

24 hr Service
Fully Insured

V & V Oil Field Services

Roustabout Services

"Serving the Oil Industry for 20 Years"

Office- 940 658-3997
1-800-738-9221

201 E. Mian
P.O. Box 762
Knox City, TX 79529



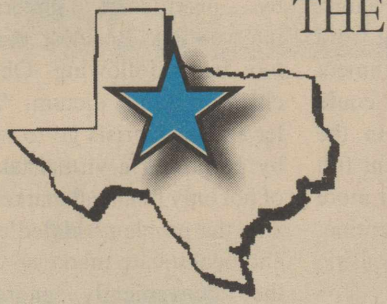
BURRITO EXPRESS

201 East Main St.

Knox City, TX 79529

(940) 657-5568 • (940) 657 - 4323

*****CAR-RT LOT**B 003
55 05-19-10 0001A96
KNOX COUNTY, DISTRICT
PO BOX 196
BENJAMIN TX 79505-0196



THE

KNOX COUNTY NEWS

PROUDLY SERVING THE KNOX COUNTY AREA

10 PAGES PLUS INSERTS
VOLUME XXXVIII

KNOX COUNTY, TEXAS
THURSDAY, APRIL 9, 2009

75 CENTS
NUMBER 24

LOOKING AHEAD

The Brazos West Art Association is showing their artwork in the Knox City Chamber of Commerce Office. The beautiful paintings and Irish Potato Jewelry of local artists have been on display since last week and will remain for a limited time. To find out more about the Brazos Art Association or the artwork on display please contact the Knox City Chamber of Commerce office at (940) 658-3442 or visit 123 N. Central Ave. in Knox City.

Recovery Act Allocates Millions For Farmers

Tonya R. Watson, Farm Loan Manager for USDA's Farm Service Agency in Texas announced today that FSA has obligated all of the \$173 million provided in the Recovery Act for its Direct Operating Farm Loan Program, which gave 2,636 producers direct loans from the agency of which almost 50% were beginning farmers and 10% socially disadvantaged producers. There were \$12.3 million in loans made to 163 borrowers in Texas.

"These loans were used to purchase items such as farm equipment, feed, seed, fuel and other operating expenses and will stimulate rural economies by providing American farmers funds to operate," said Watson.

Applications were considered on a first come, first served basis with special emphasis placed on beginning and socially disadvantaged applicants. The maximum loan amount was \$300,000.

In keeping with the president's goal for the Recovery Act, this loan funding was intended for proper investment into the agricultural sector, to benefit both family farmers and rural economies. The Recovery Act was designed to preserve or create millions of jobs throughout the country and these loans help ensure that recipients remain financially viable and local agri-businesses benefit from direct purchases.

Here is a hypothetical example of purchases made with a \$100,000 direct operating loan:

- Used Farm Tractor: \$45,000
- Livestock: \$18,000
- Seed: \$15,000
- Fertilizer: \$10,000
- Fuel: \$12,000

The effect of this loan reaches the local implement dealership, sale barn, the grain seed distributor, the fertilizer distributor and a local fuel dealership.

For specific information on direct operating loans and other FSA farm loan programs, please contact Tonya R. Watson Farm Loan Manager at 940-937-8624. You can also obtain information from the FSA website at <http://www.fsa.usda.gov>.

Sequoyah Reynolds wins 2009 "Most Appreciated Citizen Award"

By Tamara Smart

Since 1970, the Knox City Chamber of Commerce has been awarding one citizen of Knox City the "Most Appreciated Citizen" award.

On Saturday, April 4, the 2009 "most appreciated citizen" was awarded during the 43rd annual Chamber banquet at the Wooden Nickel.

After a musical interlude from Abilene band "The Swindlers" featuring local Ryan Harrington, a warm welcome and invocation from Chamber Director, Dale Turner, a few offers of "double dog daring" and one of Steve Pepper's famous steak meals, it was down to business at the banquet.

Marla Hawkins took the stage and gave the Chamber of Commerce's President Report followed by City Administrator, Barbara Rector who took guests

on a verbal "city tour", enlightening those listening of the goings-on around the city.

And for the highlight of the evening, the honor of the "E. Hobb Smith Memorial Most Appreciated Award" was introduced by Steve Pepper. In speaking about this amazing citizen, Mr. Pepper referenced one local volunteer whose influence has made "the difference in the lives of so many people you can't even count them, not only here in Knox City, but literally around the world."

This appreciated woman has been known in Knox City for the better half of a century and seen the likes of tornados, a slippery economy and almost all the local children as they've grown up. This lady has been a proud wife and mother, has worked at the local drug store, in the local department store, at Smith

Funeral Home, The Stamp Store, and most recently at the Knox City Florist. She has opened her home to not only family but to outsiders as well. Her house has had a rotating door for foreign exchange students and other youth who just needed a safe place to call home.

This is probably the first recipient of the E Hobb Smith Memorial Most Appreciated Citizen that was accused of being a known "street walker" in her introduction, as she's been known to walk the streets of Knox City and stop in front of houses and businesses alike and pray for the people inside.

Saquoayah Reynolds might be the most appreciated citizen in Knox County, much less Knox City, but most people never realized how much they loved her

See AWARD Page 10



(Photo by Jason Smart)

After the Annual Chamber of Commerce Dinner where Sequoyah Reynolds received this years' "E. Hobb Smith Memorial Most Appreciated Citizen" award, people who love her and appreciate her surround her. Pictured: (from top left) Steve Pepper, Cindy Reynolds (daughter-in-law), Bud Reynolds (husband), Billy Bob Reynolds (son), Marla Hawkins (President of the Knox City Chamber of Commerce); (front row) Kay Pepper (Peppers Dry Goods), Barbara Barnard (Knox City Florist) and Sequoyah Reynolds.



Knox County News Photo

Jim Everitt cuts the ribbon for the Stonewall Memorial Hospital Alternatives Program Open House March 31.

Stonewall Memorial Hospital's Alternatives Program Celebrates Open House

On March 31, Stonewall Memorial Hospital recognized their newest department, The Alternatives Program, with an Open House. Mayor Billie Carter and Hospital Board of Directors, Jim Everitt, cut the ribbon to begin the celebration.

The staff provided a tour of their department. Currently, the staff are; Sherry Nixon, RN, Program Manager, Kay Spears, LPC, Program Therapist/Counselor, Tiffany Brannon, Mental Health Technician, Dannette Hall, Marketing, and Pauline Velez, LCSW, Director.

The Alternatives Program is an outpatient program for Senior Adults who are experiencing emotional distress. This program is devoted to providing opportunities to explore, address, and find healthy alternatives in coping with life stressors. The Alternatives Program's philosophy is helping individuals identify

emotional barriers to facilitate positive and healthy life changes. The journey to emotional well being does not need to be alone. Alternatives believes in providing a safe, warm, compassionate, and therapeutic environment needed to create change.

Depression and anxiety are often under recognized and under treated, with serious consequences to the individual and family. Some common signs of emotional distress in the elderly are weight loss, weight gain, agitation, crying spells, unresolved grief, anger/irritability, isolation, loneliness, hopelessness, fatigue, poor concentration, fear, social withdrawal and many other symptoms.

Our Licensed Master's level Counselors, provide individual, family, and group counseling under the direction of a Licensed Board Certified

Psychiatrist/Licensed Physician. In addition to the above services, we also provide case-management and discharge planning services to assist all of patients in accessing the community resources available to them. Some of the areas of expertise include; grief and loss issues, depression, anxiety, coping skills, cognitive stimulation, stress management, anger management, health and well-ness education.

Alternatives also offer complimentary snacks, lunch, and handicap transportation can be arranged. Medicare and most commercial insurances will pay for our services. It is our goal to provide access to mental health services to the Senior Adult population in Stonewall and surrounding counties.

For more information, please call (940) 989-3551 ext 264.



Photo by Tamara Smart

Knox City HS Senior, Andrew Aguayo is seen holding his award winning drawing and the certificate he received as the winner of the TeenBiz3000 African American Art contest.

Aguayo Wins Art Contest

By Tamara Smart

"OK, now the fist breaking chain represents the breakthrough for all African Americans out all the things they been through. Slavery: being trade, being sold. The biggest face on the picture Dr. Martin Luther King Junior, the presidential leader if Boycott Back Selma, Alabama; & female face on the picture Rosa Parks, the boycott began with her because she sat in front of the bus and refused to give her seat to a white person; and the last face on the picture is Malcom X, an activist who believed that all races should live in peace. The black panther represents the black panther group & Africa and the fist means to never forget where really from and believe in that the power to do anything in the flags represent Africa. So you're never truly alone." -Andrew Aguayo, KCHS Senior

This is the explanation that accompanied the pencil drawing that won the TeenBiz3000 Art contest. The contest rules asked

students to think of an event in African American history and create a piece of art depicting that event.

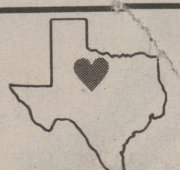
Andrew Aguayo, under the direction of KCHS art teacher Monica Fox, took this contest on full throttle. For two weeks, Andrew brainstormed, sketched and drew on his project. He used a little time in art class, but the majority of his work on this project was done at home on his own time.

After sending off the completed masterpiece to New Jersey in February, Ms. Fox received a letter Monday morning announcing that Andrew was the 12th grade winner of the National TeenBiz3000 contest. He won a certificate and an MP3 player.

In discussing the contest with Knox County News, Andrew's comment was as follows:

"I'm just glad I get to participate in something- other kids get to do track and sports, but I get to do what I love to do."

Have A Blessed Easter!



SEYMOUR MEDICAL SUPPLY

"Home Town Service You Deserve!"

HIO W. REIMAN • SEYMOUR, TEXAS 76380 • 24 HOURS A DAY/7 DAYS A WEEK • 940-889-6060 • 1-866-889-1076

HARDEMAN • FOARD • WILBARGER
WICHITA • KING • KNOX • BAYLOR • ARCHER
HASKELL • THROCKMORTON • YOUNG

OPINION



The Paperboy

By Christopher Blackburn

Play Ball!

A decade ago I coached 13-15 year-olds in baseball. Did it for three years with a friend. This week, my son Jackson, 5, will take the field in tee-ball. I am not coaching him, but stood ready had I been asked.

I coached all those years ago because the local league needed help and because I wasn't sure I'd ever have a family. Things sure change over time!

Here I am at 41 with my oldest boy getting ready for his first season in the sun. I think it's cool and I hope it's the beginning of many sports activities he will be involved in.

Will I encourage my boys to play sports? Sure. I will encourage them to try as many things as they can. Activities keep young minds busy and competition is healthy.

Will I live vicariously through them? No. I had my glory years and I don't plan on having any more ... at least athletically.

The demands we put on our children are easy: Be disciplined, try your best and make straight A's. I know for sure they are both intelligent so I'm confident they can make some terrific grades once they get in school.

Back to tee-ball. Jack and I discussed sports in general the other day and he now thinks he knows how to hustle. We all know how much difference hustling makes, but I don't recall him ever doing it.

Speaking of hustle ... My mother and father actually left a soccer game of mine in third grade for my lack of hustle.

"What happened to you!" I screamed at my parents when I got home (I had to find a ride home).

Mom calmly replied, "We are not going to waste our time watching you if you are not going to do your best."

We never had to have that conversation again.

I can recall some tee-ball action from my younger days as well. It's a good thing too as I can remember being terrible. That's right - coach put me in right field to begin the season and I promptly took a fly ball off my forehead. Got a nice goose-egg.

By the end of the season, coach had moved me to center field. Most of what I remember about that season involved a lot of nose picking and ant stomping from my teammates.

I also remember several players running toward third base instead of first. I really emphasized this point with Jack.

Anyway, it will be a lot of fun watching these kids take the field for the first time. They have no idea what they're setting us up for over the next 13 years.

Copyright Christopher Blackburn 2009

Christopher Blackburn is the president of Blackburn Media Group, owner of this publication. Feel free to comment on The Paperboy at <http://thenewbastion.blogspot.com/>.

