

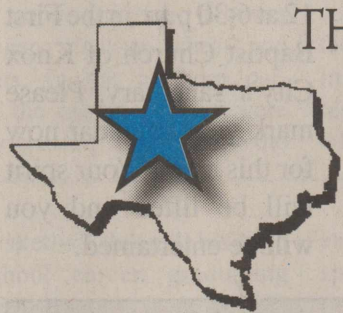


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THE

KNOX COUNTY NEWS

PROUDLY SERVING THE KNOX COUNTY AREA

10 PAGES PLUS INSERTS
VOLUME XXIX

KNOX COUNTY, TEXAS
THURSDAY, OCTOBER 21, 2010

75 CENTS
NUMBER 52

James Stafford to Mend Broken Heart

Tamara Smart

Everyone in town seems to know James and Kim Stafford- from James' glory days as a football star at Knox City High, to the daily efforts of Kim to get the community their mail as the local post master, the couple is very loved and cherished in Knox City. The other thing locals may know is the fight that James Stafford has endured for the past 13 years with his heart and his struggle to stay alive.

It all started on March 11, 1997 when a massive heart attack killed two-thirds of James' heart muscle because of a diet with too much cholesterol. At his sickest moment, James only had use of 10% of his heart. Doctors told him the only chance at retaining a long life was the prospect of a new heart- which at the time they wouldn't even consider because of James' weight.

James then had gasterol bypass and lost about 20 pounds a month until he was able to get on a transplant list. In the mean time, James has been hooked up to two batteries that actually pump his heart for him. To see James around town,



James and Kim Stafford are raising money for James' pending heart transplant surgery.
Photo by Tamara Smart

he looks as though he is wearing old gunslinger holsters which actually are his life saving battery pack. At night, rather than wearing the pack to bed, he hooks into the wall for sustained heart help.

Now, with the weight loss and the battery-operated heart, James is getting around better than he has in 13 years. He is out and about in the city, making his rounds, shouting words of welcome at old friends, giving those blessed

enough to meet him in the store his great big genuine smile.

Recently, though, James and Kim got the news they have been waiting for for a very long time. James is now at the top of the transplant list and will probably get his new heart within two to three months. They are fortunate to have good insurance, which will pay for the transplant, but when he is in the hospital, and during his 6-week recovery, Kim will have to

stay close by. Baylor Hospital in Dallas, the facility that will perform the transplant surgery offers a provisional, transitional home to transplant patients and their families, which the insurance doesn't cover. The cost of that part of the procedure is \$50 a day, which gets pretty pricey for a 6 week stay.

The couple is now trying to raise the funds for that portion of the process by way of reaching out to
See HEART on Page 9

Halloween Proclamation

Whereas, Halloween is a holiday commonly observed by young children through an evening activity known as "Trick or Treat" and should have every protection in pursuit of this enjoyment; and

Whereas, in the interest of establishing an added degree of uniformity regarding the date on which Halloween is observed in the City of Knox City, Texas; and

Whereas, it is observed in Knox City, for this year of 2010 on November 1 (Monday);

Now, Therefore, I Jeff Stanfield, mayor of the City of Knox City, do hereby proclaim Monday, November 1, 2010 from 5:00 p.m. to 9:00 p.m. as the date for the observation of Halloween "Trick or Treat".

Jeff Stanfield, Mayor

Local Icon, Bud Reynolds, turns 80

Tamara Smart

Age is only a number. As some people age, they decide they are old well before their time and turn into the age that reflects on their birth certificates; whereas as some people get older, they appear to never age at all. It's like they reached a certain point in life and stopped gaining years on their faces and through their bodies. And while more

laugh lines may appear and more memories are made with the non-aging crowd, they are the ones that inspire youth to look forward to their golden years.

This next Wednesday, Oct. 27, an icon in the Knox City community will celebrate 80 years of life- a surprise to most people who know him. Tommie "Bud" Reynolds is one of those people who reached 65 and stopped aging altogether. Even with the recent illness of his wife, and the life change that came with that, Bud still has a spring a step as he pushes his wife of 55 years, Sequoyah, through the streets of Knox City.

Even though Bud's face reflects less than 70 years of wear and tear, his resume for his selfless work in the City of Knox City would span most other people at least a century. Living his whole life in Knox City, playing football and
See REYNOLDS on Page 9



Bud Reynolds

Haunted Houses in Knox County

The Knox City VFD will host their annual "Spook House" in downtown Knox City. The Firemen have been working diligently to make

this the scariest, most blood chilling house ever. More information to come.

Munday is having a ghoulish spook house next week,

Thursday, October 28 from 7:30 until 11 p.m., on Saturday, October 30 from 7p.m.-12 a.m. and on Sunday, October 31 from 7- 1 p.m.

LOOKING AHEAD

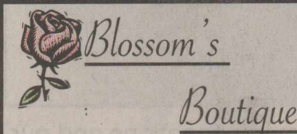
The Great Pumpkin Shootout will be on Saturday at the Knox City Race Track. This is the last race of the year at Knox City so be sure to show up and cheer on your favorite driver!

The Knox County Retired School Personnel will have their next meeting at 2:30 on Tuesday, October 26th in Fellowship Hall of First Methodist Church in Knox City. Lori Coop, County Agent, will present a program on Emergency Preparedness. Margaret Chafin will host the meeting.

Members are encouraged to attend and to notify other members of the location change for the meeting.

Knox County veterans will be honored Thursday, November 11, 2010 at 11:00 AM. If you are

a veteran please be sure to make plans to attend. This year as in years past the sixth grade students of Munday, Knox City, and Benjamin will be participating in a poster contest. The students will be interviewing veterans to learn about their war experience and making a poster about the veteran. Then the student writes a 5 minute speech about that veteran. Each school sets a date for a contest at which posters are displayed at the schools. Both posters and speeches are considered in awarding first, second and third places in the school contest. The contest chairman Homer Lowerance, will pick up the posters and display them at the Wichita Brazos Museum in Benjamin. All first place winners from the three schools will deliver their 5 minute speeches at the Veterans Day Program.



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KC AREA CHURCH DIRECTORY

FIRST BAPTIST CHURCH - Knox City

Jerry Vincent, Pastor
 Sunday School at 9:45 a.m. • Sunday Morning Worship at 10:55 a.m.
 Sunday Evening Worship at 6:30 p.m. • Mid Week, Wed. at 6:30 p.m.
 FBC Sunday School, and the worship services at 10:55 a.m. and 6:30 p.m. are telecast live on Classic Cable, channel 6 in Knox City and O'Brien

FIRST UNITED METHODIST CHURCH - Knox City

Timothy Trimble, Pastor
 Sunday School at 10:00 a.m. • Sunday Morning Worship at 11:00 a.m.
 No Sunday Evening Service

ABUNDANT LIFE CHRISTIAN FELLOWSHIP -

Knox City
 Tex Cox, Pastor
 Sunday School at 9:45 a.m. • Sunday Morning Worship at 10:30 a.m.
 Sunday Evening Classes 5:00 p.m. • Sunday Evening Worship 6:00 p.m. Wednesday Prayer Warriors 6:00 p.m.
 "Discovering God's Word" radio broadcast Sunday mornings on AM 1400 The River 8:20 - 8:50 a.m.

FOURSQUARE CHURCH - Knox City

Gary A. Schnable, Pastor
 Sunday Morning Worship at 10:50 a.m.
 Sunday Evening Worship at 6 p.m. • Mid-Week, Wed. at 6:30 p.m.
 Mens Prayer Breakfast 6:00 am. Wednesday Morning

SANTA ROSA CATHOLIC CHURCH BILINGUAL - Knox City

Father Charles Gorantla • Deacon Ben Vasquez
 Sunday Mass at Noon

LIBERTY COMMUNITY C.O.G.I.C. - Knox City

Gene Ward Jr., Pastor
 Sunday School - 9:45 a.m. • Sunday Morning Services - 11 a.m.
 Monday Evening Bible Study 6:00 p.m.

ST. JOSEPH'S CATHOLIC CHURCH - Rhineland

Father Charles Gorantla • Deacon Jim Novak
 Monday through Friday mornings, 8 a.m. Mass
 Saturday Mass at 5 p.m. • Sunday Mass at 10:30 a.m.

FIRST BAPTIST CHURCH - Benjamin

Sunday School at 10 a.m. • Sunday Morning Worship at 11 a.m.

FIRST UNITED METHODIST CHURCH - Benjamin

Timothy Trimble, Pastor
 Sunday Worship at 9:30 a.m. • Sunday School at 10:30 a.m.

GILLESPIE BAPTIST CHURCH - Gillespie

Matt Harrington, Pastor
 Sunday School at 10 a.m. • Sunday Morning Worship at 11 a.m.
 Sunday Evening Worship at 6 p.m. • Mid-Week, Wed. at 6 p.m.

CHURCH OF CHRIST - Benjamin

Bible Study at 9 a.m. • Sunday Morning Worship at 10 a.m.

THE BELIEVERS' CHAPEL - Highway 222

W.O. Smith, Pastor
 Sunday School at 9:30 a.m. - Sunday Morning Worship at 10:30 a.m.
 Mid-Week, Wednesday at 7:30 p.m.

O'BRIEN BAPTIST CHURCH - O'Brien

Sunday School at 9:45 a.m. • Sunday Morning Worship at 11 a.m.
 Sunday Evening Worship at 6 p.m. • Mid-Week, Wed. at 6 p.m.
 Sunday Mornings on KVRP 97.1 at 9:05 a.m.

WEINERT FOURSQUARE CHURCH

Rob Harrison, Pastor
 Sunday Morning Worship at 11 a.m.

MUNDAY CHURCH OF CHRIST

Adrian Fletcher, Pastor

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The Stars are still Shining Brightly



Needs outline.

The community children's Christmas

Courtesy photo

musical rehearsals are coming along very well. Parts have been assigned to some, but all the children will be "stars" in this production entitled "Star of Wonder".

Support by parents to bring their children each Wednesday night at 6:30 is greatly appreciated. There is still plenty of room for more children

to participate, and anyone is invited to bring children who are Pre-K and above.

The musical will be presented on December 12 at 6:30 p.m. in the First Baptist Church of Knox City's sanctuary. Please mark your calendar now for this event. Your spirit will be lifted and you will be entertained.

Obituary

GARY PACK

Memorial services for Gary Pack, 58, of Liberty City are scheduled for 1:00 p.m. Friday, October 8, 2010 at First Christian Church with Rev. Bill Blanks officiating. Mr. Pack passed away Tuesday, October 5, 2010 in

Tyler.

