



NEWS ON WHEELS

A QUARTERLY PUBLICATION OF LUBBOCK MEALS ON WHEELS
VOLUME 32, NUMBER 3 • JULY 2011 • WWW.LUBBOCKMEALSONWHEELS.ORG

Court Sport

The **15th Annual Lubbock Meals on Wheels' Tennis Tournament** will be here soon. Once again, the tournament is being hosted by **all** area country clubs: The Falls Tennis & Athletic Center, Lubbock, LakeRidge, Hillcrest, The McLeod Tennis Center at Texas Tech University and Burgess Rushing Tennis Center. This weekend long tournament is scheduled for **July 29-31**, and all proceeds benefit Lubbock Meals on Wheels.

The events include men's and women's doubles and mixed doubles. There is also a **junior tournament** for players ages 18 and under. The junior tournament events are singles only. Due to the large number of entries, adult matches will begin on Friday, July 29. On Friday, players are invited to The Falls Tennis & Athletic Club for the check-in, door prizes, and dinner. A casual meal will be donated by **Rudy's Bar-B-Q**. Play continues on Saturday and Sunday, and the weekend of events closes with an awards ceremony at 6:00p.m., Sunday at The Falls. Awards will be presented for first, second, and third place winners in both the adult and junior tournaments; refreshments will be served. The tournament directors are **Eric Huntley** and **Jacque Hopkins**, and the tournament referees are **Eva** and **Clifford Hopping**.

The entry fee, which includes invitations for two to the Friday evening events and a tournament t-shirt is \$35 per person and \$15 for the second event for adults, and \$35 per person for juniors. **The entry and payment deadline is Tuesday, July 26th.**

No late entries will be accepted. A \$5 fee will be charged to players if payment is not received by the 26th. Payments can be made to Lubbock Meals on Wheels by cash, check, or credit card (VISA, MasterCard, Discover).

To enter the tournament or for more information, please contact the Lubbock Meals on Wheels' office at 792.7971 or if you have an account online at Courtside USA you can enter there under community page. Entry forms available at area clubs and online at www.lubbockmealsonwheels.org. For out of town players, Holiday Inn Park Plaza at 3201 S. Loop 289 will offer \$79 room rate if you book by July 27. To reserve at this rate, call the hotel at 806.797.3241 and mention Meals on Wheels Tournament. Please join us for a fun-filled weekend and one of the biggest and best tennis tournaments around!



Hot Day & Cool Cars

On Friday, June 17, our recipients were treated to a delicious hamburger and tater tots lunch delivered by a special volunteer. Many local celebrities generously donated their time and endured the over 100 degree temperatures outside to deliver the meals to our recipients at the **Big Wheels Deliver Meals'** promotion. For the fifteenth consecutive year, Lubbock Meals on Wheels and **Sonic Restaurants** have joined together to help raise public awareness and involve local celebrities in the mission of Meals on Wheels. Sonic Restaurants graciously donated 664 meals to feed all the recipients, celebrities, and classic car drivers.

Each celebrity, paired with a classic or unique car and driver, left for an assigned route from one of the twelve area **Sonics**. After all of the routes had been delivered, everyone was invited back to the Meals on Wheels' office to enjoy a Sonic lunch along with tasty ice cream sandwiches donated by **Gandy's** and beverages donated by **Coca Cola**. Thank you to **Sonic** for making this event possible. Our thanks also goes to **Johnny Velvet Tees** for donating event t-shirts for all of the celebrities and **Xstream AutoClean** for donating complimentary car wash cards to all the drivers. We truly appreciate everyone who helped make this a very special and fun day for our recipients.



The "big wheels" this year were:

