


**want to adopt?**

Rescue a pet from  
**Lynn County Animal Services!**

For information about adopting any of these animals, inquire at the Lynn County Sheriff's Office at 806-561-4505, or email Lynn County Animal Services Director Ashlee West at animalcontrol@co.lynn.tx.us, for information.

**I'll really try to be good ... honest!**



**LUCY** is a 3-yr-old Jack Russell mix that loves people and is very eager to please. She needs to find a forever home with someone who will love her.

**I won't take up much room!**



**TINK**

**TINK** is a sweetie and much cuter in person, and would be a great addition to almost any family, as she loves all people even kids, and enjoys meeting other small dogs (large dogs unknown). She is a female Chi-weenie, spayed, microchipped, and current on vaccinations.

The adoption fee for dogs is \$125 (discounts available for Lynn County residents) and covers spay/neuter, rabies, combo vaccination, de-worm and microchip.

To see more photos of adoptable animals, visit the Lynn County Animal Services facebook page.

**Lost a dog? Your pet may be in the Lynn County Animal Shelter!**

FYI, it is very affordable to get your dog out of the shelter, as the impound fee is only \$10 and boarding fee is only \$5 per day after the first day. Inquire at the Lynn County Sheriff's Office at 806-561-4505, or email Lynn County Animal Services Director Ashlee West at animalcontrol@co.lynn.tx.us, for information. Visit the shelter at S. 2nd and Ave. H (southeast of courthouse).

**Will you take me home?**



**GOOSEY**

**GOOSEY** is a 2-yr-old female poodle terrier mix, very sweet and submissive, who needs a good home.

**PIGGY**



**POTBELLED PIG ...** This young potbellied pig needs a home, and may require some socializing as he is slightly unsure of people. His adoption fee will be \$150 and covers castration and vaccinations. The pig was dumped north of New Home and showed up at a residence, but they were unable to keep him because he seemed to think one of their steers was his mom and wouldn't leave it alone.

Did you know? October is "adopt a dog" month!


**LCN THE Lynn County News**  **75¢**

October 9, 2014 ■ Volume 111, No. 41 Serving Lynn County since 1903 Tahoka, Lynn County, Texas email: LynnCoNews@poka.com

**What's Inside**

- Obituaries - pg. 2 - Dixie Payne
- Christmas For Kids sign-up is Oct. 18 - pg. 3
- 4-H Banquet recognizes supporters - pg. 4
- Football Contest - pg. 6

**WANTED: Ghost Stories**



LCN wants ghostly tales of county places/families for our second annual Ghost Edition - Oct. 30th! Send us YOUR ghost story, by email (LynnCoNews@poka.com), tell us on the Lynn County News facebook page, or write us a letter (P.O. Box 1170, Tahoka, TX 79373). We will gather all the stories for our second annual special spine-tingling "ghost edition" of The Lynn County News.

**Football Scoreboard**  
(Last week's county games)

O'Donnell 92 - 50 Loraine  
Grady 76 - 30 New Home  
Tahoka (open date)

**What's Outside**  
NWS official readings for Tahoka

Date	High	Low	Precip.
Sept 30	88	58	
Oct 1	88	61	
Oct 2	74	58	
Oct 3	74	47	
Oct 4	81	46	
Oct 5	85	46	
Oct 6	87	52	
Total Precip for Jan:			0.00"
Total Precip for Feb:			0.48"
Total Precip for Mar:			0.06"
Total Precip for Apr:			0.03"
Total Precip for May:			3.95"
Total Precip for June:			3.74"
Total Precip for July:			0.29"
Total Precip for Aug:			0.89"
Total Precip for Sept:			12.55"
Total Precip. for 2014:			21.99"

**HEART HEALTH**

**Armstrong is Director of Cardiac Rehab at LCHD Rehab & Fitness Center**

by JUANELL JONES

Small towns have a lot to offer in many ways, but Tahoka may be the only small town in this area of the South Plains that offers a well-equipped cardiac rehab facility and an experienced, certified Clinical Exercise Physiologist whose goal is to work one-on-one with his clients to help them achieve a healthier lifestyle. In a town with a population of less than 3,000 souls, the availability of this level of healthcare is an unexpected bonus, of which area citizens should be taking advantage.

Cardiac and Pulmonary rehab programs are now offered at Lynn County Hospital District's Rehab and Fitness Center in Tahoka, to help patients who have experienced the debilitating effects of cardiac or pulmonary disease. The new Director of Cardiac and Pulmonary Rehab is Travis Armstrong, an Exercise Physiologist who joined the team in July at the LCHD Rehab and Fitness Center, where he is heading a new cardiac and pulmonary rehab program, as well as offering cardiac exercise stress testing.

Armstrong has worked as an Exercise Physiologist and Intern Coordinator at UMC Health System in Lubbock since 2009 in cardiac and pulmonary rehab as well as cardiac stress testing and employee wellness. He has also worked as an Athletic Performance Coach in the Lubbock area since 2012, and has been a guest lecturer in the Health and Exercise and Sport Sciences department at Texas Tech University. He has authored numerous articles on health and wellness for publication online and in print in the Lubbock area.

He received a Bachelor of Science in Kinesiology from Lubbock Christian University in 2009, and has earned certification as a Clinical Exercise Specialist and Health Fitness Specialist from the American College of Sports Medicine as well as obtaining the ACSM's Exercise is Medicine Professional Credential, Level 2. He is a Certified Strength and Conditioning Coach through the National Strength and Conditioning Association as well as a certified Functional Movement Screen Professional with Functional Movement Systems. He also maintains current Advanced Cardiac Life Support and Basic Life Support certifications.

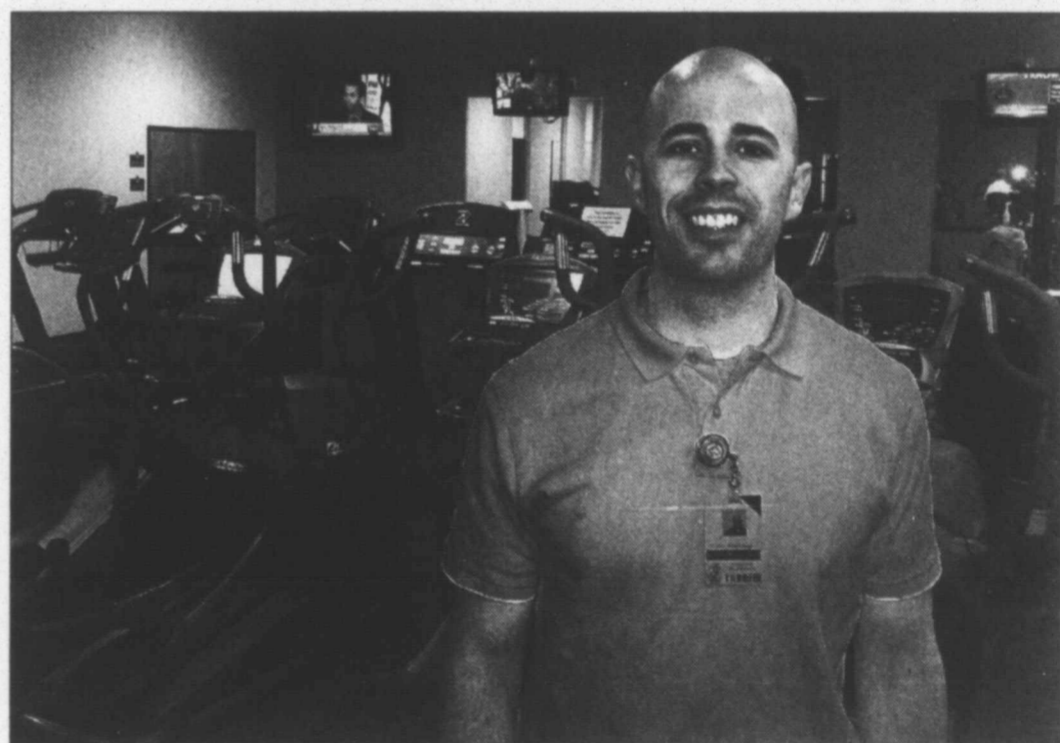
As head of the LCHD Cardiac rehab program, Armstrong works with patients who are recovering after heart problems or surgery, including diagnoses such as heart attack, heart failure, coronary angioplasty or stent, coronary artery bypass surgery,

