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THE KNOX COUNTY News-Courier

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THURSDAY, NOVEMBER 26, 2015

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Hospital recognized for performance

Special to The News-Courier

KNOX CITY — Knox County Hospital announced it has been recognized by iVantage Health Analytics and the National Organization of State Office of Rural Health (NOSORH) for overall excellence in Patient Perspectives and Financial Strength, reflecting top quartile performance among all acute care hospitals in the nation.

The rankings have been designated by the Hospital Strength INDEX™, the industry's most

comprehensive and objective assessment of hospital performance.

In partnership with NOSORH, iVantage Health Analytics has developed a data-driven program designed to identify excellence across a broad spectrum of indicators relevant to hospital performance and patient care.

The Hospital Strength INDEX™ captures performance metrics for more than 4,000 acute care hospitals, including over 1,300 rural and Critical Access Hospitals. Leveraging data from public data sources, INDEX aggregates data from

66 individual metrics into three major categories and 9 pillars to derive a single strength overall rating for each facility.

"These top quartile performers should take great pride in this recognition," said Michael Topchik, senior vice president of iVantage. "It showcases their commitment to continuous performance analysis and improvement. On this occasion of National Rural Health Day, it's an honor to celebrate their achievement as they continue to serve their communities despite the many market, regulatory and financial pressures they face."

No classification changes for Knox schools

Special to The News-Courier

The Knox County schools, as expected, remained in their respective classifications when the University Interscholastic League released the enrollment cutoff numbers for its upcoming reclassification and realignment last week.

Benjamin remains in Class 1A, Division II, Knox City in 1A, Division I while Munday will elect to move up to 2A for football only as it has in the past.

The UIL will announce football districts for the 2016-17 and 2017-18 school years on Feb. 1, while other sport districts will be revealed upon completion of their seasons.

The realignment appears good for the Greyhounds in football as their nemesis the past two seasons, the Crowell Wildcats, will move down to Division II.

Aspermont, which beat Knox City out for playoff spot this season, will also drop down. Paducah moves up and could be in a district with Knox City, Spur and Rotan.

Crowell could possibly

move into 11-1A DII with Benjamin, Chillicothe, Harrold and Northside. Another possibility since Forrestburg and Gold-Burg are moving up would be that the Mustangs could join Throckmorton, Woodson and a fourth team in 12-1A.

Seymour will move up to Division II in Class 2A while Archer City will drop down. One possible change would see Archer City move to 7-2A DII with Munday, Haskell, Hamlin, Electra and Petrolia and Seymour move to 4-2A DI with Anson, Stamford, Hawley, Windthorst and Olney.

CLASSIFICATION BREAKS

- 6A - 2,150 & above
 - 5A - 1,100 to 2,149
 - 4A - 480 to 1,099
 - 3A - 221 to 479
 - 2A - 105 to 220
 - 1A - 104.9 & below
- ### DIVISION BREAKS
- 4A D1 - 723 to 1,099
 - 4A D2 - 480 to 722
 - 3A D1 - 319 to 479
 - 3A D2 - 221 to 318
 - 2A D1 - 158 to 220
 - 2A D2 - 105 to 157
 - 1A D1 - 59 to 104.9
 - 1A D2 - 58 & below

Serving up to 600 for Thanksgiving



James McAfee/The Knox County News Courier

Up to 600 people will be served a traditional Thanksgiving feast from 11 a.m. until 1:30 p.m. Thursday at the First United Methodist Church in Munday for the fifth annual Munday Community Thanksgiving Dinner. Members of the church prepare the food, getting assists from other churches and groups in the city, and then are joined by other volunteers in serving the meals. Some come to eat at the church as the people above did last year. Others drive to the church and take the meals home. Meals are also delivered to others who have to work or can not get out.

Munday kicks off Christmas season

Special to The News-Courier

MUNDAY — Munday kicks off the start of the Christmas season Saturday with open houses for businesses starting at 5 p.m. and a parade at 5:30.

The Munday Park Project will award \$100 and \$50 prizes to the top two floats.

Kids can have their photos taken with Santa Claus at the Movement Space from 6-8

p.m. The Knox County Hospital will help the kids with cookie decorating.

An entertainer from Dallas will be featured at the lighting of the lights at the downtown park next to Casablanca.

