



## Does The Five Second Rule Really Work?

Michael Franco

You can almost taste the last chocolate truffle in the box. As you raise it to your lips, your mouth begins to water with delicious anticipation. And then -- oops! It slips out of your hand and lands on the floor. But it's still intact. Do you a) apply the five second rule, pick it up, dust it off and eat it or b) throw it in the trash and head to the store for another box?

If you picked the second option, congratulations. You've just avoided consuming something covered with thousands of germs. If you picked choice A, however, you may be interested to know that the five second rule (no doubt invented by a kid eager to enjoy the last bite of his fallen Hershey bar) is a dirty little lie.

The idea that food scooped from the floor in less than five seconds would be free of germs was first disproved by high school student Jillian Clarke during her internship at the University of Illinois in 2003. Clarke coated tiles with *E. coli* bacteria and then proceeded to drop gummy bears and fudge-stripe cookies onto their surfaces. She not only found that bacteria certainly did jump onto the food in five seconds, she also uncovered some interesting facts about human behavior -- namely that women were more likely to eat food that had fallen than men, and that sweet treats were more likely to be rescued and consumed than were veggies.

In many ways, Clarke's research raised more ques-

tions than it answered. Did the surface food contacted have an impact on germ transfer? What about the type of food? And if five seconds was bad, was 10 seconds even worse? A team of researchers at a South Carolina University attempted to answer some of these questions.

In May 2007, scientists decided to find out just how much ick sticks to food as well as to various floor surfaces. By applying a "salmonella soup" to tile, wood and nylon carpet, the researchers were able to not only see how long the germs lived in those environments, but also how many of the micromenaces transferred to slices of bread and bologna.

The researchers discovered that salmonella could survive on all three surfaces for up to four weeks -- and that they thrived particularly well on the carpet. As for how quickly the germs climbed aboard the bologna and bread, it was found that the longer the contact with the floor, no matter what the surface, the higher

the transfer of germs. So, when left on the floor for just five seconds, both foods picked up between 150 and 8,000 bacteria. But if they were left for a full minute, the rate was magnified 10 times. Combine this with the fact that it can take just 10 of some strains of salmonella bacteria to cause infection, and it becomes clear that grounded food should stay that way.

But surely the pH of our saliva and stomach acids can wage a good fight against contaminated food, right? "No," says microbiologist Charles Gerba. "Many viruses survive the low pH -- in fact, they like it. Viruses like hepatitis A and norovirus survive well at low pH. So do bacteria like salmonella. Any bacteria that infects the intestine can survive the low pH long enough to get to the intestine."

It's also important to

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consider where your Twinkie or hot dog has landed. According to Gerba, there is quite a difference between floor germs based on their location. He says that public restrooms top the list. He also adds, however, that all floors and carpets are dangerous "because people track bacteria and viruses on their shoes all the time. About 93 percent of the shoes we have tested have fecal bacteria on the bottom."

Think a doughnut dropped on your sparkling kitchen floor might be edible with just a quick brush off? It might be -- if you'd have no problem eating something out of the garbage. A study from the Hygiene Council found that kitchen floor just in front of the sink has more bacteria than the trash can. Other surprises included the fact that the sponge held 60 times more bacteria than the pet's food bowl and that the kitchen counter was more germier than the toilet seat.

In fact, toilet seats get a bad rap all around. A recent study by Gerba has shown that they're not even the dirtiest place in the bathroom.

That honor goes to the toilet paper dispenser, with more than 150 times the bacterial levels of the porcelain throne. The next most contaminated spot is the paper towel dispenser, which harbors 50 times more germs than seats.

