the business they claim to represent.

Some scams spoof well-known entities like Microsoft or Verizon tech support.

**Do not pay money up front**

If you have been contacted that you've won a contest or have been

accepted for a new insurance policy, do not provide any payment.

For any legitimate offer, an upfront payment is not required.

In addition to hanging up the moment a call seems suspicious, the most important rule of thumb is to never return a call to a number you do not recognize.

If it is a legitimate caller, they will leave a voice mail or call back.

And if you feel that you have become a victim of a scam, report the phone number to local authorities, the FTC and your mobile carrier.

If you shared personal information, make sure to monitor your credit report and immediately contact your credit card company and other financial institutions.



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***Hablamos Espanol!***

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*Website: [knkpharmacy.com](http://knkpharmacy.com)*

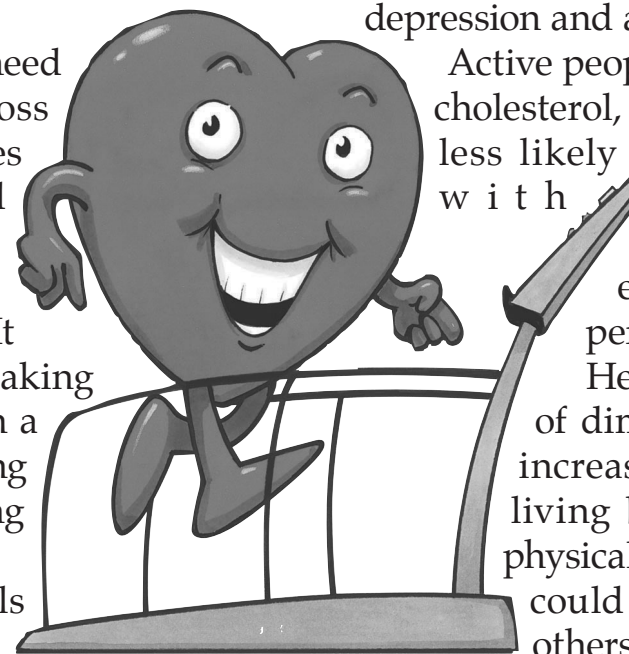
*Kay Campbell and Kristine Isaacson • Pharmacist/Owners, K-K Pharmacy*

## 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.

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

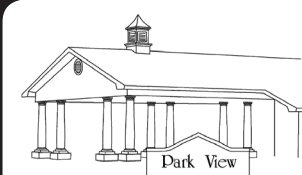


reduced incidence of coronary heart disease, hypertension, non-insulin-dependent Type 2 diabetes, colon cancer, depression and anxiety.

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

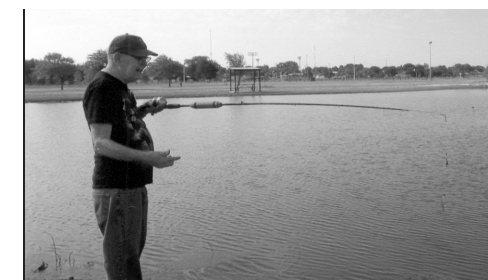


**Park View**  
Nursing Care Center

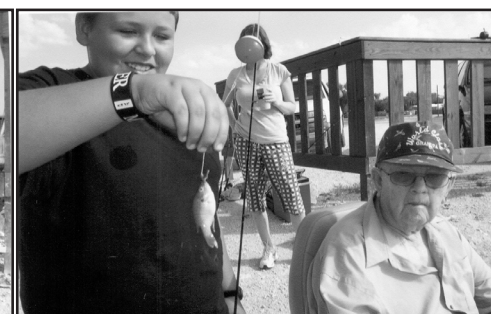
*"A Commitment to Caring"*

- Beautifully landscaped facility
- Two fireplaces 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  
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***Park View residents had a fun day of fishing at Lake Muleshoe...***



## 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.

- Dr. Gary Webb joined our team in January 2014. His education and experience includes a one year fellowship in Geriatric Medicine.

- Carmen Putman, FN, FNP-C, is bilingual and enhances the services for many of our Spanish-speaking patients. Carmen works in the emergency department serving your emergency health care needs.

- Michael Sermon, PA-C, 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.

- Lynette Jubay, PA-C is another "homegrown" health care provider. She enjoys all aspects of health care and is excited

to serve the community where she was raised.

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.

# Swing Bed Program

*Helping patients transition  
from hospital to home.*



**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.

### Who would benefit from the Swing Bed Program?

When a patient reaches the point in recovery where acute care hospitalization is no longer necessary, but they are not physically able to go home, our rehabilitative program is another step toward physical recovery.

Some examples include:

- Generalized weakness • Knee, hip and other joint replacements • Rehabilitation after vascular, abdominal and other surgical procedures • Recovery after a major accident • Rehabilitation after a stroke or heart attack
- IV medication therapy (Infection management)
- Wound care • Physical/Occupational and Speech therapy

**Calls prior to hospitalization or surgery welcome.**

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



1307 Cleveland Ave.  
Friona, TX 79035  
Hospital phone: (806) 250-2754

**Friona Rural Health Clinic**  
1307 Cleveland Ave.  
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[www.ParmerMedicalCenter.com](http://www.ParmerMedicalCenter.com)