"You don't want to miss this," added Lisa Tidwell of MPP.

Musical entertainment will also be provided as residents do their shopping at the local stores.

House bill would add security protocols

Special to The News-Courier

WASHINGTON — U.S. Congressman Mac Thornberry (R-Clarendon) voted last Thursday in support of a bill that would put a hold on Iraq and Syrian refugees entering the U.S. until multiple intelligence agencies verify that the individual is not a threat to American security.

The "American Security Against Foreign Enemies Act of 2015," H.R. 4038, passed the House by a vote of 289-137, which would

override the President's veto if replicated.

The bill would add additional layers of security screening to require all three of the top national security chiefs — the directors of the Federal Bureau of Investigation (FBI) and National Intelligence (DNI) and the Secretary of the Department of Homeland Security (DHS) — certify to Congress that each refugee is not a security threat to the U.S. This is not currently done.

"It is also important to remember that even if we

stopped the refugee program altogether, our safety from terrorist attacks would not be guaranteed," Thornberry said. "We must remain vigilant, and the best way to do that is with good intelligence. Unfortunately, over the past seven years, we have continually tied our own hands when it comes to gathering intelligence to identify and counter national security threats."

The bill will be sent to the Senate. Even if passed, there may not be the necessary votes to override a veto.

Texas asks stop on helping Syrians

Special to The News-Courier

AUSTIN — Although it may not actually have the authority to do so, Texas has instructed volunteer organizations that settle international refugees to immediately stop helping Syrians after what happened in Paris.

Reminding the groups of a "statutory duty to cooperate and consult" with the state, the Health and Human Services Commission wrote, "If you have any active plans to resettle Syrian refugees in Texas, please discontinue those plans immediately."

The groups were also asked to notify state authorities immediately if they learn that

federal authorities are proposing resettlement in Texas using their services, adding "we reserve the right to refuse to cooperate with any resettlement on any grounds."

Gov. Greg Abbott and more than half of the governors have said their states will not take in Syrians fleeing their war-torn homeland, citing security concerns.

Authorities in Washington, D.C., say resettlement programs are federally funded and involve volunteer and private organizations — meaning states can't dictate policy. Abbott has countered that by pointing to specific language in federal law.

"The narrative out there is absolutely false

See SYRIANS, Page 2

Thornberry files for re-election

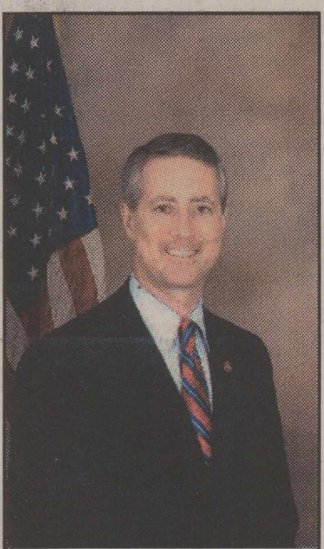
Special to The News-Courier

AMARILLO — Mac Thornberry (R-Clarendon) announced last week that he has filed for reelection to the U.S. House of Representatives for the 13th District of Texas, which includes Knox County.

The primary election will be held March 1, 2016.

"It is an incredible honor for me to represent our area in Congress" he said. "The continued support of the people of the 13th District has also given me the opportunity to serve as Chairman of the House Armed Services Committee.

"America continues to face unprecedented national security dangers—dangers for which we must be better prepared. I will keep working to ensure that the men and women of our military and their families have the resources they need to be successful. We must stay focused on regaining our military strength and our position of



MAC THORNBERRY

leadership in the world.

"As we look forward to the end of the Obama Administration, there is also a great deal of work to do here at home. Whether it is simplifying our tax code or reducing regulations, we must get our country back on track and our economy growing once again.

"I am very grateful for the opportunity to serve the people of the 13th District. With

See MAC, Page 2

MCISD considering bond proposal

By James McAfee

The Knox County News-Courier

MUNDAY — Since the Munday Consolidated Independent School District is expecting a big increase in its tax base as the result of the wind farms being built in eastern Knox County, the school board is exploring a possible bond proposal to make

much needed improvements in its facilities.

The Munday CISD Board of Trustees heard a presentation from Darren Francis with the Region 9 Education Service Center to learn more about how to handle a change in taxable values at its regular meeting Thursday night.

