NOV 06 LOVETT MEMORIAL LIBRARY BOX B MCLEAN TX 79057

## The III Lean News-

HISTORIC ROUTE

Bank Of Commerce Building Office No. 5, 201 N. Main St.

Published Weekly Thursday, December 15, 2005 1-806-779-2141 1-806-248-7333

## City Council Looks At Buying New Gas Well

The City Council of McLean met in regular session Monday, December 12<sup>th</sup>, 2005, in the City Hall. The meeting was called to order by the Mayor and opened with an invocation by Mindy Reeves at 6:00 p.m. with the following members present: Bob Martin, Mindy Reeves, Molly McDowell, Betty Taylor, Janet Glass and Teresa Simmons.

Others present: Jim Adams, Toni Bohlar, and Allen Mixon.

The minutes of the November meeting were approved.

Housing Authority - no one was here to address the council.

Sewer Grant Bids - the bids received were : Triple I. Utilities -

Triple L Utilities -\$516, 535 D.E. Rice Const. -

\$485,000 Morton Irrigation -\$316,750

The engineer and the grant writer are trying to

see what they can do to change some of the requirements of the job to bring the bids down. The grant money is \$200,000.00 and anything over that will have to come from the City. Motion by Molly McDowell, second by Betty Trylor to table this item until we hear from the engineer and grant writer. All voted in favor.

Gas Well - A lengthy discussion was held concerning purchasing a gis well. It was decided that the Mayor will check with several banks to see if they will give us a loan for \$30,000 to buy the well and we will get an estimate from a gas attorney to see what his fees would be to draw up the papers and then a special meeting will be held to make the decision.

Texas Open Records Act
- City Policy - The Mayor
had submitted a policy
stating that all requests for
City records should be in

writing and that if the requestor wants copies of a document- it will be .10c per page. Motion by Mindy Reeves, second by Teresa Simmons to adopt the policy. All voting in favor.

City CD - Discussion was held concerning placing some of the City's money in a secondary bank so that all of the City's funds are not in one bank. Motion by Molly McDoweil, second by Betty Taylor to take \$100,000 from CD # 6884 and place it in another bank and keep the remaining \$39,000 in the local bank. The Mayor will check around to determine what bank to place the money in All voting in favor.

Tree Limbs at landfill Allen Mixon explained to
the Council that in the past,
people were allowed to
come out to the landfill to
the tree limb pile and get
limbs for firewood, but that
one of the policys enacted
at last months meeting

stated that no one could remove anything from the landfill and he wanted clarification concerning the tree limbs for firewood.

The Mayor explained to the Council that the tree limb pile was located in a different place from the garbage pit. Janet Glass stated that her concern was that people might get the tree limbs to cut up to sell for firewood and that if we started amending the policies that it would be an ongoing thing. Motion by Mindy Reeves, second by Taylor to allow Betty people to take tree limbs from the landfill for firewood. Voting for was Mindy Reeves, Betty Taylor, Molly McDowell and Teresa Simmons. Voting against was Janet Glass.

Lock in Gas Price - the lock in price from West Texas Gas was \$12.00 - \$12.50 per mcf. The council declined to lock in at this time.

Director's Report - Jim Adams informed the Council that the leak on the water tower was now fixed.

Other City Business -Mindy Reeves asked about the dumpster across from Taylors that had been painted different colors, she was informed that the dumpster had been removed and another was going to be placed there. Betty Taylor stated that she had received a call complaining about barking dogs, she was informed that the problem had been taken care of by the owner. Teresa Simmons asked Betty Taylor when the EDC might have a meeting. The Mayor stated that the Library was waiting for the EDC to decide if they would pay for new carpet for the Library. Betty said that they would have a meeting as soon as possible.

By unanimous consent the council agreed to pay the bills.

The meeting adjourned at 7:45 p.m.



TO GET YOUR HOLIDAY GREETING IN THE CHRISTMAS EDITION IN THE MCLEAN NEWS CALL TODAY AT 779-2141



THE ALANREED Community Center will have Santa on December 16, 6 - 8 p.m. Bring your camera. A small gift will be provided for the children. Concession stand available.

CALL TODAY TO place your Christmas Greeting in the McLean News

A MUSIC PROGRAM will be held on December 15 at 7 p.m in the High School Auditorium.

SPECIAL Olympians versuses McLean I.S.D. Staff Basketball game will be held December 16 at 9:30 in the New Gym.

SCHOOL WILL dismiss at 12:30 p.m. on December 16.

NO SCHOOL -December 19 - January 3 for Christmas Holiday.

SCHOOL BOARD will meet on December 19 at 7:00 p.m. in the Business Office.

TIME IS RUNNING
Out to buy raffle tickets for
the quilt! All proceeds go
the Ten Commandment
Monument. Tickets can
be purchased at the Flower
Cottage at 120 E. 1st

THE LIBRARY will be closed Dec. 23 - Jan. 2 for the holidays.





Pat Barker and Zelda McClellan sit and visit while they enjoy the festivities of the holiday at the home of Don and Betty Taylor who held a Christmas Open House last Sunday afternoon for everyone in McLean.

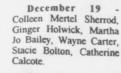
McLean Birthdays & Anniversaires

December 15 - Tony Smitherman, David Woods, Joe Creed Lamb, Heather Wilson, Michelle Basham, Mary Basham, Wendy Morris, Terry and Heidie Wells, (A), Jack and Linda Syfrett (A).

December 16 - Clint Herndon.

December 17 -Dorotha Bybee, Wanda Hill, Mike Nicholson.

December 18 - Colt Patterson.



December 20 - Laura Brooks, Candi Morris, Jamie Kingston, Ann Lamb, Lucas Seymour.

December 21 - Jana Davis, Clay Cooper, Emory Crawford, Nathaniel Conners, Mark and Diana Watson (A)...



Ariel Michalenko enjoys the pretty decorations at Don and Betty Taylor's open house.

## Local Residents of McLean Pass Away

Doris Marie Reborn, 89 of McLean passed away on December 10, 2005 at the McLean Care Center

Doris was born in California and was a resident of McLean for over 24 years.

Survivors include Lois (ZA) Myers of Shamrock, Betty Lopez of Fort Worth, Edna Scrogham of Washington State, Mable (Elmer) Morella of Kansas, Clarence Franke of California, and Edmun (Rita) Franke of Korea. Many nieces, nephews, great nieces and nephews and great-great nieces and nephews.

Doris was proceeded in death by one sister, Ginger Morella and four brothers, Charles Franke, Harold Franke, Jimmy Franke and Bud Franke.

Family request memorials be to the McLean Care Center Activity Fund.

Bonnie Bidwell, 96 passed away on December 9, 2005 in McLean, Texas. Funeral services were held on Monday, December 12, 2005. Burial took place at Hillcrest Cemetery under the direction of Bailey-Ware Funeral Home.