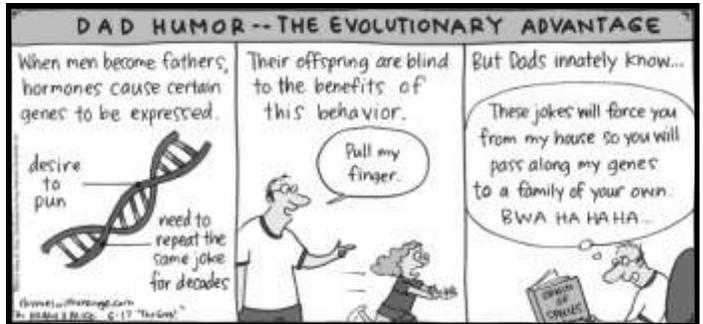
To further defend the commode, your cell phone carries 25,000 germs per square inch, while toilet seats hold only 344 bacteria in the same space -- and we all know how much time we spend with our mobiles pressed close to our mouths. Among the germs clamoring to join our conversations are staph, found on nearly half of 25 random mobile phones tested by Gerba.

When the "germ guru" turned his attention to another everyday item -- women's purses -- the results weren't any more encouraging. Through a small random field test, the numbers of bacteria found on the bottom of ladies' bags ranged from small numbers to the nation-sized amount of 6.7 million.

Fortunately, most of the germs that are crawling

around our desks, on our phones and beneath our bags are of the benign kind and are kept under control with basic hygiene. But people with compromised im-

mune systems, or those who spend time in areas likely to be contaminated with *E. coli* or salmonella, should definitely think for at least five seconds before putting anything in their mouths that has touched the floor.



## This Months Employee All Stars



Mary T  
HHA  
23 Years

Andrea  
LVN  
14 Years

Haley  
RN  
3 Years

Jessica  
LVN  
2 Years

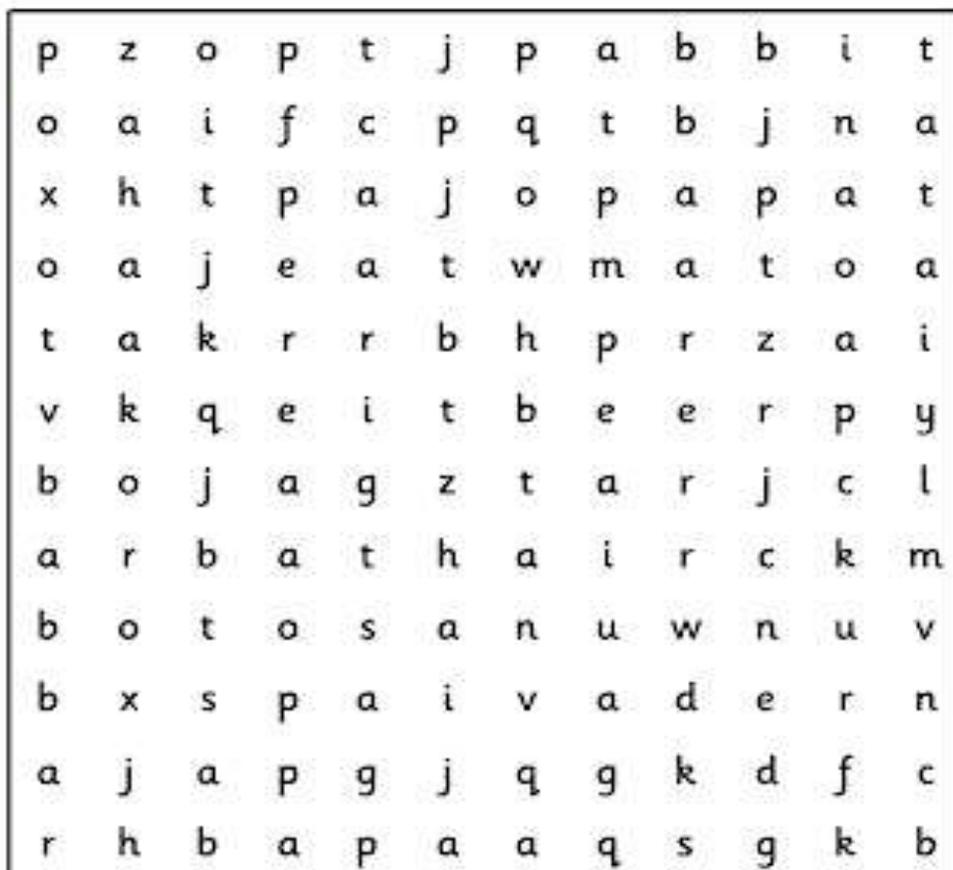
Krista  
HR  
1 Year



# Father's Day Wordsearch



Can you find the word for Father in all these different languages?



