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

Cooperative annual Youth Tour Speech Contest was held on Boutwell; Monday, October 28, 2013. Congratulations to all students at Happy High School, daughrepresenting Olton, Silverton, Happy, Kress and Tulia, who presented speeches. Each student did an outstanding job of representing their schools and Mary Walker. communities.

pense paid trip to Washington D.C. in June of 2014 are:

TULIA-Swisher Electric Tulia High School, son of An- Tulia) in the Texas Electric Cothony McDaniel and Elizabeth

> Bailey Johnson, Sophomore ter of Clint and Christy Johnson;

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

Since 1965, Swisher Electric The two winners of an all-ex- Cooperative has sponsored 96 students from ALL area schools (Canyon, Happy, Hart, Kress, Zach McDaniel, Junior at Nazareth, Olton, Silverton, and

operative 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

 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.

Go online to find out more about Dr. Lara or any of

our Physicians at covenantplainview.org.

HOUSTON – (Nov. 8, 2013) 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 During the fall, ragweed pollen 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, continued to Page 5

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 threepoint 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.

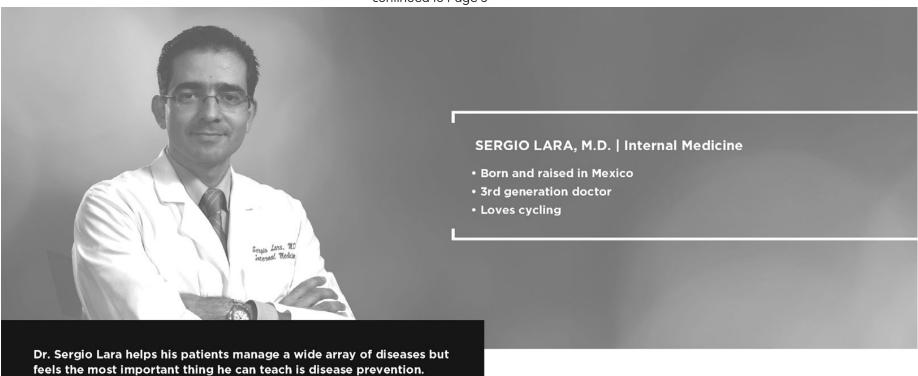
On Tuesday, the Ladyhorns travelled to Kress. They lost 35-46 to the Lady 'Roos. They play Springlake-Earth on Saturday.

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!



CovenantHealth **