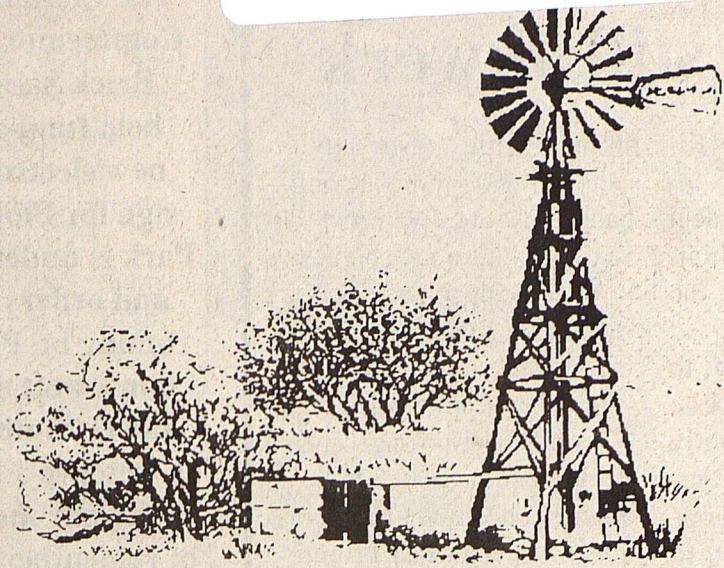


Cowboy Country News

Published each Wednesday in the county seat of Yoakum County, Plains, Texas

Volume XI, Issue 11, November 24, 2004



Thanksgiving in Plains, Texas

By James Haynes,
Plains ISD Superintendent

"I am usually published in the Cowboy Country News when I need to let the public know about happenings at Plains Independent School District. Articles have ranged from areas of school funding to my concerns about how we support our athletic teams and coaches. As our community approaches this Thanksgiving Day, I felt it might be good to talk about the many positive aspects of our school and community.

"An area that is always controversial, if you listen to the national news, is religion in school. This is an area that highlights one of the basic reasons why I am thankful for living in Plains Texas. As I sat in the community Thanksgiving service Sunday night, it was a wonderful feeling to see how many teachers from our school are also members of the different churches in our community. These teachers don't have to preach from the front of the classroom in our school. They are living examples of people who believe in God and his ability to take care of our school, our children, our community, our state and our country. It is comforting to know our children are being taught and guided by moral, Christian people.

"I am thankful for the support the people of Plains provide our school district. You support this district with your presence at all kinds of meetings and open houses, at school and every athletic event. I can travel to any event at home or in another town and know we will have a large crowd of supporters there. Parents, grandparents and friends who have no child in an event can be found supporting our children. As a student there can be no greater feeling than to know there are people in the community who care about them and their achievements.

"I find it a comfort the local newspaper is a constant positive support for our school and our children. When I talk to colleagues and hear how they have been ambushed in their local paper, or by other forms of media about some incident that could have been reported in an unbiased manner, I'm appreciative for the support we get.

"At this time in our nation's history, I am extremely thankful for the young men and women from Plains who are serving in the military and for the members of our community who have served in the past. I am in awe of their willingness to spend part of their lifetime to protect our country and to know their service could ultimately claim their life.

"Finally, I am thankful you have allowed me to be a part of this wonderful community. Your warm acceptance of us has been a blessing, and one that will affect us for the rest of our lives. I would like to wish each and every person in this great community a wonderful and safe Thanksgiving!"



Terry Howard, on right, recently hired by the Council as new City Administrator, was in town last week, looking for housing. He is shown with city staffers Sylvia Martinez and Pam Rowe. Howard expects to assume his official duties around December 15.

2004 Boll Weevil Battle Winding Down

Weevil count, treated acreage numbers show programs progress

The sixth season of the boll weevil eradication program in the Western High Plains Zone will be coming to a successful close in the very near future - after a killing freeze for a long enough period of time, or no more weevils are found in traps deployed around the zone battlegrounds -

Yoakum, Terry, Gaines, and portions of Lynn and Andrews counties. Portions of Lea County, NM were also serviced by the Plains district.

Last week eradication treatment aircraft from the Plains airport continued to apply malathion solution insecticide to cotton fields in a small area of Andrews County. Josh Hamm, Asst. Zone Manager, told CCN some 25 seasonal field personnel in the Plains district continue to monitor weevil traps around cotton acreage, and will continue to do so until a true killing freeze occurs.

Hamm said no boll weevils have been found in Yoakum County during the last two seasons.

"The nearest weevils to Yoakum County we have trapped were found in Terry County in the Gomez area."

The two treatment aircraft operating here last Friday were piloted by Michael Cobb,



Mike Cobb warms up aircraft engine before treatment flight to Andrews County

SPRAY PLAINS, INC. and Gaylon Stamps, from Panhandle, Texas. All fields of cotton within one-half mile of a trapped weevil will be sprayed.

The Plains district can offer dramatic numbers detailing the success of the eradication efforts here: The first operational year, 1999, when the initial diapause phase was introduced,

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724,000 weevils were trapped

in the Plains district; in 2000, 485,000 were lured to the traps, 15,800 in 2001, 2,700 in 2002, and none the last two years.

Hamm said in 1999, 6,509,871 acres in the five county zone were treated for the cotton pests, falling to 282,272 acres this year.

When the treatment phase ends field personnel will be deployed to remove and store all traps and winterize all vehicles and equipment before their seasonal employment ends.

Don't Be A Turkey - Drive Safely

As Texans hit the highways this Thanksgiving holiday, crowded roads and tight schedules might cause some drivers to lose their tempers and take unnecessary risks. Armed with a few simple tips, you can defuse road rage and avoid looking like a turkey.

When confronted with aggressive drivers, the DPS recommends that you: *Put your pride in the back seat and move aside. *Do not speed up, block lanes, slam or tap on brakes. *Report extreme cases of reckless driving to the appropriate authorities. *Do not retaliate, gesture or make eye contact. *Make sure everyone is buckled up.

"Many Texans complain about dangerous drivers, not realizing that some of their own bad driving habits could cause wrecks that threaten or destroy lives," said Col. Thomas A. Davis Jr., director of the DPS.

Avoid bad driving habits that lead to road rage, such as: *Not using turn signals. *Driving in the passing lane. *Tailgating.

Turn to Pg. 2
'Turkey'

Roundball Action Time Again!



PISD Varsity, Jr. Varsity Cowboy & Cowgirl and Jr. High Basketball Schedules on Page 6



CDA reports 'Scam Artists' still at work

Criminal District Attorney Richard Clark furnished CCN information indicating fraudulent scam artists do not take holidays from efforts to bilk the public's bank accounts.

Copies of two letters sent to CNN from the CDA office at first glance appear so poorly written, so filled with grammatical errors, almost nonsensical in their message, to warrant tossing in the trash, but apparently the lure of easy money is so appealing, suckers continue to be born very regularly. And unfortunately, many times the elderly are victims.

One letter supposedly originated in South Africa, written by one 'Dr. Amos Tilehle, a top official in the Presidency'. The good Doctor explains he and partners are in possession of some \$15 million, the excess of an 'over invoiced' foreign country contract. Because of South Africa laws, their government officials cannot be beneficiaries of such contracts. The good Doctor seeks a 'reliable partner in your country' to accept delivery of the \$15 million, which will then be split 75% to he and his partners, 25% to the letter recipient. All he needs to do, of course, is supply the Doc with a bank account number for the transaction. The good Dr. concludes

his spiel with, "I strongly insist on a 100% utmost confidentiality as we are still in govt. service, and I have my confidence in you trusting that you will not betray us". The goal, of course, is your bank account number.