heart valve repair/replacements, heart transplant, or stable angina. The rehab goal is to improve functional capacity and create healthy lifestyle habits.

Prior to beginning a rehabilitation program, each patient will have a medical evaluation to figure out individual needs and limitations. Armstrong uses this information to tailor a customized program to each individual's needs, and EKG, heart rate and blood pressure will be monitored to ensure safety throughout the recovery process.

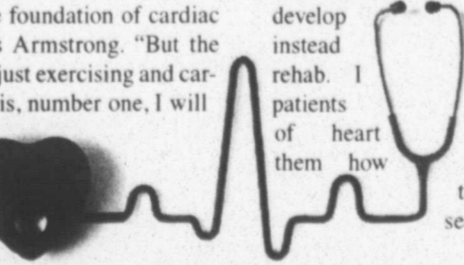
"Exercise is the foundation of cardiac rehabilitation," says Armstrong. "But the difference between just exercising and cardiac rehab exercise is, number one, I will be monitoring the patient with telemetry equipment at all times, and secondly and maybe of even more benefit to the patient, this monitoring gives the patient some comfort and peace in knowing that they are being monitored and can safely exercise as they recover," he explained.

"Most people in cardiac rehab have had a life-changing event, and possibly they have been scared by events that have happened. So, now they are



**Cardiac rehab ...** Travis Armstrong is Director of Cardiac and Pulmonary Rehab at the LCHD Rehab and Fitness Center in Tahoka, where he is heading the new rehab program, as well as offering cardiac exercise stress testing. (LCN PHOTO by Juanell Jones)

psychologically ready to make a lifestyle change but are unsure how to go about it," said Armstrong. "My goal, while I treat them for the 2-3 months of rehab, is to develop instead rehab. I patients of heart them how



“Most people in cardiac rehab have had a life-changing event, and possibly they have been scared by events that have happened. So, now they are psychologically ready to make a lifestyle change but are unsure how to go about it. My goal, while I treat them for the 2-3 months of rehab, is to develop that lifestyle pattern instead of just a short-term rehab.”

— TRAVIS ARMSTRONG

that lifestyle pattern of just a short-term want to educate my about all aspects health, and teach to reduce and control their risk factors. Research shows that starting an exercise program can slow down or regress heart disease," he added.

Armstrong has an open, friendly demeanor and appears both knowledgeable and compassionate about cardiac care for his patients. He says he and his family are anxious to move to Tahoka, and in fact have made arrangements to find a home here. He and his wife have two children, ages 2 and 4.

In addition to cardiac rehab, Armstrong offers exercise stress testing at Lynn County Hospital. This treadmill exercise stress test provides valuable and reliable diagnostic cardiovascular and exercise information that can be used for diagnostic, prognostic or therapeutic purposes or for physical activity counseling, exercise clearance or to design an exercise prescription. The test includes continuous, full 12-lead ECG, HR and blood pressure monitoring, with documentation of all symptoms and responses, according to Armstrong.

Patients whose doctor prescribes an exercise stress test can ask to have the procedure done at Lynn County Hospital, for the convenience of not having to travel to Lubbock.

"The treadmill stress test is done at Lynn County Hospital, and any healthcare provider can refer a patient to have their testing done here," said Armstrong, adding that a doctor may order an exercise stress test for a number of reasons, including determining a patient's exercise capacity, heart risk classification, or for EKGs at different stress levels.

Armstrong is also developing a pulmonary rehab program here to help patients who have chronic lung diseases lead satisfying lives and restore them to their

(See HEART HEALTH, page 3)



**Words of Inspiration:**

“ Be yourself; everyone else is already taken. ”

— OSCAR WILDE



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**MEMBER:**



**County jail holding 41**

Lynn County jail was holding 41 inmates early this week, including 20 for Ector County, two for Dawson and one for Gaines County.

Among those recently jailed were three persons charged with public intoxication, and one each for bond surrender on terroristic threat, contempt of court on child support, driving while intoxicated, court order and driving while license invalid.

In September, dispatchers at Lynn County sheriff's office processed 319 calls, including 124 for the county, 111 for City of Tahoka, 13 for City of O'Donnell, 34 for animal control, 32 requests for ambulances and five fire alarms. Information was provided by Lt. Luis Vasquez, director of communications at the Lynn County Sheriff's Dept.

**Senior Citizen's Menu**

Oct. 13-17

**Monday:** Closed for Holiday  
**Tuesday:** Taco salad, refried beans, Spanish rice, broccoli & cauliflower salad, apricot halves  
**Wednesday:** Chicken tenders,

**Phebe K. Warner Club News**

Phebe K Warner will host the Caprock District Fall Board Meeting of Federated Women's Clubs at the Life Enrichment Center, 1717 Main St. in Tahoka, on Saturday, Oct. 11, at 10:00 a.m. Deloris Short, Caprock District President, will be presiding. Members and guests from the seven Federated Clubs of Caprock District are invited to attend. Chris Roberts, a native and graduate of Tahoka and a graduate of Texas A&M University will present our program.

Phebe K Warner Club met in the home of Loretta Tekell on September 9. Tom Walters from Kings Highway Charter Tours presented our program.

The next meeting will be held Oct. 14 at the home of Pat Park, 2411 N. 3rd, with Cindy Leverett co-hosting. All members and visitors are welcome to join us.

mashed potatoes, mixed squash, fruit cup

**Thursday:** Baked chicken w/ mushroom sauce, pinto beans, salad, cantaloupe

**Friday:** Cheeseburger, potato wedges, tomato wedge salad, melon medley

**Mark your calendars...**

• **Medicare Open Enrollment is October 21** at the Center. Sponsored by SPAG.

• **Baby Quilts for sale...** Come by the Center and check them out.

• **The Center had gently used medical equipment to lend out.** Call 561-5264.

