

Rural Health *Messenger*

May 2007 Vol. 5/No.2

El Paso TTUHSC School of Medicine Moves Closer to Reality

The Texas Tech University Health Sciences Center (TTUHSC) campus in El Paso moved closer to its expansion into a four-year medical school with appropriations in both House and Senate versions of the budget.

Both the Texas House and Senate two-year budgets, approved in committee, hold \$48 million to hire faculty for the medical school, which will be the first free-standing four-year school of medicine on the border in the United States. Currently, the TTUHSC-El Paso campus is home to third- and fourth-year medical students who have completed their first two years of training in Lubbock.

“Our Legislators, faculty and staff, and many community members have worked tirelessly toward the establishment of a four-year medical school on the border,” says Dr. Bernhard Mittemeyer, interim president of the Health Sciences Center. “This monumental endeavor will positively impact Texans for generations to come, and the impact for El Pasoans will be immeasurable.”

Educating more physicians in the

region is expected to help alleviate the shortage of providers along the border. In Texas for example, there are approximately 68 primary care physicians per 100,000 people. In the West Texas border area, there are only 25 primary care physicians per 100,000 people. This shortage, along with other barriers faced by many residents, significantly decreases border residents’ access to quality health care.

“We are eagerly awaiting the outcome of this legislative session,” says Dr. Robert Suskind, the founding dean of the Texas Tech University Health Sciences Center in El Paso, “but in the meantime, we are full steam ahead with planning and preparing, so that we can move forward when funding is approved.”

The four-year campus was initially approved by the Legislature in 2003, and if funding is approved, it is anticipated that TTUHSC will have the first class of 80 students beginning with the fall semester of 2009.



Also in this issue...

	page
Legislative internship highlights policy impact on health	2
Hippotherapy enhances rehab	3
Youth service programs a benefit	4
Health workforce diversity	5
Health Careers Camp helps student	6
West Texas AHEC receives state Health Promotion Award	7

A Word from Texas Tech

By Patti Patterson, MD, MPH
Vice President of Rural and Community Health

Removing Barriers to Make Dreams Possible

Do you remember what it was like to be in junior high or high school? Imagining all of the possibilities ahead of you. The sky was the limit. What kind of career did you want to have? Did you expect to go to college? Or perhaps you planned to start working immediately after high school.



Maybe it took a while to navigate the path to your desired future. Or maybe you—or someone you know—wasn't quite sure how to get from Point A to Point B.

For some young people, the limit is much closer than the sky. The possibilities that they imagine are few. The reasons for this vary—their family is poor, and they may not know how to access financial aid resources to get education beyond high school. Or possibly they have not fared so well in high school, and they are not adequately prepared academically to advance to the next level. Or perhaps, they have not dreamed what possibilities may exist beyond the edge of their limited experience. Many students across West Texas face one—or even all—of these barriers to achieving their life dreams. And these barriers directly impact the future of West Texas.

The F. Marie Hall Institute for Rural and Community Health, the West Texas Area Health Education Center and its community partners are committed to helping young people develop these dreams.

That is what the series of statewide Health Workforce Diversity Conferences has been about. And the Youth Health Service Corps program: AHEC is partnering with communities and schools to create avenues for young people to expand their career interests and prepare for opportunities beyond high school.

These are only some of the ways that we work with youth across West Texas to achieve their goals. What does this have to do with our mission to improve the health of West Texans? Our youth are the future for the region: its workforce, its health care providers, its parents, its patients, its leaders.

Legislative Internship Raises Student's Awareness of Policy Impact on Health

Because Josh Nunez grew up impoverished in Mexico and his family continued to struggle to make ends meet after migrating to rural Levelland, Texas, he experienced firsthand the challenges faced by many rural, Hispanic, or economically disadvantaged families in accessing health care and educational opportunities.

Now a senior at Texas Tech University, with a double major in biochemistry and math, and a minor in biology, Josh's education and career goals have been molded by his childhood experiences. "I started at Texas Tech with a pre-medicine objective. I wanted to be a doctor so that I could work in an underserved community. I have always been interested in helping those who aren't able to help themselves." Josh says. "Through my experiences at Texas Tech, however, I'm now considering a law degree with an emphasis in health law."

Why the shift?