The other scam letter bore all types of official looking seals and stamps, and purported to be an official notice from the International Lottery de la Primitiva, with headquarters in Madrid, Spain. The letter is addressed to 'Lottery Beneficiary'.

"We are pleased to inform you of the release of the sum of six hundred fifteen thousand Euros which represents your share of our recent lottery". The letter continues, urging the reader to exercise caution in making the winning public information, and contains a name and phone numbers of the foreign operations officer of River Plate Seguros S.A., Madrid, Spain, who should be contacted for further instructions for claiming and receiving the money. That phone call, of course, would include requesting the lottery winner's bank account number, social security number - another example of identity theft.

If a reader receives similar correspondence which sounds too good to be true, it probably is, and should be reported to postal authorities.

JP Court Summary

The following is a summary of cases filed and bonds set in Precinct 1, Justice of the Peace Court, Judge Melba Crutcher presiding. Cases filed:

54 Traffic Cases, 2 Public Intoxication, 1 Felony Bonds Set: 2 cases-driving while intoxicated, open container-\$1,000. Driving while intoxicated w/child under 15-\$2,500. Public intoxication-\$260 fine. 2 cases-assault causes bodily injury, family violence-\$1,500. 3 cases-motion to revoke probation/DWI-bond denied. Harassment-\$500. 2 cases-possession/transport chemical w/intent to manufacturer-\$6,500. Possession of controlled substance-\$4,000. 2 cases-stealing or receiving stolen check or similar sight order-\$2,500. Violate driver license restriction-\$500. 2 cases-Fraud/use or possession of identifying information-\$5,000. Driving while intoxicated-3rd or more-\$2,500 w/interlock device ordered. Failure to identify fugitive from justice-\$1,000. Public intoxication-\$300. Driving while license invalid-\$500. Forgery of Government instrument-\$8,000.

From Pg. 1 'Turkey'

flashing lights or honking. *Using high beams in traffic. *Not allowing adequate time for a given trip.

During the Thanksgiving holiday, Highway Patrol troopers and other Texas law enforcement agencies will target speeders, drunk drivers, seat belt violators and aggressive drivers. Texas DPS is participating in the 'Click It or Ticket Texas' campaign, which is aimed at increasing and enforcing seat belt and child seat usage. This year's campaign focuses on increasing seat belt use among pickup drivers and passengers and is called 'Buckle Up In Your Truck.' DPS has a zero tolerance policy toward seat belt violations, and fines range up to \$200, plus court costs.

Texas also participates in Operation CARE (Combined Accident Reduction Effort). Operation CARE is a nationwide effort by all state police agencies to reduce fatalities during holiday periods.



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Cowboy Country News

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E-Mail us at ccn@crosswind.net
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The Chamber's Commemorative Brick Sale to help fund the new electronic sign for Pioneer Park is underway, and orders are coming in. Please don't wait until the last minute to reserve a brick with your message of remembrance. You can honor a friend or family member, living or gone on, a club, an event, a school class, for just \$50. We urge you, don't wait... the sale ends the last of December!!

NOTICE FOR BIDS
THE STATE OF TEXAS
COUNTY OF YOAKUM
The Commissioners Court of Yoakum County will accept bids until 4 PM Friday, December 3, 2004, for the sale of (1) Used 1990 Chevrolet C10 Pickup for Precinct 4. Bids will be reviewed with contract to be awarded in Commissioners Court on Monday, December 6, 2004.

For specifications and more information, please contact Darinda McWhirter, Yoakum County Auditor, 806/456-2422 or PO Box 516, Plains, Texas, 79355. Sealed bids should be marked "USED PRECINCT#4 VEHICLE on the envelope and mailed or delivered to County Judge Dallas Brewer, PO Box 456/ Cowboy Way and Avenue G, Plains, Texas, 79355. NO FAX COPIES WILL BE ACCEPTED.

Commissioners Court reserves the right to reject any or all bids.

NOTICE FOR BIDS
THE STATE OF TEXAS
COUNTY OF YOAKUM
The Commissioners Court of Yoakum County will receive bids until 4 PM Friday, December 3, 2004, for the purchase of (1) new 2004-05 extended cab pickup with or without trade-in of (1) used 1990 Chevrolet C10 Pickup for Precinct 4. Bid will be reviewed with contract to be awarded in Commissioners Court on Monday, December 6, 2004.

For specifications and more information, please contact Darinda McWhirter, Yoakum County Auditor, 806/456-2422 or PO Box 516, Plains, Texas, 79355. Sealed bids should be marked "NEW PRECINCT #4 VEHICLE" on the envelope and mailed or delivered to County Judge Dallas Brewer, PO Box 456/ Cowboy Way and Avenue G, Plains, Texas 79355. NO FAX COPIES WILL BE ACCEPTED. Commissioners Court reserves the right to reject any or all bids.

LJ Sanders' Looking For the Truth

Long Term
Yoakum County Cloud Seeding Evaluation

Second Year - 2004
(using rain gages and seeded and non-seeded areas)

Seeding period April - August
Available Gauge Data April - October*

2004 Rainfall Inches
Period April - October

Area	Starting Cumulative	During Period	Ending Cumulative
Area 1			
Seeded Part			
Yoakum Co (26)	5.02	21.28	26.3
Non-seeded Part			
Cochran Co (30)	6.42	24.37	30.79
Bailey Co (38)	8.96	30.07	39.03
Area 2			
Seeded Part			
Terry Co (30)	7.65	21.32	28.97
Non-seeded Part			
Hockley Co (36)	7.25	24.61	31.86
Lamb Co (26)	10.13	28.3	38.43

(26) number of gauges

Data compiled by L.J. Sanders from public information at various water districts serving the above counties.

*October non-seeded gauge data measured middle part of month but considered satisfactory for total month due to minor rainfall at county seats after gauge readings.

Still Too Early For Conclusions

PLAINS CHAMBER OF COMMERCE P. O. BOX 364 PLAINS, TEXAS 79355

Plains Chamber of Commerce is initiating a fund raiser to replace the marquee sign that is located south of the courthouse. At this time we are taking orders for bricks that will be used at the base of the new sign. The price of a brick will be \$50.00. The brick can have up to three lines with a maximum of 16 letters and spaces per line.

Please complete the form below and return to the address above with your check in the amount of \$50.00 for each brick ordered. This is not a war memorial, but you can honor a veteran if you wish. We would like family names, clubs and businesses (with the date of establishment), events, in memory of, and anything that might be a part of the history of our town.

DEADLINE IS DECEMBER 31, 2004. All monies will be refunded in the event that we do not receive enough money to complete this project. Any donation will also be appreciated.

PLEASE PRINT YOUR INFORMATION.