Mayor **Tom Martin**, City Council Members **Floyd Price** and **Karen Gibson**, Sheriff **Kelly Rowe**, **John Robison**, **Cary Allen**, **Christy Moreland**, and **Pete Christy** of KCBD Channel 11, Miss Lubbock Texas Teen **Alyssa Gregory**, Criminal District Attorney **Matt Powell**, **Allison Morrison**, **Sandy Eichenberg** and **Nick Kanczuzewski** of KAMC Channel 28, **Jeff Klotzman** and **Matt Ernst** of Fox 34, County Commissioner **Mark Heinrich**, **Eddie Owens** of United Supermarkets, **Constance Barbian** of the Chamber of Commerce, County Judge **Tom Head**, **Mudflap** of KLLL, Coaches **Nathan Blackwood** and **Steve Gomez** of LCU, Texas Tech Masked Rider **Bradley Skinner**, **Terri Furman**, **Evan Onstot**, **Carly Figueroa**, **Nikki-Dee Ray** and **Brandon Rawe** of KLBK Channel 13, **Curtis Griffith** of City Bank, **Lynn Smith** and **Raul Salazar** of the Lubbock Fire Department, physician **Dr. David Laurentz**, **Jennifer Martinez**, **Vince Carrillo**, **Eddie Moreno**, and **George Rojo** of Magic 93.7, **Meredith Sherwood** and **Lee Higginbotham** of Stars 97.3, **Ben Gonzales** of KEJS, **Jane Prince-Jones** of 99.5 The Bear, **Bob Shattuck** with Townsquare Media, Attorney **Davis Smith**, **Steve Beasley** of the Lubbock Avalanche Journal, Lady Raider Basketball Coach **Kristy Curry**, **Steve Locke** of Texas Tech, **Steve Fannin** of Cam Fannin Insurance, LISD Trustee **Mario Ybarra**, United States Marines **Sgt. Rubalcava** and **Staff Sgt. Pearson**, and musician **Kenny Maines**.





Grateful for Gifts

Lubbock Meals on Wheels would like to thank the **New Neighbors** for their continued support and gift of **\$1,350** to Lubbock Meals on Wheels presented at their annual luncheon in May. **Annie's Chat and Chew** raised an incredible \$1535.00 in April. The annual Lubbock Meals on Wheels' Garage Sale was held in mid-April and with the help of this year's partner, **Metropolitan Rotary**, and all the assistance from **Delta Theta Chi** and Lubbock Meals on Wheels' volunteers, the sale was a tremendous success raising **\$8460.77!**

upcoming events

(Please mark your calendar for these opportunities to support Lubbock Meals on Wheels)

July 29-31, 2011

Lubbock Meals on Wheels
Annual Doubles Tennis Tournament

Sept. 23 – Oct. 1, 2011

South Plains Fair
Funnel Cake Booth

November 12-19, 2011

Feed a Friend –
It's as Easy as Pie Fundraiser



The Power of an Hour

Looking for a great activity for you and your children or grandchildren this summer? If you are able to donate an hour of your time, you can make an incredible difference in the life of someone who is homebound, elderly, or disabled. Summer is here and that means many new volunteer drivers are needed. Many student volunteers are not available in the summer, and many other volunteers take well-deserved vacations during this time so substitute volunteers are needed. A one-hour orientation is required. All of the routes are within the city limits, have between 8 and 12 stops, and average about 12 miles. It only takes about one hour to deliver a route, and you can drive as many days as you choose. If you are unable to be a volunteer, you can still help by passing along this information to your friends, family, civic club, Sunday school class, mission group, or other organization to help us recruit new volunteers!

A special opportunity available for businesses is our **Corporate Volunteer Program**.

Local businesses are encouraged to participate by allowing employees to deliver meals during their lunch hour. This allows employers to be civic minded without excessive loss of staff time. For convenience, the required orientation may be held at your place of business. Approximately 28 businesses are currently involved in this program.

If you or your group or business is interested in signing up for the best volunteer job in town, please call **Barbara at 792-7971** and give an hour to start making a difference today.

★ ★ ★ ★ **remember** ★ ★ ★ ★
You can make donations online at lubbockmealsonwheels.org



Thank you
to the following for their
help with this special program
(March 26-June 22, 2011)
Andie Cooley
Marie Meyer
Pat Sharpe

Pet Memorials:

- Beggar, beloved cat of Lorrie & Gary Bellair
- Bounce, beloved dog of Rhonda Clark
- Brittany, beloved dog of Debbie & Clyde Lynn
- Bruno, beloved dog of Dr. & Mrs. Bruce Bordley
- Chance, beloved dog of Becky Snodgrass
- Dusty & Buddy , beloved cat & dog of Janice Gott
- Elizabeth, beloved dog of Kellianne Bynum
- Elly, beloved pet of Rick & Rhonda Green
- Essence, beloved dog of Josh Hill & Family
- Jake, beloved dog of Larry & Lisa Gilliland
- Jasmine, beloved dog of Ms. Mike Rader
- Jodi, beloved dog of Sonja Lee, D.V.M.
- Rak, beloved dog of Kathee Lupton
- Ranger, beloved dog of Gracie & Rodger Burdick
- Rascal, beloved dog of John & Elaine Milam
- Suki, beloved cat of Dana Bear
- Tucker, beloved dog of the Newport Family

