*****************5-DIGIT 79505 KNOX.COUNTY.DISTRICT PO BOX 196 BENJAMIN. TX 79505-0196

Many Attend Reception for Trooper Cody Pack



Photo by Sherry Reid

Sergeant Jodie Tulles of Haskell congratulates Cody Pack, right, during the reception in his honor on Thursday afternoon.

By Sherry Reid

It was a cloudy and cold Thursday afternoon but it didn't keep Knox County residents, fellow troopers of the Texas Department of Public Safety from Taylor, Throckmorton, Haskell, Stonewall, and Knox Counties from attending the reception for Trooper Cody Pack to wish him well with

his new promotion. Pack, who has served as a trooper in Knox County for more than six years will be moving to Abilene, Texas as a CID agent in the Criminal Investigation Division. Pack confessed to taking several months to reach the difficult decision to leave Knox City where he has made many friends.



Photo by Sherry Reid
Those wishing the best to
Cody Pack during his reception are from left to right: Lt.
Stan Waters, Abilene; Trooper
Brad Sims, Sergeant Jodie
Tullos Cant Doug Farber

Tullos, Capt. Doug Farber, Abilene; Bette Enriquez, Secre-

tary to Sergeant Tullos & DPS Secretary, Trooper Cody Pack, Trooper Brandon Tidmore, Trooper L.P. Adams, & Trooper Nick Jimenez. Additional photo on page 16.

New Changing Format

Effective next week, *The Knox County News* will be published in a broadsheet format.

The broadsheet is 21.5x10.5. *The News* is currently published in a tabloid format and is 10.5x10.5.

"We decided to convert *The News* back to a broadsheet," said Chris Blackburn, publisher. "Broadsheet size is more manageable in several facets of the business. From the feedback we've received, the transition will be beneficial for our readers and advertisers."

The first edition will be Thursday, January 5, 2012.





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SAMMIE'S KNOX CITY CORNER AND FINAL THOUGHTS

Monday was a wonderful day and I was doing my Christmas cheer for all my coffee drinkers. They got their holiday treats and they really enjoyed them. Since Marvin Jones hadn't shown up for a few days, I finally decided to go check on him and found that he was feeling a little under the weather. I delivered his goodies to his door and found that a day later he was feeling better.

Dionisia Estrada is now receiving a differ-

the effect they'd hoped for but with God's help she will get her strength and her weight back and the next round of chemo will do its job. Hopefully I will get to see her this week. As I drove around town I saw so many people celebrating their holiday early and it was so good to see so many kids come home to spend time with their parents and to see old friends.

There are so many beautiful lights and homes that looked so good. Some probably ent chemo treatment. The first one didn't have thought, who is that crazy person out taking

pictures at night. Well, it was me and I was doing it to send some pictures to my grandson in Guam. He wanted to have his Nana to come and see what Santa had brought him. He called to tell us he was so happy to get our gifts and to say Merry Christmas and that he loves us and misses us so much. If you have grandchildren, you know how great that feels. God is great with his blessings.

If you have been following my column you know how great this year has been because God has given so many miracles. To those who have lost loved ones during this time, you are in our prayers. May God give you strength.

I also want to thank you so much for all your help and donations with our holiday bags from Lawrence Bros. Your loving gifts made someone's holiday a wonderful blessing. May God bless you for your loving donations and time given to our needy and people who are home alone. Trish and Ross Shaver's children helped deliver the bags the last time on Wednesday and they made many people very happy as they walked to the doors and said Merry Christmas. When they came back to the church they were so excited to have made such a difference in so many lives. Their faces were all lit up! Also thanks to Eddie and Tracy for being my legs to make the deliveries. They also did a great job.

Leon and Leona were in Canyon last week to have their Christmas and then got back home safely.

This past week Diana Casillas had to move her mom to the hospital from the care home. She had a small health problem. May God bless them because I know Diana has really been busy making sure her mom is comfortable. May God bless ya'll for the love and attention that you give or are giving your loved

Kim Stafford and her family are doing good after the loss of her mom, but God is taking care of all of them in his own way.

Ramon and Sandy Garcia want you to know they are having a new grandbaby due in May.

Yes, Kayla and Roger are expecting their first baby and every day and every year that we have a new life it is such a wonderful gift. Congratulations and may God bless you. We'll have you in our prayers.

I hope everyone's holiday was special like mine, but so much time on the road wears you out. Saturday, we spent the day in Hamlin with our daughter and all her family. Also one of our sons and all his family was there so it was a full house. Sunday we spent the day at our home with two of the boys and their family and that was also a wonderful day. Today it's Monday and we are headed to Wichita Falls to spend time with another son and all his family, except for the one in Afghanistan. We hope all our soldiers are doing good and wish they were all already home. One of our granddaughters is in Washington and couldn't make it here, but she's doing good.

Susie Ray had a full house for the weekend. They were all having a great time and she is doing good.

Peggy & John Grindstaff had Christmas early and the girls were down to visit Denise and Tommy. They all had their families for the holiday. Landon and his fiancée were also in. They are preparing for a wedding hopefully in May. It was good to see them and to have a chance to get caught up.

Lou Veil and the Dentons had a wonderful time this week.

Connie Ledesma had a house fill to celebrate and also to help her celebrate. She just had shoulder surgery and is having a good recovery and feeling great.

Our new neighbor, Mrs. Broach, is almost ready to be settled in to her new home. We will really enjoy her company on our block. She's a very nice and enjoyable lady. I'm sure she will enjoy living in Knox City. Welcome Mrs. Broach. Hope to see you in the near future and visit.

Jessie and Dora Rios spent the weekend in Abilene with her sister, Alice and husband, Ray and their children. Some were from Houston and may they all return to their

Bonnie and Johnny Peysen had a great holiday starting off with their grandson, Chance, getting married on Friday. Rhonda & Augie will have a full house of kids soon. Lately seems like everyone is having twins. That will be double the blessings.

Today, I seem to be pretty caught up, but next week I'm sure there will be a lot more to report. Have a wonderfull week and be careful and take care of all your loved ones as they are precious gifts from God and that's very special. Until next week, may God bless you

God bless our Troops and each one of us. Sammie Have a Happy New Year

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

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Who's Looking out for your healthcare needs?

By Janet Trautwein

Officials recently released 244 pages' worth of regulations governing the healthinsurance exchanges established by the federal health reform law.

for "navigators" -- entities or people expected to help consumers evaluate their health insurance options in the exchanges. Some groups intend for navigators to replace the folks who currently help consumers with their insurance needs -- licensed, professional health insurance agents.