Mr. Pack was born March 6, 1952 in Knox City, Texas. He worked for Plains America as a Transport Driver and served in the US Army during the Vietnam War. Mr. Pack will be missed by all of his loving family and

friends he leaves behind. He is preceded in death by his father, William Earnest Pack. Mr. Pack is survived by wife of 37 years, Linda Pack of Liberty City; son, Gary Pack of Kerrville, Texas; daughter, Crystal Johnson of Las Vegas, Nevada; and daughter and

son-in-law, Amber and John Browning of Lindale; mother, Lela Mae Pack of Knox City, Texas; brothers, Don Pack of Houston and Randy Pack of Odessa; grandchildren, Christian Bell, Jayden Bell, Trenton Bell, Aaron Browning and Carter Pack.

Sheriff's Report

Dean Homstad

All terrain vehicle (ATV), seems simple enough. It is however, defined by the Texas Transportation code as a motor vehicle that is: 1. Equipped with a saddle for the use of the rider and passenger, if it is designed by the manufacturer to transport a passenger, 2. Designed to propel itself with three or four tires in contact with the ground, 3. Designed by the manufacturer for off highway use by the operator only, and 4. Not designed by the manufacturer for farming or lawn care. Pretty simple and straightforward, but wait, there's more:

Under 663.031 A person may not operate an all-terrain vehicle on public property unless the person either holds a safety certificate issued under this section or by the state, is taking the safety course under direct supervision of an instructor, is under the direct supervision of an adult who holds a safety certificate, and is required to carry and display the safety certificate at the request of any Law Enforcement Officer.

663.032 State a person younger than 14 years of age operating an all terrain vehicle must be accompanied by and be under the direct supervision of the persons parent, guardian, or adult who is authorized by the persons parent or guardian.

Kind of says: you cannot turn you young kids loose with an all-terrain vehicle. Doesn't say public property, rather it indicates anywhere.

663.033 seems to indicate that if you ride an all terrain on public property, it must be equipped with the following: 1. Good condition brake system, 2. Muffler system in good working condition, 3. United States Forest Service qualified spark arrester. If it is operated on public property from just after sunset to sunrise, or anytime visibility is reduced because of insignificant light or atmospheric conditions, it must have a working headlight and taillight.

A person may not ride or operate an all-terrain vehicle on public property unless a person wears a safety helmet and eye protection.

This chapter goes on to say that a person may cross a public street but only at or near a 90 degree angle after stopping the vehicle completely, yields to oncoming traffic, and at a place where no obstruction prevents a quick means of safe crossing with headlights and taillights lighted. Kind of means you would have to have the lights

on, stop the ATV before crossing the roadway and yield to traffic. Now that Knox County has been upgraded to have divided roadways, the ATV can only cross the divided roadway at an intersection.

There are exceptions to the ATV being on the roadway. Section 663.037 indicates that a person may operate an ATV on the roadway if the operation is not on an interstate, which we have none of, but is in connection with agriculture in various ways, the ATV has an (8) eight foot pole attached to the vehicle with a triangular orange flag on the tope, (Not a slow moving sign dragging behind the rear of the vehicle). The vehicles headlights and taillights must be on, the operator must hold a drivers license, can be operated only during the daytime, and the operation of the ATV does not exceed 25 miles from the point of origin to destination.

Seems confusing and complicated, but simply put, unless you have some reason to ride an ATV on the roadway for some agriculture, construction, or law enforcement related purpose, you cannot do it. Your kids cannot have permission from you to ride on a public

roadway to the store, to a friends house, to school or whatever the excuse.

Now stop and think back, if you were ever stopped or knew of someone being stopped for operating an ATV on the roadway, how many of these safety or operating requirements were met, or even attempted. Too many times, kids are terrorizing the back roads and even the highways with an ATV, just out of eyeshot of their parents or other concerned adults. Parents and kids alike are routinely guilty of overloading an ATV with too many persons, usually 2-5 persons on the vehicle at once. Once a complaint is received and the possible violator is stopped, the most common response is, "what about old so-and-so, they so the same thing". A retired DPS trooper once told me of an irate motorist that he stopped and was questioned why he was stopped and not the others passing that seemed to be going fast. The trooper asked the motorist, "Do you go fishing?" the motorist answered, "Yeah, why?" He was then asked by the trooper, "Do you catch all the fish in the lake?" End of argument. Have a nice day.



Alfredo Abila has been diagnosed with cancer. With your loving donations and our prayers to God may we as a community help this family with medical and travel expenses for his treatment.

Photo Courtesy of Sammie

The Knox County News

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TAMARA SMART
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 Sports Writer
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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 be 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.

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Monday - Wednesday • 9 a.m. - 3 p.m. • Closed Thursday • Friday • 9 a.m. - 4 p.m.

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By Ace Reid



"That bank is full of them ole' devalued dollars, I believe I'll go in and see if it's any easier to get some of 'em!"

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Knox County Veterans Day

Knox county veterans will be honored Thursday, November 11, 2010 at 11:00 AM. If you are a veteran please be sure to make plans to attend. This year as in years past the sixth grade students

Of Munday, Knox City, and Benjamin will be participating in a poster contest. The students will be interviewing veterans to learn about their war experience and making a poster about the veteran. Then the student writes a

5 minute speech about that veteran. Each school sets a date for a contest at which posters are displayed at the schools. Both posters and speeches are considered in awarding first, second, and third place in a school contest. The contest chairman Homer Lowrance, will pick up winning posters and display them at the Wichita Brazos Museum in Benjamin.

All first place winners from the three schools will deliver their 5 minute speeches at the Veterans Day Program.

Alzheimer's support group meeting - Oct. 25

An Alzheimer's Support Group will meet on Monday, October 25 at the Haskell County Extension Office located at 101 S. Avenue D in Haskell. The one hour meeting will begin at 3:00 p.m. Caregivers, family members and friends of individuals with Alzheimer's or a related dementia, should consider attending this meeting that is open to anyone in Haskell County or the surrounding area.

The support group will meet the 4th Monday of every month from 3:00 p.m. to 4:00 p.m.

The monthly meetings offer

a confidential environment where participants can share their concerns, support each other, and learn ways to cope with the challenges associated with long-term caregiving.

For more information you may contact Jane Rowan, County Extension Agent/FCS at (940) 864-2546 or Alzheimer's Association North Central Texas Chapter at (325) 672-2907 or 1-800-272-3900.

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.



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.

I smell a rat. It all started with artichokes. My husband, Hugh, referred to them as "third world country" fare, not that it's politically correct to disparage any food with the "third world country" label, the term itself effectively having been replaced with "developing nation."

He and I had just consumed pseudo-grilled artichokes, little pork chops, corn, mushrooms, pineapple and a tangelo. I didn't take his remark personally, but I felt bad for the artichokes.

In Hugh's opinion, they're more trouble than they're worth. Granted, much rubbish piles up during the tedious process of devouring what one can of the strange-looking vegetable with the dangerous-sounding name.

He made his comment even after I'd scooped out a delectable heart and handed it right to him - true love, I'd say. I guess it was really half a heart, since it came from a split artichoke. I'd sizzled two in olive oil - my attempt to recreate a meal I myself had recently consumed at a rather chic place near the beach in San Clemente, not a developing nation sort of town, except for the nomadic beach bums, who look somewhat like regular homeless people except for their vans, tans and surfboards.

Anyway, in response to Hugh's slight against artichokes, I began searching the Internet to affirm their traditional status as something of a delicacy.

Artichoke trivia: Catherine de Medici took artichokes from Italy to France. The name is supposedly from the Arabic "al-qarshuf." Artichokes are thistles that get picked before they bloom. There's a Mafia connection. And so

on. Though it didn't help my cause, I read architect Hugh this line:

"Once, in ancient history, considered quite exotic, the many-leaved artichoke was more popular as inspiration for the ornamentation on Gothic buildings than as an edible vegetable."

As I read, I noticed a banana ensconced in the artichoke treatise.

A message accompanying the banana said "5 Foods to never eat: Cut down a bit of stomach fat every day by never eating these 5 foods." An arrow with the words "Never eat" pointed to the banana.

Curious, I clicked on the banana and ended up at a site that promotes a for-sale diet plan called "The Diet Solution." Fair enough. That's what happens when you click.

Next I listened to The Diet Solution spiel. They made butter sound healthier than margarine. My kind of diet.

Next I tried to find reviews on The Diet Solution to know what other people were saying about the fabulous weight-loss plan.

Strange. As much as I looked, I found absolutely no negative comments on The Diet Solution - not even when I looked up "scam."

Some texts were garbled, as if they'd been cranked out in a developing nation copywriters' sweatshop. Overall, it was as if someone had jammed the airwaves. But instead of static, it was all positive Diet Solution propaganda.

I'm not buying it. Not me. Anything that looks and sounds too good to be true usually is.

That's something you can't say about an artichoke.

New home decorating trends add wow factor

(StatePoint) Whether you like nesting at home or throwing big parties, you want your house to look its best and make everybody comfortable.

This season's decorating trends allow you to use your home as a blank canvas for self-expression, creating an atmosphere you and your guests will enjoy.

Unexpected Twists Many homeowners are opting to use traditional home furnishings in unexpected ways.

For instance, furniture is being incorporated in the bathroom. With the popularity of bowl sinks, homeowners are embracing vanities resembling tables and dressers. If you go this route, think realistically. The old dresser at the antique store is eye-catching, but if you're looking to hide a plumbing system within it, make sure there's enough space inside.

Lighting, too, is being used in new ways. For its part, the

chandelier need not be limited to dining rooms and foyers. Designers are bringing the fixture into bathrooms, bedrooms and even closets. Live Green

Green has become ingrained in our lives, and eco-friendly options abound for home decor. But savvy homeowners don't just want to protect the environment; they want to look good doing it, and it's a triple bonus if they can save money.

"Growing in popularity are stylish LED lighting products that use 70 percent less electricity than traditional incandescent lighting and offer long-term energy and cost savings," says Jeff Dross, senior product manager at Kichler Lighting, which offers a variety of ultra-efficient LED solutions.

"Homeowners don't just want energy savings, however. They want style and flexibility so they can light their spaces their way. We kept this in mind when design-

ing our new Design Pro LED linear lighting, which features a string of light 'pods' that bend around corners and tight spots to light cabinets, toe kicks, tray ceilings and more," he adds.