Francis recommended staying

within the district's means when considering a bond plan now that it has the extra value and indicated he would assist in helping developing it.

Then the trustees heard a presentation from Joe Carlock on how DSA could assist the district handle the projects efficiently.

Justin Strack of McKinstry provided details on energy efficiency up-

grades that could be done without adding extra costs. The board authorized McKinstry to do a preliminary analysis.

In addition, the trustees approved a \$1,000 bid from Larry Welch for the Impala and \$50 in "Munday Money" as Christmas incentives for all employees.

Knox Notes

Please notify the News-Courier about your upcoming events. Emailed submissions to kcnnewscurier@gmail are preferred. The deadline for inclusion will be the Friday before the following week's issue.

Breakfast with Santa

MUNDAY — Children will get a chance to visit and have their photos taken with Santa Claus when the Munday Church of Christ hosts Breakfast with Santa here Saturday, Dec. 5 from 9-11 a.m. The meal is free. The children also will participate in crafts. Parents should come to the South door of the church's fellowship hall.

Christmas Cantata

MUNDAY — The Munday Community Choir's Christmas Cantata, "Breath of Heaven," will begin at 6 p.m. instead of 7 p.m. on Dec. 6 at the First Baptist Church Munday. The choir consists of adult singers from the area that enjoy getting together for a time of singing and fellowship.

'Angel Trees' set up

"Angel Trees" have been set up at the Citizens Bank in Knox City along with Casablanca and First Bank Texas in Munday by the Knox County Child Welfare Board, giving residents chances to help needy kids here in Knox County.

Blattner job fair

MUNDAY — Blattner Energy, which will be handling the installation of the winds farms east of here, will host a job fair from 9 a.m. until 3 p.m. Thursday, Dec. 3 at its new office here at 134 E. Main (formerly Ma & Pa's Video). The company is looking for personnel in the following areas: general laborers and equipment operators (excavator/backhoe, dozer, motorgrader, loader and roller).

UIL competition

MUNDAY — Munday will host District 8 UIL contests here Dec. 8. Elementary students will compete at the Munday Elementary School and junior high students at Munday High School. Joining Munday and Benjamin in the competition will be Crowell, Chillicothe, Harrold and Northside

Rain likely for Thanksgiving

Special to The News-Courier

More rain will return later this week, including some on Thanksgiving Day when a cold front hits Knox County.

The National Weather Service now is saying that any freezing rain will most likely stay North of in Oklahoma, but rain will fall on Friday and Saturday.

Brandon Carr in Knox City reported .63 of an inch of rain last week.

Correction

Jason Doran, the family hero of Teresa Landini, was misidentified as Jason Landini last week.

News on the go



Use your smartphone to scan the quick response, or QR, code to visit us online.

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Obituaries

Rafaela Moreno

Rafaela Moreno, 94, passed away Wednesday, Nov. 18 at a local hospital in Abilene with family at her side. Funeral services were held Friday, Nov. 20 at First Baptist Church in Rochester, with Pastor Gary Schnabel officiating. Burial followed at O'Brien Cemetery, directed by Abilene Funeral Home.

Rafaela was born May 20, 1921 in Alice to Victor and Victoria Cruz Salinas. Rafaela lived in Rochester most of her life, moving to O'Brien 13 years ago with her daughter Aurora. She was a faithful, loving, Christian mother and grandmother who always found a way to make you laugh. Rafaela was also a great cook and enjoyed playing Spanish bingo "Lotteria" at family gatherings.

Survivors include son David Moreno of Stanton; daughter Aurora Garcia and husband Richard of O'Brien; brother Mirardo Salinas of Rochester; 17 grandchildren;



RAFAELA MORENO

49 great grandchildren; and 59 great-great grandchildren.

Rafaela was preceded in death by her parents; daughter Mary Saucedo; brothers Juan, Victor and Romolo Salinas; sisters Olivia and Trini Salinas; two grandsons; and one granddaughter.

The family received friends and visitation last Thursday at First Baptist Church in Rochester.

Online condolences and guest book may be signed at www.abilenefuneralhome.com

Stanfield, Hodges sworn in at KC

Special to The News-Courier

KNOX CITY — Jeff Stanfield was sworn in last week as the new mayor of Knox City last week after winning the recent election.