That would be a disaster. Although it will take many different voices to let people who are uninsured today know about the health insurance options available in 2014, expanding the role of navigators from promoting program availability to enrolling and advising people about specific plans is a consumer hazard. These navigators will lack not only the expertise, training, and licensing that agents possess but also sufficiently strong incentives to serve in an advisory capacity.

So who will these navigators be? That's not yet apparent -- and will vary from state to state.

The law specifically lists agents and brokers as groups that may be navigators. But the law's financial requirements would force most agents and brokers to disrupt their business models and could prevent them from serving current clients who might be ineligible to purchase coverage through the exchanges. So it's doubtful that many will participate in the navigator program. They may instead try to work with the exchanges in more traditional ways.

The proposed exchange rules also specify that at least

some of the navigators must be "consumer-focused" or "community-based." In other words, they'll need to demonstrate an existing relationship to consumers.

Observers believe that The rules envision a big role trade, industry, and professional organizations; unions; chambers of commerce; and small-business development centers could be among the groups that serve as navigators. That makes sense. Their relationships will be important in educating the public about new insurance opportunities in 2014.

> Many are likely to have expertise with outreach to specific populations. But it's safe to assume that most will not be qualified to perform the work of agents and brokers, who have been linking consumers to appropriate health insurance policies for decades. Agents and brokers must already comply with state licensing and continuing education requirements in order to advise consumers about health insurance options. This important consumer protec

tion is expected to continue.

How would navigators be paid? Although states must have navigator programs, no federal funds can be used for their payments, which are described as grants. It's unclear whether states must come up with this grant funding, how much these grants would be, or how they would work.

With some 42 states and the District of Columbia facing budget shortfalls in 2012, most states won't have the money to support the sort of robust navigator program the drafters of the law envisioned.

And what exactly will navigators do? The law says they will focus on public education, outreach to special populations, and facilitating health-plan enrollment. But the navigator program's goals do not include providing planyear-to-plan-year assistance to consumers regarding the functionality of their health coverage. By contrast, that's an integral part of private health insurance agents' jobs and business models.

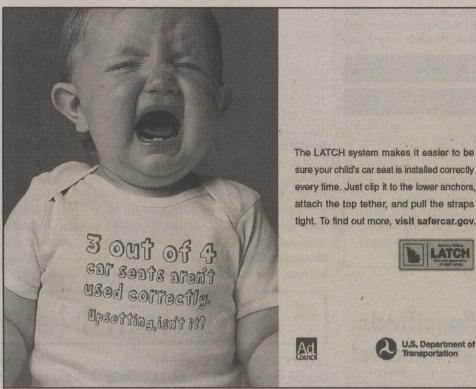
Agents and brokers aim to keep their clients for life and have financial incentives as private business owners to furnish them with ongoing service. Agents hold seminars to educate employees, fight to make sure claims are paid, and help their clients find the right doctors and healthcare providers. The Congressional Budget Office has reported that many insurance agents even function as virtual human resources departments for small businesses.

It's no wonder that those who have worked with agents have been satisfied. A 2007 IBM survey found that 75 percent of those who employed agents held favorable views of them. More than half cited "personalized experience" as what they liked most about their insurance broker.

Every day, agents go above and beyond the call of duty. Their livelihood depends on it.

Consider the case of Idaho resident Anne Marie G., who See HEALTHCARE

NEEDS continued on Page 15



DID YOU KNOW?

Knox City, on State highways 6 and 22, Farm Road 143, and the Santa Fe Railroad, in a region known as Knox Prairie in southwest Knox County, was founded in anticipation of the arrival of the Kansas City, Mexico and Orient Railway, which began service in 1906.

KC AREA CHURCH DIRECTORY

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Drought affects pH of water, creating changes in quality

By Danielle Kalisek

Studies conducted by Baylor University scientists accidentally determined how drought affects water and its pH levels, therefore affecting water quality and aquatic life among other things. Results from ongoing studies may soon help answer more questions.

"These recent field studies we were performing were not timed to intentionally encompass drought-type conditions," said Dr. Bryan Brooks, professor of environmental science at Baylor University. "As it turns out, because of the timing of these wadeable stream and reservoir studies, they encompassed our last major drought in 2006."

Brooks, Dr. Ryan King, Dr. Robert Doyle and Baylor graduate students originally set out to study water quality gradients in reservoirs and streams to support environmental assessment and management efforts. However, when the 2006 drought conditions became prevalent, what turned out to be a problem for the scientists' studies ended up allowing them to develop a better understanding of how droughts influence historical and emerging contaminants of water quality for compounds, toxicity and bioaccumulation (or the accumulation of a substance in a living organism's tissues), and how aquatic organisms can be influenced by site-specific pH.

"Though our important findings weren't part of our original study design, as it turns out, these projects gave us the opportunity to examine how, under extreme drought scenarios, various water quality indicators and ecological functions in these different habitats would respond," Brooks said. "We noticed there was fairly substantial pH variability in back waters of reservoirs and in wadeable streams that were more nutrient-enriched under those drought scenarios."

He added that the timing of the 2006 and 2011 droughts was not anticipated, but looking back he feels fortunate these studies were being performed in the field, allowing the scientists to capture what the variability and effects of these droughts look like across different levels of surface waters, as well as

the implications of the historical and emerging contaminants. Many emerging contaminants are ionizable weak acids and weak bases, which is important because site-specific pH of surface waters can influence chemical toxicity and bioaccumulation.

"Our study is the first to integrate a number of factors associated with climate, urbanization, industry processes, pH variability and the implications for environmental assessment of these ionizable chemicals," Brooks said. "We're in a unique situation because we have such a strong normal rainfall annual gradient from the western part of the state to the eastern part of the state and our major river basins are flowing across that gradient from an arid to a more pronounced precipitation regime, and then you've got a bunch of people right in the middle. So the inter-annual climate variability of Texas is something that provides unique opportunities to examine the influences of climatic changes on surface water quality."

The studies took place in a variety of habitats—wadeable streams, rivers that are flowing into reservoirs, gradients in reservoirs from the river to the dam locations and eight reservoirs in the state—and conditions varied within each situation.