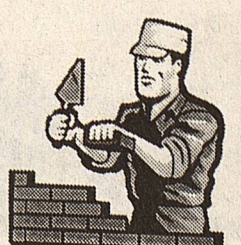
Line 1 _____

Line 2 _____

Line 3 _____

ORDERED BY _____ DATE _____

CHECK NUMBER _____ CASH _____



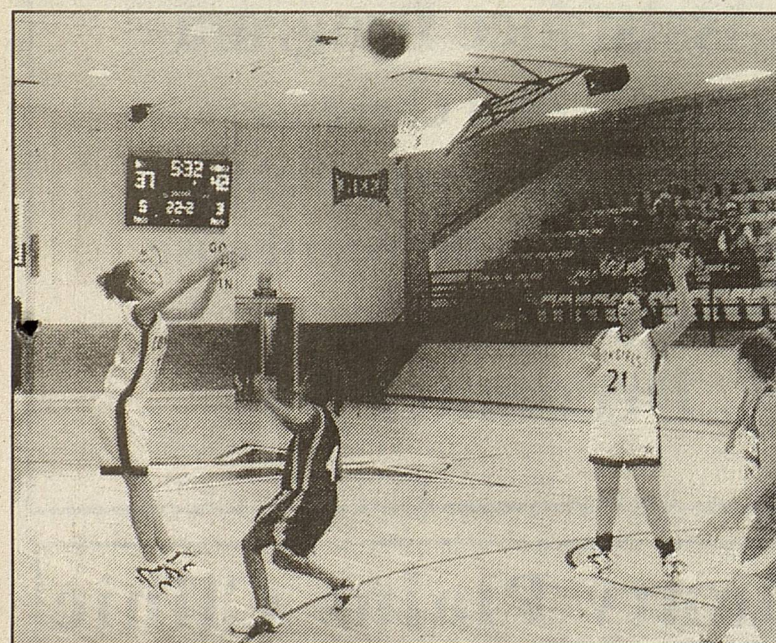
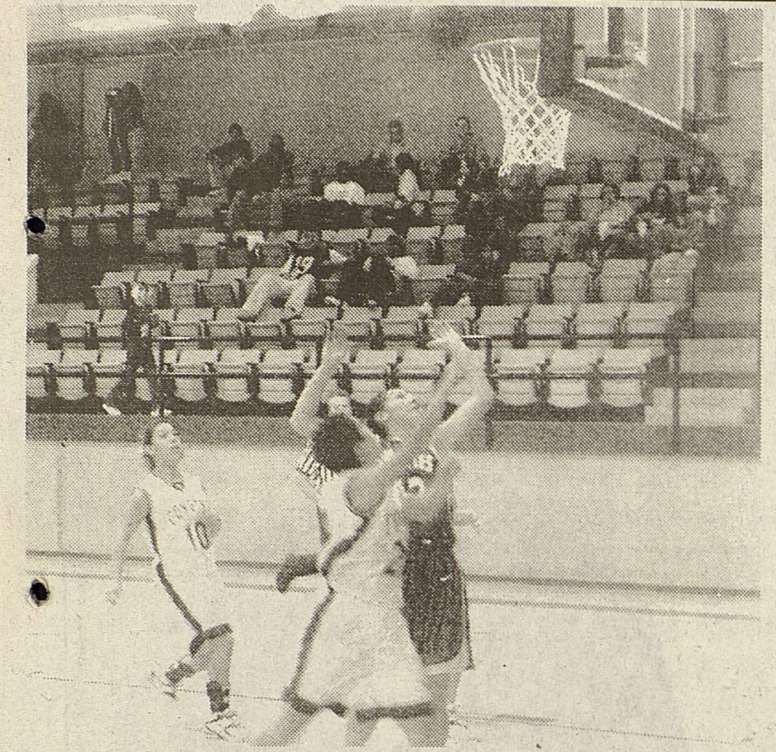
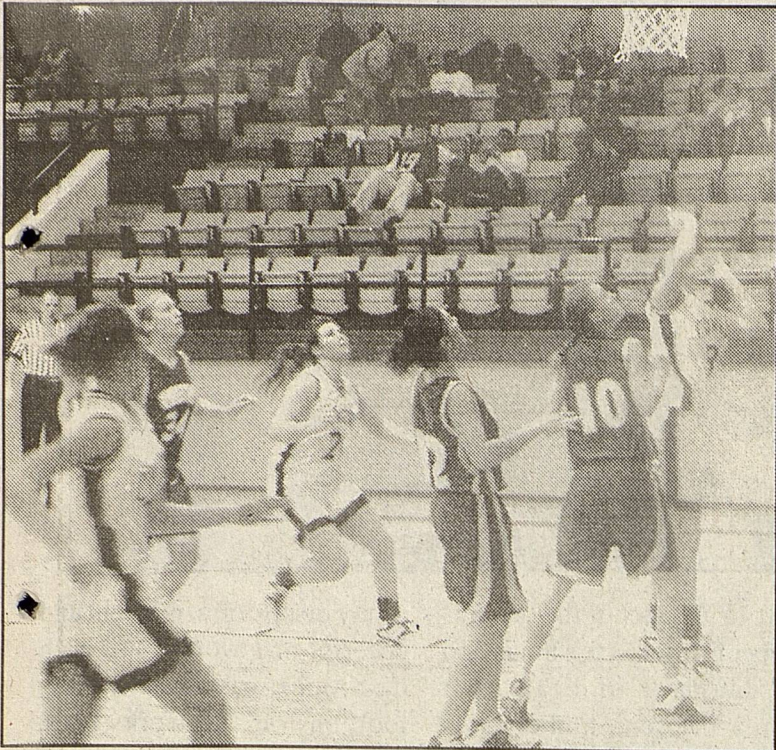
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Cowgirls & Cowboys in action



U.I.L. Team Scores Big!

On November 20, the PHS UIL Academic Team placed first among all the 1A and 2A schools competing, and second among all 1A-3A schools, scoring in every event they entered. Schools competing included Cooper, Crosbyton, Floydada, Hedley, Idalou, Loop, Ozona, Roosevelt, Slaton, Spring Lake-Earth and Stinnett. Results included:

ACCOUNTING- 5th Mayra Flores. CALCULATOR- Team, Brandon Hise, Allison Friesen, Evan Cain.- 1st. Overall, Brandon 1, Allison 3, Evanm 4, BJ Lester 5. COMPUTER APPLICATIONS - Araceli Mendoza 5th. COMPUTER SCIENCE- Team, Brandon, Allison, Adam McCravery 2nd. CURRENT ISSUES & EVENTS- Team Reagan Haynes, Jose Luis Gallegos, McCravery- 1st. Individual, Reagan 4th, Jose Luis 5th, MATH- Team, Brandon, Allison, David Alldredge. 2nd. Overall- Brandon 1st, Allison 5th, 9th grade, Kurt Alldredge 5th, Amber 9th, 10th grade Angelica Mendoza 6th, 11th grade- Allison 1st, David 5th, BJ Lester 7th, 12th grade- Brandon 1st, Breck Hamm 7th. NUMBER SENSE- Team, Brandon, Kurt, Tyler Caffey 1st. Overall-Brandon 1st, 9th grade Kuert 3rd, Amber 4th, 11th grade David 6th, Allison 9th, 12th grade Brandon 1st, Tyler 6th. READY WRITING- Douglas Conway 3rd, Angelica 6th. SCIENCE- Overall Evan 6th, Top biology Angelica, 9th grade Amber 2nd, Lauren Davis 8th, 10th grade- Angekica 1st, Jose Luis 3rd, 11th grade B.J. 3rd, Adam 9th, 12th grade Evan 5th, Brandon 7th, Breck 10th. SOCIAL STUDIES- Reagan 5th. SPELLING & Vocabulary- Maria Andazola 1st, Skylar Keesee 4th. EDITORIAL WRITING- Erika Loewwen 2nd, Araceli 3rd, Jose Luis 5th. FEATURE WRITING- Allison 1st, Cody Flores 3rd. HEADLINE WRITING- Evan 2nd, JOURNALISM TEAM 2nd.

