

Get Your Flu Shot (continued from Page 1)

complications for those already struggling with chronic health problems.

As flu season approaches this fall, you'll want to wash your hands and stay away from sick people to reduce the spread of germs. But as useful as those preventive steps are, an annual vaccination remains the best way to help protect yourself against the flu virus.

You have several flu shot options. Besides the traditional flu vaccine that helps protect against three strains of the virus, there's now a "quadrivalent" vaccine that helps protect against four strains.

You can also choose a higher-dose vaccine specifically designed for older adults. By improving the production of antibodies in older patients, the

higher dose can provide a stronger immune response and, hopefully, better protection against infection when you're exposed to the flu virus.

Talk to your doctor about which flu shot option is right for you.

Now is a good time to get your vaccination. The vaccine will protect you within two weeks. The flu season typically begins in October, peaks in January or February and runs through May.

If you're enrolled in Medicare Part B, your flu shot won't cost you anything, as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays. There's no deductible or co-payment. The same is true for the higher-dose vaccine option.

If you were vaccinated last year, you'll still need another shot this year, since your immunity to flu viruses wanes after a year. Also, the types of viruses usually change from season to season, so a new vaccine is made each year to fight that season's most likely strains.

Despite the higher risk that flu and its complications pose to older adults, the vaccination rate within this age group remains much lower than it should be. Only 65 percent of adults 65 and older are vaccinated each year, far short of the public health goal of 90 percent for this group.

Why? Some older adults don't understand that the flu can be serious and life-threatening, so they don't think a flu shot is worth their time and effort. Others resist annual vaccination because they believe it's risky, even though decades of experience have shown flu shots to be safe and effective.

If you're concerned about a serious allergic reaction or some other medical condition that may make the flu vaccine unsafe for you, you should consult your doctor before a vaccination. Otherwise, it's important to remember that you can't get

City Council Approves Property Sale (continued from Page 1)

is no policy in place regarding repairs.)

Dyer presented information about a pickup to sell to the City for utility purposes. One of the City pickups has transmission problems. Dyer said that the pickup for sale is owned by his son, Dustin, who is in the used vehicle business, and the 2007 model was offered to the City for \$9,750; it is equipped with a directional bar and strobe lights and has four tool boxes, and had been owned by Atmos Energy. Dyer offered to take the old pickup, a 2002 model, to an auction to sell it for the City. There was no decision made. Alderman Danny Rodriguez said he leaned toward getting the transmission repaired on the 2002 pickup.

Rodriguez brought up a matter, not on the agenda, about a warning letter sent by the City to residents to clean up their properties. Marin told *The Pulse* that she had discussed the matter with Mayor Dyer before the letters were mailed. She said that some good responses had come of the matter. The letter indicated that a fine would be placed on the residents if they didn't comply with the requests in the letter.

Rodriguez had received such a letter, asking him to clean the property around the house he lives in. He appeared upset about the letter. Marin countered by pointing out how the City would look better if property the flu from the flu shot.

Side effects are rare. Most people notice nothing after their vaccination. A few may have sore muscles or a slight fever. But those side effects usually last just a day or two.

No matter how healthy or youthful you may feel, don't wait to be vaccinated. When you get your shot, you'll protect not only yourself but also those around you. By avoiding the flu, you'll avoid giving it to family and friends.

erties were kept clean. Rodriguez said that the Council had not approved such action beforehand.

The City has no Code Enforcement Officer, and it's not clear that the other employees can enforce codes. The matter could end up in municipal court. Marin said that Jerry Miller, who isn't in Castro County often, said that he can still be the judge in such matters. Miller has been the Municipal Judge for Hart (and it was reported at the meeting that he sometimes is the city judge for Nazareth). When the city had entered into an agreement with the County for law enforcement, such cases were handled in JP court. The city no longer has the agreement with the County, and doesn't have its own peace officer, instead, relying on the Sheriff's office.

Attending were Mayor Stanley Dyer and Council members Vickie Ethridge, Paul Ramirez and Danny Rodriguez. Absent were Eliazar Castillo and Wamon Foster.

In the Nov. 10 meeting, the same council members were present, and Castillo and Foster were again absent.

At the Nov. 10 meeting, the Council discussed putting up signs to forbid the use of engine and compression brakes (jake brakes) inside City limits. Dyer said that he had had some complaints on this, and also on loud diesel pickups. The Council is considering adopting such an ordinance, even though there is no one to enforce it.

The Council agreed to not hold a City Christmas party, as it was poorly attended last year.

Also discussed was the water credit of \$20.50 issued to volunteer fire dept. members who live in the City. The amount had been \$15.50 (for the minimum usage), and the Council agreed to the \$20.50.

In conjunction with this, it was discussed how to handle hardship cases of residents who ap-

pear not able to pay utility bills.

Also discussed was adding a note to utility statements, asking for donations to cover such cases. A handicapped resident had a check bounce for payment of utility services. The City is to look into how the electric and gas utilities handle such cases.

Public Utility Supt. Adrian Rosas asked the Council for guidance on businesses dumping tree limbs at the transfer station. The city has not adopted a policy how to handle such matters. Reyna Tree Trimming Service has been trimming trees at the school and the limbs they have cut have been a problem for the City. He reported that the Reynas said they would haul the limbs to dump at Dimmitt, but the City of Hart will be charged for handling them.

The Council agreed for the City to take the large limbs to the school and let the school handle their disposal, and take the smaller ones to Dimmitt at the City's expense.

Also discussed was erecting missing stop signs. It was reported by the utility dept. that there is water going to the Cemetery; the expense was handled by the City.

♥ Notes

by Neoma Williams

I haven't changed my politics, but just haven't written much about being a yellow dog Democrat this year. It's a job to keep up with politics, and I haven't worked as hard as in previous years.

I just want to remind those people who voted for Greg Abbott, that he sued the federal government, according to Google, 31 times. Now, that's working together, right!

Some folks voted against Wendy Davis because of abortion. She bravely revealed she has had two abortions, one because of an ectopic pregnancy and the other because the infant would have lived in a vegetative continued on Page 6

Meet Powells

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at Baptist St. Anthony's. They have two children, Anna and Kirby, and are expecting another child in February.

Ross and wife Savanna live in Flower Mound. He is a Certified Public Accountant and she is an algebra teacher at Flower Mound. They have a daughter, Ginny.

The Powells are members of First Baptist Church in Hart. She is involved with the Singing Women of West Texas. While at Hamlin, Susan sang with Singing Women of Central Texas.

She also is a certified librarian. She returned to college in 2007 and received her masters in Library Science. She teaches second grade full time and works in the elementary library part-time, updating its computer.

The couple have hosted some tailgate parties for Longhorn football games, Susan enjoys singing and her grandchildren. Lonnie says he plans to get in some bird-hunting.

The Pulse welcomes you!