Misrepresenting "How We Arrived at This Moment"

By Alex Epstein

What must be done to recover from this financial crisis? Barack Obama rightly stresses that we first must understand how today's problems emerged. It is "only by understanding how we arrived at this moment that we'll be able to lift ourselves out of this predicament."

Unfortunately, Obama (along with most of the Washington establishment) has created only misunderstanding. In calling for a massive increase in government control over the economy, he has evaded the mountain of evidence implicating the government.

For example, Obama's core explanation of all the destructive behavior leading up to today's crisis is that the market was too free. But the market that led to today's crisis was systematically manipulated by government. Fact: this decade saw drastic attempts by the government to control the housing and financial markets--via a Federal Reserve that cut interest rates to all-time lows, and via a gigantic increase in Fannie Mae and Freddie Mac's size and influence. Fact: through these entities, the government sought to "stimulate the economy" and promote homeownership (sound familiar?) by artificially extending cheap credit to homebuyers. Fact: most of the (very, few) economists who actually predicted the financial crisis blame Fed policy or housing policy for inflating a bubble that was bound to collapse.

How does all this evidence factor into Obama's understanding of "how we arrived at this moment"? It doesn't. Not once, during the solemn 52 minutes and 5,902 words of his speech to Congress

did he mention the Fed, Fannie, or Freddie. Not once did he suggest that government manipulation of markets could have any possible role in the present crisis. He just went full steam ahead and called for more spending, more intervention, and more government housing programs as the solution.

But a genuine explanation of the financial crisis must take into account all the facts. What role did the Fed play? What about Fannie and Freddie? To be sure, some companies and CEOs seem to have made irrational business decisions. Was the primary cause "greed," as so many claim--and what does this even mean? Or was the primary cause government intervention like artificially low interest rates, which distorted economic decision-making and encouraged less competent and more reckless companies and CEOs while marginalizing and paralyzing the more competent ones?

Entertaining such questions would also mean considering the idea that the fundamental solution to our problems is to disentangle the government from the markets to prevent future manipulation. It would mean considering pro-free-market remedies such as letting banks foreclose, letting prices reach market levels, letting bad banks fail, dismantling Fannie and Freddie, ending bailout promises, and getting rid of the Fed's power to manipulate interest rates.

But it is not genuine understanding the administration seeks. For them, the wisdom and necessity of previous government intervention is self-evident; no matter the contrary evidence, the crisis can only have been caused

by insufficient government intervention. Besides, they are too busy following Obama's chief of staff's dictum, "Never let a serious crisis go to waste," by proposing a virtual takeover of not only financial markets, but also the problem-riddled energy and health-care markets--which, they conveniently ignore, are also already among the most government-controlled in the economy.

While Obama has not sought a real explanation of today's economic problems, Americans should. Otherwise, we will simply swallow "solutions" that dogmatically assume the free market got us here--namely, Obama's plans to swamp this country in an ocean of government debt, government controls, and government make-work projects. But alternative, free-market explanations for the crisis do exist--ones that consider the inconvenient facts Washington ignores--and every American should seek to understand them.

Those who do will likely end up telling our leaders to stop saying "Yes, we can" to each new proposal for expanding government power, and start saying "Yes, you can" to Americans who seek to exercise their right to produce and trade on a free market.

Alex Epstein is an analyst at the Ayn Rand Center for Individual Rights. The Ayn Rand Center is a division of the Ayn Rand Institute and promotes the philosophy of Ayn Rand, author of "Atlas Shrugged" and "The Fountainhead."

Copyright © 2009 Ayn Rand® Institute. All rights reserved.

The Knox County News
 "Since 1971, Knox County's Oldest Established Newspaper"
 P.O. Box 188
 110 N. Central
 Knox City, Texas 79529
 940-657-3142
 FAX 940-658-3228
 knnews@valornet.com

USPS 903-920

POSTMASTER: Send Form 3579 to The Knox County News, P.O. Box 188, Knox City, TX 79529. Published weekly. 110 North Central, Knox City, Knox County, Texas. Periodicals postage paid at Post Office, Knox City, Texas 79529.

MEMBER —
 Texas Press Association • West Texas Press Association

CHRISTOPHER BLACKBURN
 Publisher

BRANDY WISE
 Editor
 Sports, Advertising
 TAMARA SMART
 Reporter

SUBSCRIPTION RATES
 Knox County & O'Brien: \$26/Year
 Within Texas: \$28/Year
 All others: \$30/Year

DEADLINES — The deadline to submit news and advertising is 2 p.m. on Fridays. Exceptions may be granted only by permission from the Editor.

LETTER TO THE EDITOR POLICY
 The Knox County News welcomes letters to the editor on any subject. All letters must be signed and will be published with the name of the writer. Letters must include an address and telephone number to allow verification. Please keep letters to a reasonable length. The editor reserves the right to edit any letter for any reason and to reject letters for publication for any reason. Letters deemed libelous and/or not for the public good will be rejected. Letters to the editor reflect the opinion of the writer and not necessarily that of The Knox County News.

SUBMISSION POLICY
 The Knox County News reserves the right to reject unsolicited submissions for any reason. Articles and news items submitted are subject to be edited by KCN staff. Article and photo reprints submitted from other publications require the KCN to get permissions from copyright holders and owners. Such articles will be printed in the KCN dependent on time and space requirements.

PHOTO SUBMISSION POLICY
 The KCN reserves the right to reject unsolicited photographs for any reason. Photographs submitted to the KCN will kept in the KCN office for no longer than one year past the date submitted. Photographs can only be returned to submitter if a self-addressed stamped envelope is provided.

NOTICE
 Any erroneous reflection upon the character, reputation or standing of any individual, firm or corporation will be gladly corrected upon being brought to the attention of the editor.

KCN OFFICE HOURS
 Monday - Thursday • 9:00 a.m. - 4:00 p.m. Friday 9:00 a.m. - 2:00 p.m.

New Advertising Deadline 5 p.m. Friday

Don't Miss Your Chance to Hug A Kid Today!

TILE, PLUMBING AND MORE!

Silvio Kuhne
 P.O. Box 43 Benjamin TX 79505 • 940.459.4284

Subscribe to The Knox County News at

Jerry's Plumbing

RELAX. IT'S RHEEM.[®]

Phone: (940) 658-3322
 If no answer: 657-4568 or 657-3863

Texas Air Conditioning License #TACLB005658C

940.657.3142

TEXAS CROSSWORD
 by Charley & Guy Orbison
 Copyright 2009 by Orbison Bros.

ACROSS

- TX bib over
- TXism: "that won't float"
- TXism: "a day late dollar short"
- TX-based "Fridays" abbreviation
- Buda newspaper
- Fresnos, TX
- TXism: "it'll ___ in the wash"
- "Giant" actress (init.)
- TXism: "clear as mother's ___"
- TXism: "chief cook and washer"
- Presidio La Bahia has a ___ of a six-toed angel
- TX-raised Clint Black's wife
- saloons
- Davy Crockett's home state (abbr.)
- Seguin ___ was built in 1823
- TX Gene Tierney film "Son of ___"
- TXns fly into this at Denver (abbr.)
- TXism: "was ___ a silver spoon in his mouth"
- TXism: "he couldn't ___ an egg under a sitting hen"
- LBJ began to ___ No. Vietnam in '65
- TXism: "___ cement" (permanent)

DOWN

- TXn flew scout plane for WWII bomber ___ Gay
- obvious and boring
- Johnson of film "What Comes Around" with TX Barry Corbin
- Bell ___ TX
- lively and cheerful
- DART ___ transit
- TXism: "woke ___ a bear" (caused trouble)
- computer (abbr.)
- late TX billionaire Howard ___ Hughes
- seat of Rains Co.
- stage constructions at Casa Manana
- drunkard
- best of its kind
- plausibly
- this Larry was a forward on famous '83 UH BB team
- TX Fess who was in film "Old Yeller"
- TXism: "steal blind"
- "those" south of the border
- 17th Century English poet, John ___
- TX Guy Clark wrote "Desperados Waiting ___"
- ex-TCU QB Sammy ___
- TXism: "___ in the bud"
- all justices on a TX appellate court: "en ___"
- TXism: "fast as a chicken on a ___ bug"
- outlaw
- rear a young'un

KNOX COUNTY AGING SERVICES

MENUS FOR APRIL 13TH TO APRIL 17TH

MONDAY APRIL 13TH

CHICKEN ALFREDO
GLAZED CARROTS
BLACKEYED PEAS
HOT ROLLS
CAKE

WEDNESDAY APRIL 15TH

BBQ BEEF TIPS
POTATO SALAD
PINTO BEANS
CORNBREAD
FRUIT SALAD

FRIDAY APRIL 17TH

PEPPERONI/POTATO/CHEESE
CASSEROLE
SALAD
SWEET PEAS
SLICED BREAD
DESSERT

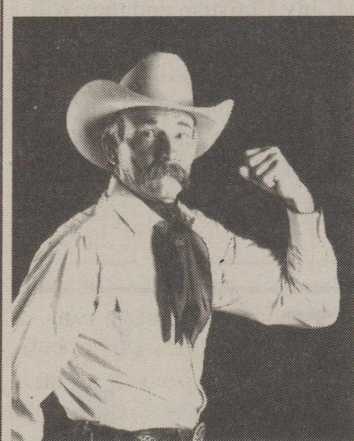
TUESDAY APRIL 14TH

CHEF SALAD
CORN ON THE COB
BAKED BEANS
CRACKERS
COOKIES

THURSDAY APRIL 16TH

CHICKEN STRIPS/GRAVY
MASHED POTATOES
SALAD
BISCUIT
FRUIT CRUNCH

ALTERNATE DESSERTS FOR
DIABETICS
PLEASE CALL IN YOUR ORDERS BY 10
A.M. TO 657-3618
ORDERS CANT BE TAKEN AFTER 10
A.M. AND NEED TO BE
PICKED UP AFTER 11 A.M.



**ON THE
EDGE OF
COMMON
SENSE**

by Baxter Black,
DVM

THE HOPPING HORSE

"How do I love thee? Let me count the ways." E.B. Browning, 1857

"How can you get bucked off? Let me count the ways." B. Black, 2009

Over the years I have chronicled hundreds of horse wreck stories that have been told to me. I still marvel at the uniqueness of each one and how it stretches the imagination. One only need look through any rodeo photographer's scrapbook to see the spectacular displays of flying bodies, nose diving human projectiles and the continuous collection of cringing, crashing, crumpled cartwheeling cowboys caught catapulting on camera!

There is a fine line between getting on a horse that you hope will buck, and one that you hope won't! At least in the bucking chute you are forewarned. Ron is an outfitter in Washington state. Packers and outfitters, in my opinion, look at horses differently than cowboys. Cowboys expect a degree of cow savvy, quickness, refinement and good looks. They might even sacrifice a little 'usefulness' for a good head or pretty color. Packers put very little store in lookin' good. I don't mean personally, but in a horse they want a stout one with stamina and strength. Long hair, big feet, blemishes, Roman noses, bob tails or the disposition of the Unabomber is okay as long as he packs his share of the load. After all, packers never shave either!

Bill is a carpenter with a bad back who, at the time of this story, was wearing a body cast. He asked Ron if he could put a 'handle' on a new horse he had just purchased. Ron mounted the beast. From the start it was obvious the light colored, long headed, round withered, spooky-eyed devil had not spent much time in the Western Pleasure Class.

They started making circles in the round pen. Then Ron attempted a sliding stop. Hammerhead stopped abruptly and then backed up. Ron swiveled to the right, then to the left but Hammerhead kept backing. Then he reared up on his hind legs and began hopping backwards! Ron clung like a monkey on a flag pole until he bailed out and slid off the rump where he landed on his butt in the sitting position.

He was looking up at the crazed horse who was still hopping toward him! Ron scooted to the aft, crablike until he hit the solid uprights of the round pen. The horse crashed tail first into the posts and sat on Ron! Bill, who had watched this circus-like performance, hobbled over to his crushed companion.