Basketball Summary

7th Grade Lady Wranglers:

The younger Lady Wranglers bombed O'Donnell 53-2. Scoring were Sydney Caffey 20, Courtin Asebedo 17, Abby Hernandez, 12, and Jazmin Quintana 4.

8th Lady Wranglers:

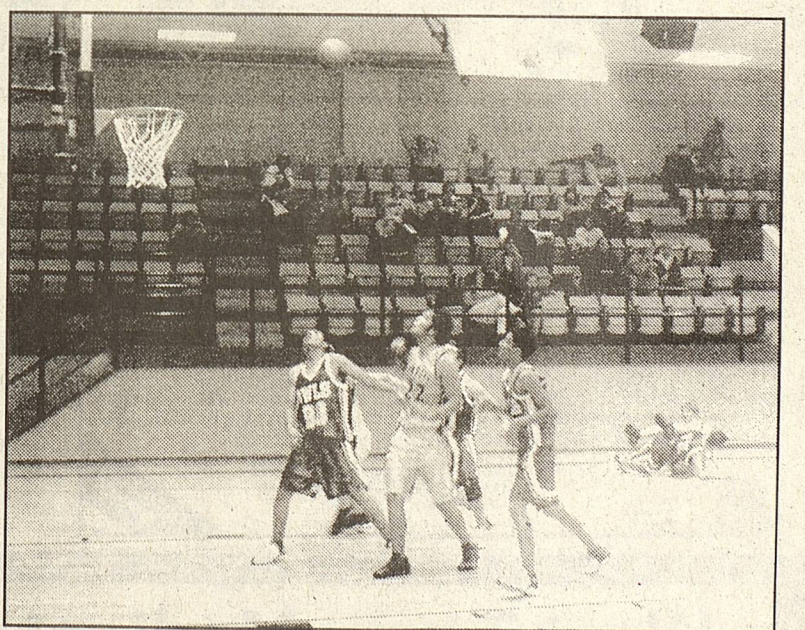
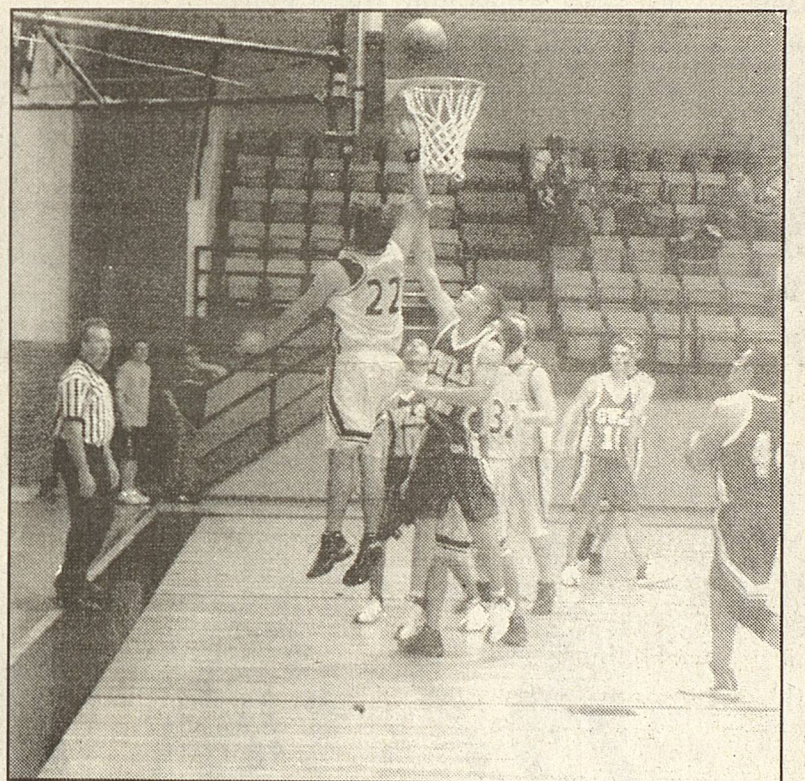
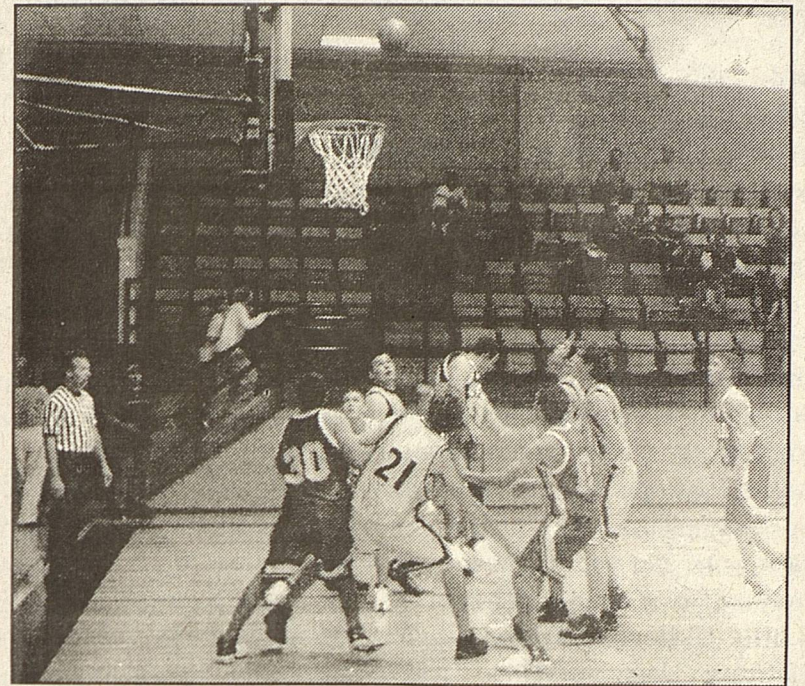
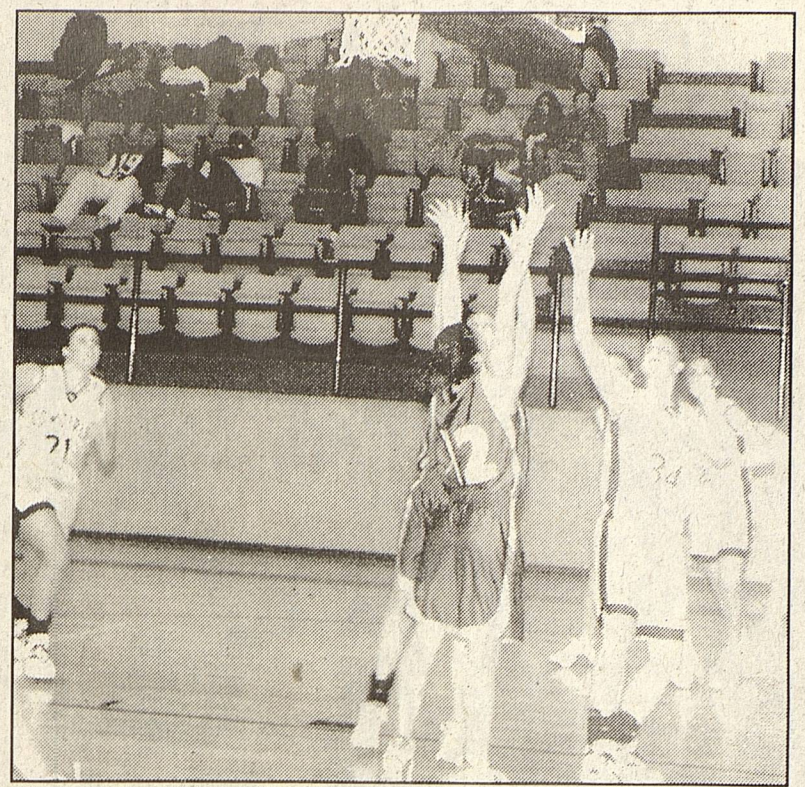
The older girls also trounced O'Donnell 46-6. Reyna Gallegos had 18 points, Mari Ruiz 15, Brianna Conway 7, and Heather Parrott 6.