J.R. Hodges was unopposed in the election and also was sworn in as a new member of the city council.

MAC From Page 1

every vote, I try to reflect the values and views of the people I work for and give our area a strong voice in government. With your help, I will continue to fight for conservative, commonsense policies that keep America strong and free."

SYRIANS From Page 1

when they say governors have no authority to do anything about this, because we do," Abbott said. "Under Section 8 of the U.S. Code, Section 1522, it specifically authorizes the states to control these refugee programs."

Legal experts, however, have indicated that the statute spells out only states' rights to consult in the process.

The Paperboy A matter of priorities

It's hard to believe with all of the turmoil going on around the world that our supposed leaders are touting man-made climate change as the number one threat to the U.S.

Obviously, if you read this, you know I think this topic is nothing short of a way for the government to take money out of the pockets of Americans and redistribute it.

Those marching lockstep with the president and his cronies are fools and are relying on terrible science to arrive at their conclusions.

Remember this, before climate change the topic was global warming. The left went wild with it until it was proven that the planet is not warming so they changed the name but left the scheme.

It's beginning to look like President Obama's entire presidency is a scheme.

Remember sayings like "if you like your doctor you can keep your doctor," and "your health insurance premiums will not increase one cent?"

It's hard to believe Americans were tricked into believing this nonsense, but some were.

Health care exchanges around the country have closed and the cost of insurance is skyrocketing.

Keep in mind that the Affordable Care Act has law changes coming AFTER Obama leaves office. In other words, if you think it's bad now, just wait until 2017...

Since this is the week of Thanksgiving, it's a good idea to reflect on the things we are

thankful for.

Of course family and friends come to mind during this time, but one of the things I'm most thankful for over the last year is the abundant moisture we've received.

I don't think anyone would have ever guessed a year ago that we would have recovered from the worst drought on record in less than a year.

Many areas that were in critical stages of extreme drought have received between 40 and 50 inches of rain in 2015. That is simply amazing.

I encourage you to examine what you are thankful for and why. As the observation above proves, a lot can happen in a year.

One thing I'm very proud of and thankful for this year are my employees.

They do a tremendous job and many times, they have to fight through adversity to accomplish their goals.

My team is well rounded and I feel as though they work hard and take pride in bringing the public quality information.

We know we are not perfect, but we continue to strive to build relationships and deliver the public coverage of your communities.

And to those in the public that contribute to our publications, we are thankful for you and your efforts as well!

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Chris Blackburn serves as CEO at Blackburn Media Group, proud owner of The Red River Sun, The Floyd County Hesperian-Beacon, The Knox County News-Courier and The Post Dispatch. He can be reached by email atchrisk@blackburnmediagroup.com and you can follow him on Twitter @WC-SBlackburn.

Letter to the editor

I would like to ask the people in Knox, King, Cottle and Baylor counties to go to the polls and vote for Bobby D. Burnett for judge of the 50th Judicial District. I was Knox County Treasurer and retired several years ago. I worked with Bobby D. and he is the best.

He knows the law and will be honest and do what is best for "our" counties. I am now unable to vote at home as I had to sell my house for the money to go into a nursing home. God left me with my mind "in tact" but my body is totally ruined with Lupus in the bloodstream and with Zollinger-Ellison Syndrome. I moved here to be near my two sons.

Please remember to go vote, and vote for Bobby D. Burnett.

God Bless all of you,
Evelyn B. Balis

Area News

Mistletoe Magic

ABILENE— The Center for Contemporary Arts has a reputation for putting on creative, fun parties, and this holiday season will be no exception. The Center will open its doors for Mistletoe Magic on Dec. 4 from 7 - 11 p.m. Proceeds from the event will benefit The Center's operations, exhibits, and educational programs.