"Are you alright?" he asked.
"No," said Ron.
"Are you sure?" asked Bill.
"Yes," said Ron, "My leg's broke!"
Realizing he could not lift his friend by himself, Bill ran to the barn and came back with his stall mucking wheelbarrow.
"Are you sure you can carry me in that?" asked Ron, thinking of his friend's back.

"Yeah," said Bill reassuringly, "I've hauled bigger loads of manure than you in this rig!"



Named for the historic FW&D Engine 501, The 501 is always exactly 501 words and dashes long, whatever the topic. Welch, a freelance writer for Blackburn Media Group, divides her time mostly between Abilene and the family farm north of Vernon.

Gourmet home cooking. I can remember when that would have been an oxymoron - except back then we didn't know what an oxymoron was. Now "oxymoron" is a household word that neatly describes our contradictory times.

Nothing against oxymorons. It's fun to tell ourselves it's OK to stimulate the economy by spending money on fancy cooking lessons so we can fix all the finest fare at home instead of dining out to support a gourmet food habit. I'm not sure where that leaves restaurants that advertise their offerings as "home cooking." But, come to think of it, I haven't seen one of those places lately. Fast-food franchises must have squeezed them out. Good old home cooking should eventually make a comeback. But for now, the pendulum is swinging the other way, and food-oriented television programming is pouring gasoline on the fire - or maybe it's brandy.

What to do? How about a scaled-down version of gourmet cooking for home chefs who don't have time or money for lessons and who don't have brandy to burn?

Enter Fritz the cook. I never met Fritz, but he's as real to me as any big-name television chef. He was the cook at the stockyard café in Vernon way back when my folks ran the place. It was so long ago that the sale barn had sales twice a week one day for horses and mules and the other for cows, like maybe Tuesday and Thursday, or vice-versa.

The menu was standard Texas. Fritz was the stereotypical temperamental

chef. In my mind's ear, his German accent is strong. He often bragged about the jobs he'd quit, and he said his bosses would always come looking for him "next day."

Mother smiled to herself, knowing my father wouldn't be hiring Fritz back if he ever walked out in a huff in the middle of a lunch run.

That's almost what happened. Waitress Mae seriously mixed up some orders, and Fritz said dramatically, "Mr. John (substitute "Y" for "J"), after today, this be my last day."

That's when Daddy learned to cook in a hurry, like in the one-day interval between horses and mules and cows, or vice-versa. Mother had to man the cash register.

Despite his quick exit, the memorable Fritz left a legacy: appearance first, taste second.

Fritz had expressed his food philosophy simply but with flair, almost poking one of his eyes with his forefinger and saying, "First." Then, with a flourish, he would put the same finger to his mouth and say, "Then." You can try it.

In German, that would be "Zuerst" und "Dann." Not much difference.

For Mother or Daddy, the lesson stuck. The rest of their lives, they occasionally quoted Fritz, complete with gestures. (Doesn't work without gestures.)

So that's it. Whatever you cook, be sure it looks special. Drop a nifty carrot curl on top of those green peas. Line up some celery leaves next to that chicken-fried steak. Careful where you slop that gravy.

Voila. Gourmet home cooking. Vive Fritz!



*Angela Roberts to marry
Casey Patterson*

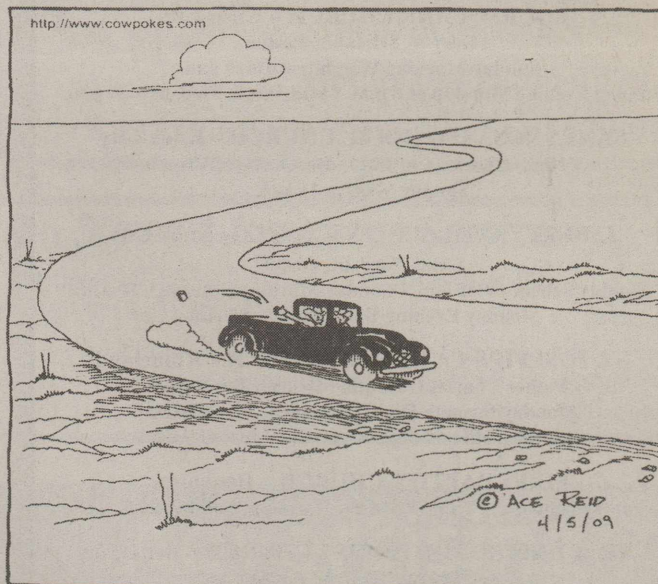
Donnie and Diane Roberts of O'Brien are pleased to announce the engagement and approaching marriage of their daughter, Angela, of Plano, to Casey Patterson, also of Plano.

Casey is the son of George and Linda Patterson of Fort Worth. Angela is a 2002 graduate of Knox City High School and a 2005 graduate of Texas Tech University. Casey graduated from The Oak Ridge School in Arlington and graduated from Texas A&M University in 2000.

Angela is the granddaughter of Jean Barnard and the late Claudale Barnard of Knox City and Kenneth and Jessie Roberts of Benjamin. Casey's grandparents are Myrlin Jones and the late Case Jones of Albuquerque, New Mexico and Virginia Patterson and the late Norman Patterson of Fort Worth.

A May wedding is planned at Erinshire Gardens in Abilene.

COW POKES® By Ace Reid



"Quit throwin' out your beer cans, you're ruinin' the scenic view!"

The City of Childress is looking for a potential Restaurantier for a Grill at the Stoney Ridge Golf Course. Contact City Manager Bryan Tucker at 940-937-3684 for more information.



BRASHER BROS.

1001 N. MAIN
SEYMOUR, TX 76380
(940) 888-5634

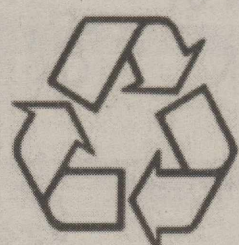
**24 HR SERVICE
CAR AND P/U UNLOCKS
ROADSIDE SERVICE**

ASK FOR CRAIG CHARO
AT (940) 256-2783

We appreciate you, our readers!

Thanks for Reading
*The Knox
County News*

Don't Forget To



Your Old Recycle Newspapers

Knox Family Wellness Clinic

* (940) 657-4455 * 609 S Ave F Knox City *

Now Provides Several Kinds Of Services

- Family Practice • Women's Health • Pedi
- Geriatrics • Skin treatments • Chemical Peels
- Lesion removals • Diabetic Nail Care • Microderm Abrasion • Treat Acne • Melasma • Premature Aging.
- Pain Management Massages
- (Covered By Insurances/MCD/MC)
- Toe Nail Removal Permanent and Temporary.
- HTN • Diabetes • Wound Care
- Hyperlipidemia • Gallbladder Flushes
- Weight Loss Program.
- General Illnesses Acute & Chronic.
- Texas Health Steps and Immunizations
- Minor Emergencies Suturing, Splinting, Casting
- IV Therapy for Hydration & Antibiotic Treatment.

Congressman Mac Thornberry

will have a member of his staff available in Knox City to assist area residents with questions or concerns related to federal issues.



Wednesday, April 16, 2009
1:00 PM to 2:00 PM

Knox City Chamber of Commerce
123 N. Central Avenue
Knox City, Texas

For more information, please call 940-692-1700
<http://www.thornberry.house.gov>

Knox County Sheriff's Report

- Mitchell, John J
3/26/09
Poss. Of Controlled Sub.
(F-3) Resist Arrest (M-A) Baylor Co.
- Offutt, Ryan Keith
3/26/09
MTR/ Possess Marijuana
(M-B) Baylor Co.
- Torguson, John David
3/29/09
Poss. Marijuana (M-B)
Knox CO.
- McSwain, Matthew D.
3/29/09
Poss. Marijuana (M-B)
Knox CO.
- Oudems, Jasmen Lee
3/23/09
MTR/Burglary of Habitation
(F-2)
Arrested in Denton Co. (Knox Co.)
- DelosRios, Alfred
3/30/09
Agg. Sexual Assault (F-1) Knox Co.
- Wilson, Jesse Joe
3/31/09
Cruelty to Animal (M-A)

Ag Day Guest Speaker To Be Representative From Gavilon Grain, LLC.

Matt Gibson the senior director and regional manager of the Western region of Gavilon Grain, LLC. will be the guest speaker for the 19th Annual Ag Day to be held Tuesday, April 14, at the Cliff Styles Activity Center. Gavilon just recently acquired Charlie Myers Grain elevators in Seymour, Gilliland, Truscott, Red Springs, Benjamin, Wichita Falls, Knox City, Haskell, Weinert, and Crowell, Texas.

He oversees Gavilon Grain trading and operations activities throughout the Western half of the United States. Gibson has more than 13 years in the grain trading and elevator business, and graduated with a bachelor of agriculture economics from Texas Tech University.

Gavilon sources and distributes grain inputs, including corn, wheat, soybeans, sorghum, milo and DDGS throughout North America, the Caribbean, Central

America, South America, Europe and Asia. Gavilon Grain, with roots that go back well over 130 years as Peavey Grain, achieves quick, efficient handling while protecting quality with 73 high-volume capacity grain elevators. Gavilon Grain is a subsidiary of The Gavilon Group, LLC. The Gavilon Group, LLC, formerly ConAgra Trade Group, was formed as a newly independent entity through the acquisition by a group of investors. Gavilon is headquartered in Omaha, Nebraska, with 930 employees worldwide and 144 facilities on six continents. The company provides physical distribution, merchandising and trading across basic inputs and outputs, including grains, feed ingredients, fertilizer and energy products. Gavilon also helps its customers successfully manage risk and optimize margins across the entire spectrum of agricultural and energy commodity markets.

Seymour's Annual Ag Appreciation Day Tuesday, April 14th

The speaker for the Ag Appreciation Day and Health Fair will be Matt Gibson, representing Gavilon Grain, LLC.

Prior to him speaking at the luncheon, there will be awards given out for the Rancher of the Year by the Farm Service Agency's County Committee, the Farmer/Conservationist of the Year by the Miller-Brazos Soil and Water Conservation District, and the Agri-business of the Year by the Seymour Chamber of Commerce. There will be between 70 to 80 agricultural and health related booths open to the public from 9 a.m. to 3 p.m.

Texas Blood Institute will have a blood drive that day from 9 a.m. to 6 p.m. at the Styles Activity Center. Free blood tests will be taken by staff members from the Seymour Hospital that morning from 7 to 9 a.m. Fasting will be required for blood draws.

A sponsored meal, which is a fund raiser for 4-H, will be served at 12 noon. Entertainment will be furnished by local musical artist Bailey Latham.

This is always a good community and regional event where a lot of visiting and general information takes place and an abundance of door prizes are given away. Because of the support for the event, each year a \$500 scholarship is awarded in May to a senior student from Seymour Independent School District.

See you there!

We Appreciate You, Our Readers

We would like to Thank Everyone who helped in anyway & assisted Don in assuring I got the best Medical Care from Dr. Duke, The Nursing & the Hospital Staff. Thanks especially to the EMT's & the people with them. Thanks for the wonderful Meals!! I am on the road to recovery now, Again , Many Thanks Don & Glenda Maxwell

The Board of Directors and Employees of Stonewall Memorial Hospital would like to invite you to attend a retirement party for

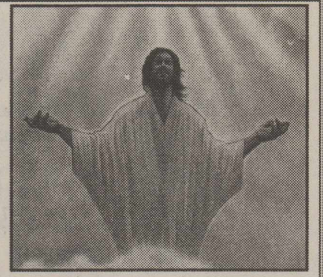
Barbara Cox

on April 17, 2009 from 3:00 PM until 5:30 PM in the hospital lobby.

We would like to celebrate the 34 years of dedicated service that Barbara has given to our hospital

God's Promises

By Jim Reid, Pastor
O'Brien Baptist Church



Jesus Christ! I hear people say His name to express many different meanings. Often it has nothing to do with who He is. So I can't help but wonder why they use His name? I also know those who express His name in a profane way can't possibly understand of whom their speaking. If they did that would really be a serious indictment against them.

This is the time of year that the name Jesus Christ is proclaimed louder perhaps than any other time, because of who He is!