• **Monetary donations to the Center are greatly appreciated and much needed.** Our "Feed Our Community" program offers a ten-day lunch ticket for a suggested donation of \$35, (for under 60), or \$50 for 60+. Tickets can be used for an on-site meal, a take-out meal or (if eligible) for delivery. Tickets can be purchased for a specific person or donated and the Center will pick a person.

**Obituaries**



**Dixie Payne**

Dixie Nell Payne, of Tahoka, loving wife, mother and grandmother passed away on Tuesday, October 7, 2014 at the age of 88. Dixie was raised on a farm just east of Grassland in Garza County. She was the eleventh of twelve children born to Joseph and Minnie Shepherd. Dixie married Wilton J. Payne in December 1947 who preceded her in death in 2013. Dixie worked for the Federal Land Bank Association in the late 40's and early 50's, and worked for Robert Abbe, CPA Firm in the 70's. Dixie was a long-time member of First United Methodist Church in Tahoka.

Dixie was preceded in death by her parents; husband Wilton Payne, ten brothers and sisters.

Those left to cherish her memory are her two children; Paula and husband Clayton Stegemoeller of Sagerton and Kent and wife Donna Payne of Lubbock; sister, Joy Day of Plainview; grandchildren, Stephanie Dudensing and husband Matt, Michelle Johnston, Ashley Mason and husband Cody and Hunter Payne and wife Krisa; great-grandchildren, Thomas, Corbin, Carter, Anson and Emma.

Visitation will be from 12:00 p.m. to 8:00 p.m. with family receiving friends from 6:00-8:00 p.m. Wednesday, October 8, at Combest Family Funeral Homes in Tahoka. Services are scheduled for 9:30 a.m. Thursday, October 9, at First United Methodist Church, Tahoka with interment to follow at Nevels Memorial Cemetery.

Memorial donations may be made to your favorite charity or First United Methodist Church 1801 Avenue J Tahoka, TX 79373.

Please celebrate the life of Dixie by visiting www.combestfamilyfuneralhomes.com. (PAID)

**October is Adopt-a-Dog Month**



Dogs can dream during REM (rapid eye movement) just like humans do. According to Pedigree, smaller dogs dream more than larger dogs.

**Woodwork**



**W**HO WANTS a realistic painting of their pet dog? Not everybody, I'm sure, but apparently many people do, according to a visitor in my office last week, whose main activity these days is painting dogs.

This man, David Leake of Lubbock, who worked for me more than 40 years ago at the weekly newspaper in Slaton, is an accomplished artist who spent years in advertising until he retired from that. I hadn't seen him for years until last week, when he explained how he sort of stumbled into the dog portrait business.

"I was doing some portraits of people for an art show in Lubbock, and they were only moderately popular. On a whim, one day I included a portrait of my dog, which everybody seemed to like. Some people at the show wanted me to do portraits of their own dogs, and it just snowballed from there."

He said he sold quite a few dog portraits after that, and then decided to try it as a business and hobby. Interested persons should go online at davesdoggonepaintings.com for more details.

I remember painting one of our dogs once, but not exactly a portrait. I was putting yellow trim on a window at the back of the house, with the bucket of paint on the ground, when Freddie, our black Border Collie, came charging up playfully. Just as I brought the brush up from the bucket, he got his nose in the way. He had a yellow streak on his face for quite a while after that.

IF YOU PLAY GOLF, as I have, and sometimes feel like you are the worst golfer in the world (yes, I've been there), perhaps you will feel better about your game by hearing that the worst single-hole score ever reported in a tournament was by a lady named Meehan in an invitational in a place called Shawnee (possibly Oklahoma).

This woman hit her tee shot into the water on a 126-yard par 3 hole. It was a floating ball, so rather than use another ball, she had her husband find a boat and row her out to it. It took her more than 40 strokes to hit the ball out onto land, and then she had to play through a thickly wooded area to get back to the green. Final score for the hole was 161 strokes, probably a record on a par 3.



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*Lynn County Hospital welcomes*  
**DR. OTAHBACHI**  
INTERVENTIONAL CARDIOLOGIST  
CovenantHealth is pleased to announce  
Dr. Mohammad Otabachi, an Interventional Cardiologist, will now see patients at the  
**LCHD FAMILY WELLNESS CLINIC**  
If you or your primary care provider would like to schedule an appointment at the Family Wellness Clinic in Tahoka with Dr. Otabachi, please call his office:  
**CALL 806-725-1801**  
- Cardiology Care Close To Home -  
**Lynn County Hospital District**  
1809 LOCKWOOD, TAHOKA • 998-4604

LynnCoNew  
**Christi**  
Christmas soon and it's time for the Program, Sp...  
Ka Rotary Cl...  
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## Christmas for Kids sign-up is Oct. 18

Christmas is coming again soon and it is time to start preparing for the Christmas for Kids Program, sponsored by the Tahoka Rotary Club. The first sign-up date will be Saturday, Oct. 18 from 10 am to 12 noon at the back of the Spartan Building. Only three other sign-up dates will be offered.

All sign ups will be held in the back of the Spartan Building (where gifts are picked up). The first sign up date will be Oct. 18 from 10-12 noon. Other dates are Oct. 26, from 2-4 p.m.; Nov. 8, from 3-5 p.m.; and the final sign up date is Nov. 16, from 2-4 p.m.

For those interested in assisting with shopping, wrapping, supplies, sign-up assistance, or adopting a family, contact Mandi Duncan at 806-441-8753. For persons who shop or adopt, all gifts need to be in by Dec. 10. The final date to adopt is Dec. 3.

To be considered in the Christmas For Kids program, the following requirements must be met:

- Must show proof of residence in Lynn County (current utility bill)
- Must present a Medicaid, WIC or Food Stamp Card
- Must show proof of address and

photo ID

- Must provide physical and mailing address.
- Must provide two phone contact numbers (no long distance) and any ID# or number changes
- Only children living in the home will be accepted. Cannot sign up for a friend or relative.
- Children from birth to age 14 accepted if funds available.
- Any false information will result in denial for all children in the family.

No sign ups by phone. For more information, call 806-441-8753.

## Heart Health ...

(Continued from page 1)

highest functional capacity. Pulmonary rehab is for patients who may have been diagnosed with COPD, emphysema, chronic bronchitis, asthma, or other chronic respiratory and lung diseases.

Tahoka and area citizens are encouraged to talk to their health-care provider about referral to the LCHD Rehab and Fitness Center, for a rehab and recovery program closer to home. The LCHD Rehab and Fitness Center is located at 1809 Lockwood in Tahoka, phone 806-561-1340.



**Helping Post Elementary ...** Tahoka Elementary donated school supplies for the neighboring town of Post who recently lost their Elementary school to a fire. The staff and students at Tahoka Elementary donated helpful items to help with the new beginning after such a tragic loss. Pictured are Todd McNeely, Eddie Chavarria and Henry Alvarado who took the boxes to the Tahoka drop off center at Lyntegar Electric building. Students pictured are Nataly Taylor, Marisol Perez and Eli Perez, students at Tahoka Elementary. "We at Tahoka, wish Post Elementary the best in the rebuilding of your school and can't wait to see the beauty that rises from the ashes!" said a representative.