Abba (Hebrew)

Athair (Irish)

Babba (Arabic)

Bapa (Malay)

Father (English)

Haakoro (Maori)

Otosan (Japanese)

Pabbi (Icelandic)

Pai (Portuguese)

Papa (Russian)

Pater (Latin)

Pere (French)

Tata (Polish)

Tatay (Filipino)

Vader (Dutch)



## Grandparents Who Babysit Are Less Likely To Develop Dementia And Alzheimer's

Will Schuerman

Grandchildren can be quite the blessing. Outside of their pure cuteness, they also are very beneficial to their grandparents it turns out.

Research published in the journal of the North American Menopause Society found that grandmothers who babysat once a week scored higher on cognitive tests versus those who did not.

Like anything though, the key is moderation. The same study also found that grandparents who babysat five or more days per week scored lower on the same tests.

In addition to the study, there is a growing body of research that shows social interaction is a key component to healthy lifestyles for seniors.

Heart Of Texas Network



At Early consolidated Business Company

## Alzheimer's Support Group

4th Wednesday of every Month @ 2 pm



Redstone Park Retirement & Assisted Living

2410 Songbird Circle, Brownwood - 325-643-9056



## FATHERS AND SONS MATCHING GAME

*Can you match the famous father to his son or sons? Write the number of your chosen Dad in the space beside the son.*



1. Henry
2. Bobby
3. Abraham
4. Lloyd Michael
5. Homer
6. Zeus
7. Martin
8. Ben Peyton
9. Felipe
10. Kirk
11. John
12. Mario
13. Archie
14. Donald
15. Cal Jr.

- \_\_\_\_\_ Luke Ripken
- \_\_\_\_\_ Beau and Jeff Bridges
- \_\_\_\_\_ Hercules
- \_\_\_\_\_ Andretti
- \_\_\_\_\_ Sean & Julian Lennon
- \_\_\_\_\_ Moises Alou
- \_\_\_\_\_ Kiefer Sutherland
- \_\_\_\_\_ Eli Manning
- \_\_\_\_\_ Peter Fonda
- \_\_\_\_\_ Brett Hull
- \_\_\_\_\_ Jerry Stiller
- \_\_\_\_\_ Michael Douglas
- \_\_\_\_\_ Isaac
- \_\_\_\_\_ Bart Simpson
- \_\_\_\_\_ Charlie Sheen

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Should be treated with compassion  
and with the highest level  
of skilled services available

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Debra Lynn Day reviewed CMS Health Care — 5 star — November 3, 2016 .

We used their services for a couple years for my sweet Poppa. They were all amazing. So many too mention. They all treated my father in law as if he were their only patient. Love and appreciation for this group. Highly highly recommend.

Vicci Devery Jenkins reviewed CMS Health Care — 5 star — September 8, 2016 .

I had a 3-4 week adventure with being down and I would not have made it without CMS & Shelby Taylor. She would come and dress my wounds and give me a pep talk, & just be positive in every way. I looked forward to my visits cause some days she was the only friend I would see. and on the days she would not come she might 📞 just to ck on me. I would Recommend them to anyone. She would always ask if I needed anything else or help in any other way! Plus she always gave my dog Millie a treat!!! Debra Pinson also came a couple of times and she was great too! Thanks so so much! Love you all...you are all angels.

Vicki Elliott reviewed CMS Health Care — 5 star — August 13, 2016 .