In the gospel of John, chapter 3, verse 16; God speaks through His Son teaching us the very foundation of God's

love for all people. "For God so loved the world, that He gave His only begotten Son, that whosoever believeth on him should not perish, but have eternal life."

The Amplified Bible says it so clearly, "For God so greatly loved and dearly prized the world that He [even] gave up His only begotten (unique) Son, so that whoever believes in (trusts in, clings to, relies on) Him shall not perish (come to destruction, be lost) but have eternal (everlasting) life."

This Sunday is Easter and I pray that you will attend the church of your choice. If you've been out of church this is a great time to begin

attending on a regular basis.

This is also a great Sunday to realize why life is so much greater with faith in Jesus Christ. Eternal life is the opportunity to live the abundant life.

God offers each and every person the opportunity to have eternal life, if there is any part of the verse above that interest to you, that you don't understand, ask any Christian and they will explain the joy of knowing this verse.

Attend the church of your choice this week and let the love of God truly touch your heart.



BRIGHT IDEAS



By Alex Mills

The U.S. House Energy and Commerce Committee last week started to make a witches brew that will send the U.S. economy into a deeper recession.

The potion is called the American Clean Energy and Security Act of 2009. The discussion draft exposes a bunch of voodoo policies for fossil fuels, while dispersing mammoth amounts of Americans' tax dollars in hopes that "green" technology can provide more energy in the future.

Some have called the bill being drafted by Rep. Henry Waxman (D-Cal.), chairman of the Energy and Commerce Committee, and Ed Markey (D-Mass.), chairman of the Select Committee on Energy Independence and Global Warming, a "cap-and-trade" bill and others call it a "cap-and-tax" bill. No doubt that the end result will be higher energy costs, more volatility in energy pricing, and more government involvement in the energy business.

Some of highlights of last week's deliberation are:

- The renewable electricity requirement begins at 6% in 2012 and rises to 25% in 2025.
- Fuel economy standards must be coordinated with emission standards promulgated by the Environmental Protection

Agency.

3. New industrial energy efficiency standards established.

4. Utilities, oil and gas companies and large industrial sources must purchase "allowances" from the federal government based on the amount of carbon dioxide emitted into the atmosphere.

5. The draft allows covered entities to increase their emissions above their allowance if they can obtain offsetting reduction at lower cost from other sources. Total quantity of offsets allowed in any year cannot exceed 2 billion tons. Covered entities using offsets must submit five tons of offset credits for every four tons of emissions being offset.

6. Entities can bank their allowance for future use.

7. The Federal Energy Regulatory Commission will regulate and oversee the trading of the allowances.

8. EPA is directed to negotiate with foreign entities to prevent "international deforestation."

9. To help U.S. manufacturers that are put at a disadvantage with foreign competitors because of the increased cost of purchasing the allowances and complying with the regulations, companies can apply for "rebates" to compensate for their additional costs.

10. Tax dollars will be

redirected to a State Energy and Environment Development Funds (for clean energy and efficiency projects), to universities and colleges (develop curriculum and training programs), and Labor Department (training people in "green" jobs).

So far, Waxman and Markey have patterned their bill closely to the Lieberman-Warner bill that the Senate heard last year. Lieberman-Warner ran into many problems that they could not answer. For example, the increased costs to the economy are unavoidable. The EPA predicted that the gross domestic product would decline by \$1 trillion to \$2.9 trillion by 2050. Why? American businesses must compete in a global marketplace. Adding cost and volatility to energy makes American businesses less competitive.

Also, big businesses like Shell want a "cap-and-trade" system, because Shell can hire specialized traders and make carbon allowance trading a profit center. Of course, when someone makes a profit, someone else - usually small business - must make up the difference.

The bottom line is that the American Clean Energy and Security Act of 2009 is nothing more than additional economic pain without environmental gain.

DEADLINE FOR ADVERTISING IS FRIDAY BY 2:00 P.M.

940-657-3142

Blossom's Boutique

Tues. - Sat 9 a.m. - 5 p.m.

(940) 657-4011

Jill Kilgore • Owner - Operator
Hair, Nails, Men's Cuts, Waxing

Knox City/Benjamin United Methodist Churches

Invite you to join us in

CELEBRATION OF HOLY WEEK

April 5-12

- | | |
|--|---------------|
| Sunday, April 5 | Palm Sunday |
| Benjamin 9:30 a.m. | |
| Knox City, 11:00 a.m. | |
| Thursday, April 9 | Holy Thursday |
| Knox City, 7:30 p.m. | |
| Friday, April 10 | Good Friday |
| Knox City, 7:30 p.m. | |
| Sunday, April 12 | Easter |
| Benjamin Community Sunrise Service and Breakfast 7:00 a.m. | |
| Benjamin Worship Service 9:30 a.m. | |
| Knox City Worship Service 11:00 a.m. | |

THE CHURCH DIRECTORY IS BROUGHT TO YOU EACH WEEK BY THESE GENEROUS SPONSORS:

Knox County Hospital
657-3535

O'Brien Co-op Gin
658-3631

Benefit Team Roping

For Mike Jones
April 11, 2009
Guthrie, Texas 4-H Arena
Draw Pot - 3 runs for \$50
Can Enter 2 times
3 head (2 and a short - progressive after one)
Books Open at 12:00 noon
Books Close at 1:00 p.m.
Drawing of teams and Auction off donated items at 1:00 p.m.
Rope after auction
Concession stand provided...

For roping information or to donate items
Contact Wayne Smith 806-623-5326

CLASSIFIEDS

Your Knox County Marketplace

Help Wanted

Help Wanted

Looking for individuals who love working with older adults. Team focused. Monday-Friday, 8:30am - 5:00pm, no on-call. Excellent pay and benefits. If interested please contact Pauline Velez, LCSW, at 940-839-7036 or 866-308-8500. Applications accepted until position filled. SMH is an EOE

Must be 55 years old or older-Work 21 hours weekly-Call 940-459-2229 or come by the Wichita Brazos Museum in Benjamin, Open 9-5, Mon.-Fri.

The city of Knox City will be taking applications for the position of Swimming Pool Manager for the upcoming season until May 1, 2009. Information at City Hall. EOE

The city of Knox City will be taking applications for the position of Swimming Pool Manager for the upcoming season until May 1, 2009. Information at City Hall. EOE

Email your classifieds to kcnews@valornet.com

For Sale

House For Sale

309 S. Ave. H 3BR/1B brick home on corner, 2 car garage w/ storage, large, newly fenced backyard, water well, new windows 657-1059

For Sale

Office Building 70 x 74; Handicap accessible, large parking area, new roof, a/c and heating, available March. 1101 E. Main St, Knox City. 940-658-3526

New Listings

House For Sale

House For Sale: 3 Br, 1 Bath, Corner Lot. Fenced, Trees, Large Yard. Newly Remodded. \$28,000.00 (Firm). Call: Days - 940-657-4883. Nights/Weekends - 940-658-3670 Or 940-256-1510 Cell.

House For Rent

3 Bedrooms / 1 Bath 902 S Central Ave. Knox City \$500 Call 325-529-6436 (0326)

See Legal Notices on Pg 8

New Listings

Brazos West Art Association Meets 2nd Monday Sept - May Haskell National Bank 600 S. 1st. 6:30pm Guest Artist. Call Betty: 940-864-3122 Or Bobbie: 940-658-3152 (02-05,03-05,04-02,05-07)

OPEN FOR BUSINESS

Dillon Greenhouse Now Open! Tomatoes, Peppers, Hanging Baskets, Bedding Plants - Hours Open 9 a.m.-12 noon & 1 p.m.-6 p.m. Mon - Sat 1:30 p.m. - 5 p.m. Sunday afternoon Closed for lunch 12 p.m. to 1 p.m. (940) 658-3605 5 miles east Knox City on Hwy 222

Estrays North of Goree 2 bulls/ 1 yerling steer 4 cows w/calves / 1 cow mixed breed Doug Moore (940) 422-5543

REAL ESTATE

Counts Real Estate David Counts, Broker Marla Hawkins, Agent Patsy Gonzales, Agent 102 North Ave. A (940)658-3390 Knox City, Texas

- 806 S 2nd St. 2Br, 1 Ba New Roof! \$10,000
301 S. 4th St. 3 BR, 2Ba, Brick home on a corner lot. \$52,000
609 S. Ave E. COME SEE THIS ONE! 4BR, 3 Ba. Master Suite, Pool Reduced
300 S. 4th 3BR, 2Ba, Corner Lot \$30,000
1109 S.E. 4th St. 2BR, 1 Ba, C H/AC, Siding Reduced
1202 SE Fourth Street: Cute home featuring a large kitchen, 2 bedrooms, 1 bath. \$18,500
Brick home in Rochester: 1400+/- sq ft. \$35,000
Great Business Opportunity! 323 North Central Avenue. \$29,000
904 Central Avenue: Brick home featuring large kitchen, 3BR, 1.5 BA. \$50,000
Grand Central Avenue: 1800+/-sq.ft. \$55,000
600+ Acres of Prime Hunting Land: \$1495/acre
1900+/- Acres Featuring 12 Tanks: \$1200/Acre

Classifieds get results! 940-657-3142

DON'T MISS THE CHANCE HUG A KID!

Notices

LEGAL NOTICE

That in accordance with section 30.05 Of the penal code of texas - (criminal trespass senate bill iii legislature), notice is hereby given that all lands of the W.T. Waggoner Estate are posted - save and except where written permission is given to come up on the same.

Gene w. Willingham A.B. Wharton We (54)

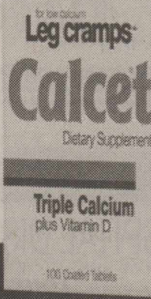
Business

Slow? Need a boost?

We have advertising plans to fit any budget! Call the Knox County News for more information 940-657-3142

STOP LEG CRAMPS BEFORE THEY STOP YOU.

Calcet's triple calcium formula is designed to help stop low calcium leg cramps. Just ask your pharmacist.



Small print text for Mission Pharmaceutical

FREE DIRECTV 4 ROOM SYSTEM!

265+ ALL DIGITAL CHANNELS! 130 HD CHANNELS! FREE HBO, Showtime & Starz for 3 Months! Packages Start only \$29.99 FREE DVR/HD No Start Up Costs! We're Local Installers! Toll Free 800-214-7110

talk & surf srcaccess.net high speed internet call 889-1125 new extreme speeds new anti-extreme rates

Mesothelioma

EXPERIENCE COUNTS Lawyers with over 90 years combined expertise.

may occur 30 to 50 years after exposure to asbestos. Many workers were exposed from the 1940s through the 1970s. Industrial maintenance and operators are among those at risk for mesothelioma, throat cancer or lung cancer. Call us for professional insight.

Ryan A. Krebs, M.D., J.D. Doctor-Lawyer in Full-time Law Practice Richard A. Dodd, L.C. Timothy R. Cappolino, P.C. Board Certified Personal Injury Trial Law and Civil Trial Law by the Texas Board of Legal Specialization NO FEE FOR FIRST VISIT CAMERON, TEXAS

1-888-MESO-FIRM (1-888-637-6347) www.AsbestosLaw.com

FAMILY POOL FUN.COM advertisement with image of people swimming

Subscribe Today to the Knox County News 940-657-3142 kcnews@valornet.com

TEXAS STATEWIDE CLASSIFIED ADVERTISING NETWORK TexSCAN

TexSCAN Week of April 5, 2009 AUTOS \$500! POLICE IMPOUNDS & Reposs... ARMSBID.COM NATIONAL Firearms Auction... BUSINESS OPPORTUNITIES 100% RECESSION PROOF!... DRIVERS GET IN ON GOV'T Stimulus now!... EQUIPMENT FOR SALE SAWMILLS FROM ONLY \$2,990.00...

HOMES FOR SALE 8 BEDROOM, 4 BATH HUD \$22,882... MISCELLANEOUS AIRLINES ARE HIRING... ATTEND COLLEGE ONLINE... REAL ESTATE ABSOLUTELY THE BEST VIEW Lake Medina... TEXAS & OLD MEXICO: Affordable hunting & fishing property...