On Tuesday, November 16, the Plains Cowgirls Basketball Team traveled to Ralls and was beat 42-40. "Overall, I was proud of the team's effort, but we just didn't do a very good job rebounding or shooting the ball," Eddleman said. "I feel that our team has a lot of potential this year, but we just need more time to practice and prepare." The team was lead by Joani Bell with 15 points and 12 rebounds. Also, Whittany Caffey had a very good game with 9 points, 8 rebounds, and 5 assists. In addition, Lauren Davis hit two big shots to help tie the game up late in the second half and she finished up with 8 points and 5 rebounds. On Friday, November 19, the varsity girl's basketball team lost at home against Hale Center 47-40. "I felt like the girl's played a much better game than they did on Tuesday night against Ralls," Eddleman said. "I thought Hale Center had a pretty good team, but we did a good job playing defense and rebounding. Any time you play good defense and out rebound your opponent, you are going to have a chance to win the game." The team was lead by Desiraye Broom, Joani Bell, and Whittany Caffey. Desiraye had 9 points, 13 rebounds, 7 steals, 2 blocks, and 2 assist. Joani had 10 points, 10 rebounds, and 1 steal. Whittany had 9 points, 4 rebounds, 1 assist, and 1 steal. Regina Morales, Meghan Garcia, and Lauren Davis did a very good job playing defense and running our man and zone offenses.

Varsity Cowboys:

On November 16 the Cowboys journeyed to Ralls for their opener, and despite a good effort, fell 45-41 in a close game. A cold first period with only 4 Cowboy points spelled the difference. Daniel Parker led scoring with 17 points, Cody Flores managed 11, Blake O'Quinn 6, Brandon Hise 4, and Kerry Sisson 3.

They next face Hale Center, and again fell just short. Coach Davis said poor shooting in the third period and erratic defense did not help their cause, but is looking towards better results with a bit more experience. Parker was again lead scorer with 14, Brandon had 12, Tyler Caffey 6, Blake and Cody each had 4, and Payton Bean 2.



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Jr. High One Act Play Takes First Place Honors



The Plains Jr. High One Act Play "I Will Sing Life: Voices From The Hole In The Wall Gang Camp," directed by Lou Lindsey and Donna Friesen, took 1st place at the district competition in Sundown on November 6th. Some of the students receiving awards included Nathan McCravey and Natalie Haynes. Honorable Mention All-Star Cast, Jaxon Bean and Skyler Sainz. All Star Cast. The judge for the competition was William Perry Crafton who teaches acting, voice and movement at West Texas A&M. He spoke to the students afterwards for their critique, and was very pleased with their performance. He appreciated their hard work and understanding of a difficult play. The cast and crew are Jaxon Bean, Jacob Brink, Natalie Butler, Sydney Caffey, Emilia Gallegos, Natalie Haynes, Kameran Loyá, Nathan McCravey, Jasmine Mares, Chase Ortega, Troy Parrish, Skyler Sainz, Mychal Sainz, Arthur Ruiz, Hinter Welch.

Yoakum County Connection Meeting Held

Yoakum County Connection held its regular meeting November 9 at the Plains Library. Chair Sue Holder presided, and a January 20, 2005 date was set for the annual meeting at the Connection building in Denver City.

L.J. Sanders will soon send out the annual membership letter asking for payment of yearly dues. Sometime this Spring work will start on organizing the county school art programs.

The Plains Chamber of Commerce Commemorative Brick Sale was discussed. The sale will be the chief fund raiser of the Chamber for purchasing a computerized electronic message sign to be installed in Pioneer Park. The engraved bricks will serve as the installation base for the new sign. The Connection plans a donation to the project and the purchase of a memorial brick. The bricks are being sold by all Chamber member for \$50 per brick.

Watermelon Round Up chair Jeannette Head gave a financial report on this year's Round Up, and thanks to the hard work of many volunteers, the Connection made a \$9,000 profit. Head also reminded the group September 3, 2005, will mark the TENTH Round Up, and organizational plans are already under way.

Governor Perry to visit Littlefield

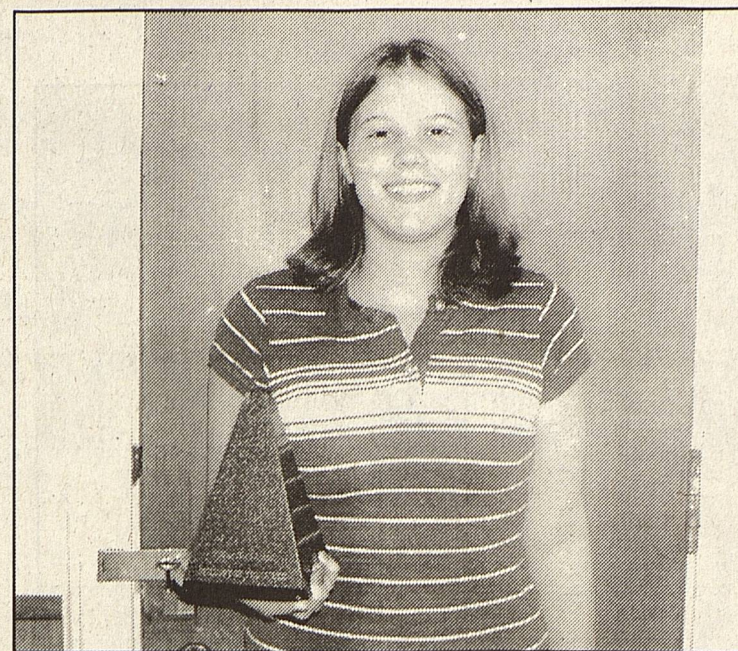
Texas Governor Rick Perry will make an official visit to Littlefield on Wednesday, December 1. He will be featured in a press conference hosted by WorkSource of the South Plains, which services a multi-country area of the South Plains, including Yoakum County.