Wallpaper is Back Unlike grandma's floral schemes and duck-patterned bathrooms, today's wallpapers integrate modern textures and textures. Don't be afraid to go bold, but make sure other elements in the room, such as lighting fixtures and furniture patterns, are more subtle.

Chic Casual Today's homeowners want relaxing spaces without compromising style and sophistication. Materials that were once deemed formal, such as crystal, are finding new life in casual applications. Even traditional Tiffany lighting fixtures are trending casual with art glass applications integrating softer hues in relaxed designs.

On the countertop front,

quartz stone is gaining in popularity, incorporating innovative colors and patterns. Some even bind crushed glass within the solid, smooth surfaces.

Embrace Blue Sea-inspired hues are the colors of the year. While some are designing complete rooms against this scheme, others are implementing the trend through accents, from throw pillows to candles to table lamps. Kichler Lighting, for instance, recently introduced several flirty table lamps centered on sea-inspired palates, including Blue Casade, a collection of lamps combining glossy blue hues in a soft, wispy pattern.

For more home improvement ideas check out hgtv.com and visit kichler.com for home lighting inspiration. And remember, when updating your home, decorating is about expressing yourself and incorporating your own personal style.

Knox County Market Place

Help Wanted

The Knox County Sheriff's office is currently accepting applications for the position of Jailer/dispatcher. Applicants must be willing to work shift work including weekends and holidays. Must have the ability to maintain satisfactory attendance and punctuality standards and perform other duties as assigned. Must have a high school diploma or GED or possess a current jailer license by TCLEOSE. This is a high-energy position with being a fast learner a plus. Benefits include holidays, vacation, and supplemented medical insurance. Knox County is an equal opportunity employer. For further information, call the Knox County Sheriff's office at 940-459-2211, or come by 104 south Stewart, Benjamin for an application. Position will remain open until properly filled.

NCTMWA is taking applications for a maintenance operator. Water treatment experience is preferred but not essential. Must be willing to work toward obtaining Class C water license and work shift schedule. Education: High school or better. Hospital and retirement plan available. Send application or resume to North Central Texas Municipal Water Authority, Box 36, Munday Texas 76371. 940-422-4051. NCTMWA is an equal opportunity employer.

Driver needed- Must have a Class A CDL and clean background. Oilfield experience is a plus. Benefits and Pay according to experience. Call Wendal at (432)209-7774

Janitorial Position Knox County is accepting applications for a full-time Janitor & grounds-keeper position

NURSING DIRECTOR
Interim Position
Long Term Care facility seeks licensed RN as our Interim Director of Nursing. Short term assignment. Must have supervisory experience and superior communications skills. Competitive wages. EOE. For information, please call our Administrator, at (940) 864-8537, or apply in person: HASKELL HEALTH CARE CENTER, 1504 North First Street, Haskell Equal Opportunity Employer

at the Benjamin Courthouse and facilities. Applicants must be willing to work flexible hours. Janitorial experience including cleaning, mopping, stripping and waxing, light maintenance, caulking, painting, plumbing and electrical work is a plus. Applicant must be able to lift fifty pounds. Applications may be picked up at the Courthouse in the Treasurer's or Judge's office. Applications will be accepted until October 22nd or until position is filled. Extensive background checks will be conducted.

Experienced Operators needed for pipeline project. call 800-657-9190 and ask for Wade

For Sale

For Sale: WE have residential and commercial properties, farm/ranch lands for sale. We have buyers looking for land. Call Counts Real Estate (940)658-3390.

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House For Sale

4 bedroom, 2 bath in Rochester on Corner lot. Living room, dining room, pool room. Fenced in Yard. Low price. The Call 940-743-3452 and ask for Bobby for more information.

House for sale. 109 SE 4th Street. (940)657-3468.

Public Notice

A sealed bid was received on the following property: PARCEL NUMBER #8488, Account 0010-00080-00020-000000 further described as being Lots 3-6 of Block C, Whitley Benjamin, Knox County Texas. The Knox County Appraisal District, acting as trustee for the taxing units is offering the property for sealed bid to all interested parties. Sealed bids may be sent to the Knox County appraisal District, PO Box 47, Benjamin Texas 79505, along with a cashiers check or money order for the amount of the sealed bid. Please put the parcel number on the outside of the envelope of the sealed bid. The taxing units, owners of the property, reserve the right to reject all bids. If your bid is rejected, your cashiers check or money order will be returned. Sealed bids will be opened and considered at least quarterly. For further information please contact the Knox County Appraisal District at the above address or phone (940)459-3891

TEXAS COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM

COMPLAINT AND GRIEVANCE PROCEDURE

The City of Benjamin has adopted complaint and grievances procedures regarding its Texas Community Development Block Grant Program. These procedures outline the steps for a citizen to follow if he wished to file a written complaint about proposed TxCDBG activities or implementation of past TxCDBG assisted activities. The City will make every effort to respond fully to such written complaints within 15 working days. Citizens may obtain a copy of these written procedures at the City Hall between the hours of 8:00 a.m. and 4:00 p. m. on Tuesday, Wednesday, and Thursday. Citizens may also request the procedures to be mailed to them by calling Tami Gaddis, 940-459-3131

The City of Benjamin has passed a Fair Housing Ordinance on October 13, 2010. It declares the policy of the City of Benjamin to bring about, through fair, orderly and lawful procedures, the opportunity for each person to obtain housing without regard to his or her race, color, creed, sex, religion or national origin, physical or mental disability, marital status, parenthood or age. Copies of said ordinance are available at City Hall. If citizens have any questions regarding this ordinance, please contact the City Secretary at 940-459-3131

PUBLIC NOTICE OF NONDISCRIMINATION ON THE BASIS OF HANDICAPPED STATUS

The City of Benjamin does not discriminate on the basis of handicapped status in the admission or access to, or treatment or employment in, its federally assisted programs or activities.

Ronnie White, City Manager (Address) P.O. Box 286 Benjamin, Texas 79505

City State Zip Telephone Number (940)459-3131

Voice (-) TDD has been designated to coordinate compliance with the nondiscrimination requirements contained in the Department of Housing and Urban Development's (HUD) regulations implementing Section 504 (24 CFR Part 8. dated June 2, 1988).

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- Commercial Real Estate and Equipment- Knox City- \$55,000.
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KNOX COUNTY AGING SERVICES

MENUS FOR OCT. 25TH TO OCT. 29TH

Monday Oct. 25th Chicken Fried Steak/Gravy Buttered Potatoes Green Beans Biscuit Pudding	Thursday, Oct. 28th Roast Beef/Gravy Mashed Potatoes Mixed Vegetables Hot Rolls Cookies
Tuesday Oct. 26th Chicken/Stir Fry Vegetables Rice Salad Garlic Toast Cobbler	Friday, Oct. 29th Chicken Spaghetti Salad Carrots Sliced Bread Dessert

New serving time is 12 noon (in Knox City only). Alternate desserts for diabetics. Please call in your orders by 10 a.m. to 657-3618. Orders can't be taken after 10 a.m. and need to be picked up after 11 a.m..

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2009 Weekly Weather Report

Date	Temperature (F)		Rainfall inches	Snow inches
	Low	High		
10/11	54/84			
10/12	51/84			
10/13	48/78			
10/14	41/81			
10/15	49/89			
10/16	48/87			
10/17	52/86			
Total Rainfall for month			0.01	
2010 Rainfall (ytd)			35.03	6.6

State launches MSTAR to target algebra readiness

AUSTIN - For many students, algebra is the stumbling block to graduation. Soon Algebra I and II will weigh even more heavily into students' high school success when rigorous end-of-course exam requirements are implemented beginning in 2011-2012.

Last spring, only 58 percent of the 101,887 students who took an Algebra I End-of-Course exam passed it.

Convinced that many students need more support to fully understand pre-Algebra, the Texas Education Agency has launched a program aimed at students in grades 5-8 called Middle-school Students in Texas: Algebra Ready (MSTAR). Part of the Algebra Readiness Initiative, the goal of MSTAR is to beef up algebra readiness skills.

This summer, thousands of teachers were trained in MSTAR math academies designed to improve overall mathematics instruction and student achievement.

This week, the agency is rolling out the next wave of assistance. It is called the MSTAR Universal Screener. This new instrument will help teachers identify which students need extra support in developing skills for algebra readiness.

The screener, which is a formative assessment, will help teachers make two important determinations:

- Are students on track or at risk for meeting algebra

and algebra-readiness expectations?

• What level of support is needed by students who are at-risk?

"The MSTAR Universal Screener gives teachers a first blush look at students' performance. It gives them a sense of where students are struggling. This will help teachers improve students' algebra readiness," said Norma Torres-Martinez, deputy associate commissioner for standards and alignment and a former math teacher.

Agency staff believe this is a unique tool unlike anything used elsewhere in the country.

Texas math educators from both public schools and universities created the screener under the guidance of TEA and Dr. Leanne Ketterlin Geller, an associate professor of education policy and leadership at Southern Methodist University (SMU).

Ketterlin-Gellersaid, "The screener was developed to target students' knowledge and skills that form the foundation of algebra readiness."

Available at grades 5-8, the screening instrument contains 25-30 multiple choice questions and can be accessed from the Texas Mathematics and Science Diagnostic System Assessment Center platform at <https://www.tmsds.org/>. The test is untimed but typically a student takes 20-40 minutes to complete it. It can be administered on

a computer using a secure login.

"We hope that teachers will see that this tool complements other district efforts to increase all students' achievement," said Dr. David Chard, dean of the Simmons School of Education and Human Development at SMU.

Use of the screener is voluntary and is not designed to supplant other assessments. The screener is designed to be given three times a year. The beginning of the year screener should be administered no later than Nov. 5 this year. In future years, it is recommended to be given during the first six weeks of school. A second screener is given mid-year and the final screener is given in the early spring. The second and third administration will help clarify where additional support may be needed.

Torres-Martinez said the results are to be used to inform teachers' instruction and are not intended to be a graded assignment for students. Practicing, previewing or disseminating the MSTAR Universal Screener is not appropriate. Background information about the screener is available on Project Share, TEA's e-learning platform. For example, a tutorial that shows teachers how to administer the screener is available on this site.

To date, 185,000 Texas teachers have registered and received Project Share logins.

Just Jeff

"What a night," is how I would describe the Fireman Policeman game on Thursday evening. It was a night filled with pure excitement and lots of laughs. Riley Rodriguez did a heck of a job of entertaining the crowd. He kept everyone in stitches with his comments on the P.A. My favorite nickname was Logan "Mouth to Mouth" Morrow. Or when Fred "Big Head" Ledesma broke out in the clear for the 4th time for T.D. but his legs just could not get there on time. His quote "He is not slow people he just runs real fast in the same place." The game was very comical and had some really good athletes. Coach Webb put a clinic on the policeman with his speed and quickness. He was the main difference in a great game. He seemed to make a ton of big plays.