Run Your Ad In TexSCAN! Statewide Ad \$500 307 Newspapers... BUILDING SALE! UNPRECEDENTED Low prices... To Order: Call This Newspaper direct, or call Texas Press Service at 1-800-749-4793 Today!

kcnews@valornet.com

Bennett Shortes advertisement with logo and contact info

Bill Stewart Insurance Services advertisement

Advertising Deadlines Friday by 2 p.m. 940-657-3142

kcnews@valornet.com

Last Puzzle Solution advertisement with crossword puzzle grid

Prolonged Texas Drought Impacts Wildlife

AUSTIN, Texas — Despite welcome rains in late March, much of Texas remains parched by prolonged drought of historic proportions, and wildlife die-offs of whooping cranes and deer have been reported. However, experts say native wildlife evolved to bounce back from drought, and a bigger issue is how human water use is changing the equation, and how drought underscores the need for water planning and conservation.

"The current drought affecting all of Texas has reached historic proportions, with the

past six months among the driest since the long-term drought of the 1950's and 1917, the driest year on record." That sentence begins the March 11 situation report from the governor's Drought Preparedness Council.

The council report said last December through February was the driest period on record for the east, south central, and upper coast regions. It also noted the entire state was classified as at least "Abnormally Dry" according to the United States Drought Monitor.

Continued dry range condi-

tions could have a negative impact on wild turkey production and hunting prospects for spring turkey season, according to Texas Parks and Wildlife Department biologists. If parts of Texas remain parched, particularly the south, experts say Rio Grande turkey breeding activity and nesting effort will be greatly reduced or nonexistent. Rio Grande spring turkey hunting season runs April 4-May 17 in the North Zone, with special youth-only weekends March 28-29 and May 23-24. The South Zone season runs March 21-May 3, with youth weekends March 14-15 and May 9-10.

At TPWD's J.D. Murpree Wildlife Management Area near Port Arthur, drought has delivered the second half of a one-two punch that started with Hurricane Ike last September.

The lack of rainfall means freshwater marshes at Murpree WMA that were inundated by Hurricane Ike are not being flushed of salt water. That lack of flushing is killing plants and damaging soil chemistry. The area's brackish marshes are saltier than usual for this time of year, suffering the same stresses as freshwater marshes.

"Brackish marshes on the WMA and neighboring private ranch land which would normally be at or below 10 parts per thousand salinity are still up in the teens," said Michael Rezsutek, Ph.D., a TPWD wildlife biologist at Murpree WMA.

Rezsutek said little fresh water is available for use by mottled duck broods, and that will likely lead to a very low production of mottled ducks this season. Mottled ducks are the only Texas year-round resident duck, and are prized by hunters and wildlife biologists. They've been declining for the past 30 years due to habitat loss and other factors, so drought effects are adding stress to an already stressed population.

He also said alligators and amphibians are unable to recolonize areas inhabited before Hurricane Ike because of the salt water, and populations of these animals will likely remain depressed for the next several years.

Down the coast at the Aransas National Wildlife Refuge, drought may have contributed to the worst winter on record for the world's only wild flock of endangered whooping cranes. After an en-

couraging multi-year comeback in which flock numbers grew each year, this is the first decline since 2001. Only 249 birds will return north to Canada this spring, down from 270 who arrived in Texas last fall.

Refuge expert Tom Stehn attributes whooping crane losses to poor habitat conditions on the middle Texas coast. He said low rainfall in 2008 resulted in saltier bays and fewer blue crabs, the primary food source for wintering whoopers. In addition, whoopers are further stressed when cranes must leave the bays to fly inland seeking fresh water.

In the Edwards Plateau of Central Texas, at spots like Garner State Park, there were reports of non-native axis deer dying from starvation coupled with cold weather earlier this year. TPWD wildlife biologists report range conditions are in poor shape, prickly pear is thin because of the lack of water and feral hogs are looking very thin and drawn down. Native whitetail deer still appear in decent condition but may not last long if the situation continues.

In the Trans-Pecos region of West Texas, last summer TPWD wildlife biologists observed a considerable drop in the pronghorn antelope population in portions of Jeff Davis and Presidio Counties, although overall Trans-Pecos pronghorn populations remain only slightly below the 30-year average. The specific causes are not known, but biologists believe there were several compounding factors, including how much of the affected area received no measurable rainfall from November 2007 to June 2008.

Meanwhile, this year a team of scientists is continuing work that will eventually guide decisions about how water pumping from the Edwards Aquifer in Central Texas should be restricted during critical drought periods. The science team is part of the Edwards Aquifer Recovery Implementation Program or RIP, a coalition of organizations working with the U.S. Fish and Wildlife Service to recover endangered species threatened by low spring and river flows. The RIP approach has been success-

fully used in other parts of the country to work out complex water use and endangered species issues. The EA RIP was created by the same 2007 legislation that raised the aquifer pumping cap during normal times, and as part of that agreement to increase the cap lawmakers required the RIP to be completed by the end of 2012. TPWD has four scientists on the team, examining flow needs of aquatic creatures and plants from Comal Springs all the way down the Guadalupe River to

San Antonio Bay.

Finally, wildlife experts say individual citizens can do a lot to help manage problems caused by drought, including using drought-tolerant native plants for spring gardening. TPWD's Texas Wildscapes habitat program for homeowners, businesses and small-acreage landowners has a wealth of information online about landscaping approaches that can save money, require less maintenance and use less water.

BENJAMIN NEWS

By Gladene Green

Reckon this past weekend cool "snap" was our Easter spell? Sure got cool on Sat. nite & Sun & a freeze is forecast for tonite (Mon). Just maybe by Easter weekend, it will be pleasant & the kids can enjoy their egg hunts & everyone will be able to attend sunrise services & not be too cold! Let's hope so.

Regarding Our Ill Kenneth Roberts is now at the Munday Nursing Center for a few days before returning to his home in Benjamin. He had surgery a couple of weeks ago & is doing o.k. but just isn't quite ready to come back home yet. Hopefully, his stay over there won't be too long.

Jan Carver came home Tues. nite after knee surgery on the 26th of March in Dallas. She's also progressing nicely. Has to go back to Dallas Thurs. to see her dr. to make sure everything is doing as it's supposed to. Their daughter Stacia Antille of Wingate has been with them since her return home.

Sr. Supper The 2009 Seniors of Benjamin High School were honored with a steak dinner at Bud's café in Knox city by the Benjamin First Baptist church on Mon. April 6. After the main meal, the graduates treated themselves to banana splits which they made exactly the way they liked them.

A short devotional by Troy Culppepper, pastor, and presentation of gift from the church concluded the evening.

Srs. present were Leah Vanderpool, Brittany Coop, Tabby Golden, Devon Jones, Daniella Rivera, Dillon Loftis & Gilbert Neverez.

The class sponsor, Sue Spake & her husband, Jim, School Supt, Alivia Gloria & her husband Gene & Rev. Culppepper were also in attendance as were several other church members.

Here N There Lexie Taylor of Amarillo has been here several days visiting her grandparents, Mike and Debbie Moorhouse. She will return home Sun. with her parents, Cody & Kyla who will be here for Easter.

Lorene Powers & Gloria West were in Guthrie Sat. for the second round of One Act Play Competition. Gloria's granddaughter & Lorene's niece, Chelsea Parker is in the

Aspermont play who is still competing & advanced again as did Guthrie. Chelsea was named to the All Star Cast & Gage Moorhouse, son of Tom & Becky & who attends Guthrie school was named best actor. We congratulate both these young folks. The next competition is Wed. in Munday.

Talked to Mindy Hutchen Sat. & she said her husband, Chance is still doing o.k. since his accident several weeks ago. He goes back to his Drs. this week to be checked out again & she think she's gonna get a good report.

Anthony and Jessica Lamb of Wichita Falls were here for a weekend visit with home-folks.

Jane Gideon was in Seymour Sunday night for a presentation of the Easter story. Her grandson, Colton Caldwell, portrayed the role of Jesus Christ on the cross. She said it was a most impressive program.

Be sure to attend sunrise service Sunday morning at the Methodist Church beginning promptly at 7am. Breakfast will follow immediately. In the event of bad weather, the service will be inside.

And I hope everyone has a pleasant Easter. If you travel, please be careful. The highways will likely be very crowded.

LEWIS PAINT & BODY SHOP

EXCELLENCE SINCE 1952



COME SEE US FIRST

NO JOB TOO LARGE

OR TOO SMALL!

24HR WRECKER SERVICES

CLINT LEWIS

OWNER

"IN LOVING MEMORY OF STERLING LEWIS"

DAY OR NIGHT, WE ARE THE ONLY NAME YOU NEED TO KNOW. SPECIALIZING IN MAJOR REPAIRS, CUSTOM PAINTING & STRIPING, WINDSHIELD & DOOR GLASS WINDSHIELD REPAIR, WHEEL ALIGNMENT AND FRAME STRAIGHTENING. WE CAN ALSO REPLACE THOSE WORN OUT HEADLINERS! WE UNLOCK LOCKED CARS.

DAYS	NIGHTS	106 NORTH 2ND
940-658-3342	940-658-3629	KNOX CITY, TX 79529

THERE'S A NEW NEIGHBOR

in your neighborhood.



Now that I'm right here in your area, there's no one better than a State Farm agent to serve your insurance needs. Call me today.

Tom Bassett

705 Ave E Haskell Tx 79521
(940) 864 3250
tom.bassett.mwli7@statefarm.com

LIKE A GOOD NEIGHBOR  STATE FARM IS THERE.®

Providing Insurance and Financial Services

State Farm Insurance Companies • Home Offices: Bloomington, IL
P02603 11/04 statefarm.com®

BUYING OR SELLING LAND?

Contact
Russell A. Graves
806.280.8007

nofences LAND CO.

Participating with

Cabela's TROPHY PROPERTIES

www.CabelasTrophyProperties.com

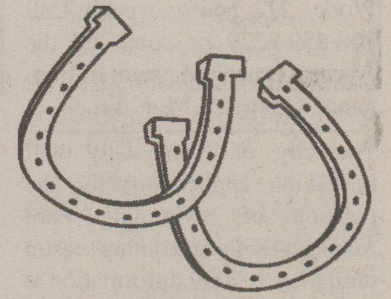
Ranchland
Conoco
454-2323

STEVEN'S TRACTOR REPAIR
Go Mustangs!
256-1117

GO MUSTANGS AND LADY STANGS!
The Jackie Youngs

Bud's Cafe
940-658-5100 * 709 Main Street.

Knox County HOSPITAL DISTRICT
Your hometown healthcare team.



Carrie W. Lohman
Financial Advisor

Edward Jones
MAKING SENSE OF INVESTING

4214 Kell West Blvd.
Wichita Falls, TX 76308
Bus. 940-322-4200
Cell 940-256-0990

carrie.lohman@edwardjones.com
www.edwardjones.com

Knox County Hospital
Knox City Clinic • Munday Clinic
Knox County Home Health
Knox County EMS

CITIZENS BANK, N.A.
658-3527
Knox City

FDIC EQUAL HOUSING LENDER

BJ Country Store Proudly supports the Mustangs
Buddy & Janice Tolson

ADVERTISEMENT FOR BIDS

CITY OF KNOX CITY

Separate sealed bids for WASTE WATER TREATMENT PLANT GRIT REMOVAL SYSTEM will be received by THE CITY OF KNOX CITY, until 1:30 P.M., April 14, 2009 at Knox City, City Hall, 902 E. Main, Knox City, Texas 79529 and then at said location publicly opened and read aloud. The project consists of the furnishing of all materials, tools, equipment, transportation, services, labor and superintendence necessary for the construction of a grit removal system at the city's wastewater treatment plant. It consists of a concrete structure and channels, grit removal equipment, electrical and various appurtenances.

The Contract Documents, consisting of Advertisement for Bids, Information for Bidders, Bid Proposal, Bid Bond, Contract, Performance and Payment Bonds, General Conditions, Notice of Award, Notice to Proceed, Plans, Specifications, and Addenda (if any) and Project Contracting and Compliance Provisions may be examined at the following location:

JACOB & MARTIN, LTD., Consulting Engineers
3465 Curry Lane, Abilene, Texas 79606

Bids will not be received from contractors who have not obtained original plans and specifications from Jacob & Martin. Bids shall be submitted on original documents and the entire specification book must be returned with bid. No faxes or copies of bid sheets will be accepted.