The conference will highlight a recent award by the governor to WorkSource. State funds allowed this grant application award in the amount of \$379,621. The grant will fund a three year Enterprise Facilitation Project through a grassroots approach. West Texas Allied Communities Project aims to turn business dreams into reality. Citizens of Lamb County and the City of Anton will have

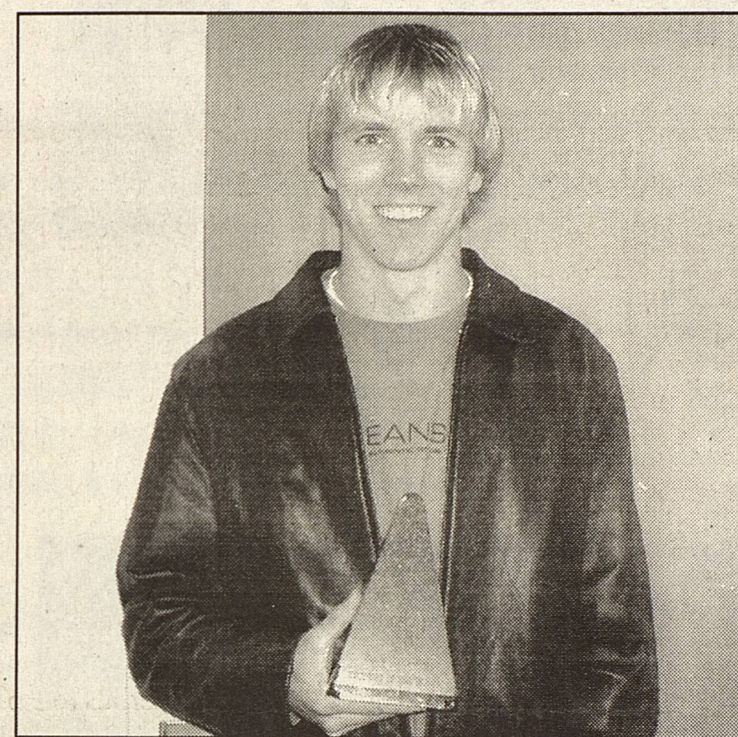
local access to business counseling and planning services. This program is designed to support community residents, create jobs, facilitate the creation of 10 new businesses and educate and recruit individuals with the passion and skill to become a successful entrepreneur. The conference will be held in the Center Of Littlefield, 1700 Hall Ave. The governor will arrive that afternoon. For exact time, contact Lisa Spears that morning, 806-744-1987.

Have a great Thanksgiving

Student's of the Week



Nov. 15 Student of the Week is Amber Friesen, a freshman and the daughter of Brad and Donna Friesen. Amber was nominated by Mrs. O'Quinn who said, "If you did a color analysis of Amber's personality you would find all bright colors: yellows, bright pinks, greens and orange. She has a sunny disposition, is bright and cheerful and works hard each day. Amber has a positive outlook on life and works hard. She is sensitive to the needs of others and is always a help to those around her. She is a good role model for her peers. It is a delight to have Amber as a student."



Nov. 22 Student of the Week is Evan Cain, a senior and the son of Charles and Beth Ann Cain. Evan was nominated by Mrs. Caffey, who said, "I have a lot of good students in my classes which makes it difficult to pick a student of the week. I think this student stands out because of his focus. I rarely have to redirect him to the task at hand. He would make a great Niki Commercial. He knows what needs to be done and just does it. I really appreciate his respect and dedication."



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The governor and lieutenant governor of Missouri have set up a capitol in Marshall on Crockett Street. They fled Missouri when northern sympathizers seized the state government. *The Texas News, Sept. 1861*

* Christmas Assistance Program *

Applications for the 2004 Christmas Assistance Program are now available in the County Judge office in the courthouse. The deadline for returning applications is **Monday, December 13**

West Texas Medical Center announces Extended Clinic Hours

8 A.M. UNTIL 12 NOON

EVERY SATURDAY

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Lifelines & Styles

Hospice Of Lubbock's Invitation To The Annual 'Light Up A Life' Tree Lighting Ceremony

On Wednesday, December 1 at 6:30 p.m., Hospice of Lubbock, the region's only non-profit hospice organization, will throw switches to set ablaze hundreds of Christmas tree lights atop Plains Capital Bank (Corner of 50th & University). The Christmas lights on the Hospice of Lubbock Tree of Lights represent the lives of individuals who are being memorialized or honored this holiday season.

The public is invited to Hospice of Lubbock's annual 'Light Up A Life' Tree Lighting Ceremony at 6:30 p.m. on Wednesday, December 1 outside Plains Capital Bank Building (50th & University). We will have a short ceremony, special music and the initial tree lighting. This tree will burn bright the whole month of December atop Plains Capital Bank, and individuals may contribute towards Hospice of Lubbock's Light Up A Life project in honor or in memory of their loved ones throughout the month of December.

For just \$10, you may light a light in honor or in memory of someone special on the Hospice of Lubbock Tree of Lights. Every dollar donated will be used to provide hospice care for people with cancer and other life-threatening illnesses. To



What about Thanksgiving Day. What a day to remember the blessings of God that has bestowed on each and every one of us.

As Beth and I look over the past years, we can't help but be humbled by the way that God has brought us to this area.

After nearly 15 years in the Dallas area, missing this area of Texas, we realized it was time to get back 'home' to this area. Beth said, "Well, look for the first job West of Dallas." And we did.

Eventually, after 1 1/2 years, we were blessed with the opportunity to move to this area. We have never regretted it since.

When we think that Dallas is a place to miss, it only takes one of us going back for the week-end. We re-experience the traffic, the rudeness of the people, and how crowded everything is. We even feel the frustration, lack of roots and a purpose in one's life, and the hustle and bustle of life there. There is no quality of life. There is on one who 'really' cares about you and what you are going through.

Here, we get calls all the time saying, "Well, have you all been bust? We haven't seen you in awhile." People calling to see how Keith is or how Beth's mom is doing after her surgery, or just to check

make a donation, call Hospice of Lubbock at 795-2751 to request a donation form, or you may also donate by phone using your credit card.

Our promise to Lubbock and the 18 surrounding counties we serve is that no one will be turned away in need of hospice care, regardless of their ability to pay.

Since admitting the first patient in 1987, Hospice of Lubbock has served over 4,000 patients and families in this area. It also continues to provide bereavement programs for adults and children to the families of hospice patients, as well as to the public, at no charge.

Hospice care and support is provided through an interdisciplinary team comprised of the patient's physician, nurses, social workers, chaplains, certified nurse's aides and hospice-trained volunteers. This team approach enables Hospice to meet the patient's physical, emotional, spiritual and social needs. Referrals to Hospice of Lubbock may be made by anyone, but most often come from physicians, families and friends.

For more information about the Light Up A Life fundraiser or the care provided by Hospice of Lubbock, please call 795-2751.

on us because the rumor got around that we have been sick with colds.

The maturity (if you will) of the people, the vision of what one wants, the closeness of community, and the total work of all to make this a better place to live, raise a family, and just settle down in the 'fall of life' creates a place to live like no other.

God has truly blessed Beth and I and our whole family with friends from this area. We have been abundantly blessed by the kindnesses of the people, the support from the communities we have had the most honored opportunities to serve in a time of need.

It is truly an honor and a tremendous blessing for us to be in this area. At this time of year especially, we give God thanks for His many, many blessings.

We truly thank Him for his love for each and every one of us and his constant protection, wisdom, and guidance.

But, especially for all of YOU! And, please don't forget our Annual Christmas Open House on Sunday, December 5, 2004 from 2 to 4 p.m. It is our Christmas Gift to YOU!

We hope you have a Wonderful Blessed Thanksgiving Season!

Until Next Time!
Mark A. Jones
www.majonesfuneraldirectors.com
email comments to:
markajones@door.net.

Senior Citizens Corner

It might lack the 'up in lights' star-power of Christmas or the drama of New Year's Eve, but for many people Thanksgiving reigns as their favorite holiday. You can feel Thanksgiving coming. Everyone gets swept up in the festivities, from the parades to the feasting to the football; and when the day is over one feels let down because, as good as everything was, the best is yet to come. I'm talking 'left-overs'.

It seems that Thanksgiving is so enjoyable because it is a universal. Non-denominational holiday. This diminishes some of the conflicts that arise between our nations' multi-cultural, inter-faith families. Without specific religious connotations, other than counting our blessings, Thanksgiving is at liberty to be a more democratic-inclusive celebration, a holiday whose heart is in the right place.