## SCHOOL NEWS FROM Tahoka ISD

### JV Football

By: Dillon Trevino

The Tahoka JV football team faced off against the Ralls Jackrabbits for an outstanding 24-6 win on Oct. 2.

Andrew Alvarez scored three touchdowns, one of which on a 60-yard run. Alfredo Martinez, Colbe Perez, and Alvarez scored the two-point conversions.

The Bulldogs played great defense against the Jackrabbits making key stops on fourth down and Perez had an interception.

The Bulldogs will play Hale Center Thursday at home.

### Cross Country runs in Sundown

By: Shelbi McMillan

Tahoka Cross Country ran at Sundown Cross Country Meet on Oct. 4. Varsity Girls ran 2 miles with 145 runners. Serena Ayala, 79th place, 16:20; Miranda DeLeon, 81st place, 16:21; Caitlynn Adams, 87th place, 16:35; Micaela Torrez, 98th place, 16:59; Taylor Morin, 103rd place, 17:08; Megan Alvarado, 115th place, 17:38; and Natalie Stice, 118th place, 17:48.

Junior High Girls ran 2 miles with 282 runners. Finishing first for Tahoka was Kenzie Parks coming in 193rd place in 19:06 and Marisol Vega, 196th place, 19:17.

## LETTERS to the EDITOR

The generosity and community shown throughout the day at our bake sale and raffle at this year's Harvest Festival was wonderful.

I want to thank all of you who answered Barbara Miller's call for baked goods. I am tempted to list each and every one of you, but I am afraid I will leave someone's name out. Suffice it to say, that you are among the most amazing people I have the privilege of knowing in my life.

I also want to thank those of you who purchased all of the yummy delectable's we offered for sale. And I also want to thank those of you who made cash donations. Your unbelievable generosity humbles me.

Together with the bake sale, we sold chances to win a gorgeous quilt donated by Dovie Miller and, crafted and donated by Pam Elrod, a 4'x6' Texas flag painted on an old wooden fence gate. Thank you to everyone who purchased raffle tickets. This year's winners are

DeeDee Pridmore (quilt) and Lois Roberts (Texas flag). Congratulations DeeDee and Lois!

Lastly, but by no means least, I want to give a special thank you to Mary Aguerro, Kordell Baker, Todd Holland, Betty Ehlers, Dina Gibson, Nancy Guilliams, Mary Lopez, Barbara and Jack Miller, Lois Roberts, Drew Stone and Jerry Webster. Our success at the 2014 Harvest Festival was due in large measure to their hard work and effort on the Center's behalf. I want to extend a very special thank you to each of them.

Bianca Baker  
Center Director



News from...  
**Tahoka Rotary Club**

The Tahoka Rotary Club met October 2 with 28 members present along with the club's Sweetheart.

The club discussed the recent Harvest Festival. Greg Henley, who headed up the club's sausage on a stick booth, presented the financial report. He asked for suggestions on what changes they might consider next year and about getting more participation from the club and community for next year's Harvest Festival.

The Tahoka Rotary Club meets every Thursday at 12:05 p.m. in the Life Enrichment Center. Anyone interested in joining may contact a club member or come to a meeting.

**The HOLIDAYS are just around the corner!**

We now have  
**Pumpkin Pie** and **Pecan Pie**  
available daily - great for Holiday entertaining!

**Flavor of the Week:**  
**Cookies n Cream ICE CREAM**  
Sale **99¢** Reg. \$1.49 + tax  
4 oz. cone Waffle Cones \$1 extra

Specials good thru Saturday, Oct. 11

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Junior High Boys ran 2 miles with 151 runners. Joey Herrera finished in 78th place, 15:57; Mason Walker, 103rd place, 16:50 and Peyton Lowdermilk, 113th place, 17:14.

**Feed The Family ... 4 CHILI DOGS!**  
during the month of October

**CARDI'S CAFE** only **\$5.95** + tax  
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**FARM NEWS:**

**AgTexas Farm Credit Services**  
Davis Ferguson and Mike Metzger

**Capital Farm Credit**  
Clint Robinson  
Jason Gandy

**Farmers Co-op Association**  
No. 1

**Lynn County Farm Bureau**

LYNN COUNTY  
TOTAL PRECIPITATION IN 2013:  
19.72"



**Leaders of 4-H...** Pictured from left are Vicki and Charles Ashbrook - Salute to Excellence award; Randy Gustafson - Outstanding Adult Leader; Mesa Irrigation, represented by Cody Donald - Friend of 4-H; Quenna Terry - Outstanding Adult Leader; and Mike Huffaker - 4-H Alumni award.



**Gold Star winner...** Lea Gustafson, of New Home, received the Gold Star award at the annual 4-H Banquet that was held on Monday. The Gold Star award is the highest honor a 4-H member can receive and is the accumulation of their 4-H career.

**Lynn County 4-H Banquet recognizes member achievements and supporters**

Lynn County 4-H held their annual 4-H Achievement Banquet on Monday, October 6, with over 150 4-H families and supporters in attendance. The annual 4-H event is held to recognize 4-H members for their accomplishments over the last 4-H year, which is from September 1 through August 31. 4-H'ers were recognized for their project activities and participation in 4-H contests. Also, 4-H parents and leaders were recognized for their active roles in providing leadership to the 4-H program.

A highlight of the evening was the recognition of some special supporters. Awards presented to supporters who continually make Lynn County 4-H successful included Mike Huffaker, 4-H Alumni award; Mesa Irrigation, Friend of 4-H; Charles and Vicki Ashbrook, Salute to Excellence; and Quenna Terry, Outstanding Adult

Leader. These award recipients believe in the 4-H program and want all youth to have a chance to be successful.

4-H youth were presented with a variety of awards for their participation and suc-

cess in many different projects. 4-H members competed on the county, district and state level over the last year. In addition, 4-H members were presented special awards including the Gold Star award, presented to Lea Gustafson, which is the highest honor a 4-H member can receive and is the accumulation of her 4-H career.

**New Home School Menu**

**Oct. 13-17**  
**Monday:** No School  
**Tuesday:** Pancakes/ Bacon or Cereal  
**Wednesday:** Sunrise Sand. / PBJ or Cereal  
**Thursday:** Biscuit, eggs, gravy or Cereal  
**Friday:** Cinnamon pastry or Breakfast burrito  
**Lunch**  
**Tuesday:** Chicken sand, oven fries / Beef burrito  
**Wednesday:** Corn dog / pizza sticks w/ sauce  
**Thursday:** Beef nachos / grilled cheese sand.  
**Friday:** Pizza choice / Taco salad w/ Spanish rice

**POLITICAL CALENDAR**

November 4, 2014 General Election  
Early voting is October 20-31, 2014  
(Political advertising paid by the candidates listed)  
REPUBLICAN  
**Lynn County Attorney**  
REBEKAH FILLEY  
(CANDIDATE)  
**Lynn County Attorney**  
JAMES CRAIG  
(INCUMBENT)

**W & D Construction and Design Inc.**  
John L. Wilson  
Master Plumber - Lic. #M-37779  
Master Electrician - Lic. #187666  
Builder/Remodeler O ID. #39951  
A.C. & Refrig. - Reg. #15836  
Cell (806) 470-1451  
Home (806) 561-4728  
2518 N. 4th Street  
Tahoka, TX 79373  
www.wanddconstruction.net