Donated By:

- Charles & DeAnn Britton, Camille Powe, Tammy Stegall
- Sue & Johnny Franklin, A-Way with Pets
- Debbie & Clyde Lynn
- Donny, Janalee, & Joey Mac McClendon, Jr.
- Frances Sowder Family
- Samuel & Darla Smiley
- Tammy Stegall
- Jana, Rosie, Holly, Sara, Dawnda, Jim & Podi
- Chad & Karen Caddel
- Don & Gail Davies
- Debbie Matthews
- Staff of Ark Hospital for Pets
- Grace & Brad Simmons, Ann McGinty
- Grace & Brad Simmons
- Dwight & Gwen Sanders
- Dana Bear
- Ann McGinty



EXTRA! EXTRA! READ ALL ABOUT IT!

Lubbock Avalanche Journal continues to provide 180 newspapers per day (Monday – Friday) to be distributed free of charge to clients in Lubbock, the Adult Day Activity Center, and in Idalou. AJ Readers are generously sponsoring this special project. Lubbock Meals on Wheels is very excited to continue this partnership and looks forward to providing yet another “extra” to our meal recipients.



letters from the

heart

Thank you for the hot meals in my need for you. Also for the beautiful flowers that brightened up my Fridays – and another thanks for reading material – the A.J. and Senior News.

- Clarence

Thank you for all the lovely, delicious dinners! May God bless all of you.
-Sincerely, Iola

Dear everyone at Meals on Wheels, I want to tell you how much I have enjoyed the 10 meals and what a pleasure it has been to meet everyone. Happy Mother's Day to all the ones who deliver and the good cooks!
-Theda

Thanks again for my meals and the people who bring them to me.
-Margaret

Dear Friends,
Please allow me to thank you for the lovely birthday card and the delicious cake! Your willingness to do things to help brighten our day is wonderful! I enjoyed the "Days of Christmas Gifts" and appreciate so much the florists donating flowers each week to brighten our days!
-Billie

Dear Meals on Wheels,
Many thanks for the cute little birthday cake. It was enjoyed by all of us. I got a card from the President and First Lady.
-Love, Marilee

..... A NOTE FROM THE EXECUTIVE DIRECTOR



Executive Director
Lorrie Lushnat Bellair

I like to celebrate – birthdays, graduations, weddings, and anniversaries. It is wonderful for people to come together to share joyful occasions. Lubbock Meals on Wheels recently celebrated its 40th Anniversary as a non-profit organization. We held a reception for our donors and past board members and reminisced looking at pictures from the past.

Most companies do not celebrate enough. Organization's success should be celebrated by all those involved. Recognizing accomplishments creates camaraderie and that is so essential for teambuilding. At LMOW, we are involved in our recipients' and volunteers' lives and with their pets too! We share both the highs and lows. There are nine full-time staff and three part-time staff. I always say we are like a baseball team – one on each base and everyone has a specific job. All of the staff is cross-trained to do many different jobs because people have vacations, illnesses, meetings, and family problems. Yet, the meals

have to be delivered!

In most non-profit organizations there are few perks. We spend about a third of our time with our co-workers. At LMOW the majority of the staff has been together more than ten years. We do not punch a time clock; we eat the same food prepared for our clients, and everyone answers the phone! We have unloaded food boxes from trucks, taken care of pets, attended funerals, sent out birthday cakes, and made special cards. With budget cuts and belt-tightening, I believe that celebrating during the difficult times might be even more important.

It is my responsibility as a leader to celebrate my team's success and hard work. We use the 3 F's: food, fellowship, and fun!

MEMORIALS & HONORARIUM GIFTS

A DONATION TO LUBBOCK MEALS ON WHEELS IS A GREAT TRIBUTE FOR A:
Birthday • Anniversary • Holiday • Special Event

DONATIONS MAY ALSO BE MADE IN MEMORY OF A LOVED ONE

With any tribute or memorial donation, an acknowledgment card will be sent to the person or persons you indicate. For tribute and memorial contributions, please cut out card below, complete, and send to:
Lubbock Meals on Wheels | 2304 34th Street, Lubbock Texas 79411

YOU CAN ALSO HELP OUR PROGRAM IN THE COMING YEARS BY:

- Remembering Lubbock Meals on Wheels in your will. • Giving monthly by bank draft.

