High Plains Food Bank, Cat-man-du team up for 8th annual Computer Health Fair

AMARILLO – On July 27th, residents of the Texas Panhandle can help place food on the plates of people in need during the summer by bringing your computer in for a thorough removal of virus, spyware and adware – ridding your computer of viruses and helping someone at the same time has never been so easy!

Cat-man-du, in conjunction with the **High Plains Food Bank**, will host the sixth annual **Computer Health Fair** from **8:00 a.m. to 12:00 p.m. on Friday, July 27, 2010**. Cat-man-du will offer a cleaning of viruses, spyware and adware from computer hard drives and laptops <u>for a donation of FOUR full, paper grocery sacks of food items for the High Plains Food Bank</u>. The Food Bank is currently in need of donations of canned vegetables (corn, green beans, peas, beans), boxed dinners (such as macaroni and cheese, Hamburger Helper, cereal, etc); rice and pinto beans (both rice & beans: boxed or bagged); peanut butter, pasta and pasta sauce.

Cat-man-du will offer an extensive clean up of your system by thoroughly removing all malware from your system (over $200 value) for a donation of food to the High Plains Food Bank. The cleaning does not include data recovery or backup, hardware/software repair or installation or computer maintenance. Cleaning could take up to three business days depending on the computer system. Participants can bring their computer towers (the hard drive portion of the personal computer) or laptops to any of Cat-man-du's three locations on July 27th **(participants need to bring the power cords for their lap top computers)**:

- **Amarillo**: 8501 SW 34th St, Suite 300
- **Canyon:** 1604 4th Ave

- **Dumas:** 424 E 1st St

The Computer Health Fair comes at a crucial time for the High Plains Food Bank and for people all across the Texas Panhandle. The Food Bank has seen a 40 percent increase in demand since the beginning of 2009. The High Plains Food Bank distributes over 650,000 pounds of food a month on average. Over 46 percent of the food bank's total distribution goes to the 27 rural counties of the Texas Panhandle. However, food donations have declined as demand has increased.

"The need is critical in the Texas Panhandle as more people are seeking food assistance to help their families" said Zack Wilson, executive director of the High Plains Food Bank. "The Computer Health Fair helps us meet the growing need during the summertime, and even more so in 2012 as many struggle to get through tough times."

The High Plains Food Bank services over 165 **local, non-profit agencies in the Panhandle**. The Food Bank also distributes food to **Canyon Cares, Freedom Fellowship Church and St Benedict Monastery** in **Canyon**. The Food Bank also services **Bible Baptist Church, Dumas After-School Program, Dumas Meals on Wheels, Moore County Senior Citizens, Moore County Food Pantry, The Refuge and Safe Place** in **Dumas**.

Cat-man-du is "your computer guru * Home & Business." Cat-man-du offers single PC support, network support, training, web design, consulting and custom programming and software development. Cat-man-du has managed the High Plains Food Bank's computer systems since 2003.

The High Plains Food Bank *secures and distributes more than 6 million pounds of donated food and grocery products annually and 650,000 pounds monthly. The Food Bank distributes to approximately 165 charitable agencies and churches operating food pantries, soup kitchens, emergency shelters, after-school programs and Kids Cafes throughout 29 counties of the Texas Panhandle. For more on the High Plains Food Bank please visit www.hpfb.org.*

###