Bonnie George was born October 27, 1909 in Charleston, Texas to Curtis White and Dovie Olive George. She married Joe Bidwell in Pampa, Texas on February 12, 1931.

Mrs. Bidwell was a homemake and she was a member of the First Baptist

Church in McLean.

She is survived by one son, Terry Bidwell and wife Wanda of Fritch, Texas; one brother, Noel george of Olestie, Oklahoma: three grandchildren, Shelley Brooks and husband Keith of Washougal, WA; Logan Bidwell of Amarillo, Texas: and Tyrell Bidwell of Fritch, Texas. Two great grandchildren, Emma Grace and Murphy Clyne Brooks, of Washougal, WA and numerous nieces and nephews.

She was proceeded in death by husband, Joe Bidwelli; two brothers, Paul and Duane George and two sisters, June Zetterkob and Audrey Fry.

Family request memorials be made to First Baptist Church, McLean of BSA Hospice, Pampa, Texas.

Larry Perkins officiating.

Burial was held at Hillcrest

Cemetery in McLean under

the direction of Bailey-

Roger "Buddy" Eugen

Payne was born October

Ware Funeral Home.

22, 1942 in Springfield, Ohio, to Clifford and Lucille Payne. He married Effie Callaway on March 30, 1983 in College

He is survived by his wife, Effie; six sons, Steve Callaway (Shari) of McLean, Dale Callaway (Kathy) of Houston, Ricky Callaway (Pam) of Houston, Rocky Callaway (Laura) of Houston, Randy Payne of Ohio, and Rodney

Payne of Ohio; two daughters, Phyllis Ryburn (Wes), College Station, and Sharon Karkon, Austin; one sister, Vicki Pelfrey, Springfield, Ohio; one brother, Sherman Draper, Ohio; 18 grandchildren and 8 great-grandchildren

He was proceded in death by one sister, Linda Smith.

The family requests memorials be made to the Alanreed Baptist Church, P.O. Box 74, Alanreed, TX, 79002.

## Young At Heart To Sell Postal Directories

There were 31 members and guests at the Young at Heart December luncheon. Visitors included Catherine & Otis Calcote, and Al & Joanne Gayla Chester with Accolade did blood pressure checks. President Marjorie Fish thanked Otis Calcote for all the rewiring and electrical work he has done for the Young at Heart building the past few months. She wished Inez Trossle, Sherrie Martindale, Linda Harvey and Catherine Calcote "Happy Birthday". She also thanked Mindy Reeves for organizing the Amarillo Area Agency on Aging's help at the McLean Library last Friday for seniors to sign up for their new Medicare D Prescriptions plans. They also expressed appreciation to Janet Glass''s for her help in scheduling everyone for that day.

The Young at Heart is currently selling "McLean Mailing Directories" (for a \$2. donation at Biral USA) to help with the need for using people's accurate post office boxes.

The next meeting will be at 11:45 a.m. on December 20 for our annual Christmas Luncheon and Party. Visitors are welcome.

#### The Bank of Commerce



Use our secure banking system by clicking on www.ebank.commerce.com anytime, day or night! Handle all of your banking needs, including opening new accounts, from the convenience of your home or office.



Bank Of Commerce McLean, Texas



### Roger "Buddy" Payne, 63 died Wednesday, December 7, 2005 in 4-H'ers Head To District

McLean, Texas. Funeral services were held on Sunday, December 11, 2005 at the First Baptist Church in McLean with Pastor Jim Bible and Pastor

In the Senior Division, Tammy Syfrett placed fourth with a Senior Information Speech.

Also held on November 5, 2005 was the Gray County Food Show.

In the Intermediate

Category, Britnie Cooper won top honors with her main dish. Rena Smith won top honors in fruits and vegetables and Becca Reyna won top honors in nutritious snacks.

In the Senior Category, Tammy Syfrett won top honors in bread and cereal.

These participants moved on to the District Food Show

MEDICARE PRESCRIPTION GOT YOU CONFUSED?

Mahnken's
HAS THE ANSWERS.

Come by for a free, one-on-one, Medicare Plan consultation. We will help you and get you enrolled. Let us show you how the new prescription plan will affect you.

Come by or call for an appointment.
A REPRESENTATIVE FOR COMMUNITY CARE Rx,
FRED EHMANN, WILL BE AT MAHNKEN DRUG ON
FRIDAY, DEC. 2ND FROM 10 A.M. - 3 P.M.

Mahnken Drug

O HELP YOU WITH THE MEDICARE MEDICINE MAZE

#### Lady Cubs Victorious Over Amarillo Trinity - Cubs Defeated

In Monday night basketball action, the Cubs and Lady Cubs tipped off against Amarillo Trinity.

The Lady Cubs defeated Amarillo, 33-20. Ashley Byron scored 12 points for the Ladies. Saber Bohlar added nine more.

Nancy Castillo put up six points. Sheri Haynes scored four and Erin Vassey added two. The Cubs played a tight game but came up short against Trinity with a final score of 33-44.

Corey Graham put 11
points on the board for the
Cubs. Tanner Cadra

Clay Crockett scored six. Robert Morrow added three. Hogan Ketcherside had two and Jordan Herring put up one.

#### Tigers Travel To Fort Elliott To Compete In Tournament Play

The Tigers journeyed to Ft. Elliott to participate in the Fort Elliott tournament this past weekend

The Tigers lost in the first round to Ft. Ellict, then came back in the second round to defeat Lefors, but lost to Shamrock by one in the last game.

Ronnie Alexander led the pack with 37 points on the board. Manden Conklin added 32.

Jacob Tolleson added 20 more. Zach Richardson brought home 16. John Haynes scored 10. Logan Sparling had five.

Kutter Anderson put four on the board. Larry Lusk added three. Steve Vassey scored two and Chase Bohlar scored one.

#### Thursday, December 15, 2005-THE GROOM NEWS-Page 9

#### MCLEAN CHURCH DIRECTORY

Church of Christ

Pastor Jim Reyna 779-2548

Sunday Bible School 10:00 a.m.

Worship 10:40 a.m. & 6 p.m., Wed. Bible Clase 7:30

New Life Assembly of God
Pastor Mainton Richardson
Sunday School 9:30 a.m
Worship Service 10 30 a.m.
Sunday night Service 6:00 p.m.
Wednesday Service - 7:00 p.m.

First Baptist Church
Pastor Kelly Raymond 779-2175
Sunday School 9:45 a.m. Warship 10:50 & 7:00 p.m.
Wednesday Bible Study & Prayor Meeting 7:00 p.m.

United Methodist Church
Paster Thacker Haynes 779-2049 a 779-2337
Sunday 9:45 a.m. Worship 10:50 a.m. & 6:00 p.m.
Sunday Sr. High Youth Alpha Chi 5:00 p.m.
Wednesday Choir 7:00 p.m.

Heald United Methodist Church Kellerville Road Sunday 9:15 a.m.