Knox County Aging Center Menus

Menus for week of Nov. 30-Dec. 4

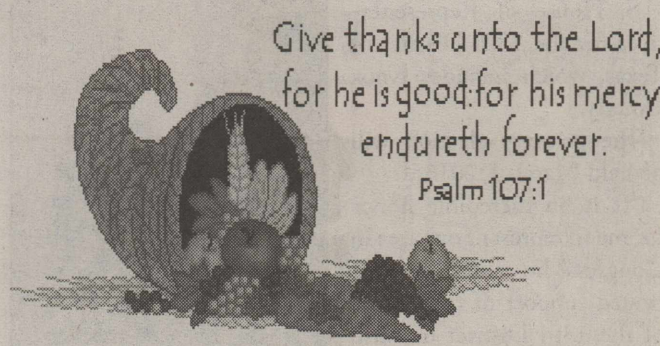
Monday: Enchiladas, rice, beans, salad, dessert

Tuesday: Polish sausage w/cabbage, beets, cornbread, salad, dessert

Wednesday: Beef soft taco, Spanish rice, pinto beans, tortilla, dessert

Thursday: Chicken spaghetti, carrots, zucchini, bread, banana pudding

Friday: Hamburgers, potato wedges, tomato, lettuce, fruit cups



Give thanks unto the Lord, for he is good: for his mercy endureth forever.

Psalm 107:1

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It is the mission of this newspaper to promote the rights of individualism in the American Declaration of Independence. The right of life, liberty and the ownership of property are the cornerstone of freedom. Government's sole purpose is to enhance our liberty and freedom. Therefore, we hold every elected and appointed agent of government accountable to that standard.

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Editorial: 5 p.m. Mondays

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Benjamin Poster Winners



Teresa Landini, Dal Everson and Sierra Turner from Benjamin show off ribbons from winning Veterans Day posters contest.

Chillicothe ousted by Guthrie


Special to The News-Courier

Guthrie continued to have Chillicothe's number, eliminating the Eagles, champions of 11-1A DII, from the playoffs, 64-14, in the area round last week

just as it did last season. The Eagles also suffered setbacks to the Jaguars during the regular season both years.

Guthrie (10-2) now plays Motley County (10-2) at 6 p.m. Friday in Chil-

In the other regional finals, Follet which lost only to Knox City, plays Southland (11-1), Balmorhea (11-1) plays Imperial Buena Vista (12-0) and Richland Springs (12-0) plays Jonesboro (12-0).



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Service Times:

Sunday
Sunday School: 9:45 a.m.
Worship: 11:00 a.m., 6:00 p.m.

Wednesday
Kidz Impact, Pre-K to 6th grade:
5:15 p.m. to 6:30 p.m.
Youth: 6:30 p.m. to 8:00 p.m.

Mustangs lose pair at Moran event

Special to The News-Courier

BENJAMIN —The Benjamin Mustangs suffered a pair of setbacks in the Moran Tournament last week, falling 51-39 to Sidney and 47-30 to Strawn.

"We worked hard this weekend, but we just need to work on finding our rhythm

and chemistry as a team, and do the little things right," said Coach Jacob Navarro. "As the season goes, we'll figure it out."

Benjamin had a game scheduled Monday night against Christ Academy and then will play Patton Springs next Tuesday before going to Chillicothe for a tournament.