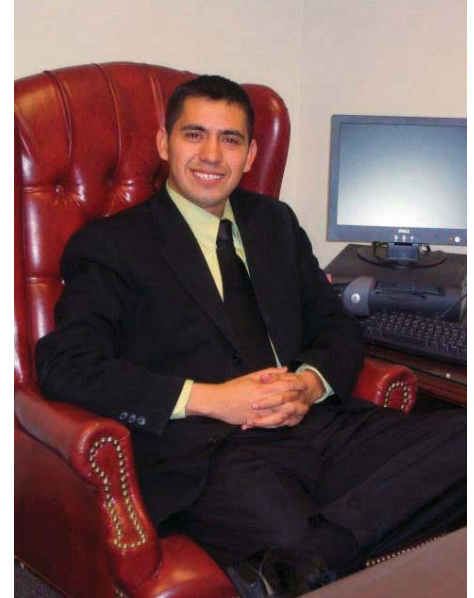
After coming to Texas Tech, Josh noticed a discrepancy for someone from the big city versus a small town in terms of preparation for education as well as health care access. He did not feel prepared for Tech.

With a double major, as well as his very active involvement in several student organizations including the Double T Health Service Corps, Josh has also found time to pursue a couple of prestigious internship opportunities that have broadened his understanding of the challenges facing underserved populations—and shifted his career goals. Last summer, he completed an internship focused on public health through the Morehouse School of Medicine and the Centers for Disease Control and Prevention, where he conducted research on how obesity affects people of the Caribbean and made public policy recommendations for improving their health status.

"As a hard science major, I didn't really appreciate the role of health public policy," he adds. "Through my internship, I realized that public policy manages resources and I've come to understand its impact on populations, not just individuals. I am aware of how important it is for health care entities to be engaged in drafting policy. Good policy requires prudence as well as empathy and it should always be coupled with a persuasive voice in favor of better management of resources—bad policy also has its ramifications. Sometimes, incongruence between populations' access to health care are real and determinants of this reality tend to include ethnicity and rural status."

With his interest in public policy piqued, Josh has spent the Spring semester completing an internship with Senator Robert Duncan (District 28), where he serves as a policy analyst with the Senate Committee on State Affairs. "My job is to figure out if the proposed legislation meets its intent, assess pros and cons, complete background research, and then brief the Senator," Josh explains.

"I haven't decided whether I will pursue medicine or law. The fact that I have the opportunity to choose between these two professions is exciting as well as humbling. I've been given much but I intend to give more in return. Regardless, I will be actively involved in public health policy. My life goal is to focus on the health of populations, particularly the underserved."



Riding Therapy Program Enhances Rehabilitation for Children

The F. Marie Hall Institute for Rural and Community Health is collaborating with the University Therapeutic Riding Center (UTRC) at Texas Tech. The UTRC is a program of the Department of Animal and Food Sciences at the College of Agricultural Sciences and Natural Resources. Through this program, children with disabilities receive equine-assisted therapies. By creating research projects on behalf of these children, Institute personnel are helping strengthen the links between medical science and riding therapy. The Institute is also contributing its expertise in multimedia productions.

According to Joseph Bishara, media development manager for the Institute, documentaries now being filmed will help extend the reach of UTRC's programs. "We are helping tell a great story. Through our video productions we hope to help UTRC reach even larger numbers of children who can be helped."

Most of the children served by UTRC are from families on Medicaid. Two-thirds of the children are from minority backgrounds; and three-fourths are from lower economic brackets and thus lack private insurance.

Clients of the UTRC are children referred by their physicians. Some UTRC participants are children with cancer and other terminal illnesses. More commonly, participants are children with special needs, ranging from autism to severe learning and language disabilities. Within a rigorous framework of scientific observation, UTRC provides children carefully structured and supervised sessions on horseback. These weekly one-hour sessions support rehabilitation services received in traditional clinical settings.

During the sessions, the horse is led, and the rider is supported and encouraged through various activities and routines by faculty and students alongside. The horse and its handlers are active partners with specialists in pediatrics, psychology, rehabilitation medicine, physical therapy, occupational therapy, and speech therapy. And children have shown striking improvement, even in cases where the prognosis was bleak.

These hippotherapy sessions ('hippo', from the Greek for horse) have a powerful emotional impact on the adults who participate and on students. Led by Dr. Heidi Brady of the Department of Animal and Food Sciences, the UTRC academic program provides training for undergraduate and graduate students from Texas Tech as well as allied health, medical and nursing students from the Health Sciences Center. More than 350 Texas Tech students from 15 majors have completed courses in Dr. Brady's program in the past three years.