The Owner reserves the right to waive any informalities and to reject any or all bids. Bids may be held by the Owner for a period not to exceed 60 days from the date of bid opening for the purpose of reviewing the bids and investigating the qualifications of Bidders prior to awarding of the contract.

Copies of the Contract Documents may be obtained from JACOB & MARTIN, LTD., 3465 Curry Lane, Abilene, Texas 79606 (325-695-1070), upon payment of \$45.00 (nonrefundable) for each set. Checks should be made to the order of Jacob & Martin, Ltd.

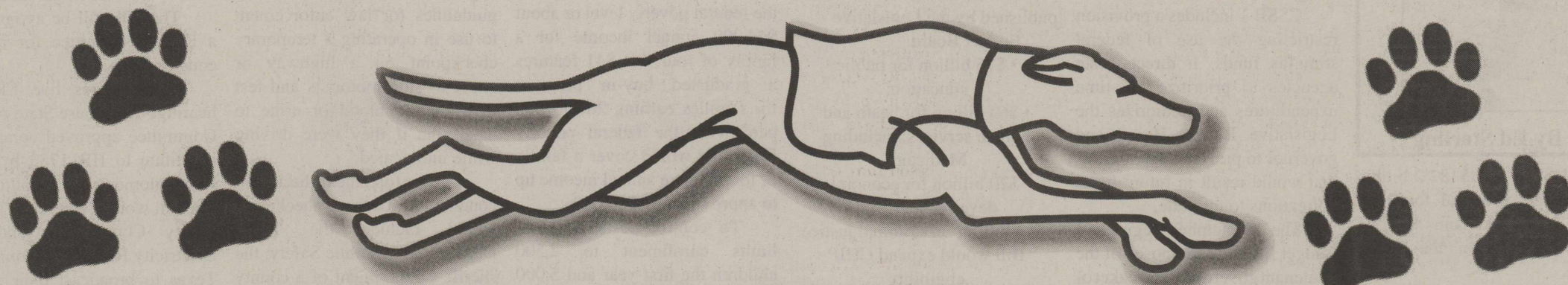
A certified check or bank draft, payable to the order of the CITY OF KNOX CITY, negotiable U.S. Government bonds (at par value) or a satisfactory Bid Bond executed by the Bidder and an acceptable surety in an amount equal to five percent (5%) of the total bid shall be submitted with each bid.

CITY OF KNOX CITY

By: _____
Jeff Stanfield, Mayor

Date: _____

KNOX CITY SPORTS



Greyhound Baseball Bounces Back

After losing to Stamford 24-2 on Tuesday of last week, the Greyhounds traveled to Rotan Saturday for a double header that started at high noon. Six and a half hours later, the Hounds had split the games with the Yellowhammers. In the first game, the Hounds found themselves behind 17-4 after three innings. The top of the fourth was where the momentum would swing and so did the Greyhounds. The Hounds rallied for 12 runs to bring the score to 17-16 in favor of Rotan. The Hammers held on for the victory

with a score of 23-17.

The second game started off with the Hounds scoring 4 runs in the first inning to take their first lead of the day. Rotan answered back with 4 runs of their own on 3 Hound errors in the bottom of the first. From this point on, the Greyhounds never looked back scoring 22 runs over the next 4 innings to win the game 26-13 over the Hammers.

Outstanding defensive players for the games were TJ Moore, Bandy Moeller, MJ Abila, Zakery York, Brandon York and Jarek Wilde.

Outstanding offensive players were Zach Shaver, Brandon Bradley, Jordan Carter, Kyle Harrington and Ryan Ledesma. Coach Steele said, "I am very proud of the guys for their effort against Rotan.

It was hot and everyone was tired but they kept fighting and took care of business. This could be a turning point for us. Our younger guys are starting to step up and produce for us and they are gaining more confidence every game.

Greyhounds perform well at the Double Mountain Relays

The Knox City Boys Track team had another great outing last Friday night, taking second place as a team in the Double Mountain Relays in Aspermont, Texas. "There were 30 teams participating in the track meet, which makes this second place trophy very impressive." Coach Howeth said. The boys won the sprint relay and the mile relay; at a meet of this size this is an impressive feat. Results for the meet are as follows:

- Triple Jump - 3rd Place Derrick Coleman, 39'6.5"
- High Jump - 3rd Place Jordan Carter, 5'6"
- 400M Relay - 1st Place Marcell Lewis, Derrick Coleman, Zack Shaver, Lannie Coleman, Jordan Carter, 45.37 seconds
- 110Hurdles- 5th Clay Clark, 17.83
- 100M Dash- 4th Lannie Coleman, 11.73
- 400M Dash- 1st Derrick Coleman, 50.59
- 200M Dash- 5th Marcell Lewis, 23.48
- 1600M Relay- 1st Lannie Coleman, Derrick Coleman, Bandy Moeller, Jordan Carter 3.39.92

The Greyhounds will run this Friday in Jayton at the district Track Meet to see who will advance to the next round.

KC Golfers participate in the District Golf Meet

In terribly cold temperatures the Hounds and Houndettes left Knox City to participate in the District Golf Meet at Maxwell Golf Course in Abilene, Texas.

The Boys entered two separate teams, one team consisting of Jordan Carter, Bandy Moeller, MJ Abila, Skyler Eades, and Ryan Ledesma, and another team consisting of Kyle Harrington, Landon Lynn, Shane Strickland, Ryan Casillas, and Brandon York. The first greyhound team placed 3rd overall with Bandy Moeller and Mj Abila advancing to Regionals as medalist individuals.

The Knox City Girls also entered a team in the meet. That team was made up of Toni Brown, Cassidy Carter, Laura Vasquez, Regan Clark, and Brittany Gonzales. Reagan Clark did not get to participate due to injuries sustained in the track meet on Friday night. Advancing to Regionals for the girls was Brittany Gonzales as a medalist individual.

All three of the teams represented Knox City extremely well, despite the cold temperatures and windy conditions. The Regional meet will be on April 21-22.

THANKS FOR READING THE KNOX COUNTY NEWS

THE STATE OF TEXAS

COUNTY OF KNOX

In the name and by the authority of the State of Texas, notice is hereby given as follows: TO

Madelyn Goode Honea, Fleta Mayo, Dixie Bradley, Ettamae Frazier, Everett Barger, Dorothy Williams, Norris Barger, Jack Barger, Barbara Coffman and Dale Redding, if living, and if any or all of the above named defendants be dead, the unknown heirs of each or all of said above named persons who may be dead, and the unknown heirs of the unknown heirs of said above named persons, and the unknown owner or owners of the hereinafter described land, and the executors, administrators, guardians, legal representatives, legatees and devisees of the above named persons, and any and all other persons, including adverse claimants, the unknown stockholders of any defunct corporations, their successors, heirs and assigns, owning or having or claiming any legal or equitable interest in or lien upon the following described property, delinquent to Plaintiff herein, for taxes, all of said property being located in said County and State, to-wit: Lots 7 and 8, Block 1, Original Townsite of the Town of Goree, Knox County, Texas being that property more particularly described in Vol. 257, Page 525 of the Deed Records, Knox County, Texas; the North 77-1/2' of Lots 20, 21, 22, 23 and 24, Block 1, Original Townsite of the Town of Goree, Knox County, Texas being that property more particularly described in Vol. 199, Page 443 of the Deed Records, Knox County, Texas; Lots 9-11, Block 1, Original Townsite of the Town of Goree, Knox County, Texas being that property more particularly described in Vol. 257, Page 525 of the Official Public Records, Knox County, Texas; Lots 20 thru 23, Block 1, SAVE & EXCEPT the North 77-1/2', Original Townsite of the Town of Goree, Knox County, Texas being that property more particularly described in Vol. 257, Page 525 of the Official Public Records, Knox County, Texas; and Lot 6-1/2, Block 21, Elandel Addition, Town of Truscott, Knox County, Texas being that property more particularly described in Vol. 235, Page 395 of the Deed Records, Knox County, Texas.

Which said property is delinquent to Plaintiff for taxes in the following amount: \$740.06, exclusive of interest, penalties and costs, and there is included in this suit in addition to the taxes, all said interest, penalties and costs therein allowed by law up to and including the day of judgment herein.

You are hereby notified that suit has been brought by the Knox County Appraisal District, Plaintiff, against the above named persons, as Defendants, by petition filed on November 10, 2008, in a certain suit styled the Knox County Appraisal District et al vs. Madelyn Goode Honea et al, for collection of the taxes on said property and that said suit is now pending in the District Court of Knox County, Texas, 50th Judicial District, and the file number of said suit is 9201, that the names of all taxing units which assess and collect taxes on the property hereinabove described, not made parties to this suit are NONE.

Plaintiff and all other taxing units who may set up their tax claims herein seek recovery of delinquent ad valorem taxes on the property hereinabove described, and in addition to the taxes all interest, penalties, and costs allowed by law thereon up to and including the day of judgment herein, and the establishment and foreclosure of liens, if any, securing the payment of same, as provided by law.

All parties to this suit, including Plaintiff, Defendants, and Intervenor, shall take notice that claims not only for any taxes which were delinquent on said property at the time this suit was filed but all taxes becoming delinquent thereon at any time thereafter up to the day of judgment, including all interest, penalties and costs allowed by law thereon, may, upon request therefor, be recovered herein without further citation or notice to any parties herein, and all said parties shall take notice of and plead and answer to all claims and pleadings now on file and which may hereafter be filed in said cause by all other parties herein, and all of those taxing units above named who may intervene herein and set up their respective tax claims against said property.

You are hereby commanded to appear and defend such suit on the first Monday after the expiration of forty-two (42) days from and after the date of issuance of this citation as set out below, said appearance and answer date being the 4th day of May, A.D., 2009, (which is the return day of such citation), before the honorable District Court of Knox County, Texas, to be held at the courthouse thereof, then to show cause why judgment shall not be rendered for such taxes, penalties, interest and costs, and condemning said property and ordering foreclosure of the constitutional and statutory tax liens thereon for taxes due the Plaintiff and the taxing units parties hereto, and those who may intervene herein, together with all interest, penalties, and costs allowed by law up to and including the day of judgment herein, and all costs of this suit.

This citation is issued and given under my hand and seal of said Court in the City of Benjamin, Knox County, Texas, this the 26th day of March, A.D., 2009.

Clerk of the District Court,
Knox County, Texas, 50th Judicial District

Angela Joffe
Deputy

KNOX FAMILY WELLNESS CLINIC

PBH OILFIELD SUPPLY
Charlie Pierce
Michael & Terry Bartley
658-3559

LARSON PHARMACY
Larry & Beth Staggs
657-3210

LYNN ELECTRIC MOTOR CO., INC.
1011 Main St. • Knox City
Jimmy Lynn • Scott Lynn
940-658-3511

SHORTES, INC.
Complete Oilfield Construction
658-3576

CITY MOTEL
Bip and Anita
658-3541

SUPPLY HOUSE
658-3389

AIRAG
Complete Aerial Applications and Helicopter Service
Office 940-658-3744
Fax 940-658-3105 Stan & Donna
Mobile 940-256-1492 Wojcik

Bud's Cafe
940-658-5100 * 709 Main Street.

PENMAN'S SERVICES LTD
658-3513

LAWRENCE BROS.
658-3715
IGA The former M-System of Knox City

PUMPERS SUPPLY & EQUIPMENT
658-3260
Backing the Hounds since 1976

S-T Trucking
658-3949

Go Lady Hounds!
LEWIS Paint & Body Shop
Clint, Tonya, Carson & Cason
"We unlock locked cars"
658-3342

Classifieds Get Results

The Body Shop

108 North Central Ave.
940.657.4313

Kendra Felicia
Owner / Stylist Nail Tech (Tues)

Kristi Wilma
Stylist Barber / Stylist

Tanning, Jewelry, Clothes,
Toys & other items

Burrito Express

657-4323 658-5568

V & V Oil Field Services

658-3997 or 256-1853

201 E Main St.

CITIZENS BANK, N.A.