Next year the "Piggies" need to make sure Mario Abila does not have to try and catch a pass. The man who was wearing the Pink Gloves dropped more passes than the rest of the team combined. I have seen better hands on a clock.

The winner's of the game were the seniors. Thanks to all the old timers, the senior class of 2011 really appreciates all the help. Maybe next year we can get some of these old hides (ex-cheerleaders) to bust out the old cheer skirts and lead us in a few cheers. If the men can do it then, by gosh, so can the ladies.

I think Nick Jimenez deserves a special thanks for getting this whole thing started. Nick, this has been a huge part of Knox City seniors scholarships for the last couple of years. and I for one would like to thank you. This year Harry was all excited about the game, see he is a huge cowboys fan and I guess he thought it would be a chance for him to be on the winning side for a change. Wrong. Thanks for all the laughs and a great night. I cannot wait for next year's "Guns and Hoses"

Like all games I have to have a hit of the game. Nick made the block of the game, it may have been in the spine but it was a de-cleater. The catch of the game was for Joe "These Legs have Not Seen The Sun in a Year" Nelson. Cody "Roscoe P. Coletrain" Pack had a couple of big runs. And what is a line without the blocking of the Colin "Cut Throat from Paint Creek" Howeth. The QB of the game had to be Dynamite Dade Cosby but the MVP has to be Bill "I Got the Gout" Stewart, Al "Speedo" Rios and Buddy Curd for keeping the hot food coming and Tonya Ledesma, Missy Eades, Lindsey Eaton, Crystal Soto and Sheila Overmeyer for all the work of getting donations, working the concession stand, baking the wonderful cakes (right) and all the hard work. I also would like to mention Coach Steele and the football boys for calling the game.

A couple of people who get very little praise at the school, Alecia Ledesma, Melissa Steele and Daniel Rodriguez. I have dealt with all 3 of these ladies and other than Alecia they make it really enjoyable. Our children are more than just a number to them. They treat your kids like their own. It is nice to be able to have someone at the school to call and get who knows your child and is willing to help with whatever you need. (I am kidding Alecia does a great job and is a huge help also.) Thanks Ladies.

Around Knox City it has been very quiet, this weekend we had a pig sale over in Munday at the show barn. It was a good time. Jeff and Monica Fox came in and stayed with the Utleys. Gage consumed 3 Mountain Dews with a little help from me after 8 pm, I bet he kept them up all night. I figure since Jennifer Utley is expecting, that having Gage on Mt. Dew will be good practice for her- imagine 3 kids under the age of 5. I think they are trying to break Scott and Shea's

record. Hey, Romain, would you take in 3 more grandkids (or heck just adopt me). If this keeps up, anywhere she shows up to visit the shades will roll down and the doors will be locked. Poor Terry !!!

How does Benedryl give a dog gas? I have no clue either but Michelle has decided that our new pet, Cyrus the Jack Russell, has an allergy. So we shoot him full of Benedryl before bed. It makes him sleep better, so we sleep better... Except for the methane smell that comes from his body. Good gosh, how can something that weighs 10 lbs. smell like the back of a pack mule? I have slept in a tent with Charles "2 dozen Krispy Kremes" Steele and it is not even close. This animal makes Steele's tent smell like a "Wicks n Sticks" store. I guess when you have allergies really bad, you don't notice you smell like swamp butt.

The Knox City City Council has made November 1st 2010 the official day for Trick or Treating. This is a Monday instead of observing it on Sunday the 31st. One thing that I always find amusing on Halloween is the people who trick or treat with a newborn. Wake up people if you have a child less than 18 months, they are not eating candy. It chaps my rear every year when they hit my porch, Guess what I do- I piece for these over aged trick or treaters. Then they look at you like you stole their snickers. Hey this year you come to my house with a toothless, child under the age of 2 and expect a candy bar, you are getting Gerber prunes!!!

Citizen of the Week is Becky Jones. Becky is a Math teacher at the High school and is really making a difference with our math and especially the college courses. Thank You Becky for making the move to Knox City. Becky and husband Kemp have 2 beautiful daughters and 1 not so beautiful son.

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BENJAMIN NEWS

By Gladene Green

It's Monday morning again and everyone is getting ready for another workweek. It's a beautiful fall day and sure makes one want to just go outside and enjoy it. But instead, I guess we'll do our usual thing, then settle in to watch the Rangers and Yankees tonight. I hope the Rangers do better than the Cowboys did yesterday-Well, enough about that.

There's not much news this time, seems everyone had a pretty quiet week last week.

Regarding our Ill

I visited with Jack and Mary Young on Thursday. Jack was doing pretty well. Says he has a pretty good appetite, some things he likes better than others (we are all that way), and also sleeps well. He doesn't have to go back to the doctor at M.D. Anderson until late November. It's good to see him and his family as well as he is.

Donnie Ryder came home on Friday after several days in the hospital in Abilene and therapy in Knox City following knee surgery. Reports are that he's doing o.k. Just a while before he's back "up to par".

Lorene Powers was back to see her doctor in Abilene on Thursday. She got a good report. Her pace maker is just what's supposed to and she is feeling so much better. Everything else checked out good too.

Cody Propps' knee is better after that football injury early in the season. Says it still hurts when he does too much, but as long as he doesn't "over-do", he's o.k. And that is good news.

Dutch Young is in Wichita Falls today for some tests. He has a swallowing problem and doctors are trying to determine what course of treatment to use.

Here 'N There
Drew Tyson, who lives in Portland, Oregon, was here last week to visit his grandparents, Charles and Linda Griffith and other relatives and friends. He returned to Lubbock on Friday to continue his visit with his parents, Vince and Amy. On Saturday, Linda and Charles went to Lubbock for a day with their girls and their families. Some of them attended the Tech-OSU game and I understand, didn't much like the outcome. But, besides that, it was a fun day.

Billie Faye Cummings of Henderson spent several days here last week visiting her brother, Jack Young, and family, and also her other brother, Dutch, and family. She was going home on Saturday.

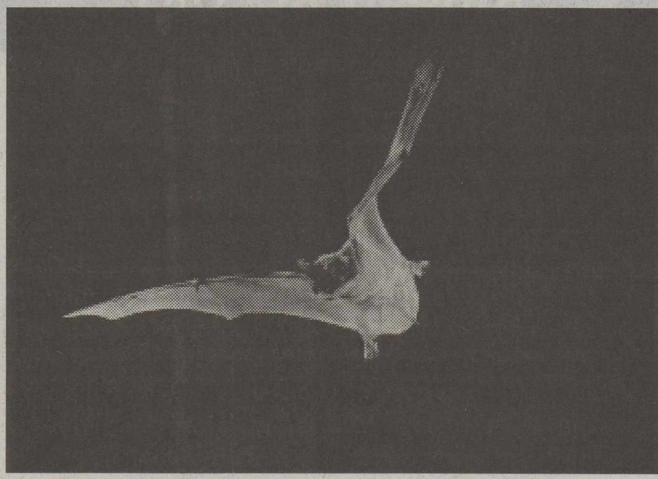
Betty Parker of Aspermont visited her mom, Gloria West on Sunday and attended church with her. We like for Betty to do that, then we all get to see her.

Bud Conner and I attended the Senior Adult Day get together at Leuders on Tuesday. Bud did the special music for the afternoon program. T was a good day, a wonderful catfish lunch and fellowship with so many friends.

On Saturday, Jane Gideon and I visited Sybil Simmons in the Crowell Nursing Center. We took her out to lunch and she really enjoyed it, and of course, she always gives us a boost when we see her. She's doing great and loves to visit with her friends.

Make plans to be in Benjamin on Sat, October 30 for the annual Fall Festival. There will be something for everyone and the evening will come to an end with the coronation of the Harvest King and Queen. The fun begins about 5:30 and we hope to see a lot of friends there.

Spiders and pumpkins and bats, oh my!



Halloween is well on its way. Bats are synonymous with Halloween, but they are prevalent in Texas year round
Courtesy Photo

AUSTIN - From bats and pumpkins to spiders, the Lone Star State is home to many of the iconic symbols of Halloween, but Texans may be surprised to learn some are not as scary as commonly believed, according to Texas AgriLife Extension Service experts.

"Texas is a large state with a diverse ecosystem which supports a variety of insects and wildlife, some of which are popular representations of Halloween," said Janet Hurley, AgriLife Extension statewide integrated pest management program school coordinator.

Hurley, who works at the Texas AgriLife Research and Extension Center in Dallas and recently served as spokesperson for National Insect and Protect Week, is referred to as "Batwoman" by her co-workers.

She said her statewide educational and technical assistance activities relating to integrated pest management in Texas schools often bring her into proximity with bats.

"Bats, as well as tarantulas, black widows and other creepy-crawlies, can all be found all over Texas," Hurley said. "And while a few pose some small degree of danger to humans, generally they're benign or even beneficial to the ecosystem."

With 33 known species, Texas has one the most diverse bat populations in the U.S., she said.

"The Mexican free-tail, cave myotis, Eastern pipistrelle and evening bat are among the most common bats here, occupying a variety of habitats, including caves, trees, bridges and, increasingly, buildings," she said.

Hurley said while many people have the impression of bats as scary pests or vectors for disease, especially rabies, they actually provide a great ecological and economic service to the state.

"They consume huge quantities of insects that can damage crops, including corn earworm and armyworm moths and beetles, with some species eating their own weight in insects each day," she said. "And research has shown that Mexican free-tailed bats in South Central Texas may save farmers up to \$1.7 million a year by consuming significant numbers of agricultural pests."

Bats are also pollinators and their fecal material, called guano, can be used as fertilizer, she said.

"As for rabies, over the past 25 years the U.S. has averaged only 1.5 deaths a year by people exposed to rabies by bats," she said. "And these people had not been treated after exposure, either because they did not realize they were bitten or scratched, or did not understand the danger."

Of course, nobody, especially a child, should ever touch a bat or any other wild animal, she said.

"Any bat that can be approached by people, especially a bat on the ground, is probably sick or injured and should be avoided," she said.

Hurley added that contrary to the notion that everything is bigger in Texas, the bats found here are "typically no larger than the size of an adult's thumb or a child's fist when they're folded up."

"And except for in zoos, there are no vampire bats in North America," she noted. "You'll have to go to South America to find the closest colony."