Dr. Patti Patterson, Institute director and professor of Pediatrics at the Health Sciences Center, describes the Institute's collaboration with UTRC in terms of West Texas' geography and history. "It is fitting for horses, after retirement from service cutting cattle on the open range, to



Above: Olivia Whitefield (pictured at right), a speech therapist with University Medical Center directs a young rider during a hippotherapy session.

play the central role in a health care program devoted to helping children. Through what we are helping the UTRC achieve, those symbols of America's ranching heritage are finding their place alongside space-age rehabilitation technologies and medical practice."



The UTRC Director, Dr. Heidi Brady (pictured, right), is an associate professor in the Department of Animal and Food Sciences. She is a Certified Therapeutic Riding Instructor at the Registered Level from the North American Riding for the Handicapped Association (NARHA). Dr. Brady teaches the university classes and oversees the care of the horses. She has been recognized as an exemplary service-based learning instructor for her program in the UTRC. Working with Dr. Brady is Heather Hernandez (pictured, left), the Equestrian Center's Coordinator. She has a Bachelor's degree in social work from Baylor University. Heather is NARHA Advanced Therapeutic Riding Instructor, a Special Olympics Equestrian Coach, and an EAGALA level 1 Equine Assisted Psychotherapy (EAP) facilitator through the Equine Assisted Growth and Learning Association.



AHEC Update

WEST TEXAS AREA HEALTH EDUCATION CENTER PROGRAM

Youth Service Program Provides Benefits to Students and Communities

The West Texas Area Health Education Center (AHEC) recently initiated an expansion of its Junior Volunteer Program to incorporate a more structured health service curriculum.

The expanded extracurricular program, called Youth Health Service Corps (YHSC), was developed by the Connecticut AHEC to encourage high school students to volunteer in community settings focused on underserved populations. The Service Corps also exposes students to many different health career opportunities and provides hands-on experiences in health care settings.

“The Junior Volunteer Program, which has been implemented in several communities, was a great first step for the West Texas AHEC to develop a community service program for high school students that also fosters their career development,” says Pam Danner, program director for the West Texas AHEC. “Students who participate in these kinds of volunteer experiences have a much better understanding of their own career goals—and are much better prepared to take on the challenges of career preparation beyond high school.”

Cindy Burleson, center director for the AHEC of the Plains, adds, “The communities that have initiated volunteer programs for their high school students have opened the door for these young people to see first-hand what opportunities are available for them to live and work in their own hometown.”

Over the last few years, health-related community service has become a key component of the admissions process for entry allied health, medi-



cal, nursing, and pharmacy programs.

“The number of competitive applicants to these programs is so high that schools are differentiating worthy applicants based on how well-rounded they are beyond academics, including how involved they have been in their community and what they have done to define their life goals,” explains Danner, “Schools want to be sure that a student has made the effort have experiences that allow him or her to say ‘Yes, I am committed to work this hard to complete medical school or nursing school.’”

The curriculum is designed to give high school students a broad understanding of many aspects of health care service. The nine modules are grouped in three levels to expand students’ understanding of health care services and provide them with service learning projects that utilize their expanding skills set:

Tier 1:

- The Homeless Population
- Ethical & Legal Issues
- Applied Health Services

Tier 2:

- Cultural Competency
- CPR & AED Certification

- Health Education & Disease Prevention

Tier 3:

- Health Observation & Data Collection
- Emergency Preparedness
- Peer Education & Leadership

Within this structure, each of the three tiers incorporates approximately 10 hours of instruction.

As with the previous Junior Volunteer Program, Corps members also complete hours of community service in local health care organizations, including hospitals, clinics, and nursing homes. The time commitment for community service is flexible for each individual student, based on their academic and other responsibilities. Communities that have partnered with West Texas AHEC to implement youth service programs include Aspermont, Breckenridge, Brownwood, Cisco, Eastland, Denver City, Lamesa, Snyder, and Sweetwater.

For more information about Youth Health Service Corps and how your community or high school can benefit from this program, contact the West Texas AHEC Program Office at 806.743.1338.

Opportunity to Participate in Health Workforce Diversity Issues Extends Beyond Conference

The West Texas Area Health Education Center (AHEC) hosted on March 6 the Health Workforce Diversity Conference in Lubbock, one of six held across the state. The Lubbock conference was attended by 135 professionals in education, health care, economic development and public policy.



Cavazos

The conference highlighted the region's demographic trends, as well as showcased opportunities for fostering education and career success for minority, rural and economically disadvantaged students.