On this day we are inspired to return to home towns, and families, and Thanksgiving dinners. The celebration is less about food than about fellowship. No one really cares if the pie crust isn't flaky or if the napkins aren't folded properly. At no other time are so many of us planning, shopping, cooking for, and then eating basically the same meal.

Another nice thing about this holiday is that we can count on it to arrive exactly when its supposed to. It doesn't slide around the week like Christmas or New Year's. For most of us, it is our official 'kick-off' for the holiday season.

Last Sunday night our Denver City Community Thanksgiving service was well attended at the First United Methodist Church. Everyone reported a wonderful service and time of fellowship afterward. How blest we are that our community can bridge denominational differences and focus on these special times of united worship. With these thoughts, we wish everyone a 'Happy Thanksgiving.'

On Thursday, Gladys's Sides was accompanied by her brother and his wife, Bruce and Margaret Lightfoot, from Midland. On that same day, Anna Lou Burns, from Tatum, New Mexico, joined us for lunch. She stayed to enjoy several games of '42' before returning home. On another day we were glad to see Ernest and Eaumae

Tipton come to have lunch with us, and Lynn Sillivent, daughter of Bruce and Ann Greer, was also a guest. All visitors are welcome to come at anytime to join us. If it is convenient before ten o'clock in the morning, please call the office (59208000) and inform the cooks if you are going to bring visitors who are not signed up on the lunch list.

Again we remind everyone that there will be a beginner's art class starting after the first of the year, if there are enough students interested in it. Please inform personnel if you would like to be part of the class. There will be no charge except for your supplies/

Marcene Beattie reports having enjoyed a great time with her daughter, Gracie Gallagher, and granddaughter, Karen Richter, for several days last week. She says that while they visited, they trimmed up her honeysuckle vine, repaired a cinder block fence, and defrosted the refrigerator; and so it was a wonderful visit.

Enjoy with me a few of these Church Bulletin bloopers that could easily have come from any of our own Sunday bulletins. A. Bertha Belch, a missionary from Africa, will be speaking tonight. Be sure to come and hear Bertha Belch all the way from Africa. B. The sermon this morning is 'Jesus Walks on the Water'. Tonight the sermon will be 'Searching for Jesus'. C. Don't let worry kill you off. Let the church help. D. Weight Watchers will meet at 7:00 p.m. Please use the large double door at the side entrance. And finally, E. Potluck Supper Sunday at 5:00 p.m. Prayer and medication will follow. We chuckle at these, but I do the bulletins for our church and I am well aware of what a small 'typo' or misspelled word can do. Somehow on Sunday mornings it seems that everyone is eager to search the bulletin to see what is new in the life of the church; and so we can sometimes add laughter to our list of Sunday blessings.

Thought for today: It doesn't pay to worry. If you were to go through last year's files marked 'important', chances are the only things you'd keep are the paper clips.



HAPPY Thanksgiving Everyone !!!

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Good Health The Best Medicine

By Eduardo J. Sanchez, M.D., M.P.H. Commissioner, Texas Department of State Health Services

News of former president Bill Clinton's quadruple bypass in September is sending middle-aged men rushing to their doctors to find out if they too are in imminent danger of a heart attack. Some have called this anxiety over heart health the "Clinton Syndrome," and reports continue to show that requests for diagnostic heart tests have doubled or tripled in the weeks since Clinton's operation.

When celebrities or public leaders face a crisis, it often serves as a wake-up call to the public. President Eisenhower's heart attack in 1955 was transformed into a public education opportunity by his cardiologist. More recently, television talk show host David Letterman had bypass surgery, and other celebrities and sports figures have dealt publicly with heart disease.

These stories help us remember that heart disease is the number one killer of adults in the United States. But the real message surrounding these very public health problems is not being conveyed.

Let's focus on cardiac 'prehab', not cardiac rehab.

Anyone, celebrity or average person on the street, is considered lucky if he or she gets to the doctor in the nick of time for successful treatment. The fact that anyone has warning signals for heart disease should serve as the equivalent of a giant flashing neon sign long before chest pains lead that person into or for open heart surgery.

Some risk factors for heart problems are beyond control: being male, being age 50, having a family history of heart disease. But there often are other controllable lifestyle risk factors that include smoking,

high blood pressure, high cholesterol and being overweight.

We cannot afford to let every preventable chronic disease reach an acute or advanced state before addressing it. Officially, the specific diseases that kill us today are the chronic ones such as heart disease, stroke, cancer and diabetes. But when we look at the real causes of death, the top three ate tobacco, poor diet/lack of exercise and alcohol.

A typical person who has open heart surgery and aftercare will see a bill approaching \$100,000. American Heart Association data suggests we are performing more than 300,000 heart bypasses a year. Using a conservative figure of \$50,000 for each single procedure, we are spending \$150 billion dollars annually to replace clogged arteries. And let's admit it-most of what clogs those arteries fall into the category of lifestyle choices or risk factors that can be changed.

Is it really so difficult to understand why U.S. health care costs increased 57 percent in the last five years? The United States has the most expensive health care system in the world, averaging more than \$5,000 a person; yet we rank 47th among nations in life expectancy.

Increasing life expectancy and regaining control of spiraling medical costs require that we change people's behavior. Here's what the average person can do right now: stop using tobacco, be physically active, eat healthy foods, maintain a proper weight, avoid excessive alcohol. Just because medical interventions are available do not make them the best prescription for a real success story. Good health beats good medicine any day.

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Some people have such a talent for making the best of a bad situation that they go around creating bad situations so they can make the best of them.

From The Hack

While in Lovington last week getting this rag printed, I glanced thru that day's issue of the Lovington Leader and an AP article caught my eye. Seems an Australian cowboy (don't they call them 'drovers' over there?) had been trampled to death after falling from his horse while "muster-ing" a herd of bulls - we call it "working cattle" over here. This tragedy, naturally, brought out the Aussie government, probably in the same form as our OSHA.

They promptly filed charges against the ranch owner the dead drover worked for and fined him \$72 grand for not providing his hands "equestrian helmets". This was also promptly followed by a law requiring drovers to wear helmets while working bovines.

Since we live in what was totally ranch land not too terribly long ago, and cattle ranches are still abundant in West Texas and New Mexico, can't you just see a crusty old rancher having a Washington slicker tell him he must employ cowboys to work cattle only if they wear some ridiculous looking bike riding helmet? I know a number of ranchers of the old school who would either (A) tell the bureaucrat to stick the helmet where the sun never shines, or (B) attempt to place the helmet there themselves.

The article concluded by describing how one hopeful entrepreneur had developed a hard plastic, wide brimmed helmet, but the Aussie drovers

were not enthused with the design. One cattleman opined, "You can't expect a drover to replace his felt hat with a child's plastic potty with a wide rim, or looks like a bloody ice cream container!"

The company commander and his sergeant were in the field on maneuvers. As they hit the sack one night the sergeant said, "Sir, if you will, look up in the sky and tell me what you see."

The officer said, "I see millions of stars."

"And what does that tell you, sir?"

"Astronomically it tells me there are millions of galaxies and potentially billions of planets. Theologically it tells me God is great and we are small and insignificant. Meteorologically it tells me will have a beautiful day tomorrow. What does it tell you, sergeant?"