"In wadeable streams under lower flow conditions there was much more variability in pH and then greater potential influences on water quality as far as toxicity of various types of contaminants are concerned," Brooks said. "In reservoirs there were some patterns that were a bit more reservoir-specific.

"In the wadeable streams, we observed the range of pH variability to be more enhanced under nutrient-rich conditions, which is actually not surprising but also suggests when stream flows are lower, especially close to low flow conditions, we may want to examine pH site variability much more closely especially in areas where chemicals whose toxicity and bioaccumulation potential would be influenced in pH shifts."

Their results from the 2006 study identify that under extreme drought conditions, scientists may want to examine site-specific pH a little more closely

because for some compounds, their toxicity to aquatic organisms will be greater, while for other compounds they may be less.

"The way we interpret degradation of water quality, based on our work, indicates that we should look at the interaction between climatological changes, nutrient enrichment and in-stream flows," he said.

Since the 2006–2007 study, Brooks and fellow scientists have been involved in various other water quality studies during the 2010–2011 drought, which shaped up to be a more severe drought than they saw a few years ago.

"What we're doing now is focusing specifically on developing a better understanding of how pH influences the bioaccumulation and toxicity of these types of chemicals to aquatic organisms," Brooks said. "The work we're doing right now includes some field studies as well as some carefully-controlled lab studies to identify how pH shifts can increase or decrease bioaccumulation of these ionizable contaminants to aquatic life."

They are in the process of examining the most current data in hopes of relaying this information and their findings in reports in the coming months.

"At the very least the studies from a few years ago provided us a sound platform on which to start interpreting data from this most recent extreme drought," Brooks said. "It identified potential hot spots where impacts of pH on bioaccumulation and toxicity of historical contaminants and contaminants of emerging environmental concern are likely to be greatest, which can help focus our management efforts when appropriate and in a reasonable way."

Knox County Aging Services

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Tuesday, Jan. 3

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Wednesday, Jan. 4

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Thursday, Jan. 5

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Classifieds Get Results!

Pink Ladies

By Billie Walker

The president, Glenda Huff, called the meeting to order with only five members resent. Glenda had visited with the hospital administrator who was making a list of request for Pink Ladies. By May of 2012 he anticipated a need for approximately fifteen thousand dollars to help purchase a new ambulance. The other needs have not been pre-

sented as yet

You members of our community are keeping us busy getting the merchandise on display. We have had some donations and memorials also and appreciate them. Our largest donation has been two hundred fifty dollars from a firm in Abilene.

Keep those donations coming and Happy New Year.

Benjamin News By Gladene Green

HAPPY NEW YEAR wishes from Gladene Green. THE BENJAMIN NEWS column will resume in the January 5, 2012 edition of the Knox County News.

DAVID'S FISHING REPORT



Miller Creek 12/25/11

Water Clarity: Stained Water Temperature: 44 degrees Weather: Brrrr!

Bass were slow, but caught a few on white crankbait on rocky points and the dam. Crappie and catfish were slow.

God Bless and Good Fishin'

HIGH PLAINS IRRIGATION CONFERENCE

By Kay Ledbetter

AMARILLO - The annual High Plains Irrigation Conference and Trade Show hosted by the Texas AgriLife Extension Service will be held Jan. 19 in the Regency Room of the Amarillo Civic Center, 401 S. Buchanan St., Amarillo.

The program this year, which is jointly sponsored by AgriLife Extension and

Texas Agricultural Irrigation Association, addresses a wide variety of topics, said Nich Kenny, AgriLife Extension irrigation specialist. The registration fee will be \$30, payable at the door only, and includes

Topics and speakers are: -Information on John Deere Water, Keith Patterson, John Deere Water senior technical services manager, Memphis.

-AquaSpy: Capacitance probe irrigation scheduling, David Sloane, AquaSpy agronomist, St. Louis, Mo.

-Crop Metrics variable rate irrigation, Kevin Abts,

marketing, North Bend,

-Technologies in center pivot irrigation, Farris Hightower, Lindsay Corporation regional manager, Lubbock.

-Long- and short-term weather insights, Dr. David Brown, National Oceanic and Atmospheric Administration, Fort Worth.

-Tillage effects on water use, Rick Kochenower, Oklahoma State University, Goodwell, Okla.

-Texas Alliance on Water Conservation Lockney project, Dr. Justin Weinheimer, Texas Tech University, Lubbock.

-North Plains Groundwater Conservation District "200-12 Reduced Irrigation on Corn Demonstration," Harold Grall, Moore County producer.

-Economics of irrigation systems, Dr. Steve Amosson, AgriLife Extension, Amarillo.

-Efficient Profitable Ir-

vice president of sales and rigation in Corn or EPIC Project, Kenny.

> -Drought tolerant corn research, Dr. Brent Bean, AgriLife Extension agronomist, Amarillo. Five Irrigation Association certified irrigation designer and five certified crop advisor continuing education units will be offered for conference attendees, he said.

The trade show will include booths from the irrigation industry, area groundwater districts and educational institutions, Kenny

For more conference information, go to the Texas Agricultural Irrigation Association website, http:// taia.org/ or contact Kenny at 806-677-5600 or npkenny@ ag.tamu.edu. For trade show information, contact Kern Stutler at 806-786-5644.

All 2010 and 2011 presentations from the High Plains Irrigation Conference can be found at www.youtube.com/ NPKTexasAgriLife.

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(The Band Does Accept Tips!)

12.29.2011

Holiday Lights







Photos by Sherry Reid

DID YOU KNOW?

The population of Knox City was 1,127 in 1940, 1,488 in 1950, 1,805 in 1960, and 1,536 in 1970, when the town had fifty-five businesses. The population was 1,546 in 1980 and 1,440 in 1990. By 2000 the population dropped to 1,219.



The Happiest Time of the Year?