"The take home message for those who work in education and the health care services industry is that we need to be aware of the needs of our changing population," says Pam Danner, program

director for the West Texas AHEC. "This includes targeting recruitment and retention efforts to meet the needs of diverse populations."

The conference featured keynote presentations by Dr. Lauro Cavazos, former president of Texas Tech University and former U.S. Secretary of Education under President Ronald Reagan; Dr. Steve Murdock, Texas state demographer; and Dr. Mike Moses, former superintendent for the Dallas Independent School District.

"When assisting students through the stages of education and career development, it is important to recognize that what is a good path for one student may not be a good fit for another," says Dr. Mike Moses. "We need to understand that pursuing technical training, perfor-

mance arts, and traditional higher education are all equally valued avenues that contribute meaningfully to our workforce and society."

Murdock agrees. According to demographic projections, Texas faces a shortage of skilled workers in many industries including health care. "The state can only benefit from a more skilled and diverse workforce. It is a good problem to have—we can't prepare enough young people to meet our workforce needs. But we have to make sure they are adequately prepared to take advantage of those opportunities."

The final two events in the conference series will be held in Houston on June 5 and McAllen on July 12-13. Registration and post conference proceedings for all conferences, including powerpoint presentations and forums for continued discussion, are available at www.hwdc.org.

Focus On

COMMUNITY HEALTH

The Coalition of Health Services, Inc. is a not-for-profit community organization that serves the Texas Panhandle region. The Coalition was established in 1997 to improve community health. "At the time there was an opportunity for community health organizations to pursue Title V funding for health care services. Area hospital administrators recognized that they could more effectively engage those resources as a group, rather than as individual hospitals and so the Coalition was formed," says Carolyn Witherspoon, executive director of the Coalition.

Since then, the Coalition has expanded the services that it offers to communities and hospitals across the region. As the community-based organization for Title V, Medicaid, the Children's Health Insurance Program (CHIP), Temporary Assistance for Needy Families (TANF), food stamps, and long-term care assistance program for families to complete the application process, the Coalition coordinates these services for hospitals and communities in 26 counties. In addition, the Coalition is home to Uniting Parents, which is a case management program serving families of children with chronic illnesses or disabilities in 32 counties.

The Coalition's work to improve the health of Panhandle residents is not limited to coordinating these financial assistance resources for individuals. In addition, the Coalition supports hospital-based primary care in the communities of Perryton, Childress, Pampa, and Hereford through subcontracts. It also provides information technology and network support for nine area hospitals. The Coalition also operates the Regional Liaison Services program, which facilitates better regional utilization of health care resources; through the Regional Liaison Service, case managers and social workers at the two tertiary hospitals in Amarillo, are able to expedite patients' return to their home communities by connecting them with various health care services available locally.

In June, the Coalition will be hosting HealthLink, a health care services tradeshow and conference. HealthLink will showcase local, state and national vendors and provide education conferences in nursing, human resources, information technology, nursing home administration, materials management and hospital trustee training. The event, June 5-6 in Amarillo, is open to the public. For more information, visit www.healthlinktexas.org or the Coalition's website at www.cohs.net.

The Coalition and its member organizations have spent a decade working together to share resources and advocate for rural health. Their efforts have improved the Panhandle's health care and public health infrastructure, benefiting residents of the Panhandle as well as eastern New Mexico and Oklahoma.

Health Careers Camp Helps Student Plan for Future as a Physician

Kebbi Hutto graduates from New Home High School this month, and she has already mapped out her plan to become a pediatrician in a rural community. She first recognized an interest in health care when she was in 5th grade.

Her grandmother was diagnosed with breast cancer, and Kebbi went with her for doctors' appointments and treatments.



Hutto

“I saw how the doctor could treat a patient and cure them—and also how the doctor could help the whole family.”

In 8th grade she took a life science class, which she describes as “a breeze.” She noticed that science was easy for her and she really enjoyed studying about biology and human anatomy. “My dad told me that I should think about being a doctor,” she says. And she did.

When she was a sophomore, Kebbi's school nurse told her that she should apply to attend the Health Careers Summer Camp hosted by AHEC of the Plains. That camp experience two years ago helped prepare Kebbi for college, and reaffirmed that she was on the right career track.

“I learned what to look for in a college, and what colleges are looking for in a student,” she explains. “So I've been taking lots of science and math classes throughout high school. Camp was so great that I went back last summer as a junior counselor.”

During her second camp experience, Kebbi heard a presentation about how much rural communities need physicians—and what opportunities there are in rural communities for physicians to really make a difference. She now plans to be a pediatrician in a rural community.