CMS was AWESOME when they were taking care of my sweet daddy & for a short time for my mom! I loved everyone that came out during this difficult time.

You are all such a Blessing & will ALWAYS have a special place in my heart!

Joy Churchwell Smith reviewed CMS Health Care — 4 star — August 9, 2016 .

Chris was really awesome with working with my husband. All of the other people that came and helped was so understanding and kind. I know with what they all did to help let us have nine more months with Phil. Lee , Nelson and I want you all to know how much we appreciated all your hard work to help us

Rosemary Phillips reviewed CMS Health Care — 5 star — April 25, 2016 .

this caring wonderful people are excellent they are always ready to assist anyone that has a need even if it isn't in their department they will try to find a way to get the kind of help any one may be needing this wonderful people work beyond their limit .



*Nursing Care, Speech Therapy, Physical Therapy*

*Home Health Aide, Occupational Therapy*

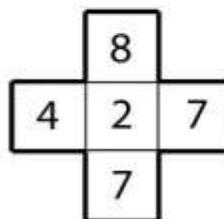
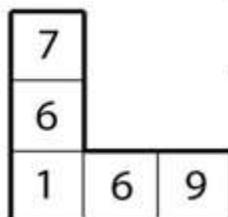
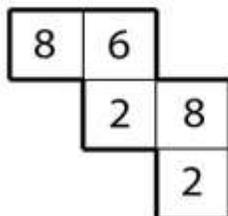
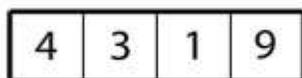
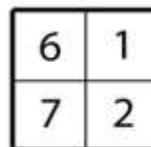
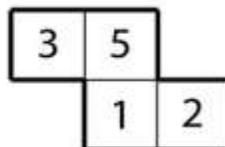
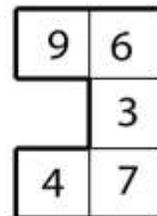
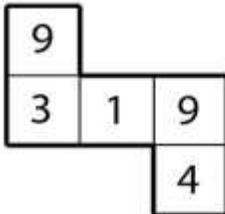
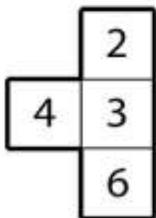
*And Medical Social Services*



# Polysu - Polyomino Sudoku

Using the rules of Sudoku, fill in the grid below. The grid has been divided into polyominoes for a little bit of extra fun. If you get stuck with the Sudoku, use the shapes of the polyominoes as extra clues!

	2	1	4	7				
			5					
					7		8	5
				6	1	9	3	4
2				5	8	7		
9				1	5	4		
1				3	9	6	5	8
6	5		8	2				



# Mom Loses Job At 75, Son Shows Her Life She Never Had

Lauren Ready

Sian-Pierre Regis was in Paris when his mother left him a voicemail that he will never forget: "I just got fired, just want you to know that. Call me. Bye."

His 75-year-old housekeeper mother, Rebecca Danigelis, had been working in hospitality for as long as Regis could remember.

"We were raised above a hotel," Regis says. Danigelis raised two boys by herself in Boston, above the hotel that she worked in.

"I was always very aware of the fact that everything she made went into our mouths," Regis remembers about he and his brother's upbringing. She cashed out her 401k to help Regis go to college, and he went on to live his dreams, while hers were set aside.

Then she got fired. Regis decided it was time for his mother to live *her* dreams. He wanted to help her live her best life, and he wanted them to do it together.

Danigelis had been working on a bucket list of things she's always wanted to do. "When she got fired,"

says Regis, "all these bucket list items took on so much more weight."

She added a few more items to the list and together they set off to live her dreams.

Some of the things on her list were pure fun: Take a hip-hop lesson with a dancer from the award-winning Broadway musical *Hamilton*, join Instagram, milk a cow in Vermont, take a mystery trip.

But some of her bucket list items were deeper and more meaningful to her, like visiting the grave of her sister in England.