Tips for Surviving Less Than Perfect Holidays

BY TERI JOHNSON

For all the promise of joy, peace and harmony that comes with the holiday season, the reality for millions of people is that the season is anything but a celebration. For many, it's a reminder of lost loved ones, personal disappointments and dreams left unfulfilled. But for life coach Teri Johnson, whose personal journey through an

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imperfect life now inspires others to reach for the lives they've always wanted, the negative "nevers" of the disappointing hand life may have dealt you is where the healing starts. By confronting a never-ending and unproductive cycle of negativity, the elusive joy of the holiday season can be found not just now but every day of the year, says Johnson, author of the newly released book, Overcoming the Nevers (www.overcomingthenevers.com). "You never thought you'd get divorced, but you did. You never dreamed you would find yourself in an abusive relationship, but you are. You never thought you would need to lose 200 pounds, but you do. And you never

thought you'd be 45 years old without a job, losing your home and drowning in debt, but you are," says Johnson. "We start to believe lies about ourselves, such as "I'm not good enough" or "I'm undeserving." We escape our pain and these toxic feelings into unhealthy behaviors and addictions. There is freedom from the struggle; there is hope in discovering the truth; there is a way to fall in love with who we are to experience a joy-filled season, and more importantly a joy-filled life." Johnson's tools for overcoming the "nevers" that drag many down during the holiday season are:

• Acceptance: Do you have the strength to make the

changes necessary to turn a situation around through an attitude of acceptance? Or will you remain powerless, remain in the state of non-acceptance and let everything around you dictate how you feel? The journey starts with accepting that you can't change others, but you do have power over your own life.

• Surrender: What we surrender ourselves to ultimately becomes our god, what we turn to or upon which we rely. The question then is: What are we surrendered to? Is it something firm, solid and long-lasting or something that hurts us in the end?

• Joyfulness: Hold tight to your unique gifts and talents to enrich your own life and impact the lives of those around you. Build on what you're good at, what makes you special and what makes you feel good about yourself.

• Discovery: Confronting the truth about who we are deep inside helps us overcome our painful past and discover the basis for those "nevers."

• Faith: Until we accept love for ourselves from God, from others and towards others, the healing will not begin. Embracing love is an ongoing process that starts with learning to like yourself and with a willingness to accept your imperfections. Johnson advises that the process of confronting internal struggles and the

"nevers" of life isn't easy, but no treatment program, no diet and no New Year's resolution can be successful without breaking down the essence of individual struggles and making the necessary adjustments to attain the life you deserve. "If the life you are living is full of unacceptable and disappointing things and you don't want to spend another year like this, the only thing holding you back right now is your own confusion, self-doubt and anger," she says. "You don't have to keep doing what you're doing or feeling what you're feeling, but you do need to come to terms with yourself and surrender yourself to faith that there is a better

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THANK YOU FOR READING THE THE KNOX COUNTY NEWS!

Holiday Lights





Photos by Sherry Reid

If you were too busy to drive around the Knox City/Munday area before Christmas to see the lights, don't miss seeing them this week. These photos do not show the detailed beauty of so many spectacularly decorated homes in this area including east of Knox City about five miles, then on into Munday. A lot of effort, time and money were spent creating these scenes of fantasy and delight, some using the very latest technology such as cascading lights

up in the trees. Those pictured here are only a few of many. So take a relaxing drive one evening this week and enjoy the efforts of those who celebrated this holiday with lights and scenes of the season.



May the peace and hope of the New Year be yours now and in the days ahead...

Happy 2012

Lynn Electric

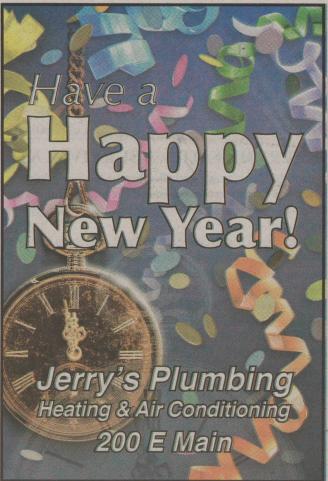
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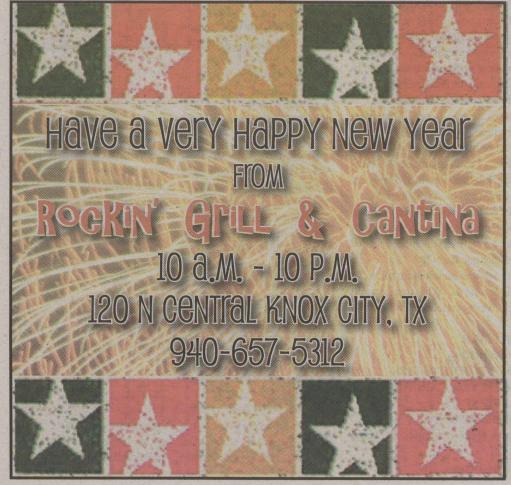


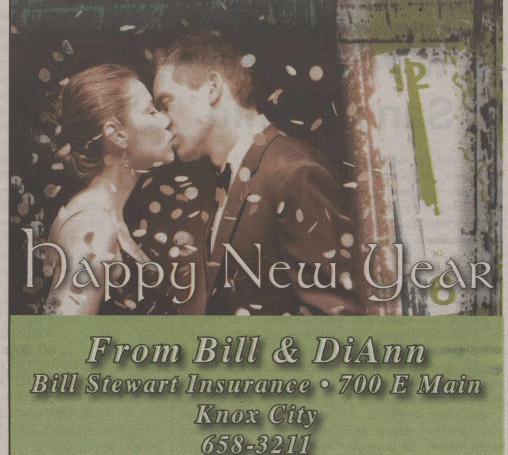




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Knox County Arrest Record

Pursuant to your open records request, the below is a list of those arrested within the indicated time and processed through the Knox County Jail:

December 6th, 2011 through December 27th, 2011

- 1. Miller, Kimberly D. 12/6/11, DWI 1st, (M-A) Knox County
- 2. Ruiz, Jonathan Scott, 12/8/11 Stalking, (F-3) Knox County
- 3. Gutierrez, Misty, 12/9/11, Evading Arrest W/Vehicle (SJF) Foard County
- 4. Stewart, Geoff W., 12/10/11, Evading Arrest W/Previous conviction (SJF) Foard County
- Estrada, April D., 12/12/11, MTR:Possess Marijuana (M-B) Taylor Cnty Warrant
- 6. Wisdom, Walter Jacob, 12/1/11, Burglary of Habitation (F-2) Knox County (Arrested in Wichita Falls, Tx.)
- 7. Malone, Billy Joe, 9/10/11, Evading Arrest W/ Vehicle (F-3), Knox County,) Arrested in Haskell County
- 8. Ramos, Anthony, 12/15/11, Criminal Trespass, (M-B) Knox County
- 9. Deer, Stevie Lee, 12/19/11, Judgement NISI/Poss Cocaine (F-2) Knox County (Arrested in Midland County, Tx)

Dean W. Homstad, Sheriff, Knox County

New Year's Eve in San Antonio

Free and fun for the entire family, San Antonio is estimating more than a quarter-million party-goers to attend Celebrate San Antonio on New Year's Eve. This rockin' event will close out 2011 with live music on four stages and a savory assortment of worldly cuisines. When the clock strikes midnight, the San Antonio sky will illuminate with a spectacular fireworks display launched from the 750-foot Tower of the Americas.