Trinity Church
Pastor Larry Perkins 779-3207
Sunday worship 10:45 a.m.
Life Groupe-Sunday-5:00 p.m.
Solid Rock Youth & Sonshine Children's Malately
Wednesday 6:00
Adult Bible Study-Wednesday-7:00 p.m.

Courboy Church & The Arena of Life of McLase Ronnie Ferguson, Pastor - 779-2135 Saturday at 7:00 pm New Life Assembly of God - 420 Main McLean

### Student Council Looking For Winter Volunteer Work

The McLean High School Council Community Service Volunteers met on Saturday, December 3 at the Devil's Rope Museum. The volunteers work to clean out the storage

McLean

Home Health LYNN SWANSON, RN

Administrator

Director of Nursing

rooms of the museum. Volunteering in December

were Kevin Smith, Mark Snith, Logan Sparling, Brooke Seymour and Linda Smith.

Due to the closure of the Museum during the

P.O. Box 47

McLean, Texas 7905

winter, the Community Service Volunteers will be available to help with another non-profit or community project on January 7, 2006 and February 4, 2006. If your organization would like some volunteer worker on either of these two dates, please contact the high school student council at 806-779-2571.





TIGER & LADY TIGER BASKETBALL



Tori Bybee

The Eye Of The Tiger



Becca Reyna



Erin Vassev



**Britnie Cooper** 

Trigity & The Solid Rock Youth

779-3207

Country Corner 779-2209

www.www.www.www.www.www.www.www.www.

Hambright Construction 806-674-2898 Red River Steak House 779-8940 McLean Home Health

Bailey/Ware Funeral Home 779-2424

The McLean News 779-2141 The Bank of Commerce 779-2461

·

Kirk's Auto Supply

Packett's Grecery 779-2661 C & H Supply 779-2209 McLean Feedyard Ltd. www.ranches.org/McLean.him (808)770-2405

145

The McLean Care Center 779-2469



## Library Has New Books To Check Out

The Lovett Memorial Library checked out 764 books for the month of November. 768 people visited the library for the month and 175 people used the computer

The library has several new books for the public to check out. These books include: Iron Orchid by Stuart Woods, A Sudden Country by Karen Fisher, Six Bits a Day by Elmer Kelton, Murder at the Washington Tribune by Margaret Truman, Predator by Patricia Cornwell, The Amber

(Left) Quinton Davis Brown list off on his fingers the gifts that he would like Santa to bring this Christmas!

Warning by Robert Ludlum, First Impressions by Jude Deveraux, Goodnight Nobody by Jennifer Weiner, Toxic Bachelors by Danielle Steel, No Country for Old Men by Cormac McCarthy, At First Sight by Nicholas Sparks, by Nicholas Sparks, The Camel Club by David Baldacci, A Grave Mistake by Stella Cameron, Slow Burn by Julie Garwood, The Cinderella Hour by Katherine Stone, The Assassins by Oliver North, The Sunflower by Richard Paul Evans, Comfort and Joy by Kristin Hannah, The Christmas Quilt by Jennifer Chiaverini

The library has also received 70 audio book

titles on CD, 87 audio book titles on Cassette and

226 Large Print books. Did you know that the library also has magazines to check out? With a current library card you can check out any of the following magazines: Texas Outdoors, Texas Highway, Texas Monthly, Better Homes and Gardens, Good Gardens. Good Housekeeping, National Southern Geographic, Southern Living, Consumer Reports, AARP, Smithsonian and Newsweek.

The library will be closed December 23 through January 2 for the holiday season. It will open back up on the third of January.

#### Jr. High Celebrates Christmas With Nursing Home Residents



Amber Staton gives Earl Riley his gift at the party.



Hailey Harper visits with great grandma, Betty Kaiser at the Christmas party



Bradley Hannon sits on Santa's lap and gives his toy list for Christmas.

Candlelight Service

Christmas Eve

"Gee Santa, I didn't know you were gonna ask tough questions like Have I been good?" said Pre-K'er Jayden McLain.

Texas Orientations

Cat Practical Practical Miles, units AVE. SOL. SSO, 758 BONUS Pay!

TOP BOLL STORY OF THE PROPERTY OF THE PARTY STORY OF THE PARTY OF T

1800 CFI-DRIVE

Second & Bray - McLean Heald Methodist Church 7 p.m. Wilerville Road

United Notho list Church 6 p.m.

Come Celebrate the Reason for the Season!

#### City Wide Christmas **Contata** Heart Health Alert!! Sunday, Dec. 18 @ 6 p.m

VIOXX - linked to Heart Attack, Stroke, or Death. Texas ju nds Merck liable for millions. If you took the drugs VIOXX, BEXTRA or CELEBREX and were injured. CALL TODAY.

1-800-882-1402 OTSTOTT & JAMISON, P.C.
"TEXAS LAWYERS FOR TEXANS

United Methodist Church McLean McLean

#### Dean's

#### Pharmacy

2217 Perryton Parkway 669-6896 Fred Ehmann, an enroller for Community Care RX will be at Dean's Pharmacy on Thursdays, December 15, 22, and 29 to help persons wanting assistance on the new Medicare D Drug Benefit program beginning next year.

Everyone welcome to drop by for help. "Looking forward to serving our Groom and McLean customers"



Rates: 30¢ a word with a \$6.00 minimum. Bold, Caps, Lines & Boxes extra.

Column style Cards of Thanks: \$6.00 (1 paragraph) & Up. Wedding Stories are free up to 300 words (30¢ a word over 300). No charge for engagement or wedding pictures, baby announcements or obituaries with their respective associated pictures. The News reserves the right to maintain editorial integrity.

Deadlines & Payment: All news and ads should be in the office by close of business Monday unless by prior approval. News releases are run on a space available basis. Payment is due in advance unless a credit account has been previously established.

Errors: Check your ad immediately after the first publication! The News will not be responsible for mistakes after the first publication.

The Groom-McLean News does not vouch for the legitimacy of any ad, job or money making opportunity advertised in this paper. We strongly recommend that you check out any offer before making a commitment or giving out any personal

Call Today at 248-7222 or 779-2141

DISHWASHER NEEDED - Call Palo Duro Nursing Home in Claude at 226-5121

WINDBREAK & LARGE TREES Contact McClelian Creek SWCD @ 537-3504

FOR SALE By Owner-3 bedroom, 13/4 bath, on Corner with 2 lots, detached garage, fenced yard with beautiful landscaping. 501 Martin, Groom, Call 248-1018.

POLITICAL

Justice of the Peace Precinct 1 Democratic Candidates

at 248-1416 or page him at 342-8312 Don't Forget

CITY OF GROOM

employees may be contacted for after hour

emergencies by calling Donnie Evans at 248-

7075 or page him at 342-

8433, or call Slim Finck

Your Santa Letters Deadline Dec. 16!