Danigelis missed her sister's funeral because she was working. She couldn't find someone to cover her shift, so she didn't attend. Standing over her sister's grave, she sobbed, saying, "I wish I had come sooner."

"I could see all the memories of she and her sister flooding towards her, she just felt horrible," Regis says.

Regis says his mother has been reflective about missing out on so many things in her life, but she says she would never



change any of it. "She had to put food on the table," he said. And her boys always were her priority.

As mother and son toured the world, ticking off her bucket list items, the duo has shared many laughs.

"There is a spirit within her that I've never seen so bright, she's 75 but I've never seen her younger than in these moments," Regis says.

This dynamic duo isn't done with mom's bucket list. Danigelis has yet to skydive or walk the Boston Marathon route, something she plans on doing with both her sons. She is actively looking for a job in hospitality, but says she is having trouble finding an employer who is seeking someone her age.

Regis has filmed their adventure since the beginning, hoping to share his

mother's struggle with the world, but also give her something she can cherish forever. "She's always wanted to write a memoir," Regis says. "So many people in their day-to-day jobs render that dream impossible, but now through this film, she's able to tell her story and be in control of this story."

They will continue completing items on mom's bucket list through the end of 2017. Regis has launched a Kickstarter campaign to raise money for production costs for his mother's film, which they've titled *Duty Free*.

In the meantime, follow her adventures on Instagram and Facebook. And if you see Danigelis painting a picture of her neighborhood in Boston's Back Bay, know that she's fulfilling another one of her dreams.



6	5	7	8	2	4	3	1	9
1	4	2	7	3	9	6	5	8
9	3	8	6	1	5	4	7	2
2	9	4	3	5	8	7	6	1
7	8	5	2	6	1	9	3	4
3	1	6	9	4	7	2	8	5
5	6	3	1	9	2	8	4	7
4	7	9	5	8	6	1	2	3
8	2	1	4	7	3	5	9	6

# Single Daughters Set Up Wedding Photo Shoot with Elderly Father Who Has Alzheimers

Nigel Wallace

**Sarah and Rebecca Duncan, identical twin sisters from Grapevine, Texas, say that their dad Scott is their “superhero.” When the reality of his age and poor health set in, the girls decided to make a special memory.**

Growing up, the now 23-year-old twins had Scott as a loving, doting father but when he was diagnosed with Alzheimer’s disease in 2012, everything changed.

As his condition started to take hold, Scott’s memories began to fade.

For two whole years Sarah and Rebecca both put their college dreams on hold to become Scott’s full-time carers while

their mother worked to support the family.

In the summer of 2016, Scott turned 80 and was ready to move into a proper care facility that could better treat his condition. Knowing that their days with their father were becoming numbered, the girls were inspired by an idea they saw online.

“We just wanted to have the memory of us with our father on our wedding day, and we knew there was a chance that we won’t have him there.” Sarah explained.

Amazingly, the dresses, flowers and photos were all donated for the moving photoshoot.

The twins say that Scott won’t remember the day, but the young women will always have the memory and photographs to look back on.



## SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!

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# Parkinson's Support Group

## OAK RIDGE MANOR

2501 Morris Sheppard Dr., Brownwood, TX 76801  
**325-643-2746** 2nd Thursday of every month @ 12:00



### Prom Duo, Guy and His Grandma

Victoria Messina

For Betty Jane Keene, her lifelong dream of attending the prom finally came true at the ripe, young age of 93 - thanks to her grandson, Connor Campbell.



A whole year ago, Connor, a junior at Pinewood Preparatory in Summerville, SC, told his grandmother that she was going to be his

prom date because he knew she'd never been to one before. On April 1, his promise became a reality when the cute-as-can-be duo got dressed to the nines for the occasion - Betty Jane in a gorgeous light-pink dress and Connor in a suit with a matching vest and tie. Could they be any more adorable?!