More information relating to bats in Texas can be found at agrilife.org/batsinschools/.

Some of the iconic arachnids of Halloween also abound here, but AgriLife Extension experts agreed their dangerous reputation is mostly exaggerated.

According to the AgriLife

Extension entomology website, <http://insects.tamu.edu>, there are 14 species of tarantulas in Texas, and tarantulas can be found throughout the state, especially in grasslands and semi-open areas.

Molly Keck, an entomologist at the AgriLife Extension office in Bexar County, is a long-time tarantula enthusiast who often keeps the large, furry creatures in her office and takes them to area schools as part of educational outreach activities for the agency, part of the Texas A&M University System.

"Although tarantulas are large and eerie looking, they are really docile and rarely bite, except to paralyze their prey and when threatened," she said. "And though their venom can paralyze an insect or very small animal, it rarely causes a severe reaction in humans."

Keck said when in danger some species of tarantula can rapidly dislodge prickly hairs from the top of their abdomen with their hind legs, and these hairs irritate the eyes or skin of the attacker.

"But tarantulas, like most spiders, are beneficial predators that feed on other insects," she said. "Some species even make good pets. But native species, like the Texas tan, are short-lived in captivity so it's better to buy one from a pet store. Tarantulas are low-maintenance and make good starter pets."

Texas also is home primarily to the southern and western species of black widow, according to Elizabeth "Wizzie" Brown, integrated pest management program specialist at the AgriLife Extension office in Travis County.

Brown said this particular harbinger of Halloween is most commonly identified by the red hourglass-shaped mark on its underside.

"The widow species in Texas can be differentiated by the shape of the red markings on the underside of abdomen and the location of the markings," she said. "But even though its venom is highly virulent, the spider itself is very timid. Even if it's disturbed while it's in its web, it tries to escape rather than attack."

Black widows can be found year-round in buildings and sheltered areas such as sheds, garages, attics and crawlspaces, she said.

"Females produce several egg sacs during the summer and these can contain up to

400 eggs," Brown said. "But contrary to popular myth, females do not usually eat males unless they are kept together in confined spaces where the male cannot escape."

Like other spiders, black widows benefit humans and the ecosystem by consuming insect pests, she said. Their diet consists of various arthropods, including fire ants, grasshoppers, beetles and scorpions.

Brown, however, noted the black widow's 'scary reputation is at least partly deserved.

"Their venom is a neurotoxin and can cause anything from elevated temperature, nausea and sweating to a painful cramping and constriction of the abdominal muscles and the chest, even death," she said.

Brown said while a death from a black widow bite occurs rarely, it is more likely to happen if the person bitten is either very young or elderly.

"But no matter your age, it's important to seek medical attention if bitten by a black widow," she said.

However, even this dangerous venom may have positive applications, and research has been conducted on its potential use in medical treatments.

Another Halloween icon, the pumpkin, has a strong tie with Texas, according to an AgriLife Extension vegetable specialist in Welasco.

"Texas is the fourth-leading state in commercial pumpkin production and generates \$2.4 million for our farmers with an economic impact of \$7.4 million to the state," said Dr. Juan Anciso.

Anciso said about 5,000 acres of pumpkins are planted in Texas annually with 90 percent of those planted acres in two West Texas counties.

"The pumpkin is a cucurbit, which is a family of plants that includes melons, squashes and cucumbers," Anciso explained. "More than 90 percent of the pumpkins produced statewide are used for seasonal ornamental purposes such as jack-o'-lanterns."

Pumpkins from Texas are shipped throughout the state and into nearby states, he said.

"As far as Halloween is concerned, Texas produces or provides a home for many of the things people typically associate with it," he said.

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ARREST REPORT

Pursuant to you open records request, here is a list of those arrested within the indicated time and processed through the Knox County Jail: Sept. 8 - Oct. 7

Morcom, James
9/8/10
Theft of a firearm (SJF)
Foard County

Watson, Joe
9/9/10
Theft of a Firearm (SJF)
Foard County

Campos, Noel
9/5/10
FTA/DWI 1st (M-A)
Knox County
Arrested in Abilene

Johnston, Christina
9/10/10
Assault/ Faily violence (M-A)
Foard County

Jiminez, Rita
9/10/10
Interfere with Emergency call (M-A)
Foard County

Palacio, Alfredo
9/14/10
DWI 2nd (M-A)
Foard County

Gillispie, Denise
9/114/10
MHMR Hold
Foard County

Watson, Robert
9/16/10
Assault with Bodily Injury (M-A)
Knox County

Berry, Gary
9/17/10
MTR/ Credit Card Abuse
Knox County

Alvarez, David
9/19/10
INS Hold (Baylor County)

Tellez-Rosas, Oscar
9/19/10
Baylor County
INS Hold (Baylor County)

Hendry, Christopher
9/21/10
Insufficient Bond/ Burglary of a building (SJF)
Knox County (Young County warrant)

Jordan, Jerry Lyn
9/22/10
MTR/ Possession of certain chemicals with intent to manufacture (F-2)
Knox County

Coody, Eric
9/23/10
MTR/ Theft (M-B)

Watson, Joe Allan

9/14/10
MTR/ Contributing to a minor (M-A)
Foard County

McClurg, Steve Alan
9/24/10
False Report to Peace Officer (M-A)
Burglary of Habitation (F-2)
Delivery of a controlled substance (F-1)
Knox County
Burglary of Habitation in Baylor County

Castorena, Amelia
9/25/10
FTA/TBC (M-B)
Knox County

Daft, Joyce Ann
9/25/10
Evade Arrest/Detention (M-A)
Baylor County

Haumesser, Darrell
9/25/10
Disorderly Conduct 3 or more (M-B)
Baylor County

Formichella, Ryan
9/26/10

MTR/ Theft (M-B)
Baylor County

Partin, William
9/27/10
Possession of Marijuana (M-B)

Brown, Joe Lee
9/27/10
MTR/ Criminal trespass (M-B)
Foard County

Zuber, Christopher
9/29/10
Possession of controlled substance (F-3)
Knox County

March, Aaron
9/29/10
Possession of a Controlled substance (F-3)
Knox County

Brown, Joe Lee
9/29/10
MTR/ Criminal Trespass (M-B)
Foard County

Ortiz, Tamara Diane
9/30/10
FTA/TBC (M-B)

Knox County

Juarez, Luis
10/3/10
Possession of Controlled Substance (M-A)
Baylor County

Jennings, James
10/3/10
Possession of Marijuana (M-B)
Baylor County

Bryan, Buddy Glen
10/3/10
TBC (M-B)
Baylor County/ Taylor County warrant

Sherrard, Courtney
10/4/10
TBC x 3 (M-A)
Baylor County
Kaufman County warrants

Huchabee, Michael
10/6/10
Capias profine/ traffic (M-C)
Knox County

McClurg, Steve Alan
10/7/10
Burglary of Habitation (F-2)
Knox County

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Texas crop and weather

COLLEGE STATION -- Fall weather arrived, bringing cooler temperatures and, for most of the state, an improved agricultural situation, according to Texas AgriLife Extension Service personnel.

With the exception of some East Texas counties, soil moisture ranged from adequate to surplus, and producers were taking another cutting of hay, finishing up harvests, and planting winter pastures.

If there are any dark shadows falling on this pretty fall picture, it would be feral hogs, said Wes Utley, AgriLife Extension agent in Haskell County, north of Abilene.

Peanuts are an important crop in his area, representing a big investment with a potentially big payoff of \$800 or more per acre at harvest. But feral hogs are increasingly putting the crop at risk, he said.

"They can be very, very expensive for peanut growers," Utley said.

The trouble with wild hogs begins with spring planting, he said.

"The hogs will smell the seed in the ground and they'll come right to it, and root those seeds right out the ground," he said.

Count about 90 to 100 days later, and it's harvest time, Utley said. Rows are turned up so the peanuts, which finish growing underground, can dry out before being combined.

It's during this drying time that the peanuts are again at high risk.

"That's just easy pickings for the hogs to come right down the row and demolish them," he said. "Two or three hogs will go down a row, and if you get a herd of 20 out there, they can wipe out two or three acres in a night."

Hogs are nocturnal so farmers often hire farm hands or high school students to watch their fields.

"But of course, whatever fields they are sitting on, that's the one where the hogs won't come to that night."

East Texas AgriLife Extension agents in Shelby, Titus, Trinity, Nacogdoches and Henderson counties also reported increased feral hog damage to crops and pastures.

AgriLife Extension district reporters compiled the following summaries:

CENTRAL: The cotton and Bermuda grass hay harvests were ongoing, though cooler weather slowed warm-season grass growth. Pecan trees were dropping nuts and the harvest was expected to begin soon. Winter rye began to emerge in pastures; a large percentage of winter small-grains had been planted.

COASTAL BEND: Cooler, drier weather arrived. The cotton and sesame harvests were ongoing where fields were dry enough. Cotton quality declined after rains from tropical storms brought field conditions. Cottonseed quality also declined which will add to ginning fees. Producers were fertilizing and aerating pastures. Forage producers were taking another hay cutting, with high yields and good quality expected. Livestock were in good condition.

EAST: The region remained dry, and stock ponds were receding. Producers cut and baled hay where possible. Preparations for planting of winter pastures continued, but most producers decided to hold off for rain. Livestock were in fair to good condition with some supplemental feeding. Armyworms and grasshoppers remained a problem. Feral hog and deer activity increased.

FAR WEST: Hot, dry days depleted soil and vegetation of valuable nutrients and moisture. Farmers were applying harvest aids to cotton and some began to harvest. However, cotton was in a wide range of growth stages. The melon harvest was finished except for a few late fields. Rangeland grasses were curing out nicely and were expected to supply cattle a good bit of nutrition

over the winter.

NORTH: Soil moisture ranged from short to adequate. A cold front brought fall weather, with mild days and cool nights. With the rains received from the last tropical storm and no early frost, some were hoping to take another hay cutting. Wheat growers have been actively planting, and some seed stores reported seed stocks were running low. A small amount of ryegrass seed was left, but the price was steadily climbing. The higher seed prices caused producers to wait for more rain before planting winter pastures. The soybean and sorghum harvests neared completion. Cotton was being harvested; the crop was in poor to good condition. Peanuts were in very poor condition. Livestock were in fair to good condition. Some producers were already feeding hay. Sweet potato growers were harvesting their crop. Feral hogs and armyworms were still major problems. Rangeland and pastures were in poor to good condition.