Thursday, December 15, 2005-THE GROOM NEWS-Page 11

HELP WANTED: Immediate openings for CNA's all shifts. Contact McLean Care Center 806-779-2469

ALTERNATORS AND Starters for tractors and autos, new and rebuilt; service electric motors and fence chargers. Call British Supply at 248-7388.

HELP WANTED: IMMEDIATE Opening for L.V.N. - 10 to 6 shift; C.N.A.'s - All Shifts; Weekend R.N. McLean Care Center, 605W. 7th, 806-779-2469, Billy Ray Johnston, Administrator.

pon'T FORGET Christmas Greeting... deadline is

NEEDED NURSES Aids Will assist in the certification process. Call Palo Duro Nursing Home in Claude at 226-5121.

LAUNDRY ROOM help needed at Palo Duro Nursing Home in Claude. Call 22+-5121

OUTREACH HEALTH Services has an immediate opening for an attendant to provide home care for 25 hours Mon-Friday. Must be 18+, no experience necessary.

Please call Regina @ 1-800-800-0697 or 806-373-

CANTRELL Corporation looking for fuel delivery truck driver. Experience required.
Hazmat and LP
certification preferred.
Knowledge or rural area and residents a plus. Stocking and ordering of oils, greases and lubricants. Various duties in a fuel distributorship. Nine hours daily, M - F and Every other Saturday half day. Apply in person - 1400 N. Main Street -Shamrock.

to asbestos. Many workers were sed from the 1940s through the na, throat cancer or lung cancer. Call us for professional

FOR FIRST VISIT

NO FEE

Richard A. Dodd. L.C. Timothy R. Cappolino, P.C.

1-800-460-0606

For All My Customers In Groom and McLean

Call

669-1202 KEYS

PHARMACY

928 N. HOBART, PAMPA MERLIN ROS L. R.PH.

Fred Ehmann, an enroll or for Community Care RX will be at Keye: Pharmacy on Tuesdays, December 13, 20, and 27 to help persons wanting as istance on the new Medicare D Drug E enefit program beginning next year.

Everyone welcome to di op by for help. 669-3559

#### CALENDAR CARSON COUNTY

Bill Hinson

USDA RURAL Rental Apartments available. Call 779-2101 or come by 711 Wheeler. M-W-F, 10 am - 4 pm.

#### TEXAS STATEWIDE CLASSIFIED ADVERTISING NETWORK

TexSCAN Week of December 11, 2005

#### ADOPTION

llegal to be paid for anything bey PREGNANT? THINKING ADOPTION? Talk

with caring people specializing in matching birthmothers with loving families nationwide. Expenses paid. Toll free 24/7. One True Gift BUSINESS OPPORTUNITY

ALL CASH CANDY Route. Do you earn \$800 in a day? Your own local candy route. 30 machines and candy. All for \$9,995. 1-888-625-5481, Multi

EARN INCOME GIVING away cell phones. No credit check. No social security required. LMN Corp., 1-561-793-8967.

DRIVERS

DRIVER . COVENANT TRANSPORT Excellent pay and benefits for experience ers, O/O, solos, teams and graduate st Bonuses available. Refrigerated now av. 1-888-MORE PAY (1-888-667-3729).

DRIVER - REGIONAL & Dedicated CDL Drivers. Company, Lease Purchase, O/O. \$800 to \$1500/week. 1-888-707-7729.

DRIVERS / DRIVING SCHOOL gradu wanted. Tuition reimbursement. No waiting for trainers. Passenger policy. No NYC. Guaranteed hometime. Dedicated and regional available. USA Truck, 1-866-483-3413.

DRIVERS - OTR \$HOLIDAY Cash\$. Class "A" CDL. I year OTR. From start, get extra \$800 first 8 weeks. Then .03 cpm to \$4,000. Call FFE Transportation, ed OTR. Dedicated and Regional avail-Owner/Operators, Teams & CDL grads USA Truck, 1-866-483-3413.

DRIVERS! \$6,000 EXPERIENCED driver incentive bonus! Top pay and more home time. No experience? No problem - low cost CDL and 100% tuition reimbursement. 1-800-796-9888,

#### FINANCIAL SERVICES

MEDIATE CASH!!! US Pension Funding pays now for 8 years of your future pension pay-ts. Call 1-800-586-1325 for a FREE, no-obliga-

#### FOR SALE

SAWMILLS FROM ONLY \$2,795.00. Convoyour logs to valuable lumber with your Nowood portable band sawmill. Log skidders all available. www.norwoodindustries.com - Fr n: 1-800-578-1363, Ext. 300N.

HELP WANTED A FAST TRACK to a sales career. Travel the USA as you develop skills in Outside Sales, Paid train-

rtation, lodging furnished. Call Success es, Inc. today. 1-877-646-5050 HOMES FOR SALE

## HOME FINANCING. GET pre-approved loans or small down based upon your ci stances. Perfect, limited, troubled credit ( prupty-OK). Call! Mortgage Makers, 1-5124444 or 1-888-500-0000 (TMB#44749).

JOB TRAINING NOW HIRING FOR Postal Positions. \$18.50

#### MISCELLANEOUS

AIRLINE MECHANIC - Rapid training for high paying Aviation career. FAA predicts severe shortage. Financial aid if qualify - job placement assistance. Call AIM 1-888-349-5387.

A BARGAIN - 75 Acres - \$34,900. Rolling hits, good brush, rock outcroppings. Trophy deer habitat. Good highway access. Easy terms. Perfect for hunting retreat. Texas Land & Ranches, 1-877-542-6642.

BREWSTER COUNTY, 176+ acres at \$235 er acre, south of Sanderson, deep can ough terrain, deer, quail, and javelin nanced, 5% down. 1-830-885-4578. lina. Owner

NEW TO MARKET - 100 Acres - HUNTING RANCH. First chance to own hunting retreat. Big buck area, plus turkey, dove, quail and more. Very private with/EZ highway access. \$44,900 w/financing. 1-866-899-5263.

35.88 ACRES - Oaks, cedar, Pinon pine cover. Native, exotic game, turkey, hogs, Southwest of Rocksprings, \$316 per month. 1-800-876-9720.

#### VISTEEL BUILDINGS

BUILDING SALE! "Extended 3 weeks!" 20x26 now \$3340. 25x30 \$4790. 30x40 \$7340. 40x60 \$11,490. Factory Direct, 25 years. Many thers. Ends/accessories optional. Pioneer, -800-668-5422.

STEEL BUILDINGS - FACTORY deals. Save \$\$\$. 40'x60' to 100' x 200'. Example: 50'x100'x12' = \$3.60/sq.ft. 1-888-467-4443, www.rigidbuilding.com

Run Your Ad In TexSCANI 

NOTICE: While most advert (OTICE: While most advertisers are reputable, we cannot guarantee products or services advertised. We urge readers to use caution and when in die the Texas Attorney General at 1-800-621-0508 or the Federal Trade Commission at 1-877-FTC-HELP. The FTC web site is www.ftc.gov/bizor

Extend your advertising reach with TexSCAN, your Statewide Classified Ad Network:

#### Heart Health Alert!!

GUIDANT PACEMAKERS and DEFT RILLATORS - The FDA has d a nationwide recall of certain GUIDANT mode is that are defective and may cause us injury or death." MEDITRIONIC has warned it at they also have heart devices that serious injury or death." MEDTRONIC has warned it at they also have heart devices that failed. If you have one of these devices, CALL TOT NY to see if your device is included.