Before the dance, Connor told The Summerville Journal Scene how his friends and classmates were very supportive about him bringing Betty Jane to the dance. "They want to dance with her," he told the local paper.

And boy did they have a ball! It sounds like they were the most popular couple that evening. "It was about 100 children at that dance and it was so lovely and they all came up and shook my hand and then I got Connor to dance with me," Betty Jane told ABC News. "He's not a dancer, but I am." Unfortunately, it looks like this is a one-time occasion for the cute pair, as Betty Jane has different plans up her sleeves for the next prom. "I won't go next year," she told ABC. "I want him to find a girlfriend." Ha!



For more information Contact  
 Joan Countess 325-643-5820

## Heart Of Texas Ostomy Support Group

At Brownwood Regional  
 Medical Center

# FATHER'S DAY TRIVIA

1. What leader was first called the father of his country?

- George Washington
- Napoleon Bonaparte
- Caesar Augustus
- Thomas Jefferson

2. Where and when was the first known Father's Day card written by a boy named Elmesu?

- Babylon, 2000 B.C.
- Spokane, 1910
- Rome, 1939
- Constantinople, 1818

3. Why is March 19 the traditional Father's Day in many Catholic countries?

- it is St. Joseph's Day
- it is the Pope's birthday
- it is before Mother's Day
- it is the beginning of spring

4. Why is August 8 Father's Day in Taiwan?

- 8/8 is the president's birthday
- 8/8 is pronounced Ba-Ba, which means father
- There were no August holidays
- It is good weather for a barbecue

5. Which fatherly role was never played by Spencer Tracy?

- Father of the Bride
- Father's Little Dividend
- Boys' Town
- Father Knows Best

6. Which of these fathers does not actually exist?

- Father Cats
- Father Dogs
- Father Christmas
- Father Divine

7. Which father and son team played Spartacus and the U.S. president?

- Donald and Kiefer Sutherland
- Martin and Charlie Sheen
- Desi and Ricky Amaz
- Kirk and Michael Douglas

8. What percent of Father's Day cards are sent to someone who is "like a father?"

- fifty percent
- thirty percent
- one hundred percent
- seventy percent

9. What is the most popular Father's Day gift?

- tools
- Barbecue aprons
- neckties
- wallets

10. When is Father's Day?

- the last Sunday in May
- the third Sunday in June
- The 4th Sunday after Mother's Day
- the first Sunday after graduation

11. Which president signed the legislation making Father's Day a permanent U.S. holiday?

- Lyndon Johnson
- Richard Nixon
- Calvin Coolidge
- Woodrow Wilson

12. When was the first U.S. Father's Day celebrated?

- 1910
- 1920
- 1930
- 1940



13. Where does Father's Day rank among holidays in card sales?

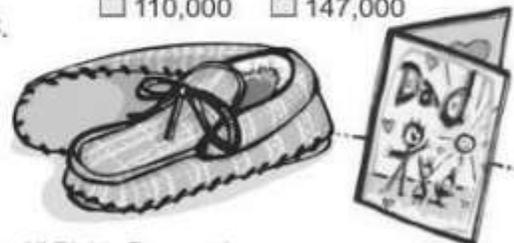
- first  second
- Third  fourth

14. Where was Sonora Dodd when she got the idea for Father's Day?

- at a Mother's Day sermon in Spokane
- at her father's funeral
- at an anti-war rally in Chicago
- at her son's birthday party

15. How many stay-at-home dads are tending preschoolers in the U.S. today?

- 12,000  24,000
- 110,000  147,000



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**Answers:** 1. George Washington, 2. Babylon, 2000 B.C., 3. It is St Joseph's Day, 4. 8/8 is pronounced Ba-Ba which means father, 5. Father's Little Dividend, 6. Father Christmas, 7. Kirk and Michael Douglas, 8. thirty percent, 9. neckties, 10. the third Sunday in June, 11. Lyndon Johnson, 12. 1910, 13. Fourth, 14. a Mothers Day sermon on Spokane, 15. 12,000