Festivities begin at 6 p.m. on South Alamo between Market and Durango streets and throughout Hem-

isFair Park

Plus, there's still plenty of holiday fun in San Antonio. Just steps away from Celebrate San Antonio's New Year's Eve festivities, the enchanting River Walk will still be dressed in 1.8 million Christmas lights (20 times more than ever before), perfect for an evening stroll to restaurants, night-spots, shops and hotels.

For more information on Celebrate San Antonio festivities, go to www.celebratesa.org and begin planning your San Antonio New Year at www.visitsananto-nio.com



ON THE EDGE OF COMMON SENSE

By Baxter Black, DVM

KEEP THE FAITH, A SURVIVAL KIT

President Carter's reign was called the time of malaise, defined as a feeling of discomfort. Present times might be described as a time of anxiety. Still hopeful, but with very little trust in the people we put in office.

The recession has hit everybody and each of us has to find a way to get through it. We cannot let the niggling dread of what our well-meaning but inept government has wrought bring us down. I'm guessing that there is a segment of our population that doesn't worry about our economic condition much. They are on both ends of the spectrum; those who live on a private or government pension, or welfare, who pay little or no taxes, and have no doubt the next check is coming... AND

Those who have money in the bank from inheritance or private investment, pay two/thirds of all the country's income tax, and are confident they can ride it out.

Then there are others. Most of us I think. Those who have taken two jobs, moved into a smaller house, laid off employees with regret, are lending support to our friends and relatives, pay the rest of the income taxes, and keep listening to CNN to see when the next shoe will fall.

To you who have never quit trying, I offer a short list. It has helped me keep pointed in the right direction. I have never been a man who made goals. That sounds funny from a fellow who can tell you where he will be entertaining next February 24, or May 5th. I pretty much live from today to my next performance road trip. In the meantime I have cows to check, calls to return, things to fix, church, friends to visit, family, and routine responsibilities.

In my travels over the years I get to see my friends. They often say, "We should get together more often." But, to me, I DO get to see and visit most of them every year or two. That's a lot considering the distance between our homes. I can't imagine ever "retiring," as if this is a real job! During this recession many of us are being forced to face reality, the possibility of life-changing upheavals, and a cloudy future. Personally, all my responsibilities seem to be swirling and spinning in my mind like puzzles on Wheel of FortuneTM. They keep popping up like brush fires which need tended immediately. You put it out and another one flares up!

I have given some thought about what is important to me to be able to survive the turmoil that roils around us. What I can personally do that will make a difference...while our leaders fiddle while Washington D.C. burns:

KEEP THE FAITH
DO GOOD WORKS
KEEP YOUR SHOULDER TO THE WHEEL
STAY IN TOUCH WITH THOSE YOU CARE ABOUT
LISTEN... FIRST
BE THANKFUL FOR EACH DAY

And if that don't work, I'll go back to the drawing board 'cause I've got a lot of chalk.

www.baxterblack.com



The 501

by Hanaba Munn Welch



In the early days of television, a theory prevailed that watching TV in a dark room could harm your eyesight. The solution was to place a lamp on the television to cast an offsetting therapeutic glow.

They weren't lava lamps. That phenomenon came later. Our family didn't have one. Times were hard. To watch a lava lamp, I had to go to my friend Sue's house, where one sat on a shelf. I wasn't sure how they got so lucky.

Back to TV lamps. They were shade-less. The light shone out the rear of the lamp onto the wall to give the room soft reflective light.

TELEPHONE PAUSE.

I just called Sue to be sure their lava lamp didn't sit on the television. She confirmed my recollections, and mentioned that she still has her family's TV lamp – a gray horse and colt, in need of rewiring but on display. That's the nice thing about TV lamps. They all got shelved when eyesight concerns faded, but they look good shelved – put out to pasture, as it were.

Once Sue described that TV lamp, I could sort of remember it. I told her ours was a covered wagon. She could sort of remember it.

We also had a subsequent TV lamp – two Siamese cats sitting together, a gift from Aunt Cylle (short for Lucylle). My mother thought two cats were a bit too much.

Eventually it was decided we could get rid of the cat lamp. We liked Aunt Cylle, but she and Uncle Menco

had divorced even before she gave us the lamp, and he was the blood kin. So on a Saturday morning we took old clothes and the lamp and some other stuff we didn't want to town, where you could rent a rummage line for 50 cents and sell whatever. The sturdy lines held clothes and defined the rental space. If you were wealthy and therefore had more cast-offs than the average family or if you were an organization, you might rent two lines. Garage sales came later and were the death of the rummage lines.

Mother's great fear was that Lucylle would visit the rummage lines and spot the lamp.

Sure enough, we saw her headed our way in the mid-morning sunshine. Fortunately, we'd already sold the lamp. Sometimes things work out.

One of life's greatest challenges is how to get rid of unwanted gifts. The etiquette is complicated.

Regifting is one solution. But it's dangerous to give an unwanted gift to anyone who might reveal to whoever gave it to you that you gave it away.

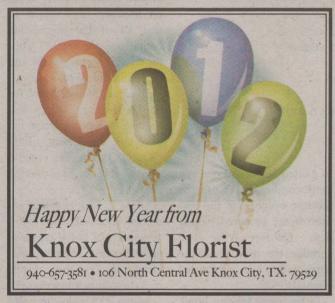
A friend of mine from New Orleans went to the trouble to pack a white ceramic pig when she came to see me. It has holes for toothpicks and makes a great hors d'oeuvres table display piece. Call it a stuck pig.

I gave it to my friend Norma.

Nope, the art of giving doesn't hold a candle to the art of regiving. Better said, make that a TV lamp.

Happy New Year!

From your friends at the Knox County News





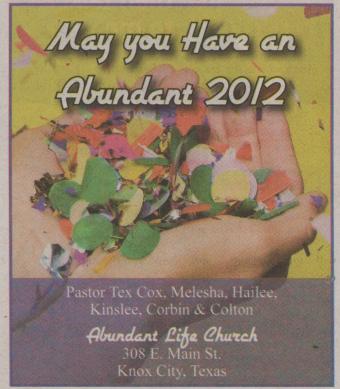












Still time to qualify for home energy credits

DALLAS – If the thought of cost of installing these items does the long winter months has you planning on getting new insulation or windows, the IRS reminds homeowners that they still have time this year to make energy-saving and green-energy home improvements and qualify for either of two home energy credits.