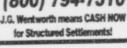
> 1-800-882-1402 OYSTOTT & JAMES IN, P.C.

" TEXAS LAWYERS PO! TEXANS "



FOR STRUCTURED SETTLEMENTS. ANNUITIES and INSURANCE PAYOUTS

(800) 794-7310







# The Groom Rems

Volume 80 Number 22

The Groom-McLean News 79039

Thursday, December 15, 2005

## Four Tigers Named All-District



Thane Barkley



Chad Barkley

The Groom ISD Administration and Coaching staff, along with all the members of the Six Man Football UIL District are please to announce this years All-District Teams.

Several Groom Players made the teams. Thane Barkley made the 1st team offensively and defensively. He was named All-District Spread Back and Punter. Thane is a junior at Groom High School. He also played in the Quarterback position for the Tigers and will be a big asset to the team in the 2006-2007 season.

Chad Barkley is a Sophomore. He was named the All-District Defensive Lineman. He and Thane are the sons of Keith and Kathleen Barkley.

Javier Caro, a senior, was named to the second All-District team as a Kicker. Javier also helped out on the line, defensively. He is the son of Javier, Sr. and Marina Caro.

Blaine Britten was named to the second All-District Team as a Defensive Back. He is a junior at Groom High

See FOOTBALL pg. 4



Blaine Britten



Javier Caro

### Bill Hinson Announces Bid For Re-Election



TO GET YOUR HOLIDAY GREETING IN THE CHRISTMAS EDITION IN THE GROOM NEWS CALL TODAY AT 248-7333 I would like to announce that I am a candidate for re-election to the office of Justice of the Peace, Precinct One,

Carson County.

The past four years have seen numerous new laws that pertain to the Justice of the Peace Court, both in civil and criminal law. I have attended all available State training, plus I have attended other area seminars pertaining to new and existing laws.

Your local JP office has also completed numerous changes during this term. Our volume of cases has increased, and the way we record cases and report to the State of Texas has changed so that we now do most of our reporting over the internet have also complied with the new State law concerning collections by participating in the Omni Program and dealing with outside attorneys. reporting also by electronic media.

The City of Groom and the state Department of Transportation have been very helpful by participating in our community service programs. They have provided supervised work stations for people in our precinct. I would like to

See HINSON, pg. 2

#### G.E.D.C. Elects New Officers

The Groom Economic Development Corporation met in their regular monthly business session with the following members present: Chris Welch, Joe Rae Richardson, Jamie Bowen, Cecil Gwyn, and Mary Sue Lyles. Those absent were Lisa Roskens and Rick Prather. There were no visitors.

The meeting was called to order at 8:16 pm by President Joe Rae Richardson.

There was no discussion in the Open Forum.

A reorganization of the board was held. Joe Rae Richardson was elected to serve as president. Jamie Bowen was elected to serve as vice-president, and Mary Sue Lyles will serve as secretary.

A motion was made and approved to table making a decision concerning the property granted to Alvin Adams. The Adams have moved and the manufactured home that was on the property has been moved. According to the agreement that the Adams signed with GEDC they have not maintained the property for 5 years, so they are in default. Mary Sue Lyles will contact the lawyer to find out how the EDC will need to proceed.

Minutes for the August meeting were approved.

The financial report was approved.

#### Groom Community Calendar

THE TIGERS

Ettes will play Bushland on Friday Dec. 16. The

girls game will begin at

5:30. Please note the new

time. The next game will

be Jan. 3 in Shamrock.

THE CITY of Groom will be closed for the Christmas holiday on December 23 & Dec. 26. They will also be closed on January 2.

World Cotton

Carson County

4027

DON'T FORGET the Mom's Day Out Christmas Program on Dec. 18 at 6:00 pm at the First Baptist Church.

> K-6TH Grade Holiday program will be held on Dec. 15. A silent auction to benefit the Yearbook Staff will occur.

GROOM ISD will release early on Dec. 19 & 20 at 1:50 pm during the semester test schedule.

THE SCHOOL Gym will be closed from Dec. 22-26 in accordance with s t a t e l a w.



#### The Groom News

USPS 230-380

Second - Class Postage Paid at Groom, Texas Carson County, Texas under the Act of Congress For March 3, 13679

Published Weck'y except Christmas Week

Publisher-Phillip J. Miller Groom Editor-Donna Burton McLean Editor-Terri Adams

Postmaster, please send address changes to: P.O. Box 460, Groom, Texas 79039-0460 SUBSCRIPTION RATES:

Annual Ratein USA: \$25.00 per year Single Copy price: 50¢



#### Card of Thanks

Our sincerest thanks to all our wonderful friends and family who have expressed thair sympathy at the loss of our wife and mother in so many ways. The food sustained us; the flowers and memorials reminded us that life goes on; the cards, visits and especially prayers soothed our souls.

A special thanks for the outpouring of love from the whole community, the wonderful support of our church and the nder care from the Groom Volunteer Ambulance Service. The Family of Helen Winkcompleck

#### Local Happenings

Helen Witt Clarksville, Texas called last week to place her Christmas Greeting in The Groom News. says to tell everyone "Hello" and that she is misses them. She is doing FUND ESTABLISHED

A love fund has been set up for Tooty Meador at the White Deer Bank Those wishing to donate should sent their gift to the White Deer Branch of the Memphis State Bank, 211 Main, White Deer,

#### Whatley's Welcome Baby Boy

Charlotte and Darrell Whatley welcomed their first grandchild into the world on December 1, 2005 Gage Wyatt Whatley was 7 lbs. and 7 oz., and was 18 3/4 inches long. His proud parents are C.J. and Kamy Whatley of Fabens, TX.

Grandparents are

Darrell & Charlotte Whatley of Groom, TX, and Kermit and Judy Williams of Morton, TX.

Great grandparents are Curtis & Margret Whatley of Groom, TX, and Furr & Faye Standridge of Vernon, TX, and Kenneth and Kathryn Herd of Lubbock, TX



Linda Fields letting a mountain of gift wrapping get her down

A very impatient Logan Trey Johnson not wanting to wait till after Christmas to arrive!

Naughty

Several Scrooge-like people, mostly men, wishing that we could skip Christmas.

Inanimate objects (at least we think they were inanimate) that take up a discussion with distinguished member of our City Council.

#### HINSON

thank them for their cooperation.

I strive to be fair and effective in dealing with all matters that come before this Court. I appreciated all he help and support that I have received and I ask for your continuing support and your vote in the coming Democratic Primary.