PANHANDLE: Temperatures were above average for most of the week. Soil moisture was mostly short. The corn harvest was ongoing, with the crop rated fair to good. Wheat planting continued. Rangeland and pastures were mostly poor to fair. Cattle were in good condition.

ROLLING PLAINS: The region enjoyed mild, fall weather though some cotton growers were concerned their crop needed warmer weather to finish maturing. Other producers have sprayed some fields to condition them for harvest, but it will be a couple of weeks before harvest begins. Many wheat producers were waiting for the threat of armyworms and grasshoppers to pass before sowing. Others have already grazing cattle on earlier-planted fields. Wild hogs continued to be a problem for peanut producers. Cattle were going into fall and winter in good condition and most producers have plenty of hay for the winter. Pastures and rangeland were in good condition with plenty of growth that was expected to hold cattle through the fall and into the winter months.

SOUTH: Mostly adequate soil moisture conditions were reported throughout the region except for Brooks and Cameron counties where there was surplus moisture.

See TEXAS on page 9

NOTICE OF PUBLIC MEETING
Benjamin Independent School District
TO DISCUSS STATE OF FINANCIAL
ACCOUNTABILITY RATING 2009
STATE & FEDERAL
PROGRAMS/FUNDING
November 8, 2010 – 7:00 pm in the
LIBRARY
School Administration Building
303 Hays Street
Benjamin, Texas

OPINION



The Paperboy

Shovel ready?

By CHRIS BLACKBURN

Back in 2008, when the stimulus package was being pitched by the Obama Administration, Senate Majority Leader Harry Reid Speaker Nancy Pelosi, much of it was predicated on "shovel ready projects."

At the time, the stimulus package, aka the Recovery Act, was supposed to help with roads, bridges and other glaring infrastructure needs.

That's how it was sold. The stimulus would end growing unemployment and boost the economy.

I remember thinking at the time that if Congress passed the stimulus and kept their promise, we'd see a world of difference as the country would be on its way to replacing our aging infrastructure. I had a picture in my mind of how the country looked when the Interstate program began under President Eisenhower and the difference it made.

Nearly two years after President Obama signed his economic stimulus package, Mr. Obama now claims, "there's no such thing as shovel-ready projects."

Huh?

The president gave that remark in an hour-long interview with the New York Times.

The stimulus package, which the Congressional Budget Office said this year will cost \$862 billion, is a failure of epic proportions.

And who foots the bill for this mess? You and I do.

The common denominator between the stimulus package, healthcare reform, cap and trade, and so on, is us, the U.S. tax payer. We must pay for it all.

Is it a sound investment?

If you had money to burn, would you want it going for these policies?

Would you cut a check to Uncle Sam if you had a choice?

I doubt you would. The federal government is a poor investment. And we've not been shown very much in the

past two years which would give us confidence that things are changing for the better anytime soon.

The news concerning taxing doesn't get any better. Coming in January, if Congress fails to act, we'll be saddled with the largest tax increase in U.S. history.

Please tell me how in the world that will help the economy. I've got bad news for you, it won't.

This isn't about Democrats, Republicans, Libertarians, liberals, conservatives, independents or moderates. It's about money and how much Americans have left at the end of the day.

Increased government spending and huge entitlement programs have not and never will grow the economy. Less tax burden and more freedom will.

Speaking of taxes, it really is weighing down the economy. It's hard to play ball with one hand tied behind your back.

Here is a sample of taxes paid by families, individuals and businesses depending on where you live:

- Alternative Minimum Tax (AMT)
- U.S. capital gains tax
- Corporate income tax
- U.S. estate tax
- U.S. excise tax (includes taxes on cigarettes and alcoholic beverages)
- U.S. federal income tax
- Federal unemployment tax (FUTA)
- FICA tax (includes Social Security tax and related programs)
- Gasoline tax
- Generation Skipping Tax
- Gift tax
- IRS penalties
- Luxury taxes
- Property tax
- Real estate tax

- Recreational vehicle tax
- Rental car tax
- Resort tax (also known as Hotel/Motel tax, occupancy tax)
- Road usage taxes (Commercial Vehicle Operators)
- Sales tax and equivalent use tax
- School tax
- State income tax
- State unemployment tax (SUTA)
- Tariffs
- Telephone federal excise tax
- Vehicle sales tax
- Workers compensation tax

One would think with all that income, how on earth could we have a \$14,000,000,000,000 debt?

Generations of poor decisions and government waste is the answer.

If we're going to pay this debt off, every man woman and child will have to demand it by electing better stewards of the economy.

Every person in this country is responsible for nearly \$44,000 as your portion of the debt. That's over \$122,000 for every taxpayer in the U.S.

By the end of the year, the national debt will have increased \$3,000,000,000,000 since President Obama took office.

To make matters worse, we now have nearly \$111,000,000,000,000 in unfunded liabilities (Social Security, Medicare, prescription drug benefits). That comes to nearly \$340,000 for every tax payer.

It's past time to wake up America!

Check out <http://www.usdebtclock.org/> if you dare. The numbers will shock you.

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Christopher Blackburn is the president of Blackburn Media Group, owner of this publication.

Lieberman the Kingmaker? Think Ben Nelson Instead.

By RICK MANNING

Speculation is running rampant on Capitol Hill that Connecticut Senator, McCain for President supporter, Joe Lieberman could be the tie-breaking vote on who is in control of the Senate if the Senate ends up with a 50-50 split after November 2nd.

The highly respected congressional newspaper, The Hill, even goes so far as to have a front page headline heralding Lieberman as a likely "Kingmaker." While the author of the story, J.T. Rushing has proven to be a reliable reporter on Senate issues in the past, he is missing the boat by a wide mile on this story.

Lieberman will not become a Republican, and he will not conference with the Republicans to make a majority.

Remember that Lieberman was defeated in the Democratic Party primary in 2006, and won his seat through an Independent bid, where he cobbled together Democrat, Independent and Republican supporters to defeat the D.C. Democratic establishment that threw in behind his opponent. Then Lieberman essentially rejoined these very same Democrat-

ic colleagues in 2007.

In 2008, Lieberman joined John McCain on the campaign trail in his failed presidential bid, and after the election, he once again fell into the arms of Harry Reid.

Joe Lieberman is the ultimate tease — he shows a little leg, but never delivers for Republicans.

However, the real wild card in the Senate sweepstakes is Nebraska's Ben Nelson. Nelson has actually voted with Republicans on a number of spending and policy issues over the course of the past year, as he tries to make amends to his dark-red state constituents for his disastrous vote and horse trading on ObamaCare.

If Nelson hopes to get re-elected in 2012, he cannot cast his first vote in 2011 for far left Illinois Senator Dick Durbin for Majority Leader. To do so would essentially be the equivalent of sending a news release announcing his retirement.

On many recent Senate votes, Harry Reid has seemingly almost written off Nelson's vote, and has focused upon getting the two Republican Senators from Maine instead.

Nelson has voted against Big Labor in

opposing Craig Becker's nomination to the National Labor Relations Board. He voted against Big Green when supporting Lisa Murkowski's attempt to stop the EPA from using the Clean Air Act to excessively regulate all American industry under the guise of "global warming". Nelson supported funding the war, a direct rebuke to the MoveOn/socialist wing of the Democratic Party.

While Ben Nelson still has to account for both his ObamaCare and Financial Services takeover votes, if any sitting Senator is likely to switch sides of the aisle, and vote for Mitch McConnell for Majority Leader it is Ben Nelson.

Obviously, this kind of talk about majorities is premature, but a 50/50 split in the Senate is becoming more of a possibility. Currently the Republicans hold 41 seats and the Democrats hold 59. According to RealClearPolitics, of the seats that are up for election, the Republicans are heavily favored to win Democrat seats in North Dakota, Indiana and Arkansas with the Democrat seats in Pennsylvania and Wisconsin leaning toward the Republican candidate. This puts the Republicans at 46 seats to 54 for the Democrats.

Tossup races in the currently held Democratic states of California, Colorado, Illinois, West Virginia and Nevada combined with the still closely contested Democrat seats in Washington state and Connecticut makes the 50/50 scenario at least plausible, particularly with no seats currently held by a Republican in danger.

If you wake up on November 3rd, and discover a tie in the Senate, expect Ben Nelson, not Joe Lieberman to become the most popular person in D.C. Of course, the Democrats are old hat at this game, and they will target Olympia Snowe and Susan Collins as potential party switchers. Somehow, I suspect they will be stymied in this effort by two words: Arlen Specter. He switched parties and lost a Democratic primary in spite of the best efforts of the D.C. Democratic establishment.

While all this palace intrigue makes most Americans somewhat sick to their stomach, the behind-the-scenes action during the lame duck session may be less about what bills pass, and more about who sits in the Senate majority in 2011. Pundits will have a field day, and the rest of America will just shake their heads.

The Reverse Smoot - Hawley Act Kicks In

By BILL WILSON

Here's a "shocker": U.S. companies that operate overseas are keeping profits there and investing rather than repatriating the profits — because of punitive taxation. According to Frank Aquila at Bloomberg News, there may be as much as \$1 trillion of U.S. profits overseas that are simply not being repatriated.

Why? Because it would mean a stiff tax on those businesses.

Recently, Congress severely limited the use of the Section 956 foreign income tax credit by U.S. companies that operate overseas as a part of a bill that included a \$26.1 billion bailout to bankrupt states like New York and California. As a result, the U.S. is now simply missing out on foreign-generated capital flows back into the economy. This is a trend that will only grow worse unless the imbalance is restored.

U.S. companies are being incentivized to create jobs and expand operations overseas by our own punitive tax structure. This makes no sense. Through an anti-competitive tax environment, high labor costs, and inflated property values, the U.S. is driving investment and jobs into the arms of foreigners.

Aquila calls for a holiday on this tax, but why not eliminate it all together? Overseas companies are already taxed in the nations they do business in. The difference is that they are taxed at much lower rates than the U.S. where the corporate tax is 35 percent. Under the new law, companies cannot claim a tax credit for those overseas profits. So, they're just not repatriating the profits.

This tax is literally killing capital flows back into the economy. If there's really as much as \$1 trillion in U.S. profits not being reinvested here, we're committing economic suicide. If the tax were eliminated, the repatriated profits would more

than make up for the trade deficit to China, which was \$227 billion in 2009.

It is capital that could be used to create jobs here and increase the nation's productive capacity. Foreign companies like Toyota have more of an incentive to build a factory in America than some U.S. companies do. Because Toyota is not taxed when it wants to invest in America. But an American company is — if its profits are coming from overseas.