PLEASE SEND AN ACKNOWLEDGMENT CARD TO: (please print clearly)

Name _____

Address _____

City _____ State _____ Zip _____

This gift is from _____

Address _____ Phone _____ / _____ - _____

City _____ State _____ Zip _____

Payment: MasterCard VISA Discover

Card #: _____

Expiration Date: ____ / ____ Security Code: _____ Authorized Amount: \$ _____ OR

Check is enclosed for the amount of \$ _____

Special Occasion (Specify the occasion) _____

Memorial (Name of person to be remembered) _____

Mission statement

Respecting the dignity of every human being, no matter their need or physical condition, Lubbock Meals on Wheels will provide nutritious, home delivered meals to those who are homebound, elderly or disabled. We shall seek to break the social isolation experienced by the homebound by providing warm, caring, friendly contact through our volunteers.

IN LOVING MEMORY {MEMORIALS FOR MARCH 22, 2011-JUNE 22, 2011}

MEMORY OF • Donor(s)

Mary Bailey • Lloyd Davis, Heritage Study Club
Jimmy Bailey • Betty Davis
Leo Bairrington • Parkhill, Smith & Cooper
Newell Baldwin • Dave and Nita Smith
Lynn Bales • Jim Bales
Tony Balios • Jimmy Holmes
Florence Ballard • JoAnne Corbet
Dr. George Beck, Jr. • Jim and Dee Moyes, Mrs. Tracy Gage, Sandy Lehman, Virginia and Choc Hutcheson, West Texas Wealthcare Advisors, Dr. Ted and Doris Allen, Claudette and Dr. Wayne Culp, Connie L. Johnson-Munday, Rex and Denise Holcombe
Bonner Bennett • Buddy and Letha Mayfield, Tommy Middleton
Bettie Best • Marian Williams
Dawn Wallney Blakeley • Ron and Jackie McInnis
Maxine Blakemore • Mel and Ilene Young, June Hudgeons
Herman Boatman • Ken and Elyn Patterson
Jack Bolton • Jan Rambo
Sissum Brown • Nell Holt, Sam and Sharron Holt; Jerry Holt and Family, J. C. and Marjorie Pointer, Nieces and Nephews
Walter Bumpass • Al and Gail Tutino, Vicki and Jerry Price, Carol and Monta Wolfe, Karen Simmons, Vicki and Scott Bolton
Jose Camargo • Excell Energy
Herbert Case • Calva Ledbetter
Van Orman Cash • Ron and Jackie McInnis
Lenera Clark • Don and Chris Jones
Mary Collor • Wayne and Lois Owen
Jan Cook • Joyce Kiker
Alyne Cook • Irene Howard, Highland 3-R's
Glen Cook • Peggy and George Clay
Lal Copeland • Mike and Peggie Jean Lambert
Aubry Cox • The Hettler Family
Preble Davis • W. D. and Mona Martin, Kelley and Kathy O'Hair
Minnie K. Dennis • Melvin and Jo Helen Boothe
Madelyn Derrick • Bill Blackburn, Pam and Robbie Carson, Joe and Dorothy Nagy
Richard (Dick) Divilbiss • Mike and Peggye Jean Lambert
Stephanie Doebek • Batsine McAfee
Wesley Dorman • Charlotte and Bob Moody
Connie Bea Earsley • Betty Davis
Dr. Aldo Finco • Malaka Finco
Pauline Fleming • Dannie Boswell Botros
Annie Forgason • Al and Bonnie Young, James and Jennifer Baker, Nancy Jo Beaver, Rollie and Luciana Murphy, Jeff and Susan White, Sapp, White & Freeman, PC, Jason McMillan, Wanda Parker, Roberta Schroyer, The Shelby Family, Peggy Dyess, Jeri Lyn Rieken and James Speer, PlainsCapital Bank
Janie Franklin • Juanita Horton
Joe Garrison • Les and Virginia Proffitt, Bill and Benita Parker, Pat Johnson
DeAnna Gibson • Ann Marie and Dale Rhoades
Betty Gillispie • Batsine McAfee
Clara Goodman • Buck and Shirley Nash, Rosie Hurd, Bob and Vicky Tate, Rita Pettigrew, Jim and Ruby Bulen
Darrell Goodrich • Irene Howard