Thank You, Bill Hinson

#### Birthday & Anniversaries

December 15 Weinheimer.

December 16 - David Lee Britten, Katrina S.

December 17 - Renee Brown, Brent Stephens, Verda Lee Littlefield

December 19 Amanda Martin, Ronin Burger Moore.

December 20 - Wade Ritter, Linda Bohr, Shirley and Gary Parish (A).

December 21 - Thane Barkley, Franklin Leven, Joannie and Douglas Kling (A).

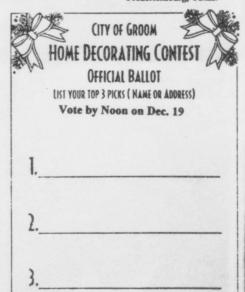
#### Madeline Grace New To Britten's Home

Bart and Ann Britten of Houston, Texas are proud to announce the arrival of their baby girl, Madeline Grace Britten. She as born on September 17, 2005. She weighted 8 lbs. 12.4 oz and was 21 inches long.

She is welcomed by proud grandparents Gary & Sharon Britten of Groom, Texas and Gary and Susan Loth of Houston, Texas. She is also welcomed by a host of Great - Grandparents. They are Jack & Willie Barnett of Groom, Bill



and Dorothy Britten of Amarillo, Margaret James of Houston, TX and A.J and Irene Loth of Fredericksburg, Texas.



## BRUMLEY INSURANCE AGENCY Johnny Brumley-Agent

Kim Brumley-Ritter-Agent Nancy Brumley-Agent

> Office (806) 248-7550

Groom, Texas

#### COW POKES °

#### By Ace Reid



"You're gonna be in charge of this outfit sorneday, Junior, so this fall I'm gonna practice retirin' while you practice ranchin'."

Teach the young ones... it's smarter to save than to spend. They'll thank you for it later.

#### STATE NATIONAL BANK

Member FDIC

Groom, Texas

248-7531

Serving our community for 100 years.

#### **Accepting Applications For EQIP Program For 2006**

USDA cost share funds have been released for the 2006 Environmental Quality Incentives Program (EQIP). Eligible producers may apply for

cost share assistance on conservation practices that will address the identified resource concern recognized by the Local Work Group (LWG). Practices are implemented through EQIP offering cost share assistance to agricultural producers to implement on -farm conservation practices.
The NRCS determines eligible land and eligible conservation practices.

Carson USDA Service Center is now accepting EQIP applications for 2006. The deadline for applications on 2006 EQIP funding id February 17, 2006. Applications for EQIP funds received on or before February 17, 2006 will be ranked and funded from the initial allocation to Carson County. Last year EQIP funding in Carson County

totaled over \$282,000.

EQIP was established to assist landowners with applying conservation plans to treat major treat major resource issues. Carson county, these include soil erosion on cropland, plant health on rangeland and improved water use efficiency on irrigated cropland, Eligible conservation practices include planting cropland to grass, terraces, waterways, livestock waster developments (wells, livestock pumps, windmills, pipeline, and tubs) fencing and brush control. Eligible practices to improve water use efficiency include new pivots on previously row-watered land, pivot conversions, replacing leaky pipeline, and installing drip irrigation on previously row-watered

NRCS, through the invitation of the Soil and Water Conservation Districts, is the federal governments's principal agency for conserving natural resources on private lands, while encouraging voluntary





Duane Harp

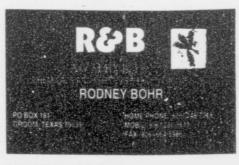
Edward Jones

efforts to protect soil, water and wildlife on private lands. NRCS offers its services free of charge

Those interested in signing an EQIP application should visit the USDA Service Center office in Panhandle or call (806-537-3533, ex 3 or access the information on the Texas NRCS website at www.tx.nrcs,usda.gov.

#### III or Recovering

Coach Matt Johnson's new son, Logan Trey and his wife Crystal.





800-333-8595

Thursday, December 15, 2005-THE GROOM NEWS-Page 3



#### BAYCOL\* ALERT RHABDOMYOLYSIS .

entists report that Baycol\* (cerivastatin) has been associated h developing Rhabdomyolysis. As a result the manufacturer actively settling cases. Call us today toll free at 1-866-369-19 to discuss your potential BAYCOL\* claim.

THE FOX LAW FIRM, PC

1-866-FOX-1LAW



#### Catering Available (806)248-0235

P.O. Box 96 Groom, Texas 79039 HOURS:

Tuesday-Saturday 11 a.m. - 9:00 p m.

LET US CUSTOM COOK YOUR HEAT PARTY!



#### Groom School Menus

For the week of Dec. 19-20 BREAKFAST

Monday: Cold Cereal, Muffins, Juice and milk. Tuesday: Pancakes, peanut butter, sansage,

juice and milk. LUNCH

Monday: Soft Tacos,

Lettuce Corn. Tomatoes, milk and yogurt.

Tuesday: Bar-B-Que Beef on a Bun, French Fries, pickle slices, pineapple and milk. School is out for the

Holidays until January 3.

#### FOOTBALL

School. His parents are Pat and Connie Brit en of Groom and Laura ! foran of Amarillo.

Other members of the first team include Offensive MVP Alex Espinoza of Valley and Allen Iribeck of Happy.
Tight Ends are Kye
Fusion of Valley and
Drew Reed of Silverton. Wide Receivers are Joaquin Saenz of Happy and Jesse Reynolds of Silverton. Center is Randy Farley of Valley. Quarter Back is Gio Mayfield of Silverton. Vance Forbes and Jacob Francis, both of Silverton were named running

backs of the team. David Castejillja of Kress will share honors with Thane Barkley as spread backs. Fernando Regalado of Valley was selected as utility back. Kicker is Albert Deleon of Silverton and Special teams players selected were Diego Ramirez of Silverton and Coby Miller of Cotton Center

Defensive MVP is Charlie Walden of Valley. Defensive Linemen include already mentioned Chad Barkley of Groom, Alex Espinosa of Valley, and Gio Mayfield of Silverton. Selected as linebackers were Fernando Regalado of

of Silverton. Jacob Young of Kress and Vance Forbes of Silverton were named corner backs Safeties will be Joaquin Saenz of Happy and Michael Braxton of Kress. Kye Fuston of Valley is the Utility Player and Thane Barkley was named the punter as already mentioned.