"Well, sir, it tells me right off the bat somebody stole our tent."

a bit more military logic..... A soldier tips a mug upside down on the table and tells his sergeant, "I can't drink from this mug, it has no opening."

The sergeant picks it up and examines the mug and says, "You're right. And besides, it has no bottom."

Last week a jillion or so Americans - well, quite a few, anyway, took part in THE GREAT AMERICAN SMOKE OUT. For the life of me, I have never been able to grasp why the day is called that. It's supposed to be a day the nation tries to quit smoking.. not GO OUT TO SMOKE.

Me, I didn't fool with such kid stuff. I quit some 16 months ago. Do I sound smug to you? Good! I was trying to! My chunking the vile things was

pitifully easy. What's that, you don't believe me? OK, Mr. D. Thomas, I will share my secret for successfully stopping old Demon Tobacco dead in its tracks. But fully realize, you have to faithfully and fully follow each and everyone of the following steps in my fool proof plan:

#1 - Experience chest pain, think it's heartburn, eat Roloids and realize it isn't.

#2 - Have some one rush you to the hospital in D.C. at 70 mph while you hope and pray your chest doesn't explode.

#3 - As soon as you are placed on the table in ER have a doctor, a serious face doctor, lean over you, staring in your eye, hissing, "Mr. Dyer, you will either QUIT those vile cigarettes or die a very unpleasant death! You had a heart attack!"

#4 - Have your very painful body hurried out to a helicopter in the street, rotor whirling, crammed into an incredibly small and uncomfortable space and whisked off to UMC.

#5 - Where you must allow all sorts of unpleasant things to be performed on and in your body, spend five long days in intensive care where at night pairs of nurses come to puncture, probe, fill your mouth and body with vile stuff, and have the very same conversation; "How does he look to you?" "Like Hell." "Yeah, me too," "You wanna stick him this time or me?" "I wanta. Brought the big needle. Teach him to call me that sort of woman."

#6 - On day six have another serious face doctor lean over you and hiss, "You're going home now... just remember, you are going to die a HORRIBLE death if you don't quit those nasty cigarettes!"

#7 And possibly the most important - Open your mail at home and find a bill for \$8,417, what you still owe after TWO insurance policies kicked in - and that's just for the helicopter ride of some 40 minutes! Marlboro's have absolutely lost 98% of their allure, I promise.

.....
Heard on the local golf course; "You fool! You almost hit my wife with that shot!"

"Hey, I'm real sorry. Go ahead and take a shot at mine."

.....
For friends Paul, Warren, Bill, Richard, et al;
A very crooked lawyer bribed

a juror sitting on his clients jury in a trial, telling the juror to hold out for a charge of manslaughter instead of the murder charge brought by the state. The jury was out several days deliberating. They finally returned with the manslaughter verdict. The lawyer asked the juror if he'd had great difficulty, persuading the rest of the jury to arrive at the manslaughter decision. "I certainly did,"

he exclaimed. "The other eleven kept wanting to acquit!"

EYE CONTACT - A method used by one person to indicate they are interested in another. Despite being advised to do so, many men have difficulty looking a woman directly in the eye, not necessarily due to shyness, but usually due to the fact a womans eyes are not located on her bosom.

IRRITATING HABIT - What the endearing little qualities that initially attract two people to one another turn into after a few months together.

INDIFFERENCE - A woman's feeling toward a man which is usually interpreted by the man to be "playing hard to get".

When the Trooper pulls you over, do NOT say "I only had three officers, beer!"

PLAINS HIGH SCHOOL BASKETBALL SCHEDULE 2004-2005 REVISED 10-15-04

DATE	OPPONENT	PLACE	TIMES	TEAMS
Fri, Nov 12	Morton	Home	5:00	JVV G
Tue, Nov 16	Ralls	Away	5:00	JVV G-B
Fri, Nov 19	Hale Center	Home	5:00	JVV G-B
<u>Mon, Nov 22</u>	Lubbock Warriors	Home	5:00	JVV G-B
Tue, Nov 30	Tahoka	Away	4:00	JVV G-B
Thu-Sat, Dec 2-4	Denver City JV/Varsity Tourney	Away	TBA	JVV G-B
Tue, Dec 7	Meadow	Home	5:00	JVV G-B
Thu-Sat, Dec 9-11	Plains JV/Varsity Tourney	Home	TBA	JVV G-B
<u>Mon, Dec 13</u>	Dawson	Home	5:00	JVV G-B
Thu-Sat, Dec 16-18	Meadow Varsity Tourney	Away	TBA	V G-B
Tues, Jan 4	Wellman	Away	4:00	JVV G-B
Thu & Sat, Jan 6 & 8	Whiteface JV Tourney	Away	TBA	JV G-B
Fri, Jan 7	Friona	Away	5:00	JVV B
Fri, Jan 7	*O'Donnell	Home	5:30	V G
Tue, Jan 11	*Sundown	Away	5:00	JVV G-B
Fri, Jan 14	*Seagraves	Home	5:00	JVV G-B
Tue, Jan 18	*Whiteface	Home	5:00	JVV G-B
Thu & Sat, Jan 20 & 22	*Sundown JV District Tourney	Away	TBA	JV G-B
Fri, Jan 21	*Smyer	Away	6:00	V G-B
Tue, Jan 25	*O'Donnell	Away	4:00	JVV G-B
Fri, Jan 28	*Sundown	Home	5:00	JVV G-B
Tue, Feb 1	*Seagraves	Away	5:00	JVV G-B
Fri, Feb 4	*Whiteface	Away	5:00	JVV G-B
Tue, Feb 8	*Smyer	Home	5:00	JVV G-B
Fri, Feb 11	*O'Donnell	Home	5:00	JVV B

* District Games Note: Please be alert to underlined areas!
Head Girls Basketball Coach: Blake Eddleman
Head Boys Basketball Coach: Michael Davis
Athletic Director: Blake McWhirter
High School Phone: 806-456-7498
High School Fax: 806-456-4325

PLAINS JUNIOR HIGH BASKETBALL SCHEDULE 2004-2005

DATE	OPPONENT	PLACE	TIMES	TEAMS
Mon, Nov 8	Wellman	Home	5:00	7 th /8 th G-B
Mon, Nov 15	O'Donnell	Home	5:00	7 th /8 th G-B
Thu & Sat, Nov 18 & 20	Whiteface Tourney	Away	TBA	7 th /8 th G-B
Mon, Nov 22	Sundown	Away	5:00	7 th /8 th G-B
Mon, Nov 29	Seagraves	Home	5:00	7 th /8 th G-B
Mon, Dec 6	Whiteface	Home	5:00	7 th /8 th G-B
Mon, Dec 13	Smyer	Away	5:00	7 th /8 th G-B
Mon, Jan 10	O'Donnell	Away	5:00	7 th /8 th G-B
Thu & Sat, Jan 13 & 15	Plains Tourney	Home	TBA	7 th /8 th G-B
Mon, Jan 17	Sundown	Home	5:00	7 th /8 th G-B
Mon, Jan 24	Seagraves	Away	5:00	7 th /8 th G-B
Mon, Jan 31	Whiteface	Away	5:00	7 th /8 th G-B
Mon, Feb 7	Smyer	Home	5:00	7 th /8 th G-B

Head 7th Girls Basketball Coach: Angela Barefield
Head 8th Girls Basketball Coach: Charles Cane
Head 7th Boys Basketball Coach: Todd Davis
Head 8th Boys Basketball Coach: Kevin Bartley
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Junior High School Phone: 806-456-7490

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