Wanda Greer • Sandy Lehman--Thursday MOW Volunteer
Joshua Hemmeline • Ralph H. Brock and Carolyn F. Moore
Betty Henry • Jay and Debbie Dial, Gary Weaver, Danny and Judy Williams, Pete and Margaret Ragus, Walt Hansen, Weedon Hays, Getha Wilkie, Buck and Shirley Nash, Monterey Church of Christ--Golden Rays, Max and Doris Everett, Jim, Leah, Jacob and Laryssa Everett, Bob, Debbie, Grant and Mason Harwell, Danny, Sherry, Jason and Kristi Laughlin, Tim Henry, David and Elizabeth Bowman, John and Jane Mehrens, Leo Montandon, Terry and Kelsie Birdwell
Betty Hester • Charles and DeAnn Britton, Anna and Merle Karnes; Velma Harris, New Neighbors Club, Pat and Barbara Tripp, Carole Boris, June Hudgeons, Nell M. Thompson, Mel and Ilene Young, Charles and Paula Key, Maxine B. Milam, Ginny Riggs, Ron and Darnell Dingle, Jim and Sheri Phillips, J. E. Murfee & Son, Harvey and Faye Lutrick, Richard and Leane Thornberry
Thomas Edward Hildreth • Helen Delmar Smith
Glenna Hill • Jack and Joretta Maner, Jina Fowler
Max Hodge • Iris J. Hodge
Perry Jo Hornak • Kent and Vicki Dalrymple, Helene Thorpe
Carli Ilaria • Malaka Finco
Jennifer Jones • John and Helen Alford, Jo Alford Gamble, The Don Pickering Family
Bertha Key • Elizabeth White, Ann Marie and Dale Rhoades
Perry Killman • Lena Killman
Grace Ann and Robert Kloiber • Charles and Mary Lowder
Charlott Lairismith • Batsine McAfee
Lenard Lindstrom • J. E. Murfee & Son
Barbara Linn • Mark and Ruth Ann Surface
Reed Loflin • Suzanne Stephens, Buddy Mayfield
Louise Maedgen • Erin, Nathan and Noah Burgess
Robert Mayer • Mary Sawyer Swords
Margaret McDougal • Iva York
Bill and Dorothy Metzig • Lewis and Penola Boyd
Dr. Raymond Mires • Richard and Sophie Wilde
Gena Mooney • Tara Gay Thrash
Dewitt and Bobbie Moore • Don and Margaret Conner
Dewitt Moore • Les and Virginia Proffitt
Pete Mora • Gilbert and Sylvia Cuevas
Bob and Vera Moritz • Roy and Alice Moritz
Garland Morrow • Gary and Virginia Johnson
Mary Moyer • Bob and Norma Faulk
Helen Moyers • Jerry and Camille Powe
Frances and Gene Myers • The Turnbow Family
Billie Odell • Kelly and Melinda Odell
Lloyd Owen • Aly Qwinn, Mr. and Mrs. Donald Hammons
James D. Owens • Uncle Wayne and Aunt Lois Owen
Billy Mac Parks • Michael Owens
Ed Parma • Irene Howard
Joe Peeples • Betty Rigsby Knight
Oscar Pena • Darla Smiley
James Petties • K & K Supply
Billy Rackley • Jim and Linda Brown