On the second team the picks were as follows:

As tight end Ruben Ramos of Valley and heath Reeves of Cotton Center were selected Marshall Elliott of Happy and Michael Braxton of Kress were named Receivers. Centers Receivers. Centers include Ory Johnson of Silverton and Brayden Bennett of Hedley. Quarter Back will be Darrius Kimberling of Happy. Wes Shields of Hedley and Kyle Kirby of Cotton Center will serve as running backs. Spread back selected is Austin Voyles of Cotton Center. Cole Hicks of Happy was selected as utility back. Kicker is already announced Javier Caro. Special teams selection was Ivan Agulicra of Kress

On the 2<sup>nd</sup> Defensive team the following players

were named. On the Defensive line Drew Reed of Silverton, Randy Eady of Happy and Roger Ramos of Valley were selected. Linebackers are Stephen Pacheco of Lazbuddie, Rudy Garcia of Happy and Eli Luna of Hedley. Defensive Backs named were Seth Koetting of Hedley and Blaine Britten of Groom. Darrius Kimberling of Happy and Kyle Kirby of Cotton Center were named safeties. Utility player is Ivan Agullera of Kress and Jose Eguia of Hedley was named Punter.

Congratulations to all the players and thanks for a season of excitement!

#### **Ettes Beat** Caprock

The Groom Tigerettes battled Caprock's freshman team last week Kacie Galyean lead the scoring with 22 points. Kyra Stevens added another 15 points. Carey Carter earned 4 and Brandi Bates 3.

The final score was Groom 50, Caprock 39.

#### Groom Beats Bible Heritage

Groom High School basketball players competed against Bible Heritage last week. The girl won their game hands down 58-7. Kacie Galyean was high point with an impressive 27 points. Carey Carter added another 12, Kyra Stevens put up 10, Sherri Britten 6, Brandi Bates 2, sand Michaela Roskens 1.

The boys game was a little bit closer. The Tigers beat the Bible Heritage 63-54. Leading

the way for the Groom team was T.J. Moraniac with 25 points, Thane Barkley scored 18 points. Blaine Britten added another 7. Brandon Jenkins netted 6 points to Groom's credit. Chad added 4 and Javier Caro

The teams will play Bushland there on Friday Dec. 16. The girls game will begin at 5:30. The Tigers and Ettes will have a break for the holiday until the play Shamrock ther on January 3.

# CARSON

Serving Carsen County & The Entire Area HIGHWAY 60 & COUNTY ROAD W WHITE DEER, TEXAS 806-883-7535

CIRCLE B MEAT CO. 748-7337

STOP N SHOP TEXACO 248-7977

H&R TRACTOR REPAIR 248-0194

IIM & CAROLYN MORANIEC 6000 LICK THEERS

BRUMLEY I ISURANCE CO. 241-7550

ATTEBURY GRAIN (O. 241-7544

THE CITY OF GROOM 2411-7929

FRIENT BROTHERS 218-7515

HOMER MIERPRISES 24 1-7564

GROOM BASK











ROUTE 66 STEAMHOUSE 248-0235

248-7333

T & H WRECKER SERVICE 584-1492

STATE NATIONAL BANK MEMBER FDAC \* 148-7531

> PAY'S TIRE SERVICE 248-7370

GROOM S & H GROCERY 248-0408

CARSON CO. COTTON GAN 883-2535

> MIEBERG MEIDORG 248 - 7270

GREAT PLANS (ROP SERVICES 248-7290

> BARKLEY AUTO REPAIR 248-7070

THE GROOM NEWS

FARMER'S FOURPHENT 665-8046

Let me make this erfectly clear... I DO OT INTEND TO NOT POLITICALLY CORRECT. It is not an accident that I say "Merry Christmas!" If you happen to be celebrating Chanukah or Kwanza, please correct me. I won't be offended, if you won't. Is not the whole ideal to spread "good will"? It looks like to me that even an agnostic or an atheist could get behind the idea of "Good Will to All"... not just "Good Will to Those Who Think Like

I do not claim to be any kind religion authority, but to put it like Archie Bunker, you radical ding bats need to shut up! The Bill of Rights says Freedom OF Religion. Not Freedom FROM Religion. I don't claim to know any more about the Constitution than the average person but, when I was in 5th grade that meant that we could practice any faith we chose without fear of reprisa s

Being baptisted a Methodist, attending Pentecestal Church for attending many of my formative vears and then converting to Catholcism. I think I have a fairly good grasp on what most protestant think about the holidays and Christmas country was founded by Christians who wanted to practice their religion. Being sensitive to others

beliefs does not mean that my faith or theirs is

I think it is time for us to "Ball Humbug" those who tell us not to do this or that because it is politically correct. Let's just treat everyone as a friend and hope they will

do the same. I think we will all be judged on how we lived and treated others, not what we said as a winter's greeting.

Regardless of your religious preference there is not doubt that there is something special about

the holiday, while commercial appeal is something that we all must keep in perspective, the child-like quality of wishing for a special gift is a state of mind that has no price tag.

The most piquet example of this in my life happened at a moment when, like so many time I thought I was the giver, not the receiver.

It was back in my days as a Girl Scout Leader. My troop had a tradition of stinging at the December meeting of SOS (Seniors Over Sixty), a senior citizen organization that is greatly missed. (but that is another column!) It was quite an event because the school allowed me to take the girls out of class for an hour while they entertained and ate with the group. We had gone through our repertoire of the usual "Rudolph the Red-Nosed", Jingle Bells", "Silent Night" and had just finished with a roof raising "We wish you a Merry Christmas!" After wonderful applause, the girls were basking in the glow of their performance visiting with many of their own grandparents as we tried to round them up to head them back to school. Amid the chaos, a tiny but firm voice called out to me above the din.

"You did not sing my favorite!"

I looked over the crowd and could not find were the voice had come from.

As the crowd slowly parted, and in front of me stood a short little woman with a sweet round face. She was wearing a red

cardigan sweater, I think, which complemented her ruddy completion and bright eyes.

"What is your favorite?"

"Why, it "Jolly Old Saint Nicholas!" she replied.

"I don't believe we know that one, " I said thinking that she was wanting us to sing it.

As if that was her cue, without an instance of pause, she began to sing that old favorite in her tiny but strong voice. Like magic, as if she were a pied piper, the commotion quieted, people stopped and listened. The girls and other children stopped and gathered around her, sitting on the floor at her

any where they could look into her face to witness the wonder in her eyes and in her voice. I too, was mesmerized. This little lady transformed us all into a 5 year old child sitting on Santa's knee, whispering the secret of what we really want for Christmas.

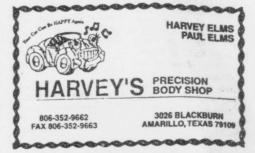
When the spell was broken and we were leaving, one of the girls "Was that asked me ... Mrs. Claus?"

No, I said, "But I am pretty sure that she is an elf!"

That lady was Cleo Musser. When I'm

grinching about having to spend money or stressing about what to get someone, I try to someone, I try to remember the magic of the simple wants and needs and hold on to the wonder of the season. And remember how an old woman taught me to keep the child-like surprise alive in my own heart. Merry Christmas!





#### PACK-N- MAIL

1320 N. Banks, Pampa, Tx



Call 665-6171 for Holiday Hours.