# Summer Weather Doesn't Mix With Some Medications

Lynn Harrelson

Summer is here and the days continue to get hotter. Families often look forward to getting outside and enjoying the warm weather, but a number of common prescription medications can complicate having fun in the sun. It is important to be more mindful of medication side effects and watchful of a senior's wellbeing during this time of year. The reasons that everyone loves summer—the sun and warmer weather—are the exact causes of some dangerous drug interactions and health complications. Be sure to check all of your loved one's medication pamphlets for the three side effects explored in detail below before heading outside this summer.

## Dehydration

During the hot summer months, it is easier to become dehydrated because we lose more water through the process of sweating. Dehydration worsens when individuals decrease their fluid intake in an attempt to manage bathroom visits or cannot remember how much fluid they have consumed due to cognitive impairment. Add in "water pills" or diuretics used to control conditions like edema, hypertension, and glaucoma, and the effects can be profound. Other medications that contribute to fluid loss include laxatives, chemotherapy drugs and antihistamines.

Dehydration, or lack of fluids, may present as light-headedness and fatigue. Younger individuals will simply increase their fluid intake once they feel thirsty, but the thirst mechanism in older

individuals works less effectively. Seniors may not realize that they are dehydrated until they begin experiencing more serious symptoms like dizziness, confusion and racing heartbeat, which can be caused by the heart pumping against a smaller volume of blood.

Fluids, preferably water, are needed to keep the body functioning properly. Everyone, regardless of age, is encouraged to increase their fluid intake during the summer months. While plain water is the best source of hydration, plenty of other healthy beverages, and even foods, can help increase hydration on hot summer days.

## Sensitivity to Sunlight

Certain topical, oral and injection medications can cause phototoxic and photoallergic reactions in individuals when they are out in the sun. A few well-known examples are antibiotics (quinolones, tetracyclines, and sulfonamides), non-steroidal anti-inflammatory drugs (NSAIDs), thiazide diuretics, and some anti-diabetic agents (sulfonylureas). Symptoms include sunburn-like skin inflammation, rash, and eczema.

During the sunny months, it is extremely important to ask a healthcare provider about how each of a loved one's medications (new and old) may interact with spending time outside. How a person might react to a medication is often dependent on the dosage as well as the amount and intensity of sun exposure. Photoallergic reactions can

be difficult to predict unless a senior has a history of them.

Preventing photosensitivity is similar to preventing sunburn. Good prevention includes avoiding or limiting exposure to the sun, wearing plenty of protective clothing (including hats), and using sunscreen products.

## Heat Intolerance

The heat of summer may cause greater problems since seniors have a reduced ability to regulate body temperature. The addition of certain medications can further weaken or inhibit the body's normal physiological response to heat and humidity.

For example haloperidol (Haldol) and risperidone (Risperdal) block signals to the brain that body temperature is rising, while drugs like beta blockers actually reduce blood flow to the skin, thereby preventing the release of excess heat. Tricyclic antidepressants and many over-the-counter medications containing diphenhydramine (Benadryl and Dramamine) actually cause

individuals to sweat less.

It is crucial to closely monitor seniors taking these and similar medications while spending time outside. Overheating, also known as hyperthermia, can quickly progress into heat stroke if left untreated. Keep an eye out for symptoms like nausea and vomiting, changes in heart rate, decreased sweating, confusion and fainting. To avoid overheating, wear light-weight summer clothes, keep a cool, non-alcoholic beverage handy, and bring your own shade while spending time outside.

## Safe Summer Fun

It is important for seniors and their caregivers to get some fresh air and vitamin D this summer, but be smart about outdoor activities. Certain prescription and over-the-counter medications require special precautions, so read all inserts and prescribing information carefully. Wear the proper sun protection, drink plenty of water, and try to plan outings for the cooler parts of the day to avoid issues.