Nell Ragain • Don and Cray Pickering
Joseph Ransdell • LeNelle Byers Chandler
Tom Reynolds • Herb and Sandy Wright
James W. Roberts • Frankie and Margie Firenza
Polk F. Robison • Walter Huffman
Melvin Pete Schaffner • B. J. and Keith Moore, Harold Raff
Holly Schuster • Heritage Study Club, Bobbie Wilson
Judge Rod Shaw • Daughters of the Pioneers
Alton Sims • Joann Blake
Robert R. Stack • Joanne Batson
Janice Stansberry • Louise Thomas
Lynn Stephens • Express Car Care, Inc., W. B. and Lana Snodgrass
Lena Goodlett Stewart • Brenda J. Reed
Hattie Stingler • Helen Hereford
Judy Strong • Rita Pettigrew
Wayne Taylor • The Gonzales Family, Giles W. Dalby, Bill and Benita Parker, Wanda Parker
Juanita Teaff • Rusty and Rosene Garrison
Joshua Timmons • Ralph H. Brock and Carolyn F. Moore
Mother of Stephanie Tishler • Ann Marie and Dale Rhoades
Gigi Tosi • Louise and Tony Greco
Jack Trammell • Betty Davis
Mary Lou Trevino • Minerva Trevino
Neil Vaughn • Darren Gardner, Mike Lovell, Karen Hopkins, Bruce Woody
Chelcy Wadell • Metropolitan Bridge Club
Perry Walker • Winnie Moore
Mr. and Mrs. Buddy Wallis • Helen Burns
John Waythe • Bobby and Kathy McQueen, Vicki McCrary, The Cleaveland Family
Bill West • James Jones
Pat Wester • Lavonne and Pat Campbell, Patsie Ross, F. C. and Gloria Hargrave
Neoma Wheat • Judy Jordan, Dee Jacks, Don and Jean Keith, Amy Holland
Margaret White • Jody Corbet
Doris Jean Whiteside • Max Johnson, Herb and D'Aun Tavenner, Emmett and Shirley Bobbit, Lucille Tune, Lois Phillips, Charlotte M. Sheaham, Rita Pettigrew
John Whitney • Kyle Short, Ron McInnis
Julia Carlton Woodul • George Thompson
Caddo Wright • Marjorie Kastman, Don and Jean Keith
Jerry Wylie • Buck and Shirley Nash
Mel Zweig • Batsine McAfee

ECONOMIC AND ELECTRONIC MAIL

Due to the constant increases in postage, Lubbock Meals on Wheels would like to offer our newsletter via e-mail. If you would prefer to receive our newsletter in a pdf format (Adobe Acrobat) through your e-mail, please call our office at (806) 792-7971 to sign up!

TRIBUTES

{MARCH 23-JUNE 22}

Lorrie Bellair • Larry Ackers
Dr. Kelly Bennett • Cookie Noland
Mark Caffey • Babs and Gerald Rogers
Dr. Jeanetta Cole • Cookie Noland
Herb Craghead • Travis Simpson
Mary Cunningham • Don and Joyce Cunningham,
Michael and Teresa Dailey
Lisa Gilliland • Larry Ackers
Carolyn Guess • Bonnie Crawford
Kay Johnson • Ginny Riggs
MOW Workers • Carolyn B. Chapman
Dr. Duke Myers • The Turnbow Family
Julia Olguin • Bessie Saldana
Carrie Rainey • Carolyn Neal
Randy Rogers • Barbara Bruster
Stan and Lucille Sedgwick • Tom and Tooley
Wilkinson
Tyson Tew • Donald and Mozella Tew
Beth Wright • Charles and Paula Key
Steve Wright • Charles and Paula Key
Theresa and John Zak • Debbie and John Zak

BUSINESS SPOTLIGHT



Comfort Keepers®

Comforting Solutions for In-Home Care®

Lubbock Meals on Wheels introduced a new article to our newsletter last year. The Business Spotlight features a local business that generously supports our agency. We encourage you to support these businesses that truly have our community's best interest at heart.

We are very pleased to spotlight our friends at **Comfort Keepers**. Owner and R.N., Lisa Carson, opened the business in Lubbock in 2002. Comfort Keepers customizes non-medical, in-home personal care, companionship services, and home safety solutions to each individual's needs. General services include meal preparation, transportation to and from doctors' offices, grocery shopping, companionship, light housekeeping, laundry, and more.

Lisa's involvement with Lubbock Meals on Wheels began in 1994 when she started delivering a weekly route. Since her business opened, she has involved both her staff and her family members, including her sons, brother, and niece in her volunteer work, and they now deliver three routes per week. Lisa and Comfort Keepers have also sponsored events for Lubbock Meals on Wheels such as the Mardi Gras fundraiser and the Volunteer Appreciation Dinner. She has also volunteered her time at some of the special events. Most recently, Comfort Keepers has started a nationwide charitable initiative entitled **STOP Senior Hunger** which locally will benefit Lubbock Meals on Wheels' **Weekend Meal Program**. Weekend meals are provided to those Lubbock Meals on Wheels' recipients that have no access or assistance with food over the weekend. The goal is to fill 300 weekend meal sacks this September and provide senior nutrition information to all Lubbock Meals on Wheels' recipients.

Clearly, Lisa Carson and her staff at Comfort Keepers have a strong commitment to helping seniors stay healthy, active, and independent not only through their business but through their volunteer work as well. We thank them for all they do for Lubbock Meals on Wheels, for seniors, and for our community.