658-3527
Knox City

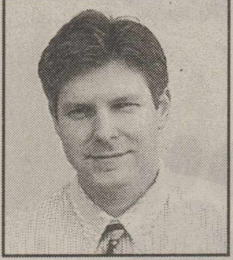
HOSPITAL DISTRICT

Your hometown healthcare team.

Knox County Hospital
Knox City Clinic • Munday Clinic
Knox County Home Health
Knox County EMS

TEXAS PRESS ASSOCIATION

State Capital HIGHLIGHTS



By Ed Sterling

AUSTIN - A \$182.2 billion state budget proposal for fiscal years 2010-2011 on April 1 earned passage in the Texas Senate.

The Senate proposal, now called Committee Substitute SB 1, includes \$11 billion in federal stimulus money. CSSB1 must be reconciled with HB 1, the House version to be rolled out later this month.

Lawmakers will have until

the end of May to deliver the finished product to Gov. Rick Perry, who may sign or veto it. The governor repeatedly has said that he will reject a state budget proposal if it includes federal stimulus funding that requires the state to adhere to future spending obligations.

CSSB 1 includes a provision restricting the use of federal stimulus funds. It directs state agencies to prioritize one-time expenditures and authorizes the Legislative Budget Board and governor to prevent expenditures that would result in future fiscal obligations to the state.

The 10-member Legislative Budget Board is composed of the lieutenant governor, the speaker of the House, the chairs of the House Committee on Appropriations, the House Committee on Ways and Means, and the Senate Finance Committee, plus two House members appointed by the speaker, and three Senate

members appointed by the lieutenant governor.

Not counting the federal stimulus money, the Senate version is a modest increase over the current state budget.

Here are a few estimates of the larger appropriations in CSSB 1, based on a chart of all funds published by the Legislative Budget Board:

- \$75 billion for public education;
 - \$60 billion for health and human services, including Medicaid;
 - \$20 billion for economic development; and
 - \$11 billion for criminal justice.
- Bill would expand CHIP eligibility

Texas families currently ineligible for children's health insurance sponsored by the state could buy into the program under SB 841, a bill now under consideration by the Senate Health and Human Services

Committee.

The Children's Health Insurance Program now covers almost half a million children from low-income families, but Texas still leads the nation in uninsured children.

Families currently eligible for CHIP make 200 percent of the federal poverty level or about \$44,000 annual income for a family of four. SB 841 features a graduated buy-in program for families earning 200 to 300 percent of the federal poverty level, and would cover a family of four with an annual income up to approximately \$66,000.

To control costs, SB 841 limits enrollment to 2,500 children the first year and 5,000 the second year, but has no cap in the third year and beyond.

SB 841 author is Sen. Kip Averitt, R-Waco, and coauthors,

Sens. Wendy Davis, D-Fort Worth, Kevin Eltife, R-Tyler, Leticia Van de Putte, D-San Antonio, Royce West, D-Dallas, and Tommy Williams, R-The Woodlands.

Sobriety checkpoint bill moves The Senate on March 31 approved legislation creating guidelines for law enforcement to use in operating a temporary checkpoint on a highway or street to stop motorists and test their breath, blood or urine to determine if they were driving while intoxicated.

Law enforcement that could conduct a sobriety checkpoint would include the Texas Department of Public Safety, the sheriff's department of a county with a population of 250,000 or more and the police department of a municipality with a population of 500,000 or more.

Sen. John Carona, R-Dallas, author of SB 298, said his bill addresses that fact that Texas leads the nation in alcohol-related traffic fatalities and is one of only 11 states that does not allow law enforcement officials to conduct sobriety checkpoints due to a lack of established guidelines.

The bill will be assigned to a House committee for further consideration.

Bill requires live ERCOT hearings The House State Affairs Committee approved committee substitute to HB 1783 by Rep. Burt Solomons, R-Carrollton.

The bill would require the Public Utility Commission and the Electricity Reliability Council of Texas to broadcast their public hearings and open meetings via live Internet video.

The bill now moves to the full House for further consideration.

Deadline for news and advertising is Friday by 2 p.m. 940-657-3142

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF BOBBY F. HUDSON, DECEASED

Notice is hereby given that original Letters Testamentary for the Estate of **BOBBY F. HUDSON** were issued on March 2, in Cause No. 2485, pending in the County Court of Knox County, Texas, to: **DANIEL L. RAINS HUDSON**.

The address of the Independent Executor is:

DANIEL L. RAINS HUDSON
P. O. BOX 182
Benjamin, TX 79505.

All persons having claims against this Estate, which is currently being administered, are required to present them within the time and in the manner prescribed by law.

DATED the 1st day of April, 2009.

BOBBY D. BURNETT
P. O. Drawer 390
Munday, TX 76371
(940) 422-4525
(940) 422 5544 FAX

ATTORNEY FOR THE ESTATE

BID NOTICE

ASPERMONT SMALL BUSINESS DEVELOPMENT CENTER, INC. is accepting invitations to bid for the 2009 Comprehensive Energy Assistance Program (CEAP) in the Heating and Cooling component. Bidders must be qualified to assess, as well as, repair, replace or retrofit central units, window units and all other major heating and/or cooling appliances for individuals who qualify. Counties to be served include: Haskell, Jones, Kent, Knox, Stonewall and Throckmorton. To request a bid package please contact Wilda Giles at 940-989-3538 or 800-722-0137 or reply to PO Box 188, Aspermont TX 79502.

105 S Central Ave.
Knox City, Tx 79529

Prices Good Thru 4/18/09

DIET PEPSI, SPRITE OR PEPSI
2 \$7.98 FOR

FOUNTAIN DRINK HONCHO 44 OZ.
79¢

MEXI-BURGER AND A TALLSUP \$2.99

NESTLE SELECT GROUP BABY RUTH, REG. OR CRISP CRUNCH OR BUTTERFINGER CANDY BARS REGULAR SIZE
79¢

BAR-S THIN CUT ROASTED TURKEY, REGULAR OR HONEY HAM DELI MEATS 9 OZ. PKG.
2 \$4.00 FOR

RED BULL REG. OR SUGAR FREE ENERGY DRINK 12 OZ. CANS
2 \$5.00 FOR

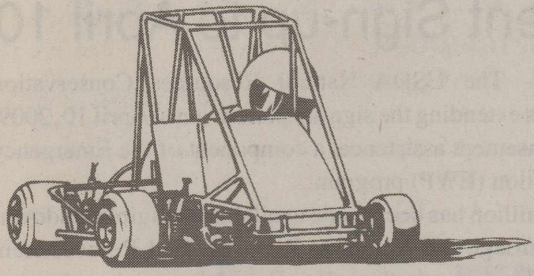
BUY 12 GALLONS OF FRESH ALLSUP'S MILK... GET ONE FREE!

COMBO MEALS

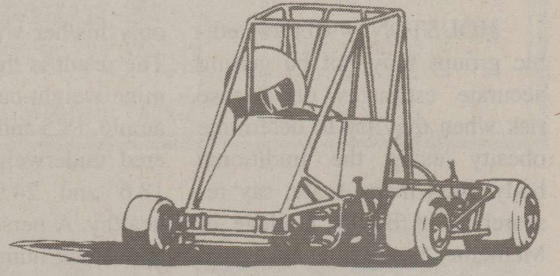
COMBO NO. 1 BACON/EGG BISCUIT & 16 OZ. COFFEE \$2.09	COMBO NO. 6 3 TAMALES, HOWLERS & 32 OZ. TALLSUP \$2.69
COMBO NO. 2 SAUSAGE/EGG BISCUIT & 16 OZ. COFFEE \$2.09	COMBO NO. 7 2 HOT LINKS WITH BREAD & 32 OZ. TALLSUP \$2.59
COMBO NO. 3 BBQ SANDWICH & 32 OZ. TALLSUP \$2.09	COMBO NO. 8 2 CORN DOGS & 32 OZ. TALLSUP \$2.69
COMBO NO. 4 HOMESTYLE POPCORN CHICKEN & 32 OZ. TALLSUP \$2.79	COMBO NO. 9 CHIMICHANGA & 32 OZ. TALLSUP \$2.49
COMBO NO. 5 SPICY POPCORN CHICKEN & 32 OZ. TALLSUP \$2.79	COMBO NO. 10 2 BEEF & BEAN BURRITOS & 32 OZ. TALLSUP \$2.69

MORE SPECIALS

MEXI-BURGER AND TALLSUP	\$2.99
BAR-S FRANKS 12 OZ. AND TENDERCRUST CONEY BUNS	\$2.00
TOM'S FRIES, CHEEZERS OR TORTILLA CHIPS ASSORTED FLAVORS / REGULAR \$2.49	2FOR \$4.00
IDAHOAN INSTANT POTATOES BABY REDS, YUKON GOLD, BUTTERY OR HOMESTYLE	\$1.29
ALLSUP'S SANDWICH BREAD 24 OZ. / 89¢ OR	2FOR \$1.49
ALLSUP'S WHEAT BREAD 24 OZ. / 99¢ OR	2FOR \$1.59
HALL'S COUGH DROPS ASSORTED 30 CT	\$1.89
SONY BATTERIES AA 4 PK., AAA 4PK., C 2PK., D 2PK. OR 9 VOLT	\$2.99



SEYMOUR SPEEDWAY



Sunday, March 29, 2009

Knox City Track - No Points Race



WINNERS OF YOUNG GUNS - BEGINNER DIVISION - Pictured l to r: First Place, #72 - Ryan Blair of Newcastle, Texas; Second Place, #5 - Carson Lewis of Knox City, Texas; and Third Place, #26 - Charlie "Hollywood" Hammond of Graham, Texas.



WINNERS OF BRIGGS INTEK DIVISION - Pictured l to r: First Place, #88 - Dalton Gann of Seymour, Texas; Second Place, #41 - Rowdy Bradley of Seymour, Texas; and Third Place, #74 - Maddison Jones of Graham, Texas.



WINNERS OF RED PLATE ANIMAL DIVISION - Pictured l to r: First Place, #01 - Ranger Donnell of Seymour, Texas; Second Place, #1 - Collin Gann of Seymour, Texas; and Third Place, #6 - Matt Niell of Seymour, Texas.



WINNERS OF THE GOLD PLATE ANIMAL DIVISION - Pictured l to r: First Place, #77 - Jayce Hudson of Seymour, Texas; Second Place, #15 - Cade Holden of Seymour, Texas; and Third Place, #4 - Garrett Field of Wichita Falls, Texas (not pictured).



WINNERS OF STOCK ANIMAL DIVISION - Pictured l to r: First Place, #17 - Patrick Knight of Wichita Falls, Texas; Second Place, #74 - Landon Haney of Graham, Texas; and Third Place, #k11 - Kassadi Witter of Altus, Oklahoma.



WINNERS OF LIMITED ANIMAL DIVISION - Pictured l to r: First Place, #98 - Leighton Pepper of Knox City, Texas; and Second Place, #25 - Mike Clark of Olney, Texas.



WINNERS OF MODIFIED MOWER DIVISION - Pictured l to r: Second Place, #5 - Terry Carnahan of Seymour, Texas; and First Place, #9 - Cliff Kincheloe of Abilene, Texas.

SEYMOUR SPEEDWAY 2009 UPCOMING SCHEDULE

Saturday, April 4
Seymour First Points Race

Saturday, May 9
Knox City Points Race

Saturday, April 18
Seymour Points Race

Saturday, May 16
Seymour Points Race

Saturday, April 25
Seymour Points Race

Saturday, May 30
Seymour Points Race

Banner Photos

These Area Merchants Proudly Sponsor This Page!
Support Them As They Support Seymour.

Robertson Electric
Pool Chemicals Available
600 N. Washington
Seymour • 888-3011

Montgomery Tractor Co.
Wichita Hwy
Seymour
888-3437

If You Would Like To Support This Page, Call 940-889-2616.