Above: Kebbi Hutto (pictured right) and other camp participants spent time in the Gross Anatomy Lab at Texas Tech University Health Sciences Center. **Right:** Kebbi learns the technique for making a sling to support an injured arm.

“I saw how the doctor could treat a patient and cure them.”

Kebbi grew up in Pampa, and moved to Lubbock after her 5th grade year. As a freshman in high school she moved to New Home. “I've lived in large, medium and very small towns. My graduating class at New Home is 18.”

She adds that she most definitely wants to live and work in a small, rural community between the size of New Home and Pampa. “I want to have a family, and working in a small community gives you more flexibility for family life.”

This summer, she will again participate in Health Careers Summer Camp—this time as a guest speaker. She will be giving a presentation to high school students about what they can do now to prepare for college as well as tips on the college admissions process. Something she's done first hand.



Kebbi will be attending Hardin-Simmons University in the Fall, pursuing a pre-medicine major and a minor in leadership studies. “Camp also taught me that I need to be well-rounded, not just focus on science. Medical schools want someone who has a wide variety of experience.”

Health Careers Summer Camps for 2007 will be hosted by West Texas AHEC centers in Abilene, Canyon, Midland and Plainview. This year's camps will feature a tour of the medical examiner's office and the Texas Tech University Health Sciences Institute for Forensic Sciences. Campers will also participate in job shadowing in area hospitals to give them hands-on experiences in the health careers they are considering.

West Texas AHEC Receives State Cardiovascular Health Promotion Award

In March, the West Texas AHEC was honored by the Texas Council on Cardiovascular Disease and Stroke (TCCDS) as an Outstanding Program for the 2007 Texas Cardiovascular Health Promotion Awards. The award is for commitment to the prevention of cardiovascular disease in Texas through implementation of an innovative and effective program.

The award recognized West Texas AHEC's work to assist 64 rural school districts with implementing CATCH, a coordinated health curriculum, in 95 elementary schools. CATCH (Coordinated Approach to Child Health) is multi-faceted, with components for

- the classroom to educate children about good nutrition and exercise, as well as avoiding tobacco;
- the cafeteria to help students make good choices about "Go, Slow, and Whoa" foods; and
- the family to extend what is learned at school to the home.

In 2005, the State Legislature mandated that schools must implement a coordinated health curriculum by fall 2007. Because the mandate was unfunded, many schools struggled with how to comply.

"We recognized an opportunity

to directly impact the health of young people across the region," says Tommy Sweat, center director for the Panhandle AHEC, a regional center of the West Texas AHEC Program. "We approached rural schools across the region and offered to partner with them to provide the curriculum and staff training."

Through AHEC's efforts, more than 26,000 elementary-age children and their families are benefiting from CATCH. "The beauty of this program is that cardiovascular health is being promoted at such an early age," says Dr. Thomas Tenner, member of the Council. "It is more effective to teach good health habits early, rather than to undo bad habits later in life in an effort to repair or slow the health consequences of poor choices."

The Council, which is based at the Texas Department of State Health



Above: West Texas AHEC receives Outstanding Cardiovascular Health Promotion Award. From left: Ronnie Laurance (Big Country AHEC); Shannon Kirkland and Pam Danner (West Texas AHEC Program Office); Dr. Thomas Tenner (TCCDS); Dr. Patti Patterson, (Texas Tech University Health Sciences Center); Tommy Sweat (Panhandle AHEC); Elisa Williford (Permian Basin AHEC); and Cindy Burleson (AHEC of the Plains).

Services, gives awards in the community, worksite, and school settings. West Texas AHEC received the award for Outstanding Program in a School Setting. For information about other award recipients and their innovative programs visit the Council website at <http://www.dshs.state.tx.us/wellness/proaward.shtm>.

AHECs Host Health Career Summer Camps

The regional centers of the West Texas AHEC will be hosting summer camps for high school students in Abilene, Canyon, Midland, and Plainview. The purpose of these 3-day camps is to provide students an opportunity to explore career opportunities in health care as well as to prepare for the college application process.

Students will participate in job shadowing activities, tour hospitals and other health-related facilities, explore some of the training labs at Texas Tech University Health Sciences Center, and be certified in CPR and first aid.