The Nonbusiness Energy Property Credit

"The Nonbusiness Energy Property Credit is aimed at homeowners installing energy efficient improvements such as insulation, new windows and furnaces," said Clay Sanford, an IRS spokesman in Dallas. "The credit is more limited than in the past years, but can still provide substantial tax savings.'

Sanford said the 2011 credit rate is 10 percent of the cost of qualified energy efficiency improvements. Energy, efficiency improvements include adding insulation, energy-efficient exterior windows and doors and certain roofs. The not count.

The credit can also be claimed for the cost of residential energy property, including labor costs for installation. Residential energy property includes certain high-efficiency heating and air conditioning systems, water heaters and stoves that burn biomass fuel.

The credit has a lifetime limit of \$500, of which only \$200 may be used for windows. If the total of nonbusiness energy property credits taken in prior years since 2005 is more than \$500, the credit may not be claimed in 2011.

Qualifying improvements must be placed into service to the taxpayer's principal residence located in the United States before January

The Residential Energy Efficient Property Credit

Homeowners going green should also check out the Residential Energy Efficient Property Credit, designed to spur investment in alternative energy equip-

The credit equals 30 percent of what a homeowner spends on qualifying property such as solar electric systems, solar hot water heaters, geothermal heat pumps, wind turbines, and fuel cell prop-

No cap exists on the amount of credit available except for fuel cell property. Generally, labor costs are included when figuring this credit.

Get Details on Energy Tax

Not all energy-efficient improvements qualify for these tax credits, so homeowners should check the manufacturer's tax credit certification statement before they purchase. Taxpayers can normally rely on this certification statement which can usually be found on the manufacturer's website or with the product packaging.

Eligible homeowners can claim both of these credits on Form 5695. Residential Energy Credits when they file their 2011 federal income tax return. Because these are credits and not deductions, they reduce the amount of tax owed dollar for dollar. An eligible taxpayer can claim these credits regardless of whether he or she itemizes deductions on

Gooey Butter Cake takes top prize in national baking contest

ber 19, 2011-Amateur Gooev Butter Cake. The cook and blogger Melissa contest was hosted by Just Sperka of Greensboro, N.C. beat outnearly ioo competitors in the Flour Power baking contest with her Cara-

Franklin, Tenn - Decem- mel, Chocolate & Almond A Pinch Recipe Club, the online food0focused social network at www.justapinch. com.

CARAMEL, CHOCOLATE & ALMOND GOOEY **BUTTER CAKE**

Ingredients:

1 box caramel cake mix

1 can dulce de leche (13.4 oz)

16 oz powdered sugar

8 oz cream cheese, softened

1 cup melted butter, divided (2 sticks)

4 large eggs

1/3 c slivered almonds, toasted

1/3 c toffee bits

1/3 c mini chocolate chips, plus ½ cup

1 tbsp heavy cream

1 tsp vanilla

Directions:

Court Coordininator/

Administrative Assistant Job The Knox County Attorney and County Judge is taking applications for a full time Court Coordinator/

Administrative Assistant. The primary duties of this

position are to manage, direct, coordinate, and plan

the operations of the office of the County Judge

and the County Attorney. Applicant must possess

the following: Computer skills, organization skills,

communicate effectively both orally and written.

Applicant must be friendly, self sufficient and capable

of working well with others. The job offers insurance

benefits and retirement. Applications may be picked

up at the Knox County Judge's office, the County Attorney's office, or the Clerk's office between the hours of 8:00 AM and 5:00 PM Monday through

Friday. Application deadline is January 6th, 2012.

Knox County is an equal opportunity employer.

Preheat the oven to 350 degrees. Spray a 13x9 inch baking dish with cooking spray and set aside. Toast the almonds at 350 degrees for 8 minutes or until golden. Set aside to cool.

In a mixing bowl mix together the cake mix, one stick

of melted butter and one egg until combined. Press the mixture evenly into the bottom of the prepared baking dish. On top of the crust sprinkle the mini chocolate chips, toffee bits and toasted almonds.

In the same mixing bowl, mix together the softened cream cheese and the Dulce de Leche until combined.

Beat in the remaining 3 eggs, vanilla, powdered sugar and melted butter. Whip on medium high speed so that all of the ingredients come together nicely. Pour the filling over the crust and

place into the oven.

Bake at 350 degrees for 40-45 minutes. When you remove it from the oven, the cake will still appear a little "jiggly." This means you did a great job not over baking the cake!

GLAZE; Melt 1/2 cup of additional chocolate chips and 1 tablespoon of heavy cream in the microwave. Stir until completely smooth then drizzle over the cake before serving.

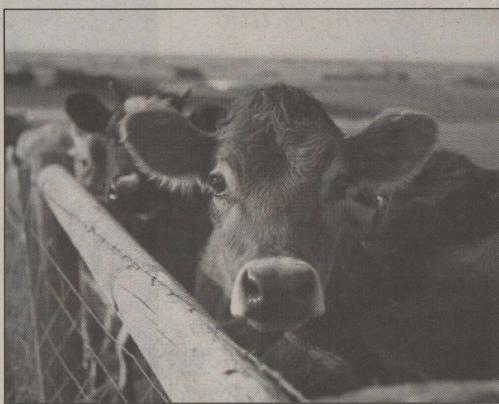
Allow the cake to cool to room temperature then drizzle with chocolate glaze and sprinkle with toffee bits. Serve with a dollop of whipped cream.





Thanks for reading!

Some Remarkable Bright Spots in Very Tough 2011



By Joe Parker Jr.

There is no denying that 2011 was a tough year for cattle raisers. Ranchers across the state are still facing an unprecedented drought and rebuilding from the crippling wildfires, but through all the dust and smoke, there were some definite bright sides of 2011. Because of the hard work of our members, TSCRA chalked up major victories at the Texas and U.S. Capitols. A few of the highlights are listed below.

Eminent Domain Reformed

After a decade of hard work from legislators and landowner groups including TSCRA, SB 18, the eminent domain bill was finally signed into law.

