

Zach McDaniel, Bailey Johnson Selected Winners Of Government-In-Action Youth Tour Speech Contest

TULIA — Swisher Electric Cooperative annual Youth Tour Speech Contest was held on Monday, October 28, 2013. Congratulations to all students representing Olton, Silverton, Happy, Kress and Tulia, who presented speeches. Each student did an outstanding job of representing their schools and communities.

The two winners of an all-expense paid trip to Washington D.C. in June of 2014 are:

Zach McDaniel, Junior at

Tulia High School, son of Anthony McDaniel and Elizabeth Boutwell;

Bailey Johnson, Sophomore at Happy High School, daughter of Clint and Christy Johnson;

Alternate: Tizzy Walker, Sophomore at Kress High School, daughter of Judson and Mary Walker.

Since 1965, Swisher Electric Cooperative has sponsored 96 students from ALL area schools (Canyon, Happy, Hart, Kress, Nazareth, Olton, Silverton, and

Tulia) in the Texas Electric Cooperative Government-in-Action Youth Tour. Each year, these students join representatives from electric cooperatives around the entire country for Rural Youth Day in Washington D.C. and spend a week touring the area and visiting with Congressmen. Students gain a personal understanding of American history and their role as a citizen by meeting their representative and senators and explore the sights around the nation's capital.

Avoidance Key In Allergy Relief

HOUSTON — (Nov. 8, 2013) — According to an allergy expert at Baylor College of Medicine, the first line of treatment for allergy symptoms is avoidance.

"It's difficult, but it's doable to find out what you're allergic to and to avoid it," said Dr. Adrian Casillas, associate professor of medicine.

During the fall, ragweed pollen

is one of the strongest allergens that can cause mild to severe allergy symptoms as well as asthma exacerbations, said Casillas.

If avoidance is not possible, he suggests trying over-the-counter antihistamines. Allergy shots are an option for those who find no other relief. These start as weekly shots then slowly move to monthly shots and become more spread out over

time. Most people only need allergy shots for three to five years.

For those suffering allergy symptoms due to mold, it can be extremely difficult to avoid because mold spores are everywhere. Casillas emphasizes that these allergies still need to be addressed.

Casillas notes that although avoidance is important, it is not always possible. In these cases,

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Ladyhorns Win First Game Against Motley Co.

The Ladyhorns got a win from their first game of the season, a 48-31 defeat of Motley County there (in Matador).

The Ladyhorns ended each quarter ahead. They had a three-point lead at the end of the first, 12-9, and ended the first half up 26-19. At the end of the third, they were up by seven, 33-26, and finished the game with a win.

Coach Adam Zepeda said that the Ladyhorns pressured the ball well. He said, however, there were too many turnovers — "We had the first-game jitters."

Sr. post Cailin Neudorf led Hart with 12 points. Freshman post Kaitlyn Sweet had ten, and Desearay Saucedo, sr. point guard, chipped in eight.

On Tuesday, the Ladyhorns travelled to Kress. They lost 35-46 to the Lady 'Roos. They play Springlake-Earth on Saturday.

Zepeda said there is no JV Ladyhorns team this year. He and Greg Gill, AD, are getting some assistance from Steven Parker. Gill is the Longhorn basketball coach.

Zepeda said that his likely starters will be Neudorf, Saucedo, Camrie Neudorf (sophomore guard), Lilibeth Nuñez (sophomore post) and Anna Macias (senior guard).

Schools likely in the top of the district are, according to Zepeda, are Whitharral (state champs for 2012-13), Whiteface, Anton and Lazbuddie. Other schools rounding out the seven-member district are Cotton Center, Amherst and Hart.

Beat Springlake-Earth!



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