## Texas Man Known As Award-Winning Braider Taught Himself

Ronald W. Erdrich

Being in the spotlight really isn't Billy Albin's scene.

The Abilene Reporter-News reports now that he's been recognized as Braider of the Year by the Academy of Western Artists, the light has arrived.

"Being famous or recognized, that isn't my big deal," he said. "I don't care; the less publicity I get the better off I think I am."

A friend in Florida, Domingo Hernandez, had nominated Billy for his AWA award, sending them pictures of Billy's work. It's a safe bet Billy wouldn't have done it himself.

In fact, when Billy's daughter Lauri was asked about a reporter interviewing him, she thought it unlikely but she would ask him anyhow. No one was more surprised than she when he agreed.

"Well, I'm just being nice," he admitted, chuckling.

Don't get the wrong

idea. It's not that he's anti-social, it's just that Billy feels more comfortable working alone than in a crowd.

"I'm a 'by-myself' person," he said, chuckling. "Because most of the years, most of my work has been by myself."

His three favorite pastimes are braiding, looking for arrowheads and gathering a wild cow by himself.

"I can get a cow to respond to my method of gathering, whereas when someone is with me I can't get it done," he said. "They might be a little out of place, or a little too fast, or a little too something."

Billy lives with his wife Glenda off a country road south of town several miles. They've been there 40 years, and looking out his workshop's single window, he points to ridge about a quarter-mile to the east.

"I was raised just past those trees," he said. "I've been here all my life."

Glenda said that it's not unusual for his pickup to sit in the same spot for two or

three weeks, unused. That's not to say he hasn't left, however.

"I feed some cows for a lady over here three days a week by riding my horse when I go, and they've got a feed truck over there," he said, laughing. "So I don't leave the place unless it's on horseback."

For most of his life Billy's been making quirts, hackamores, and other tack items. Quirts are a leather-wrapped stick used for encouraging livestock into a pen or down a chute. A hackamore is sort of like a bridle but without the bit in the horse's mouth.

He taught himself how to do it. A cowboy learns what lasts and what will turn to trash too soon.

"I haven't had five jobs in my life, and none of them lasted very long," he said. "I day-worked for a long, long time."

What's day-work? Listening to Billy, it's all the stuff cowboys do in the movies.

A rancher usually has a regular number of hands permanently employed for work, but sometimes there's a need to temporarily hire a few more.

"They hire extra help when they brand, wean or anything else," Billy said. "You might go one day, you might go for a

month.

"All you're involved with is the fun part of ranching, you don't get to have to do the dirty work in-between," he continued, chuckling again. "Building a fence, checking waters, and feeding; you don't do any of that. You just go brand the calves and wean them."

It's fun, but it's also physical. Around about age 50, Billy started thinking about tapering off.

"Glenda said I ought to do this full-time," he said, gesturing to several quirts drying on a rack by the door. "But my answer was I would just sell it to all my friends and then that would be it."

Twenty years later, it's worked out a little too well.

"Now, it's overwhelming," Glenda quipped.

"As a matter of fact," he said, "I'm trying to quit."

Billy doesn't make anything that isn't already sold. He doesn't advertise and the only show he goes to is at Abilene's Western Heritage Classic. Billy and Glenda set their table up in the Round Building, just to the left as you enter.

Everything that he will bring is already sold and he said he likely won't be taking any more orders.

"Selling is not my priority, I'm not making it to sell, I'm making it to make; and then I want to sell it so that I can go make something else," he said.

But he's not giving up, he just wants to push himself in a different direction.

"I want to retire so I can stay in here and braid all the time, but braid what I want to braid," he explained. "I just want to make things that are challenging; I'm a habitual experimenter, I guess."



# Father's Day Cryptogram

Can you solve this cryptogram and work out the saying about fathers?



A	B	C	D	E	F	G	H	I	J	K	L	M
22				10				24				
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	9						7					

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 3 9    25 10    22    15 22 15



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