SB 18 secures stronger eminent domain laws that will protect landowners. Highlights of the new law

include requiring condemning entities to make a bona fide offer in writing and compensate landowners for loss of access to their property. SB 18 goes further to require condemning entities to take a public and record vote to initiate eminent domain proceedings, keeping them more accountable. All entities with eminent domain. authority must also register with the Comptroller by December 2012 or they lose their authority.

Additionally, SB 18 gives landowners the right to repurchase their condemned land at the original price if it is not used within 10 years. SB 18 also puts in statute that eminent domain can be used only to acquire property for public use, and that use has to be put in writing before the - cultural groups successcondemnation process can begin.

Groundwater Ownership Secured

Groundwater ownership rights were also secured in 2011, putting to rest any question of who owns the groundwater below the surface of a landowner's

SB 332 makes clear that landowners own the groundwater below their land as real property, and clarifies that it is subject to the same legal protections as other private property. SB 332 also recognizes that groundwater may continue to be produced and conserved while ensuring fair and impartial regulation of landowners' groundwater ownership rights.

EPA Rural Dust Regulation Stopped

TSCRA and other agrifully blocked the Environmental Protection Agency

(EPA) from imposing regulations that would have allowed the federal government to regulate rural dust. This regulation would have had a devastating economic impact on ranchers at a time when our industry is battling an unprecedented drought and wildfires alongside a list of proposed burdensome and unnecessary government regulations.

Had this regulation been implemented, ranchers could have been fined for working in dusty environments. Ranchers could have been subject to expensive and burdensome compliance costs such as having to implement dust suppression practices on their ranch. Fines for noncompliance were estimated to reach up to \$37,500 per day.

Free Trade Agreements Passed

TSCRA worked to ensure passage of the longstalled free trade agreements (FTA) with Panama, Colombia and South Korea. Passage of these FTAs will increase U.S. beef exports by an estimated \$3 billion at a time when Texas beef producers need

According to the U.S. International Trade Commission, the implementation of these 3 FTAs will increase all U.S. exports by at least \$13 billion and add \$10 billion to the U.S. Gross Domestic Product. Additionally, exports of U.S. goods generate more than 8,000 U.S. jobs for every billion dollars shipped overseas.

Passage of these agree-

ments will not only add additional exports for Texas beef, but they will help speed up our industry's recovery from this unprecedented drought. When ranchers do see relief there will be a hungry market overseas eager for Texas beef.

Remaining Trans-Texas Corridor Provisions Repealed

TSCRA worked with the state house and senate to repeal all remaining provisions of the Trans-Texas Corridor, solidifying the end of the proposal.

Burdensome CDL **Requirements Stopped**

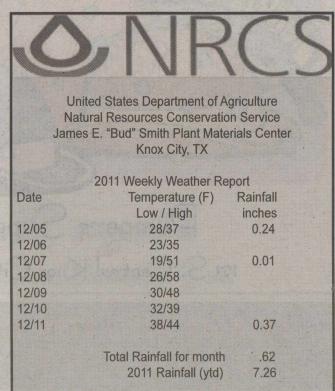
The U.S. Department of Transportation (DOT) was considering a proposal that would have required tractors and loaded stock trailers weighing 26,000 pounds or more to obtain a commercial driver's license (CDL), but TSCRA was able to stop this from happening.

This proposal had the potential to severely harm the Texas cattle industry, especially during times of natural disasters such as drought and wildfires.

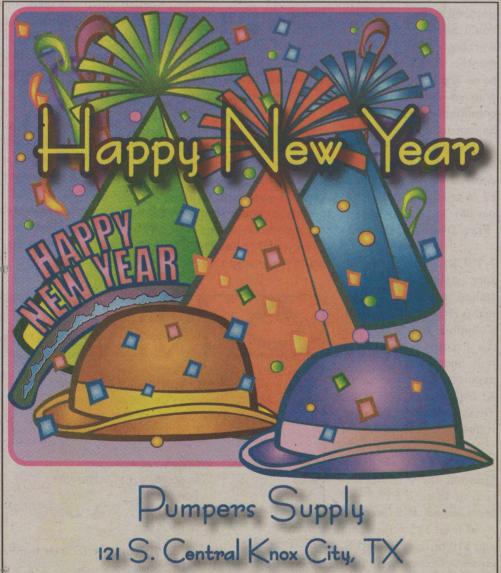
Page 13

It was a good year on the legislative and regulatory front, but there is still work to be done in 2012. Thanks to each and every TSCRA member, ranchers and landowner who called their elected officials, wrote letters and emails, and made visits to the Capitol. Your contributions paid off tremendously

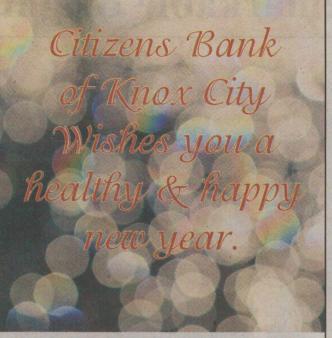
Joe Parker Jr. is a third generation rancher from Clay County, Texas. He is president of the Texas and Southwestern Cattle Raisers Association. He is also chairman of the board and president of the First National Bank of Byers.







THANK YOU FOR READING THE KNOX COUNTY NEWS!

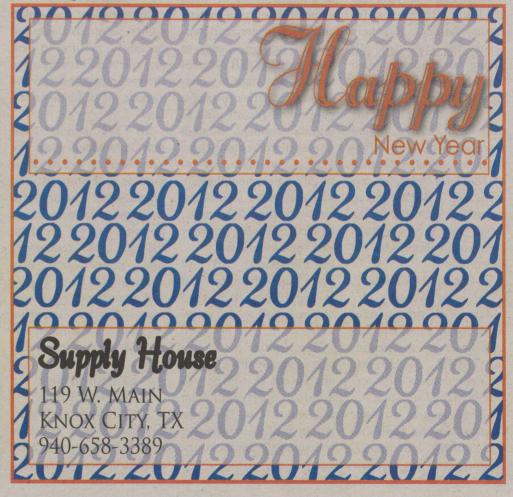


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AgriLife Extension disaster recovery guide now available in e-book format

By Paul Schattenberg

COLLEGE STATION – The Texas AgriLife Extension Service disaster recovery guide on how individuals, families and businesses can recover from a disaster such as a hurricane, fire or flood, is now available free in e-book format.