What's the sense of the nation exporting anything or expanding overseas if the profits are not reinvested here? China repatriates its earnings. Taxing foreign income is the equivalent of a business encouraging investors to put their money into competitors across the street.

So, while Congress and Treasury Secretary Timothy Geithner are busy obsessing over the Chinese yuan's fixed exchange rate, perhaps they should instead turn their attention to the globally uncompetitive situation the U.S. economy is in.

The House recently passed legislation that would make "undervalued" currencies be considered by the Department of Commerce as a subsidy under World Trade Organization (WTO) rules. This will enable higher countervailing duties to be imposed on Chinese goods, making them more expensive for U.S. consumers to buy.

Of course, in principle there would be nothing to stop the Chinese's own version of the Department of Commerce from defining the depreciating dollar as a subsidy under WTO rules, increasing the cost of U.S. goods overseas. Put another way, the U.S. can devalue its currency all it wants to boost exports — other nations are following suit, and the only impacts will not be on restoring the trade deficit or creating new jobs here, but on increasing inflation and the cost of living for average Americans.

Conversely, the U.S. could tell successful companies that

operate abroad to repatriate their earnings here tax-free. And keep it that way. The only way to restore global imbalances is to create an attractive environment to move capital back into America and to produce things here.

The other part of that necessarily is to rein in regulatory burdens, high labor costs, land use restrictions, and environmental regulations that make it cost-prohibitive to invest here. If these constraints are not removed from the economy, the flight of capital overseas will continue. The U.S. needs to lower the cost of doing business here.

Congress limited the foreign income tax credit under the bogus justification that it would make U.S. multinational corporations pay their "fair share" of taxes. Instead, that money is staying overseas, creating jobs and investment there — as was predicted by critics. This is economic suicide. U.S. companies that operate overseas account for nearly half of all American exports, and employ 22 million Americans. Why is Congress encouraging them to shift more operations overseas?

Critical investment capital is being diverted abroad that could instead be devoted here at a time when the weak recovery is slowing down and unemployment remains high. The tax should be completely eliminated, and companies incentivized to use foreign profits to enhance the nation's productive capacity: to build new factories here in the U.S., invest in research and development here, and create jobs here.

Once reinvested, the money will eventually be taxed anyway either through capital gains, income, and other taxes. So what's the point of the foreign income tax? It really is the Reverse Smoot-Hawley Act, punishing U.S. exporters and other companies that operate overseas. Only, it's the U.S. economy that is being punished through less investment and less jobs.

DSHS Encourages a seasonal Flu Shot for nearly all Texans

The Texas Department of State Health Services is urging everyone over 6 months old to get a seasonal flu shot as soon as possible.

"There's no reason to wait. The supply is here," said Dr. David Lakey, DSHS commissioner. "We usually see an increase in flu cases in late October or early November. It takes the vaccine about two weeks to become effective, so get vaccinated now to protect yourself and your family."

Lakey said this year's seasonal vaccine also protects against H1N1 flu. A nasal spray vaccine is an option for healthy people ages 2 to 49 who are not pregnant.

The flu is caused by various influenza viruses.

Symptoms include fever, coughing, sore throat, aches, chills and fatigue. Most healthy people recover without problems, but people over 65, pregnant women, young children and people with chronic health conditions are at higher risk for serious complications and even death. It is especially important for people in those high-risk groups to be vaccinated.

The Centers for Disease Control and Prevention recently broadened its recommendation, urging everyone at least 6 months old to get vaccinated. The CDC also says children ages 6 months to 8 years who have not previously been vaccinated for both seasonal and H1N1 flu should get

two doses of the vaccine at least four weeks apart.

A different flu vaccine is produced each year because different strains of the virus circulate. The three strains covered by this year's vaccine are A/California/7/2009 (H1N1), A/Perth/16/2009 (H3N2), B/Brisbane/60/2008.

Getting a flu shot is the best way to prevent flu from spreading. Also, cover all coughs and sneezes, wash hands frequently with soap and water or hand sanitizer and stay home if sick.

People should contact their health care provider, local health department or 2-1-1 to find out where to get a flu shot. Flu information and tips for protecting against the flu are at texasflu.org.

TxDOT cautions motorists to watch out for deer during season

AUSTIN - 'Tis the season to be cautious--deer season that is.

Along with cooler weather, fall months bring about an increase in deer activity so Texas motorists should keep a close watch for animals that occasionally wander onto the highway, especially at night.

According to the Texas Department of Transportation (TxDOT) more than 7,000 animal-related crashes occurred on Texas highways in 2009, many involving deer. Twenty-five of those crashes involved a fatality.

"Deer-vehicle collisions increase during the fall because the animals are more active," said Carol Rawson, Traffic Operations director. "It's this time of year that motorists need to be extra watchful and take steps to avoid collisions."

Texas Parks and Wildlife

(TPWD) biologists predict an increase in deer population this year because of plenty of rain that has created an ideal environment for wildlife to flourish.

Deer-car accidents tally to more than 1.5 million crashes in the United States, costing an estimated \$1.1 billion in vehicle damage, according to recent reports from the Insurance Institute for Highway Safety.

The Institute suggests the following defensive driving tips to avoid hitting a deer:

- Drive carefully in areas known to have high deer populations. Places where roads divide agricultural fields from forestland are particularly dangerous.

- If you see a deer, slow down. Others are probably nearby.

- Use high-beam headlights when there is no oncoming traffic. The high beams will

reflect off deer's eyes and warn you of their presence.

- If a deer is in your lane, brake firmly but stay in the lane. The most serious crashes occur when drivers swerve.

- Don't rely on deer whistles, deer fences or reflectors to deter deer.

- Wear seat belts.
- If your car strikes a deer, don't touch the animal. If the deer is blocking the highway, call the police.

Remember, it is unlawful to possess a deer or part of a deer that has been hit by a motor vehicle. For more information on fish and wildlife laws, go to <http://www.tpwd.state.tx.us/publications/annual/general/penalties/>.

For more information, contact Government & Public Affairs media relations at 512.463.8700.

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PUBLIC NOTICE

On September 17, 2010, Atmos Pipeline - Texas, a division of Atmos Energy Corporation ("APT" or the "Company"), filed a Statement of Intent to change its natural gas transportation rates for firm and interruptible customers and implement a new schedule of rates and riders applicable to all transportation customers receiving service under existing Rate Schedules CGS and Rate Schedule PT. The proposed effective date of the requested rate changes is October 22, 2010. If approved, the proposed changes will affect approximately 4 firm transportation customers and 63 interruptible transportation customers. APT's Other Revenue customer class is not affected by this filing.

If approved, the proposed rates will increase the Company's annual revenues by \$38.9 million. The proposed change in rates constitutes a "major change" as that term is defined by Section 104.101 of the Texas Utilities Code. In addition, the Company seeks to recover all rate case expenses as allowed by law. The exact amount of rate case expenses will not be known until the case is completed.

Based on the proposed rate design, the meter charge will be eliminated, and the capacity charge and usage rate applicable for each of the customer classes affected by this filing will increase by the amount shown in the table below:

Customer Class	Current Meter Charge	Proposed Meter Charge	Difference
CGS - Mid-Tex	\$4,356.69	\$0.00	(\$4,356.69)
CGS-CoServ	\$4,356.69	\$0.00	(\$4,356.69)
CGS - Other	\$2,425.17	\$0.00	(\$2,425.17)
PT	\$6,124.34	\$0.00	(\$6,124.34)

Customer Class	Current Capacity Charge	Proposed Capacity Charge**	Difference
CGS - Mid-Tex	\$0.9988	\$4.8444	\$3.8456
CGS-CoServ	\$0.8507	\$3.9815	\$3.1308
CGS - Other	\$0.9988	\$3.9815	\$2.9827
PT	\$0.0000	\$2.6276	\$2.6276

**The customer charge reflected on the bill for each customer class is calculated as follows: customer charge = MDQ (Maximum Daily Quantity) * capacity charge (customer charge will vary by customer based on the customer's MDQ).

Customer Class	Current Usage Charge	Proposed Usage Charge	Difference
CGS-Mid-Tex	\$0.2103	\$0.0276	(\$0.1827)
CGS-CoServ	\$0.1778	\$0.0276	(\$0.1502)
CGS-Other	\$0.2103	\$0.0276	(\$0.1827)
PT-1st Tier	\$0.1739	\$0.0163	(\$0.1576)
PT-2nd Tier	\$0.1579	\$0.0163	(\$0.1416)

In addition to rate revisions, APT seeks to adopt a Rate Schedule CGS - Mid-Tex to be applicable solely to Atmos Energy Corp., Mid-Tex Division. This Rate Schedule will, consistent with the Commission's Final Order Nunc Pro Tunc in GUD No. 9869, include recovery of ad valorem taxes related to Mid-Tex's working gas in storage, as well as the return and related taxes on Mid-Tex's working gas in storage, the Accumulated Deferred Income Tax for UNICAP Section 263A and the WACOG to FIFO change related to the Mid-Tex working gas in storage. A second Rate Schedule CGS - Other is proposed for all other city gate customers that is identical to the proposed Rate Schedule CGS - Mid-Tex with the exception of the requested changes related to Mid-Tex's working gas in storage. Other proposed tariff changes include a new Rider REV, a new Rider WGIS, and minor wording changes in the other existing Riders applicable to service provided by APT. Specifically, APT seeks to adopt a new, revenue tracking mechanism (Rider REV) that will adjust Rate CGS and Rate PT annually for changes in the level of revenue received from APT's "Other Revenue" customer class in the prior year. APT also proposes to adopt a new Rider WGIS to establish a twelve (12) month surcharge to be applicable to Atmos Energy Corp, Mid-Tex Division to recover the regulatory asset balance in Account 182.3 - Other Regulatory Assets that has accumulated since the entry of the Commission's Final Order Nunc Pro Tunc in GUD No. 9869. APT proposes to adopt minor wording changes to all of its existing Riders, including a change in the title of Rider FF to Rider MF. Additional minor changes to APT's other Riders are proposed that will, for example, delete unnecessary definitions.

Persons with specific questions or desiring additional information about this filing may contact Atmos Energy Corporation at 1-214-206-2809. Complete copies of the filed Statement of Intent, including all proposed rates and schedule changes, are available for inspection at Atmos' offices located at 5420 LBJ Freeway, Suite 1600, Dallas, Texas 75240. In addition, any affected person may file in writing comments, a request for intervention or a protest concerning the proposed change in rates with the Docket Services Section of the Office of General Counsel, Railroad Commission of Texas, P.O. Box 12967, Austin, Texas 78711-2967, at any time within 30 days following the date on which the change would or has become effective. Please reference GUD Docket No. 10000.