Seymour Scooter Store
Performance Small Engines & Hobbies
111 S. Main St. • Seymour
889-6455

CITY OF SEYMOUR
301 N. WASHINGTON ST.
(940) 889-3148

SUPER STOP
611 N. Main St
Seymour
889-2819

P.C.'s PAINT & BODY
940-889-3542
321 S. MAIN ST.
SEYMOUR, TEXAS

SANTA ROSA Telephone Cooperative
310 W. California
Seymour, Texas
889-1125

Vita Auto Parts
116 N. Main St, Seymour
889-5569

CLINT HARPER, INC.
Clint & Kathy Harper

THE PIT STOP
Seymour, Texas
GAS, BAIT, TACKLE, PICNIC SUPPLIES, & BEVERAGES
859 N. Main St. • Seymour
940-889-8403

BMI Scale Not An Accurate Measure For Obesity

HOUSTON — Certain ethnic groups may not be getting accurate estimates of disease risk when they try to determine obesity using the traditional body mass index scale, say researchers at Baylor College of Medicine (www.bcm.edu) and the University of Houston in a study recently published online in the British Journal of Nutrition.

"Our research shows that the number used to indicate weight category does not reflect the same amount of body fat for some races compared to others," said Dr. Molly Bray, associate professor of pediatrics - nutrition at the USDA/ARS Children's Nutrition Research Center (www.bcm.edu/cnrc) at BCM and Texas Children's Hospital. "The results are consistent with other studies that say BMI is inaccurate and should be tailored to help target those at risk."

BMI is a formula that estimates a person's body fat using

only his/her weight and height. The result is then used to determine weight categories. For example, 18.5 and below is considered underweight and between 18.6 and 24.9 is considered healthy. A person is overweight when their number falls between 25 and 29. Thirty and above is considered obese.

"This scale was created years ago and is based on Caucasian men and women," said Bray, who is also senior author of the study. "It doesn't take into account differences in body composition between genders, race/ethnicity groups, and across the lifespan."

In the current study, rather than using other potentially biased methods employed in the past as "gold standards" to examine body composition, researchers used dual-energy x-ray absorptiometry, which is a low dose x-ray known as DXA, to determine percent fat. DXA can be used to estimate bone density,

lean mass and fat mass.

"It's important to break down the BMI numbers," Bray said. "Just because you weigh a certain amount doesn't necessarily mean you are overweight. Take, for example, an athlete who is very muscular and still weighs up to 300 pounds."

When the two results were compared, researchers found that the DXA estimate of percent fat of African American women was 1.76 percent lower for the same BMI compared to non-Hispanic white women. Since BMI is assumed to represent body fatness, an African American woman would not be considered overweight or obese until she reached a higher number than what is indicated by the current BMI standards. The opposite is the case for Hispanic, Asian and Asian-Indian women. Their percent fat is higher by 1.65 percent, 2.65 percent and 5.98 percent, respectively. So they would be considered overweight or obese at amounts lower than what the BMI standards indicates. The results for men were similar.

"Right now non-Hispanic white women are not considered obese until they have a BMI of 30 or above. Based on our data in young adults, for Hispanic women the number would be around 28," said Bray. "For African American women the number to cross is around 32."

Bone mineral content, hydration state, and the density of lean mass found in different ethnic groups are some factors that

AWARD

and needed her until she fell ill last fall. It was when Christmas came around and Kay Pepper and Barbara Barnard felt as though they had been amputated without their dear friend to help prepare for the holidays that they realized. It was the empty spot in the bleachers at the local high school games that the kids noticed.

It was the missing voice in the congregation and the vacant spot in the pew at church on Sunday that made others aware. In the case of Sequoyah, though, Knox City did get its chance to say "thank you" and "we love you". That was the whole purpose of the packed building on Saturday night and the applause until hands went numb, to say all the things about this amazing woman that had been taken for granted.

The night concluded with a round of door prizes and a parting hug from all who attended.

account for the differences.

"These results demonstrate that body composition measures obtained from DXA can be used to more accurately define risk factors and provide better recommendations for the treatment and care for patients," said Bray.

The study participants were recruited from the TIGER (Training Intervention and Genetics of Exercise Response) study. It is designed to investigate how variation in DNA sequence may influence levels of body fatness and fitness.

Other researchers who took part in the study include Drs. Andrew S. Jackson, lead author of the study, and Brian K. McFarlin, both of the Department of Health and Human Performance at the University of Houston (www.hhp.uh.edu); Drs. Kenneth J. Ellis and Mary H. Sailors, both of the USDA/ARS Children's Nutrition Research Center at BCM and TCH; Dr. John Foreyt, professor of medicine, psychiatry and behavioral sciences at BCM.

Funding came from a grant from the National Institute of Health.

NRCS Extends Floodplain Easement Sign-up to April 10

TEMPLE — The USDA Natural Resources Conservation Service (NRCS) is extending the sign-up period - until April 10, 2009, - for floodplain easement assistance, a component of the Emergency Watershed Protection (EWP) program.

Up to \$145 million has been made available to eligible landowners nationwide through the American Recovery and Reinvestment Act of 2009 and includes both technical and financial assistance. This funding will restore frequently flooded land to its natural state; create jobs in rural communities nationwide when landowners establish these floodplain easements; as well as restore and protect an estimated 60,000 acres of flood-prone lands nationwide.

"NRCS wants to ensure landowners have ample time to apply for the program," said Don Gohmert, NRCS state conservationist for Texas. "This program is part of USDA's plan to mitigate the impact of future flooding by restoring the landscape to its natural hydrology and native vegetation."

Floodplains generate many public benefits, such as increased flood protection, enhanced fish and wildlife habitat, improved water quality and a reduced need for future public disaster assistance. Other benefits include reduced energy consumption when certain agricultural activities and practices are eliminated and increased carbon sequestration as permanent native vegetative cover is reestablished.

All eligible landowners are encouraged to sign-up for the funding by visiting their local NRCS office. The sign-up, originally announced March 7, will close April 10, 2009. For eligibility requirements landowners should refer to the EWP floodplain easement at www.nrcs.usda.gov/programs/ewp/Floodplain/index.html.

More information about NRCS and other conservation programs is available on the NRCS Web site at www.tx.nrcs.usda.gov or at your nearest USDA Service Center.



I'm probably unlike most people in that I love sandwiches. I love sandwiches in all shapes and sizes. Most people complain about sandwiches, I request them and eat them frequently.

The following recipe is another of my wife's specialties that she invented back in her restaurant days. She made it for me the first time way back when we were only beginning to date and I was impressed. Of course as I mentioned earlier I love sandwiches so I was easily impressed. If you try it, I think you will be too. Sometimes the simplest things are the best.

She had not made them in a while and asked what I wanted for dinner Sunday night. The light bulb went off and I requested this sandwich and rekindled my love affair with it.

The recipe is simple and a quick fix on a summer day.

The following recipe serves 4-5 so if you have any more than that, or my son Tanner and I present, you should probably make two.

Ingredients

- 1 french loaf
- 1 pound of ham (thin sliced)
- 8 slices of provolone
- 1 medium sized tomato
- 1/2 of medium sized red onion
- 1/2 head of lettuce (chopped)
- red wine vinegar
- parmesan cheese
- pepper

Directions

Cut french loaf in half length wise. Pull out some of the bread in the middle of both halves and discard. Roll ham into tubes and place side by side down the length of the bread. Once bread is covered with ham, place 4 slices of provolone cheese on top of ham and 4 slices of cheese on the other half of the bread. Broil in oven on low until cheese starts to brown. Pull out of oven and top with lettuce, tomato, and onion. Sprinkle red wine vinegar, parmesan cheese and pepper to taste. Put the top on and cut the loaf into serving size sandwiches and enjoy.

Census Workers To Verify Addresses

The First Major 2010 Census Operation to Employ more than 15,000 in Texas, Louisiana & Mississippi and on April 6, 2009 the U.S. Census Bureau Dallas Regional Office will start its first major operation on the ground in preparation for the fast approaching 2010 Census.

During the next few months, census workers will be walking every street in Texas, Louisiana and Mississippi verifying and updating census address lists and maps.

"The census workers we hire are members of the community and will be working in their own neighborhoods," said Gabriel Sanchez, Regional Director for the Dallas Region.

The operation runs from April through mid July. In most areas, addresses will be updated without households being contacted by census workers.

However, in some instances where confirmation or clarification is needed, a census worker will come to your door.

These workers will be wearing official census identification badges and will carry a handheld

computer.

If anyone has questions or concerns about census workers, contact the regional office at 1-800-563-6499.

"A complete and accurate address list is the cornerstone of a successful census," said Sanchez. "Building on the achievements of 2000 Census, we have been testing and preparing for the 2010 count all decade and we're ready to fulfill our Constitutional mandate to count everyone living in the United States."

I've got a strong bank behind me.

Rated one of the nation's strongest banks.

First National Bank

MUNDAY - HASKELL - STAMFORD - ROCHESTER

PHONE ~ (940) 422-4522
TELEBANK ~ 422-4741
TIME & TEMPERATURE ~ 422-5459

Russell Graves Outdoors

SCORING YOUR TURKEY

A scale, calculator and tape measure are all you need

By Russell A. Graves

For as long as anyone can remember, deer hunters have judged their trophies against one another by touting a buck's Boone & Crockett score. Did you know that turkey hunters can also get in on the game of keeping harvest records and do a little bragging along the way? That's right. With a few simple measurements, you can objectively evaluate a turkey and assign it a "score" by using a set of systematic measurements.

Correct gear

The tools needed for scoring a turkey are simple: a spring scale capable of weighing a hanging object; a flexible, 1/4-inch-wide tape measure for measuring the spur and beard length, and a calculator for completing the calculations. If you have Internet access, you can skip the calculations by logging on to the National Wild Turkey Federation's Web site at (www.nwtf.org) and use their online scoring calculator.

First step

To get started, you'll need to weigh your turkey and convert the ounces to decimal form. The conversion formula is simple. All you need to do is divide the ounces by 16. For example, if your turkey weighs 22 pounds and 5 ounces, then to convert the five ounces to decimal form, you'll divide 5 by 16, which gives you .3125. Then combine the decimal-ounce equivalent with the number of pounds. In this case, we'll have the weight of 22.3125 pounds.

Spurs

The next step is to measure the spurs and convert the fractional inch measurement to decimal form and measure to the nearest 1/16th-inch without reduction. In decimal form, 1/16-inch is equivalent to .0625. Using these numbers as a base, you can easily figure out the decimal equivalent to fractions. For example, to convert 3/16-inch, just multiply three times .0625.

Measure the spurs from where they

exit the leg and over the outside edge of the spur.

Once the spurs are measured, add the length of both spurs together and multiply by 10. For example, suppose the right spur measures 2-6/16 inches and the left spur measures 2-1/16 inches. The math will look like this:

2.3759 (right spur) + 2.0625 (left spur) = 4.4384 (total length of both spurs) 4.4384 X 10 = 44.384 (spur score)

Don't forget the beard

The last thing to measure on the turkey is the beard. Starting where the beard protrudes from the breast, measure along the center of the beard to the longest tip. Like on the spurs, convert the fractional inch to decimal form. Once you have the beard measurement, multiply the length by two.

6.25 inch beard X 2 = 12.50 on the beard score.

Exceptions

Occasionally, a turkey will grow multiple beards and spurs. In that case, each extra beard and spur gets measured and added to the total score just like the typical beards and spurs. Birds with multiple beards and spurs are listed by the National Wild Turkey Federation as atypical.

Adding it all up

The last step in finalizing your turkey's score is to add up the weight, spur score and beard score. In this case:

22.3125 weight score
+ 44.384 spur score
+ 12.50 beard score
= 79.1965 total score

In Texas, the state records listed with the National Wild Turkey Federation show that the top typical Eastern wild turkey scores a tad over 80 points while the biggest Rio Grande turkey scores just over 88.

Of course, like deer, the trophy is in the eye of the beholder. So head afield ... bragging rights await you.

russellgraves.com

Sponsored by:

Launching Soon!