**Tahoka SCHOOL MENU**

**Oct. 13-17**  
**Monday:** Mini Cinn. Roll  
**Tuesday:** Pancakes  
**Wednesday:** Sausage Biscuit  
**Thursday:** Cereal  
**Friday:** Breakfast Pizza  
**Lunch**  
**Monday:** BBQ Chicken sand./ Southwest Fajita Chicken / Beefy Macaroni  
**Tuesday:** Turkey & Cheese Sand. / Cheese Burger / Chicken snow bowl  
**Wednesday:** Buffalo Ranch Chicken Salad / Pep. Pizza / Grilled Chicken Sand  
**Thursday:** Sloppy Joe / Chicken Pot Pie / Spaghetti w/ meatsauce  
**Friday:** Grilled Chicken Sand / Chicken Nuggets / Beef taco w/ rice  
Fresh fruit & vegetable bar available daily

**ASHCRAFT CROP INSURANCE**  
Would like to invite you to attend an informative farmers meeting. There will be a representative from South Plains Cotton Growers to help explain and answer questions on the 2015 FARM BILL. A BBQ lunch will be provided after the meeting.  
RSVP: Call 806-561-1112 or Text 806-239-9515  
9:00 - 11:00 AM • Monday, October 13, 2014  
Tahoka Housing Authority • 1400 Ave K

**JOLLY TIME**  
Pizza & More  
2220 Lockwood, Tahoka  
Hours: Monday-Saturday 11-9  
561-4616  
COME IN FOR FOOTBALL FEVER!  
HAPPY HOUR 2:00 p.m. to Close  
Thursdays & Fridays during Football Season!  
Thursday Night Specials: \$10 Single Topping Pizzas 6:00 p.m. to Close  
Friday Night After Home Game Specials: \$10 Single Topping Pizzas 9:00 p.m. to 11:30 p.m.  
Saturday Specials: (DINE IN ONLY)  
\$20 Large Single Topping Pizza • Full order of Wings & 2 Large Drinks \$20!

**Please visit these Lynn County Churches**

**New Home United Methodist Church**  
350 N. Main  
New Home, TX 79383  
(806) 924-7549  
PASTOR: CURTIS SCHRADER  
Sunday School 10:00 am • Worship 10:45 am  
Youth Activities

**Draw First United Methodist Church**  
(established 1907)  
P.O. Box 496 • O'Donnell, TX 79351  
Phone (806) 428-3357  
PASTOR: REV. WESTON PENDERGRASS  
Sunday Morning Worship - 9:15 am

**Tahoka Trinity Church**  
1925 Lockwood • Box 1168 • Tahoka • (806) 561-5317  
PASTOR: PERRY SHUFFIELD  
Sunday School - 9:45 am  
Sunday Morning Worship - 10:45 am  
Sunday Evening Worship - 6 pm  
Youth - Sundays at 7 pm  
For a ride to Sunday School or Church, call 561-5317

**TAHOKA Church of Christ**  
2320 Lockwood • Box 1177 • Tahoka, TX 79373  
(806) 561-4060 • email: tcc@poka.com  
PULPIT MINISTER: STEVEN BONNER  
Sunday School - 10:00 am  
Sunday Worship - 11 am  
Fellowship & Devotion - Wednesday 6:30 pm

**New Home Church of Christ**  
324 N. Main • Box 188 • New Home, TX 79383 • (806) 924-7579  
MINISTER: VICTOR ELLISON  
Bible Class - 9:30 am  
Sunday Worship Service - 10:30 am  
Sunday Evening Service - 6:00 pm  
Mid-Week Bible Study - 7:00 pm

**Wilson St. Paul Lutheran Church**  
16th & Houston St. • Box 136 • Wilson, TX 79381  
(806) 628-6471 • www.stpaulwilson.com  
PASTOR: DAVID W. RODE  
Sunday School 9:15 am • Divine Service 10:15 am  
"Where Christ Serves People"

**Healing on the Way**  
Matthew 20:29-34  
When we do the work of ministry it can be easy to get so caught up in the big plans and programs we have going that we miss the needs of certain individuals among us. As followers of Jesus, we must imitate His compassion and take the time to minister to hurting individuals even if it may sometimes get in the way of our own plans and purposes. What are you doing in your church to make sure people are shown compassion and not forgotten?  
For further study:  
2 Samuel 9  
Excerpts taken from BibleGateway.com/ devotionals/tabletalk-coram

**First Baptist Church**  
1701 Ave. K • Box 1547 • Tahoka, TX 79373  
(806) 561-4557 • www.fbctahoka.org  
PASTOR: BILL FULLER  
Sunday School - 9:45 am  
Morning Worship Service - 10:45 am  
SNL (Youth) - 6:00 pm Sunday  
Activities For All Ages - Call For Complete Schedule  
There's A Place For Me at FBC!

**Sweet Street Baptist Church**  
1300 AVENUE J • BOX 751 • TAHOKA, TX 79373 • (806) 561-5310  
DAVID EARNEST, PASTOR  
Sunday School - 9:45 am  
(A Bible Study Class for all ages)  
Morning Worship - 11:00 am  
(Uplifting Music - Message from God's Word)  
Wednesday Night - 7 pm  
(Prayer & Bible Study, Children & Youth Ministries)  
EVERYONE IS WELCOME!

**First Methodist of Tahoka**  
1801 Ave. J • Tahoka • (806) 561-4503  
email: functahoka@poka.com  
Billy Everett, Pastor  
SUNDAYS: Sunday School - 9:30 am  
Sunday Worship - 10:30 am (Fellowship Hall)  
"Like" our Facebook page... facebook/FMofTahoka  
Let the Children Come  
LICENSED CHILD CARE 7 am-6 pm M-F  
561-4529

**Wilson St. John Lutheran Church**  
13th & Dickson • Wilson, TX 79381 • (806) 628-6573  
Sharing Christ's message of forgiveness and salvation with our community and beyond.  
TONDA FREITAG, PLM  
Sunday School - 10 am • Sunday Worship - 11:15 am

**Grassland Nazarene Church**  
2885 CR 25 • Tahoka, TX 79373 • (806) 327-5656, 327-5655  
PASTOR: Rev. James Miller  
Sunday School - 9:45 am  
Sunday Morning Worship - 10:45 am  
Sunday Evening Worship - 6 pm  
Youth and Adults: Wednesdays - 7 pm

**NEW HOME BAPTIST CHURCH**  
Corner of 4th & Smith • Pastor: Larry Maddox  
"Serving the Lord for 100 Years"  
SERVICES:  
Sunday School ..... 10:00 am  
Sunday Worship ..... 11:00 am  
Wednesday Bible Study ..... 7:00 pm  
Wed. Youth/Children's Activities ..... 7:00 pm

**Wilson First Baptist Church**  
1403 13th St. • Box 67 • Wilson, TX 79381 • (806) 628-6333  
PASTOR: BILLY FARMER  
Sunday School - 9:45 am  
Sunday Worship - 11:00 am & 6:00 pm  
Discipleship Training - 5 pm Sunday  
6:30 pm Wednesdays:  
Fellowship Meal & Classes for all ages  
• Bible Study & Prayer Mng • Youth

**TAHOKA St. Jude Thaddeus Catholic Church**  
South 4th & Ave. M • Tahoka, TX 79373 • (806) 561-4436  
PASTOR: REV. EDUARDO TEO  
DEACON: PETE PANAGUA  
Mass - 11:00 am Sunday, 6 pm Wed. & Thur.  
Rosary - 6 pm Tues.  
CCE Class/Confirmation Instruct. - 7 pm Wed.