For more information about Comfort Keepers please call 806-687-7800 or go to www.comfortkeepers.com. To learn more about the STOP Senior Hunger campaign, please go to www.stopseniorhunger.com. To donate to the weekend meal program, please call Lubbock Meals on Wheels at 806-792-7971.



Squeaky Clean

Thank you to our friends at **Xstream Autoclean** for donating monthly car washes for our Lubbock Meals on Wheels' vans. We truly appreciate that they keep our small fleet neat!

You



can help!

Please bring recyclable aluminum cans to Lubbock Meals on Wheels. Regular trips are made to recycle these materials, and the money received provides funds for programs. You can help the environment and Lubbock Meals on Wheels by bringing your aluminum cans to 2304-34th Street during office hours, Monday – Friday, 8a.m.-4:30p.m.

NEWS ON WHEELS

LUBBOCK MEALS ON WHEELS, INC.
 2304 34TH STREET
 LUBBOCK, TEXAS 79411
 WWW.LUBBOCKMEALSONWHEELS.ORG

Non Profit Org.
 US Postage
 PAID
 Lubbock, TX
 Permit No 48

News on Wheels

Volume 32, Number 3 | July 2011
 Published Quarterly
*News on Wheels is available to friends of
 Lubbock Meals on Wheels as a public service.*

Executive Director Lorrie Lushnat Bellair	Accountant Kara Henslee
Assistant Director Lisa Gilliland	Editor (Volunteer) Sunny Shaver
Special Events Coordinator DeAnn Britton	2011 Board of Directors
Program Coordinator Tammy Stegall	President April Weems
Volunteer Coordinator Barbara Bulen	Treasurer & Past President Brent Guinn
Administrative Assistant Camille Powe	Vice Pres. Chris Ritter
Food Service Director Roberta Schroyer	Secretary Christina Styers
Food Service Staff Sheryl Hight Thelma Robinson Jerry Billington Janie Sanchez	Diana Brink Barry Johnston Dana Madison Teresa McLean Jacqui Neal Natu Patel Norval Pollard Jamie Thomason Mandy Tomlin

We Make it; You Bake it - Available All Year!

Please remember that our quiches are available throughout the year. We also offer quiche gift certificates which allow the recipients to pick out the flavor of their choice and pick up the quiche whenever convenient. These delicious, cheesy quiches are perfect for bridal or baby showers, a weekend brunch, or just whenever you want a great and simple meal for your family. All you do is place your order; pick up at our office; pop it into the oven and enjoy! These 10-inch, frozen, ready-to bake quiches come in five varieties including **Mexicana** (vegetarian), **Ham & Cheese**, **Spinach & Mushroom** (vegetarian), **Italian Sausage**, and **Florentine** (spinach and bacon). Quiches are \$12.99 plus tax or two for \$25.00 plus tax and can be ordered by phone, fax, mail, or in person at our office. Keep us in mind when planning your next party, special occasion, or quiet evening at home and order one (or more) of these fabulous quiches. You'll know that your purchase is not only feeding your family and friends but also the homebound, elderly, and disabled in your community as all proceeds from the sale go to Lubbock Meals on Wheels.

To place an order:
 Call our office at (806) 792-7971 • Fax order to: (806) 791-1835 if paying by credit card • Mail completed form below with check or credit card number to:
 Lubbock Meals on Wheels | 2304 34th Street | Lubbock, Texas 79411

ORDER FORM (Please Print Clearly)

Quiche - \$12.99 + tax each or 2 for \$25.00 + tax <input type="checkbox"/> Spinach and Mushroom (vegetarian) <input type="checkbox"/> Quiche Mexicana (vegetarian) <input type="checkbox"/> Ham & Cheese Quiche <input type="checkbox"/> Italian Sausage Quiche <input type="checkbox"/> Quiche Florentine (spinach & bacon)	Name: _____ Address: _____ Daytime Phone: _____ E-mail address: _____ <input type="checkbox"/> My check is enclosed <input type="checkbox"/> Credit Card: VISA, MasterCard, Discover Credit Card Number: _____ Exp. Date: _____ Security Code _____
Total # of Quiches: _____ \$ _____ Tax (8.25%) \$ _____ Total \$ _____	

Orders will be available for pick up by special appointment at Lubbock Meals on Wheels. Please call to make arrangements. Thank you