GO

MUSTANGS

Thanks for Reading

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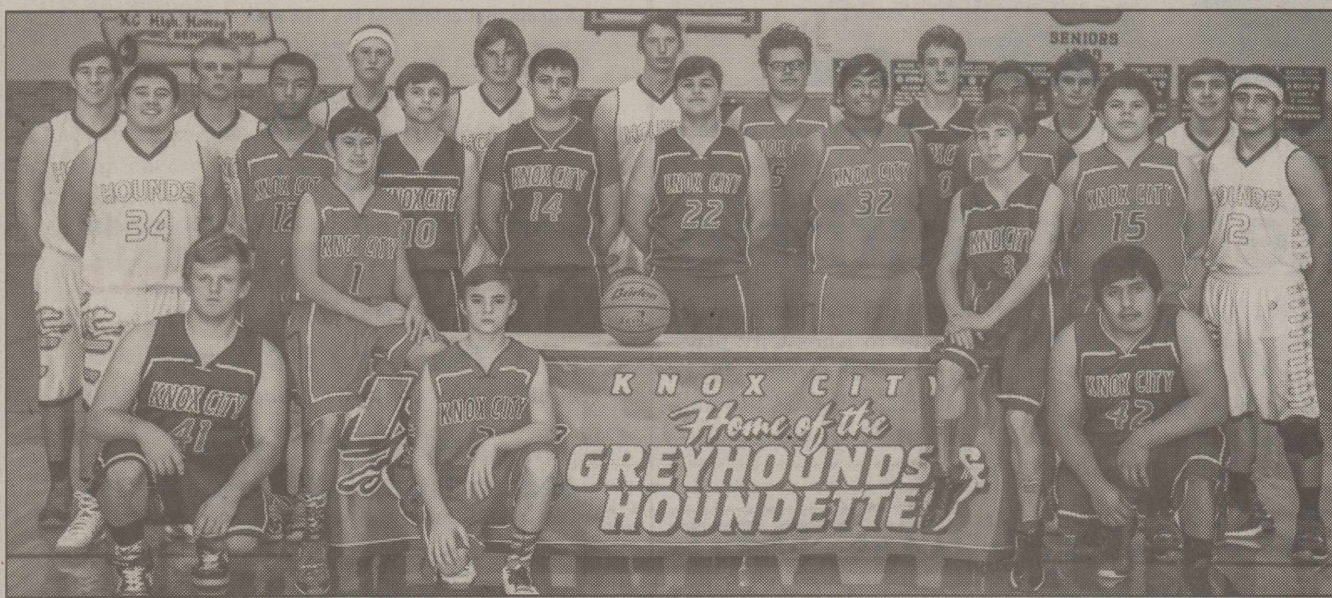
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Houndette Cagers



Greyhound Cagers



Sheri Baty/The Knox County News-Courier

Houndettes top Northside

Special to The News-Courier

KNOX CITY — The Knox City Houndettes jumped off to a 15-0 lead and led 34-8 at halftime in breezing to a 58-18 victory over Northside last week to improve to 2-1 for the season. "It was another total team effort as everyone did something to help us win,"

said Coach Dylan Ballard. "We continue to get better and improve in our weak areas." Kaylie Steele and Brooke Jones led the scoring effort with 17 and 12 points, respectively. Steele led in rebounds with 13. Jones had seven assists and three steals. Myca Flowers scored eight points and four assists and four steals. Samantha

Lewis, Lexi Jimenez and Skyin Ledesma pitched in with seven, six and five points. The Houndettes were scheduled to play Aspermont Tuesday before the Thanksgiving holiday and then play Aspermont next Tuesday before going to a tournament at Guthrie.



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KEEP THE LIGHT ON PUBLIC NOTICES

When local governments want to increase tax revenues, they are required to publish notices in the newspaper so that you will know. But that right to know could disappear.

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Crowell remains alive in playoffs

Special to The News-Courier

The Crowell Wildcats, champions of District 8-1A DI, kept alive their hopes of a third straight Class 1A state football title with a 62-14 victory over Sterling City last week.

Quarterback Tristen Hayes, called the best passer in six-man football by opposing coach Bret Tyker, accounted for 375 yards and seven touchdowns, including three to Tyler Durham.

The Wildcats' defense also stepped up and held the potent Sterling City run game way below its normal production.

Next up for the Wildcats will be a game with Garden City at 2 p.m. Saturday at McMurry in Abilene.

Garden City scored five

touchdowns in the final three minutes of the half to break open a tight game with Hermleigh, rolling to a 94-44 decision after entering the game as a slight underdog.

Meanwhile, Happy (12-0) and Borden County (12-0), the state's top two ranked six-man teams, easily advanced with 78-33 and 45-0 wins over Turkey Valley and Meadow to set up a showdown that many think could decide the state title at 6 p.m. Saturday in Wolforth.

In the other state quarter-final games, Zephy (10-2) plays Rochelle (11-1) at 7:30 p.m. Friday in San Saba and Abbott (10-2) plays Milford (10-2) at 7:30 p.m. Friday in Hillsboro.

The state finals will be played at Shotwell Stadium in Abilene in two weeks.

Greyhounds race past Northside

Special to The News-Courier

KNOX CITY — The Knox City Greyhounds opened the cage season with a convincing 67-21 victory over Northside last week, connecting on 30 of 59 attempts.

Ryan Heard led the scoring effort with 19 points while Brady Hawkins, Skylar Neill and Sam Schnable all pitched in with 12 each. Elias Nevarez had seven assists and nine steals.

The Hounds dominated the boards with a 44-13 edge.