Dates for the camps are:

Date	Location	Hosted at
May 29 - June 1	Midland	Midland College
June 3 - 6	Canyon	West Texas A&M University
June 12 - 15	Plainview	Wayland Baptist University
June 25 - 28	Abilene	Hardin-Simmons University
July 16-19	Stanton	Circle K Camp

The camp fee is \$50, which covers room and board in a college dormitory. For more information about the health career summer camp, contact the Area Health Education Center serving your region or visit their website.

AHEC of the Plains: www.ahecplains.org

Big Country AHEC: www.bigcountryahec.org

Panhandle AHEC: www.panhandleahec.org

Permian Basin AHEC: www.permianbasinahec.org

Know Your Blood Pressure



High blood pressure is often referred to as the “silent killer” because people often have no signs or symptoms.

High blood pressure, also called hypertension, makes the heart work too hard, hardens the walls of the arteries, and can even cause the brain to hemorrhage or the kidneys to function poorly.

Here are some facts about high blood pressure from the National Institutes of Health (NIH):

- 1 in 3 American adults (more than 65 million) have high blood pressure.
- Factors that increase the risk of high blood pressure include being overweight, being physically inactive, high salt and sodium intake, low potassium intake (not eating enough fruits and vegetables), excessive alcohol consumption, and diabetes.
- High blood pressure can lead to other life-threatening conditions including heart disease, stroke and kidney failure.

Because you may not experience any symptoms, it is important to know what your blood pressure numbers mean. A normal blood pressure reading is less than 120/80mmHg. High blood pressure is a reading 140/90 or higher. The keys to maintaining a healthy blood pressure are

- To know what your blood pressure is.
- To be aware of how your choices impact your blood pressure and to make changes to live a healthier lifestyle.
- And, if you already have high blood pressure, to be consistent in taking your medication.

To raise awareness about high blood pressure, communities can host health fairs or special events like a community “walk” with blood pressure screenings and other activities that promote heart health. And as individuals, we can encourage family and friends with invitations to take walks together, reminders about taking blood pressure medication, and preparing healthy meals at get-togethers.

For more information about high blood pressure and heart health, visit the NIH “The Mission: To Combat High Blood Pressure in America” website at <http://hp2010.nhlbi.nih.gov/mission/index.htm>.

Upcoming Events

May 16	Area Job Fair for Healthcare Professionals	Abilene, TX Contact: Ronnie Laurance, Big Country
May 22	Neonatal Resuscitation Program	San Angelo, TX Contact: Cleveland Phelps, Permian
May 23	Understanding Infant Adoption	Pampa, TX Contact: Kelly Fouts, Panhandle
May 24	Cardiac Dysrhythmias Interpretation	Big Spring, TX Contact: Cleveland Phelps, Permian
May 25	Cardiac Dysrhythmias Interpretation	Brownwood, TX Contact: Ronnie Laurance, Big Country
June 2	Nurse Oncology Education Program	Amarillo, TX Contact: Kelly Fouts, Panhandle
June 8	Advanced Training for CNAs	Abilene, TX Contact: Ronnie Laurance, Big Country
June 18	CPR Recertification	San Angelo, TX Contact: Cleveland Phelps, Permian
June 20-21	Emergency Nursing Pediatric Course	Midland, TX Contact: Cleveland Phelps, Permian
June 29	HealthMATCH for Physician Assistants	Midland, TX Contact: Cleveland Phelps, Permian
June 29	Understanding Infant Adoption	Clarendon, TX Contact: Kelly Fouts, Panhandle
July 13-14	Advanced Cardiac Life Support (full course)	San Angelo, TX Contact: Cleveland Phelps, Permian
July 12-13	Trauma Nurse Core Curriculum	Lubbock, TX Contact: Brandi McKinney, Plains
July 19 and 20	16th Annual School Nurse Workshop	Lubbock, TX Contact: Carolyn Brackett, 806.743.2734*
July 31-Aug 2	Texas Rural Health Association Annual Conference	www.trha.org

*Provided by TTUHSC CNE Program. www.ttuhscc.edu/son/cne/

AHEC of the Plains 806.291.0101 Big Country AHEC 325.793.8484
Panhandle AHEC 806.651.3480 Permian Basin AHEC 432.685.8306

Check out the new interactive features on the HOT Jobs: A Cool Guide to Health Careers website. www.texashotjobs.org.



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
F. Marie Hall Institute for
Rural and Community Health

3601 4th Street STOP 6232 | Lubbock, TX 79430

ADDRESS SERVICE REQUESTED

**Non-Profit Org.
U.S. Postage
PAID
Lubbock, TX
Permit No. 68**