We are over **90** years old!  
Tahoka Drug has been owned by one family, committed to this community, since 1923!  
**Tahoka Drug**  
1010 Main in Tahoka • www.tahokadrug.com • (806) 561-4041

**What is your bone density?**  
Osteoporosis is a disease that causes bones to become more fragile and more likely to break.  
Some risk factors:  
• Menopause before age 48  
• Not getting enough calcium  
• Not getting enough exercise  
• Osteoporosis in your family  
• Alcohol abuse  
• Hyperthyroidism  
• Smoking  
• Surgery to remove ovaries before menopause  
• Thin body or small bone frame  
• Fair skin (Caucasian or Asian descent)  
• Long-term use of oral steroids  
**A Bone Density Test** is performed to determine if you have osteoporosis or if you are at risk for developing the disease.  
Talk to your doctor about scheduling your bone scan today at Lynn County Hospital District.  
LCHD radiology can also send reports to your requested referring physician.  
For more information please call:  
**LCHD Radiology**  
806-998-4533 x291  
Lynn County Hospital District • 2600 Lockwood, Tahoka

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# Classified Ads

Call 561-4888  
by NOON Tuesday

DEADLINE FOR NEWS AND ADS IS NOON TUESDAYS

## REAL ESTATE

**House for Sale**  
**1810 N. 6th**  
3 BR, 2 B,  
2 car garage, pool,  
large fenced yard,  
sprinkler system.  
Call 806-759-9020.

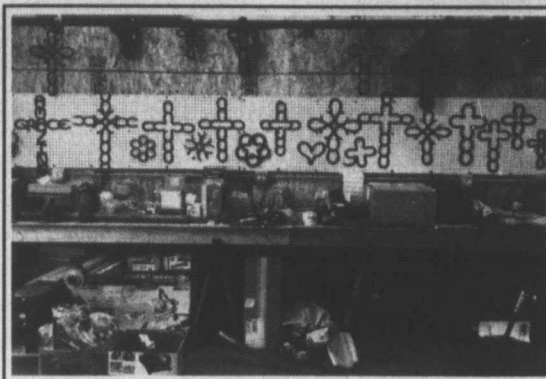
**Beautiful, large,  
family home for sale**  
4 bedrooms, 3 baths, formal  
dining, basement, open family  
room and kitchen. Home  
includes lots of storage, mature  
landscaping and sprinkler  
system. Backyard features a  
15x25 shop and 15x25 cook area.  
**2429 North 3rd Street**  
**928-1579**

**Have a house to sell  
in a small town?**  
I pay cash for  
your house.  
Call for a free quote today.  
**KEITH**  
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**NOTICE**  
**ROBERSON WAGON YARD RV**  
Trailer Park has 6 spaces for rent. Call  
806-201-3730 for information.  
**WANT TO PURCHASE** minerals and  
other oil/gas interests. Send details to:  
PO Box 13557, Denver, CO 80201.  
**When looking for a pet, check with  
the Lynn County Animal Shelter**  
located at S. 2nd and Ave. H.  
or contact the  
Lynn Co. Sheriff's Office at 561-4505

## GARAGE SALES

**GARAGE SALE: 1629 N. 7th** •  
Thursday & Friday, 9 am to 4 pm. Lots  
of miscellaneous items - come see!  
**GARAGE SALE SIGNS ... available**  
at the Lynn County News for \$1.69 each  
or extra-large size for \$3.69 at 1617  
Main St. Mon.-Thurs., 9:00-5:30.



**BARN  
SALE!**

Saturday,  
October 11th  
from 9:00 a.m.  
to 3:00 p.m. at  
**1621 N. 7th**

**MONDAY, OCTOBER 13 IS Train Your Brain DAY.**  
Our nation is encouraged to expand their minds and show the scientific community  
(who thinks that humans only use a minute percentage of the brain's capacity)  
that everyone is able to learn something new and everyone is able to improve  
their cognitive skills. So learn something new ... read *The Lynn County News!*

## Finally Cleaning Out the Garage SALE

**1828 S. 2nd**  
**Saturday, 9-5**  
FIRST of several sales!  
Clothes, furniture, lots of  
items ... good prices!

## ESTATE SALE:

**1529 Ave. O**  
**Thursday-Saturday**  
**9:30 a.m. to ?**  
Clothing, furniture,  
tools, appliances.  
No Early Birds, please.

## CARDS OF THANKS

Thank you so much for the kind-  
ness shown in the passing of our loved  
one. The prayers, cards and other acts  
of kindness are certainly appreciated.  
Thank you to Tahoka Trinity for the  
service and meal.

*The family of  
Bonnie Trammell*

We would like to express our  
heartfelt thanks to all the kind acts  
shown to us in the loss of our brother  
and uncle, Jerry Meeks. Thanks to  
all who sent food, flowers, memorials,  
and especially those who prayed for  
us. The people of this community are  
truly amazing!

~ May God bless you!

*Karen & Jay Kelln & family  
Randy, Suzanne & Payton Meeks*

## HELP WANTED

**MEDICAL ARTS HOSPITAL**

**LVN OR OPERATING ROOM TECHNICIAN**  
Performs scrub duties as a surgical tech in the OR and other nursing  
services throughout the hospital. Under the direction of an RN and  
following hospital policies. Must be an LVN currently licensed in the  
State of Texas or a Certified Surgical Technologist. Full-time/Mon-  
day-Friday 6:30 am to 3:00 pm with rotating call.

**RN CHARGE NURSE**  
Med/Surg - ER - Labor & Delivery  
Busy rural hospital presents excellent nursing opportunity for the RN  
looking for something less stressful and more fulfilling. Come check  
out our nurse friendly work environment in our beautiful new hospital.  
Full time/night shift 7pm to 7am.

**MEDICAL ARTS HEALTH CLINIC**  
LVN  
LVN to assist Physician's and Nurse Practitioner at Medical Arts  
Health Clinic. Current Texas license required. Duties include: As-  
sisting Physician/Nurse Practitioner in care of patients, performing  
laboratory tests, maintaining patient files and maintaining supplies  
and equipment. Good computer skills a must. Must be dependable,  
courteous and protect patient privacy. Full time, Monday - Friday.

Competitive Salaries and Extensive Benefits  
Please apply with:  
**Medical Arts Hospital**  
Human Resources  
2200 N. Bryan Ave.  
Lamesa, Texas 79331  
806-872-5727 #2009 • fax 806-872-0823  
www.medicalartshospital.org

**MEDICAL ARTS HOSPITAL**

**CLINIC NURSING DIRECTOR**  
Medical Arts Health Clinic  
Plans, organizes and directs the provision of patient care services in  
the clinic. Develops policies and procedures and assures compliance  
with regulatory requirements pertaining to nursing services. Maintains  
positive and effective relationships with the Medical Staff and office  
personnel. Supervises all aspects of clinic nursing staff, including work  
routine, job performance and scheduling.