Heard and Hawkins led with 11 each.

"We ran well for it being the first game of the season" said Coach Josh Webb. "I was happy at some of the easy looks we were able to get but our press still needs some work. Lots of people contributed to the win in various spots. Steals, rebounds and assists led to some easy scoring."

The Hounds were scheduled to play Archer City Tuesday before going to the Guthrie tournament.

Weather Whys

What exactly is haze?

Haze is usually defined as fine particles of dust or smoke that are dispersed through portions of the atmosphere, says Brent McRoberts of Texas A&M University. "These particles are so small that they cannot be felt or seen individually with the naked eye," he explains. "These particles tend to decrease visibility in the area, and because of the way they scatter light, can give a tint to the sky that can appear as brown, green, grey or other colors. Under stagnant air conditions, the air can be trapped in valleys or canyons and produce a layer of haze that can stretch for miles."

haze is basically bad air, it can be very hazardous to human health, especially to people who have difficulty breathing. Long-term exposure can produce lung and eye diseases and that's why a concerted effort has been made to make sure that logging companies and others are aware of the risks associated with haze," he points out.

Weather Whys is a service of the Department of Atmospheric Sciences at Texas A&M University.

Where can haze occur?

Just about anywhere, and in recent years, some of the worst cases have occurred in Latin American and in Southeast Asia, McRoberts says. "Forest fires and brush fires in some areas of the world produce hazy conditions that can be seen from space. The thick smoke can wander over huge portions of the Earth, including parts of the United States. Because

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Mogulettes shine in classroom



Courtesy photo

The entire varsity Munday volleyball team was named to the 6-2A all-district academic team. Varsity players qualify for this honor by having a "90" or above average in their core classes. Back row: Kasey Lowrance, Kristen Keuhler, Ana Vega, Skylar Gomez, Kimberly Shahan, Denise Araujo, Madison Edgar and Reagan Sanderson. Front row: Ayleen Arellano, Zoe Cedillo, Emily Scott and McKenna Zeissel

Seymour earns shot against Albany

Special to The News-Courier

The Seymour Panthers remained the only District 7-2A DII team alive in the playoffs, scoring a 28-21 victory over Menard last week.

The Panthers (10-2) now face the formidable task of going up against

state-ranked Albany (11-1), 61-14 winners over Van Horn, at 1 p.m. Friday in Graham.

The Electra Tigers and the Hamlin Pied Pipers were eliminated by Iraan and Roscoe by 41-20 and 35-14 margins.

Iraan and Roscoe will play at 7:30

p.m. Friday in San Angelo.

The Pied Pipers lost the services of quarterback Ayron Wagner midway through the second quarter.

They had lost four other starters since an earlier win over Roscoe in the second game of the season.

DPS urges Texans to drive safely

Special to The News-Courier

AUSTIN — The Texas Department of Public Safety (DPS) is urging Texans to always celebrate responsibly and to make safe driving habits a priority during the heavily travelled Thanksgiving holiday weekend.

"As Texans travel to be with family and friends this Thanksgiving season, we urge all drivers to use extra caution on roadways and always drive sober," said DPS Director Steven McCraw. "The increased traffic and potential for inclement weather and impaired driving can make holiday travel especially challenging, and DPS troopers will be working nonstop to keep the roads safe for everyone."

DPS troopers will be patrolling Texas roadways

throughout the holiday weekend looking for drunk drivers, speeders, seat belt violators and other drivers who are endangering themselves and others.

Moguls open cage season Tuesday

Special to The News-Courier

MUNDAY —The Munday Moguls will kick off their 2015-16 basketball season at home Tuesday night against Electra.

The Moguls needed the extra time to prepare to allow some of the players extra time to recover from injuries suffered during the football season.