Este es un aviso a los clientes de APT División de Atmos Energy Corporation, (la "Compañía"), que la Compañía está solicitando un cambio en la tarifa de transportación de gas natural para clientes firmes e interruptibles. Si usted tiene preguntas con respecto a este cambio, por favor llame a Atmos Energy Corporation al 1-214-206-2809.

Highway Patrol troopers to ride school buses

As part of National School Bus Safety Week (Oct. 18-22), Highway Patrol troopers in many areas of Texas will ride school buses looking for motorists illegally passing school buses.

"Loading and unloading are the most dangerous times for students who ride school buses, and motorists should remember that state law requires them to stop

for a school bus when its red alternating flashing lights are on," said David Baker, DPS Assistant Director—Texas Highway Patrol. "We'll have Highway Patrol troopers riding random school buses across the state, and we'll issue citations to drivers who violate the law."

Motorists who are cited for driving past a stopped

school bus whose red alternating flashing lights are activated can expect to pay up to a \$1,000 fine.

Although 35,000 school buses transport 1.4 million Texas children daily, school buses provide one of the safest modes of transportation, accounting for less than one-half of one percent of Texas roadway crashes.

Almost half of house cats are obese

About 40 percent of cats in American households are obese. "Obesity is a serious medical condition and has been linked to other medical conditions such as diabetes mellitus, degenerative joint disease, and lower urinary tract disease," explains Liz Kelley, veterinary technician II at the Texas A&M College of Veterinary Medicine & Biomedical Sciences (CVM). There are a number of steps that you can take to ensure that your cat is healthy.

When choosing food for your cat, the primary ingredient should include a high quality meat product.

"Cats are obligate carnivores and have very specific protein requirements that must be met, and cannot metabolize plant proteins, such as wheat gluteins and soy, as efficiently," notes Kelley.

In addition to the best primary ingredients, many cat owners wrestle with the debate over canned food versus dry food and which is the healthier of the two. Kelley recommends canned food for a number of reasons.

"Canned food is a better choice for your cat," says Kelley. "It is easier to get

a higher protein content as well as more water with canned food. Dry food is a high carbohydrate food and has a low protein content. The high energy carbohydrates in dry food are also a major factor in causing obesity in cats and dogs."

If you feel your cat is obese you should consult with your veterinarian. They will give you a specific diet and exercise regimen for your cat. Kelley explains that exercise alone does not work for weight loss in any species.

"Diet must be the key to weight loss, and for cats a high protein, low carbohydrate diet is the best choice," suggests Kelley. "Protein is used for energy and also to maintain their muscle mass which increases metabolism and therefore weight loss."

In order for your cat to maintain a healthy lifestyle it needs to be properly hydrated. An eight pound cat should drink about half a cup of water every day.

"Cats get most of their daily water intake if they consume canned food," notes Kelley. "If cats are fed a dry diet, they do not get enough water from their

food. You can make water more tempting by using water fountains or flavoring it with a little bit of low sodium tuna juice."

If you would like to give your cat a treat, Kelley says that it is okay as long as it does not exceed 20 percent of its daily caloric intake. The best treats to give your cat should include protein made from dehydrated meats.

"The most important thing to remember is to make sure the protein is from a high quality source and that the diet is a balanced diet," stated Kelley. "Nutritional deficiencies can take anywhere from months to years to become apparent. There is a fee based website, www.balanceit.com, that is run by DVM consultants who are board certified veterinary nutritionists who can provide a balanced diet recipe or consult on a recipe that an owner is already using to make sure that it is healthy and balanced."

The clinicians and staff of the Small Animal Hospital have taken a progressive approach to applying the best nutritional practices for their patients. On October 18, the CVM will open a new \$70,000 kitchen donated by Nestle Purina PetCare to help ensure that all of their patients' nutritional needs are being met. Not only will they house Purina products, but they will have other brands available so that they can guarantee to have the best options available for all of their patients as they are each given different meal plans by their veterinarian.

With the help of your veterinarian, you can make the changes necessary to prevent your cat from becoming obese and take the steps to give them a healthier lifestyle.

"Please remember that while working toward a healthier lifestyle for yourself, be sure to include your pets as well," Kelley states.

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TEXAS

Rangeland and pastures were in very good condition. Cooler temperatures, particularly in the early morning, were slowing forage growth. However, there was still plenty of grazing left in most pastures, which helped keep livestock in good condition. Growers began planting wheat and oats. In the northern part of the region, peanuts were progressing well. In the

eastern part of the region, the cotton harvest was finished and hay producers were taking a last cutting. In the western parts of the region, 50 percent of oats and wheat were planted, seedbed preparations for spinach and onions were under way, cotton ginning continued and the pecan harvesting began. In the southern part of the region, fall tomatoes and other fall crops progressed,

and growers were preparing to plant onions. **SOUTH PLAINS:** Fall came quickly, bringing cooler temperatures in the mornings and evening hours with highs in the mid to upper 80s during the day. Soil moisture was short to adequate. The corn, sorghum, sunflower and peanut harvests continued. Other field operations included cotton defoliation and harvesting. Growers

were planting winter wheat. Pastures and rangeland were in fair to good condition but needed moisture. Cattle were in good condition. **SOUTHEAST:** In many areas, fields remained saturated, but farmers in drier areas were able to continue harvesting hay. Some cotton was still in the field and yet to be harvested. Dry conditions in Liberty County caused crop conditions to worsen.

The ratoon rice harvest was several weeks away from harvest. No wheat was planted yet. Some farmers planned to to delay planting until next year. Livestock were in good condition. **WEST CENTRAL:** Days were warm and mild; nights were cool. Scattered showers fell in a few counties. Producers were either preparing fields or already planting. Hay

growers continued cutting and baling hay. Armyworms were reported. Early planted cotton was being harvested. Rangeland and pasture conditions were good. Stock-tank water levels were dropping. Livestock remained in good condition. Livestock producers were working cattle. Pecan growers were irrigating orchards. The apple harvest was under way.

REYNOLDS

basketball through his high school career, graduating with honors from KCHS were only the beginnings of his epic adventure through the development and longevity of his city.

After serving in the US Navy for 4 years, Bud came back home and went to work for WTU for the next 40 years. He retired a few years back and now works for Smith Funeral Home part time...

Bud has supplied the City with his service in more than ample ways. He is also the oldest fireman to serve on the Knox City Volunteer Fire Department and has served for the last 60 years. After several terms on the City Council, Bud acted as the mayor of Knox City for 6 years.

Both Bud and Sequoyah

are avid fans of Greyhound sports; their presence still being a staple at every game. In fact, it was Bud's voice that resonated through the stands as the "Voice of the Greyhounds" for over 30 years. This is not his only contribution to Knox City sports, though - after helping build the little league field; he served as president, announcer and scorekeeper at all the Little League games. He also helped build a softball field for adults where the rodeo grounds are now located.

Bud was alive and well during the epic tornado of 1953, which literally blew his house away as he and his mother hid under a bed. After that tornado was actually the first time he ever laid eyes on the woman who was to become his life partner as he helped carry her

across a mud puddle.

Although many people in Knox City think of Bud as either a fatherly or grandfatherly figure in their lives, Bud is the proud daddy of three children. Bud and Sequoyah have 2 happily married sons, Harvey (and wife, Wendy), and Billy Bob (and wife, Cindy); one daughter, Rita who is also blessed with husband, Morris; they also have 6 grandchildren and 2 great-grandkids.

For those who don't know this wonderful man with 80 years of service and love for the Knox community, they can catch him every morning getting his Dr. Pepper and drinking it "with the guys" at Penmans, or on his daily afternoon date with his bride - getting another Dr. Pepper at Penmans and enjoying it there.

HEART

the community for help. On October 31 from 11 a.m. until 2 p.m. at the Knox City Methodist Church, they will host a fundraising benefit dinner offering brisket, sausage and all the trimmings.

They will sell those plates for \$7 for an adult plate and \$5 for a child's portion. They are also considering doing a Krispy Kreme drive amongst other things. The couple has set up an account

at the Knox City Citizens Bank for cash donations as well. To donate to that, all a person has to do is go to the bank and tell the teller that they want to deposit into the Team Stafford account.

November declared Homecare and Hospice month in Knox County

Whereas, home care and hospice are the most humane tradition of health service delivery in Texas, enabling the aged and disabled to receive high quality medical assistance, long-term services and support, and end of life care with dignity and in the comfort of their own homes; and

Whereas, home care in Texas is a growing alternative to hospitalization for acute and chronic illnesses, serving millions of Americans each year; and

Whereas, thousands of hardworking men and women, in association with more than 4000 home care

and hospice agencies, unite caring and technology in providing cost-effective home care and hospice services that stimulate quicker and better recoveries and improvements that institutional care and provides for end-of-life care; and

Whereas, tirelessly dedicated home care and hospice professionals and volunteers form a network of caring support in our nation's vast health care system and deserve special honor and appreciation for their many contributions; and

Whereas, the Texas Association for Home Care and the more than 4000 home

and community support service agencies across Texas declared the month of November 2010 as Texas Home Care and Hospice month and are calling on all Texan to observe this occasion with appropriate ceremonies and activities;

Now, therefore, be it resolved that I, Travis Floyd, County Judge, do hereby proclaim November 2010 as Homecare and Hospice month in the county of Knox County and encourage the support and participation of all citizens in learning more about the home care concept of care for the elderly, disabled and infirm.

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BROWNIE BAKER MUFFINS SINGLE	99¢
COKE ASSORTED, 6 PACK	2 FOR \$4
POWERADE 32 OZ./1 AT REGULAR PRICE OR	2 FOR \$3
TAMPICO GALLON	\$1.79
NESTEA 20 OZ.	99¢

KCVFD gets bragging rights over Law Enforcement in annual football game



Tamara Smart

This year's Fire Department vs. Law Enforcement fundraising battle on the football field left the Fire Department with bragging rights for the next year as they pounced the Law Enforcement team. The game was all in fun, but the players played hard. Flags were thrown all over the field; there were some key interceptions and some epic runs down the field. The teams were cheered on by the pee-wee cheerleaders.

During halftime the winners of this year's fire safety posters were announced over the loud speaker and each winner got to come down to the field to be awarded their tee-shirts.

The \$2 entry fees as well as the money earned at the concession stand go toward the scholarship fund.



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