Must be an RN currently licensed by the State of Texas, in addition to  
3-5 years of management experience. BCLS required, with a Bachelor's  
Degree in Nursing or equivalent preferred. Full time, Monday - Friday.

**LVN**  
**MEDICAL ARTS HEALTH CLINIC**  
LVN to assist Physician's and Nurse Practitioner at Medical Arts  
Health Clinic. Current Texas license required. Duties include: As-  
sisting Physician/Nurse Practitioner in care of patients, performing  
laboratory tests, maintaining patient files and maintaining supplies  
and equipment. Good computer skills a must. Must be dependable,  
courteous and protect patient privacy. Full time, Monday - Friday.

**RN CHARGE NURSE**  
Med/Surg - ER - Labor & Delivery  
Busy rural hospital presents excellent nursing opportunity for the RN  
looking for something less stressful and more fulfilling. Come check  
out our nurse friendly work environment in our beautiful new hospital.  
Full time employment, night shift 7pm to 7am.

Competitive Salaries and Extensive Benefits  
Please apply with:  
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Human Resources  
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Lamesa, Texas 79331  
806-872-5727 #2009 • fax 806-872-0823  
www.medicalartshospital.org

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toyholland@poka.com  
Cell (806) 438-9245

**Swarthy Paws**  
MOBILE PET GROOMING  
**Krystin Kelln** 806-392-PAWS  
Not accepting new clients at this time. (7297)

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**Decorative Concrete**  
Driveways • Curbs • Barn Floors  
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Countertops  
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806-773-7008

**James Craig - Attorney at Law**  
**James Craig**  
Attorney  
1629 Avenue K • PO Box 1308  
Tahoka, Texas 79373  
806-561-4516 (ph) • 806-998-4800 (fax)  
e-mail: jchglaw@poka.com

**City-County Library**  
561-4050 • 1717 Main • Tahoka, TX  
(In the Life Enrichment Center)  
Mon-Tues 10:00 am-Noon, 1:00-5:30 pm  
Wed-Thurs 10:00 am-Noon, 1:00-5:00 pm  
INTERNET ACCESS AVAILABLE  
**Tahoka Pioneer Museum**  
Linda Wood, Mgr. 806/441-9851  
1600 Lockwood • Open Fri. & Sat. 10:00-2:00

**Judi Fillingim**  
806.543.8530  
judifillingim@kw.com

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Corner of Conway & S. First in Tahoka  
561-4612 or 544-6797

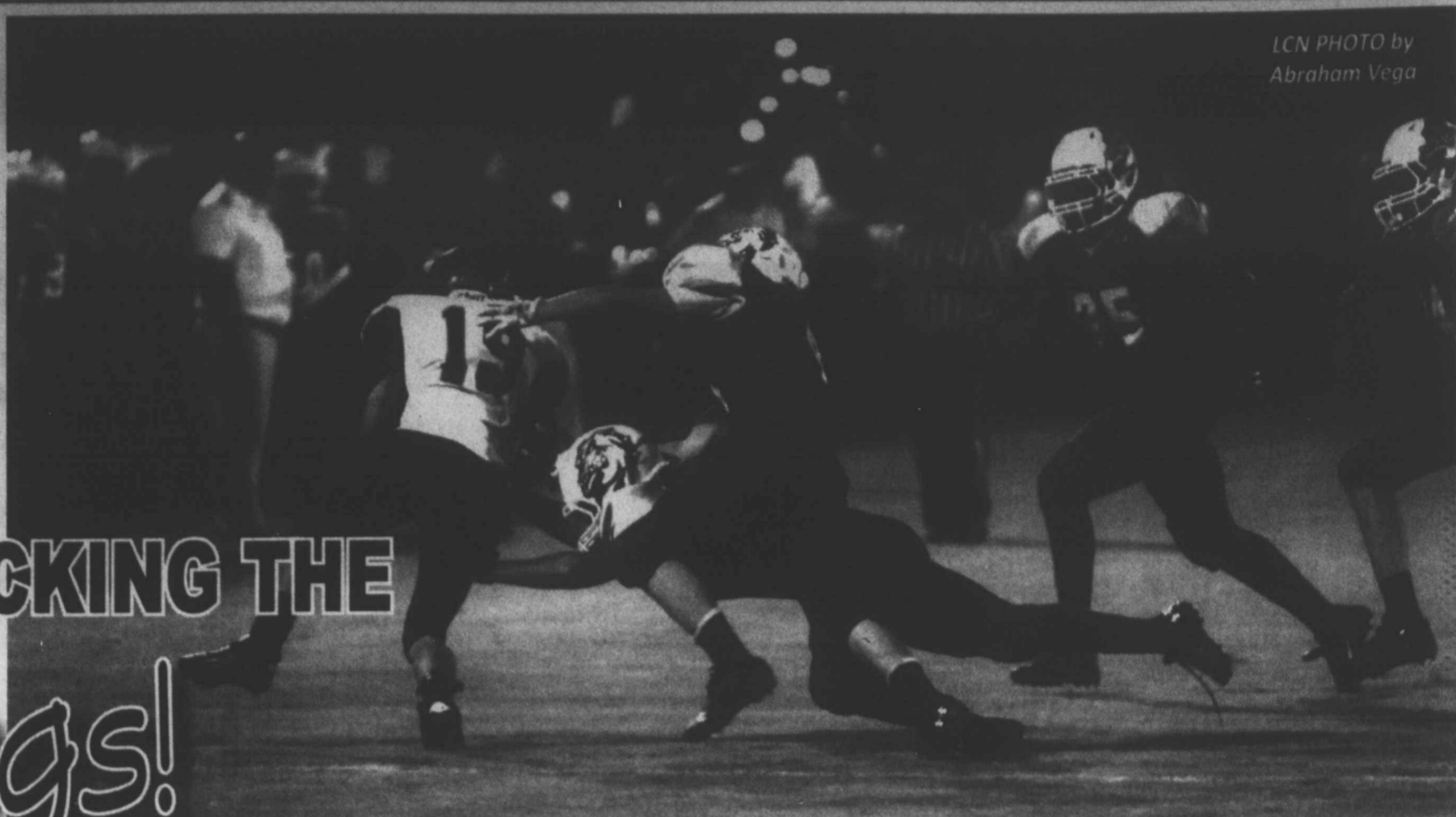
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LICENSED MASSAGE THERAPIST  
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561-4612 or 544-6797



LCN PHOTO by Abraham Vega

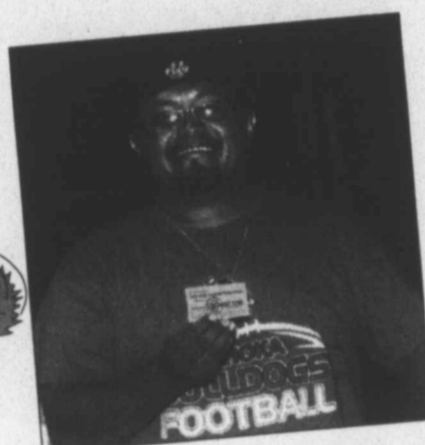


**Dogs chasing Rabbit**  
 ... Several Tahoka Bulldogs are shown chasing Ralls Jackrabbit ball-carrier Austin Reed (19) as Tahoka won its homecoming game 20-0 on Sept. 26. Tahoka players at left include Trace Cook, Dillon Trevino (8), Kevin White (75) and Grant Tekell (14).