"Now you can download this guide to your mobile device or tablet before a disaster happens, so you'll have it available in the event you're ever affected by one," said Dr. Andy Vestal, AgriLife Extension director of homeland security and emergency management in College Station.

The "After a Disaster: Information to Help You and Your Family Recover" e-book contains details on various recovery-related topics, including keeping safe, assessing structural damage, debris removal, basic first aid, obtaining assistance, removing odors, controlling mold and insects, salvaging important documents and helping family members cope.

Vestal said the guide was developed by experts from AgriLife Extension and other entities of the Texas A&M University System in conjunction with input from state and national disaster mitigation and recovery organizations.

"This guide is a comprehensive but easy-to-understand publication with lists, worksheets, contacts and other useful material covering a preponderance of those issues and challenges people face in recovering from a disaster," he said.

Treye Rice, AgriLife Extension web usability and design specialist, said the guide was made available in e-book format in large part due to Internet search data from people

affected by the many wildfires experienced throughout the state this year.

"The Texas EDEN website statistic and usage data collected during and after the Bastrop wildfires indicated that a large number of people were searching for disaster recovery information." Rice said. "They were doing this using a mobile device, such as an Apple iPhone or Google Android Phone."

Rice said the guide may be downloaded in its entirety using almost any generally available mobile device. He added the new e-book is currently only available in English, but a Spanish-language version will be available soon. A PDF version is already available for download in English and Spanish.

"While the guide has been converted to e-book format to be downloaded and read on iPhone, Android, Kindle and similar devices, the mobile device being used will determine the format and any additional app that may be needed to allow reading it," he added.

Rice said in addition to downloading the entire guide in the e-book format, users may also download the complete guide or specific sections in PDF format. Download options can be found at http://texashelp.tamu.edu/disaster-recovery-guide-and-ebook.php.

Additional information on disaster preparation, mitigation and recovery may be downloaded free from the Texas Extension Disaster Education Network website, http://texashelp.tamu.edu. Free disaster- and emergency-related publications may also be found online at the Texas AgriLife Bookstore, http://agrilifebookstore.org.

u.s. congressman MAC THORNBERRY

SERVING THE PEOPLE OF THE 13TH DISTRICT OF TEXAS

Dear Friend,

I always find it reassuring that the country goes about daily life without hanging on the latest maneuvering in Washington. The country is bigger and more resilient than any President or any Congress – thankfully.

But the issues facing the government and how they are handled are important. And American workers are affected. So, here is the state of play on the most current dispute between the House, on one side, and most of the Senate and President Obama on the other.

Last week, the House passed a bill to extend the lower rate of payroll taxes for another year. That translates into about \$1,000 more in the pocket of a worker earning \$50,000 a year.

The bill also provided an extension of unemployment benefits for a year with some important reforms. For example, states would be allowed to require drug screening of those who receive unemployment benefits. And the total number of weeks that someone can receive unemployment benefits would be reduced from the current 99 weeks to 59 weeks.

The third provision prevents a 27% cut in physician reimbursement under Medicare for the next two years. If those reductions take place, it will be even harder to find a doctor who ac-

cepts Medicare.

The bill also included language to force the President to make a decision on the Keystone XL pipeline and reform some recent rules proposed by the Environmental Protection Agency.

The cost of all of those provisions is offset by other cuts in spending, including some of the new spending in the Obama health care bill and a pay freeze for federal civilian employees, including Members of Congress.

On Saturday, the Senate passed a two month extension of the payroll tax, unemployment compensation, and physician reimbursement. It was offset with higher fees charged to home buyers and those refinancing their mortgage under Fannie Mae and Freddie Mac.

Today, the House voted not to accept the Senate bill, and to go to conference with the Senate to work out the details of a year-long bill. I do not know how Senate Majority Leader Reid will respond.

Some may see this episode as a typical partisan fight. I think the differences between the House and Senate approaches are important.

First, it is very difficult for employers and physicians to function with a law that is renewed a few weeks at a time. There is a great deal of uncertainty in the economy, and extending these provisions for two months, setting up the exact same fight again at that point, only adds to the uncertainty. We need to settle these issues for a longer period. (I would prefer to settle them permanently, but a year is the minimum time that allows businesses and workers to plan.)

Second, Congress delays decisions too often. Here the Senate was understandably anxious to wrap up the year's business, and voted 89 to 10 for the two month extension. They had been working on a bill more like the House bill but had trouble agreeing on the offsets. So they punted. But a responsible agreement on many of these issues is certainly possible.

Finally, I am not particularly pleased with several of the provisions in the House bill. But it does include the beginning of some reforms to the unemployment compensation program that are badly needed. We need to help move people from the unemployment rolls into jobs. These reforms and a bit more certainty in the economy can move us in that direction.

I have no doubt that the political rhetoric will be flying in the days ahead. Take it all with a grain of salt.

> Sincerely, Mac Thornberry

See HEALTHCARE NEEDS continued on Page 15

publicly lauded the efforts of her agent Brooks Mathern to handle "indecipherable" paperwork and claims in the wake of the birth of her child.

Or take Maryland broker Marcia Friedman, who through diligent research found a way to get additional coverage for a 10-year-old autistic

girl who had exhausted her family's high-quality coverage for their families mental health coverage. -- and to advocate on their behalf even

These are the sorts of problems that agents and brokers have solved for years -- and that navigators will be poorly equipped to deal with.

Millions of consumers depend on insurance agents to help them secure

high-quality coverage for their families
-- and to advocate on their behalf even
after they pay their premiums. Navigators may try to imitate agents, but they'll
never be able to duplicate them.

Janet Trautwein is CEO of the National Association of Health Underwriters.

LOOKING AHEAD

DECEMBER ALZHEIMER'S SUPPORT GROUP MEETING CANCELLED. The support group will resume their regular 4th Monday meetings on Monday, January 23rd – 3:00 pm at the Haskell County Extension Office located at 101 S. Avenue D in Haskell.

Caregivers, family members and friends of individuals with Alzheimer's or a related dementia, should consider attending these meetings that are open to anyone in Haskell County or the surrounding area. 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 care giving.

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.

Childress Basketball Little Dribblers Tournament will be March 22-24, 2012. Boys and girls division \$65 per team. Deadline to enter is March 11 To sign up or if you have any questions, call Lisa Darter, 940-674-5401.





Photo by Sherry Reid Judge Travis Floyd of Knox County was among many attending the reception for Trooper Cody Pack.