Stop N Shop Texaco Interstate 40 at Exit 113 ° 248-7977



If your kids have been as good as these two, bring them to Stop N Shop Texaco to shop for Christmas. There is plenty for them & maybe they will find somthing for you. Texas & Route "66" stuff, Antiques, & lots of new & used Books. Come by for a visit. Merry Christmas.



Remodeling House Leveling Brick & Stone W New Construction 11111.51

## doug boyd motor co.

Buy Here / Pay Here No Credit Check • Areas Largest Selection Pampa • Corner of Hwy 60 @ Hwy 70

806-669-6062 • www.dougboydmotors.com



All Ornaments And Fresh Cut Christmas Trees

Any ONE Single Item From Gift Shop

Come See Our Great Selection Of Artificial Trees - Many Colors, Beautiful & Unique Ornaments, Clayworks Christmas Villages, Wreaths, Garland & Poinsettias

WEST TEXAS LANDSCAPE & GIFT SHOP

120 S. Hobart · 669-0158

#### F.A.S.T. Action Can Improve Recovery From A Stroke

AMARILLO \* Stroke is the third-leading cause of death in the United States after heart disease and cancer. F.A.S.T. Action is important to recover from a stroke, said a Texas Cooperative Extension specialist.

Andrew Crocker, Extension gerontology health specialist, said stroke is a major cruse of physical and mental disabilities in older adults

The warning signs of a stroke may last only a few minutes and then go away. Crocker said. Recovery from a stroke most successful ifter timent begins within the first three hours after symptoms appear.

"Always pay attention to any stroke symptoms, even if they are flexing." he said. "If you suspect someone may be having a stroke, the National Stroke Association recommends you act F.A.S.T."

The term refers to: FACE - Ask the person to smile. Does one side of the face droop?

ARMS - Ask the person to raise both arms. Does one arm drift downward?

SPEECH - Ask the person to repeat a simple sentence (e.g. "It's sunny today."). Are the words slurred? Can the person repeat the sentence correctly?

TIME - If the person shows any symptoms, time is important. Call 9-1-1 immediately.

Recognizing the symptoms of a stroke is just as important, Crocker said. Some signs and symptoms include:

Sudden numbness or weakness in the face, arm or leg especially on one side of the body;

Sudden confusion, trouble speaking or understanding; Sudden problems seeing in one eye or both eyes; and

Sudden dizziness, loss of balance or trouble walking.

"A stroke happens when blood cannot flow to a part of the brain," Crocker said. "When the brain does not get the oxygen and nutrients it needs from the blood, its cells are damaged or begin to die," he said. "If brain cells are only damaged, they sometimes can be repaired," Crocker said. "But brain cells that have died cannot be brought back to life. This means that the brain may stop sending signals to other parts of the body that control things like speaking, thinking and

There are two major types of strokes: ischemic and hemorrhagic. Ischemic stroke is the most common kind and is caused by blood clots or the narrowing of a blood vessel leading to the brain, he said. The clot keeps blood from flowing into other regions of the brain and prevents needed oxygen and nutrients from reaching brain cells in these regions.

Hemorrhagic stroke happens when a broken blood vessel causes bleeding in the brain, Crocker said. This break also stops oxygen and nutrients from reaching brain cells.

A "mini-stroke" is technically called a transient ischemic attack, which may occur when blockage of the blood vessel has not reached 100 percent.

"Though not as immediately harmful as a regular stroke, a TIA is still a medical emergency," Crocker said. "The affects may be fleeting, but eventually may lead to a major, debilitating stroke." A drug that may help

#### FARMER'S EQUIPMENT

Warehouse of chemicals, seeds & fortilizer

806-665-8046 6 6 Miles South & 13/4 Miles E. of Pampa break down the clot, known as t-PA, can greatly lower the damage caused by a stroke. But only patients with ischemic stroke caused by a clot are candidates for this treatment, he said

A health provider will diagnose stroke based on the patient's symptoms, medical history and medical tests that look closely at the brain to see the type and location of the stroke, Crocker said.

There are many different ways to help people recover from a stroke, he said.

Drugs and physical therapy work to improve balance, coordination and other deficits from the stroke such as speech and language problem, Crocker said. Occupational therapy can make it easier to do things like bathing and cooking. Many therapies start in the hospital and continue at home, he said.

Progress is different for each person. Some people recover fully soon after a stroke, while others may take months or years to recover.

Sometimes the damage is so serious that therapy cannot help at all, Crocker warned.

"Talk to your health provider about what you can do to lower your risk of stroke," he said. "Even if you are in perfect health, you may have some serious risks."

The National Stroke Association estimates that up to 80 percent of strokes are preventable. The association suggests these steps to help prevent a stroke:

- Control blood pressure. Have your blood pressure checked often. Treating high blood pressure lowers the risk of both stroke and heart disease.
- \* Stop smoking. Smoking is linked to increased risk for stroke. Quitting smoking at any age lowers the risk for stroke, as well as for a lot of other serious diseases.
- \* Exercise regularly. Activities such as brisk walking, riding a bicycle and yard work may lower the risk of both stroke and heart disease. Exercise may make the heart stronger and improve blood flow. Before any major change in exercise routine, be sure to check with a health provider.



201 PARI(S ~ CLAUDE, TX 79019 806-226-5611

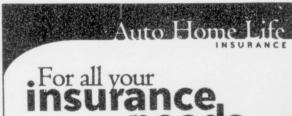
#### FLU SHOTS ARE NOW AVAILABLE!

Medicare Card or \$20 fee
Drop By An rime During Office Hours
Monday - Friday ~ 8:30 am to 4:30 pm

#### RANGY L. STEW/RT, MD OR JANET L BILYEU FNP

SAME DAY APPOINTMENTS AVAILABLE NEW PATIENTS ALWAYS WELCOME!

MEDICARE, MEDIC/VID & MOST INSURANCES ACCEPTED!



needs...

Whether you need Auto,

Home or Life Insurance, you can be sure we will work hard to provide you the best

coverage for your money.

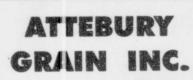
Rex Young 208 Franklin Avenue Panhandle, Tx. 79068 806-537-3996

Fouge Farms Sturees Muhaud Incurrence Co. Fours i Farms Burness Undeforwitters issuitiem Farm Burness Causably Intercrimet Co. Foughtern Farm Burness Life Intercrince Co., Inclinea, bits Johns Burness Country Muhaus Intercrince Commence of Tessis FARM BUREAU INSURANCE

Auto - Nome - Life

Helping You is what we do best.

sessaeri-dasi - area.fedla





Serving you at the following locations:

The Corners....248-7011 1-800-299-7544

"We don't think there is a better place to haul your grain!"

## Puzzled about Internet Options?

AMA\*TECHTEL brings you high-speed fixed wireless Internet access. With speeds up to 50 times faster than dial-up and access that's always on, you'll connect to the world faster than ever.

Now you can have the fastest, most reliable internet service available. So act fast; contact your local distributor today:



The Groom News 248-7333

AMA-TECHTEL