# WE'RE BACKING THE Bulldogs!

**Tahoka vs Hale Center**  
**Friday, October 10 • THERE at 7:30 p.m.**

**Congratulations!**  
**TRACY STARKEY**  
 WON \$100 IN THE  
**TAHOKA AREA CHAMBER OF COMMERCE**  
**Field Goal Kicking Contest!**  
 BUY A FOOTBALL PROGRAM AT ANY HOME GAME AND LOOK FOR A SPECIALLY MARKED AD - IT COULD BE YOUR CHANCE TO WIN!



The Lynn County News' **FAN OF THE WEEK: Jesse Moya** won a FREE personal size pizza from Jolly Time!

**Get To Know Your Bulldogs:**

- #55 - JORDAN ARRIAZOLA**  
 • Nickname: Jelly Bean • Favorite college football team: Oregon Ducks • Favorite Movie: "Lone Survivor" • Favorite song/artist: "Not the American Average" by Asking Alexandria • Who would you like to have dinner with? Ariana Grande
- #58 - JUSTYN McCARTY**  
 • Nickname: Jackson • Hidden talent: drawing • Favorite NFL team: Dallas Cowboys • Favorite place you have traveled: Colorado • Who would you like to have dinner with? Carrie Underwood
- #62 - MICHAEL GARZA**  
 • Nickname: Big Mike • Favorite pastime: Netflix • Favorite quote: "Hard work beats talent if talent doesn't work hard." • Favorite Movie: "Pacific Rim" • What would you do with a million dollars? Buy a Lamborghini
- #64 - JESSIE CALVILLO**  
 • Nickname: Flaco • Hidden talent: Sharp Shooting • Favorite quote: "The only easy day was yesterday." - US-Navy Seals • What would you do with a million dollars? Buy a house; give to the Wounded Warrior Project and Veterans

**Jolly Time Restaurant**

**BE Implement**  
 Tahoka • O'Donnell • Brownfield • Lamesa Littlefield • Levelland • Morton

**Tahoka Donuts**

**Capital Farm Credit**

**Cardi's Cafe**

**Fenton Insurance Agency**

**Designs & Daisies**

**Farmers Co-Op Assn. #1**

**First National Bank of Tahoka**

**Hudgens Pump**

**James Craig**  
 Attorney at Law

**Dr. Donald Freitag**

**Lynn County News**

**Aurora Agronomy**

**Starkey Lawn & Landscaping**

**Mesa Pivot Irrigation**

**W. Calloway Huffaker,**  
 Attorney at Law

**Lynn County Abstract & Title Co.**

**Walker & Solomon Insurance Agency**

**Lynn County Farm Bureau**

**Lynn County Hospital District**

**Witt Butane**

**Lyntegar Electric Cooperative**

**Poka Lambro Telephone Cooperative**

**Pop Belly's BBQ**

**Tahoka Drug**

**Lynn County Pioneers/Sr. Citizens**

**PARCO Pre-Owned Cars & Pickups**

**Thriftway of Tahoka**

**Wildcat Manufacturing**

**Quick Stripe Paving**

**Dr. Patrick Edwards**

**Xcel Energy**

**AgTexas Farm Credit**

**Sam Ashcraft Insurance**

**Crop Production Services**

**Calvillo Enterprises**

Choose one of these businesses as a Secret Sponsor

*Go! Fight! Win!*

Enter every Week!

## Lynn County News Football Contest

WIN \$20 EACH WEEK - WINNER GETS \$40 IF THEY GUESS A SECRET SPONSOR

ALL entries entered in Grand Prize drawing! (MUST have an original entry form - no copies accepted)

Put an "X" in the team's box you think will win. Pick a score for the tie-breaker game.

<input type="checkbox"/>	Tahoka at Hale Center	<input type="checkbox"/>
<input type="checkbox"/>	New Home at Ropes	<input type="checkbox"/>
<input type="checkbox"/>	O'Donnell at Ira	<input type="checkbox"/>
<input type="checkbox"/>	Lubbock Home School at Wilson	<input type="checkbox"/>
<input type="checkbox"/>	Ole Miss at Texas A&M	<input type="checkbox"/>
<input type="checkbox"/>	Auburn at Mississippi St.	<input type="checkbox"/>
<input type="checkbox"/>	Oklahoma vs Texas at Dallas	<input type="checkbox"/>
<input type="checkbox"/>	TCU at Baylor	<input type="checkbox"/>
<input type="checkbox"/>	Alabama at Arkansas	<input type="checkbox"/>
<input type="checkbox"/>	Washington at California	<input type="checkbox"/>
<input type="checkbox"/>	Georgia at Missouri	<input type="checkbox"/>
<input type="checkbox"/>	Oregon at UCLA	<input type="checkbox"/>
<input type="checkbox"/>	TIEBREAKER (PICK SCORE)	<input type="checkbox"/>
<input type="checkbox"/>	Southern Cal at Arizona	<input type="checkbox"/>

WEEK 6  
 Choose 1 Secret Sponsor:

Your Name / Phone:

Clip out and bring to Lynn County News by 6 P.M. FRIDAY (YOU MAY USE OUR OUTSIDE DROP BOX - OR Mail to Box 1170, Tahoka TX 79373 postmarked by Friday.)

**ALL entries in the football contest are eligible for the Grand Prize Drawing!**

donated by **New HD-TV**

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Plus ... The **RUNNER-UP** winner each week will receive

a **FREE PIZZA** (medium one-topping) donated by ...



**LAST CONTEST WINNERS:**

**Helen Buchanan won \$20!**  
 Runner up: Britt Wuensche won a free pizza!

**LAST TIME'S SECRET SPONSORS:**

- James Craig, Attorney at Law
- AgTexas Farm Credit • Dr. Donald Freitag
- PARCO Pre-Owned Cars & Pickups

A

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weekend Church's s FBC or ha organizer:

Annive will begin auditorium Saturday, C worship se rial and re guest spea ing dignit and forme share their special mu dia slide sh sented. Fro eryone is ir in the Fell visit with view a pict

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October 16

What's In

■ Owls c district

■ Wheel stolen

■ 3-D Ba Saturd

■ Footb

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LCN wants places/fai annual Gho Send us YO (LynnCoNews Lynn County write us a lette 79373). We w our second ar "ghost editio

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What's On NWS offic

Date Oct 7 Oct 8 Oct 9 Oct 10 Oct 11 Oct 12 Oct 13

Total Pre Total Pre Total Pre Total Pre Total Pre Total Pre Total Pre Total Pre