Munday Elementary Honor Roll

Munday Elementary Honor Roll A Honor Roll

1st Grade-Carliena Castorena, Ka-leigh Garvin, Rachel Hernandez, A.J. Ibarra, Ta'nya Lara, Trey Mathis, Olivia Myers, Natalie Ramirez

2nd Grade-Haiden Bowman, Elijah Estrada, Taylor Herring, Hannah Mong, Hunter Urbanczyk

3rd Grade-Mackinzi Castille, Ann'Elyse Clark, Talan Collins, Kier-slynn Macken

4th Grade-Melissa Carmona, Kyson Latham, Luis Marmolejo, D'Keydren Toliver

5th Grade-Jaxon Bowman, Diana

Marmolejo, Conner Moore, Stephanie Scott, Cheney Thompson

6th Grade-Karley Myers, Justin Tidwell, Allie Willison

A-B Honor Roll

1st Grade-Colton Blair, CJ Carrasco, Lexi Collins, Ivan Garcia, Loran Miranda, Natalie Miranda, Harley Phillips, Landon Stephens, Kiyryn Wilson

2nd Grade-Caroline Alvarado, Lily Arismendez, Baylee Bates, Kinslee Carver, Chandlyr Clark, Kylan Crawford, Marina Davila, Abri Diaz, LJ Garcia, Brandon Henderson, Ericka Hernandez, Luke Latham, Amrie Lof-tin, Jelani Lopez, Alex Mendiola, Jariyis

Williams,

3rd Grade-Abby Aguilar, Desiree Carrasco, Campbell Corcoran, Ixtel Davila, Alexis Garcia, Aaron Quintero

4th Grade-Jacklyn Diaz, Isaac Garcia, Raehanna Hardeman, Caremy Ledezma, Dalaney Leija, Sanaiya Mathis, Daniela Nunez, Brooklyn Rodriguez

5th Grade-Alondra Gonzalez, Brice Thompson, Aleeya Urbanczyk, Anna Urbanczyk

6th Grade-Leisa Beauchamp, Andrea Nunez, Manny Nunez, Elli Oustad, Catalina Perry, Corbin Rogers, Maria Sanchez, Julie Valk, Chris Wigington

Mogulettes suffer first setback

Special to The News-Courier

MUNDAY —The Munday Mogulettes took the week off for the Thanksgiving holidays after dropping a 41-29 decision to Newcastle last week fol-

lowing two earlier wins.

Newcastle (3-0) jumped off to a 12-4 lead after first quarter and led 24-12 at halftime and 36-16 after three quarters before Munday cut the deficit in the final quarter.

Charity Hunter led the Mogulettes in scoring with 10 points. Munday lost the junior varsity game 30-26. The Mogulettes (2-1) return to action Tuesday at home against Electra before participating in the Albany Tournament.

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4-H provides assist at recycling center Texas Grow! Eat! Go! Program working

Special to The News-Courier

MUNDAY—To celebrate Texas Recycling Day on Nov. 15, a group of the Knox County 4-H Club and others gave up their Saturday morning to meet here at the Recycling Center to volunteer their services.

The group's activities included sorting through bags of items left by recyclers, and to categorize and flatten those clean items eligible to keep: aluminum cans; mixed paper; magazines; paperboard; corrugated cardboard; tin cans; and clear and colored plastic bottles/jugs.

Those items not eligible were thrown away: plastic jugs/bottles that contained traces of milk, juice, or soda; tin cans with traces of food particles inside, sunburned newspapers; sticky labels on newspapers; plastic bags; gummed name and address labels; plastic food containers; and greasy boxes or boxes



Courtesy photo

Members of the Knox County 4-H club and others helped out at the Munday Recycling Center recently.

with food stuck to them. Other activities included flattening cardboard boxes, crushing cans, hanging seasonal bows and preparing signs. One sign to be placed within the building says "Volunteers Needed."

Those helping were Ryan, Morgan, Shawn, Nate, Belle and Corrie Earthman along with McKayla Coplen and Bryanne Cude from the 4-H club plus Joslynn Harris and Alexander Flores. Adults included Jimi Coplen, Laressa

Earthman and Nancy Cude. Volunteer Exa Lee Smith assisted with the event and reports that the group "put a big dent" in the backlog of bagged, mixed recyclables that have been received. The goal of the center is that more recyclers categorize their clean items prior to taking them to be recycled. Credit for community service hours can be given to anyone who wants to volunteer. To inquire, call Bunny at 940 203-0221.

Special to The News-Courier

COLLEGE STATION — Research has shown that efforts through the Texas Grow! Eat! Go! program have had a positive effect on improving the health and wellness of youth in the five participating Texas counties.

The study is a five-year collaboration among AgriLife Extension, the University of Texas School of Public Health at the Austin Regional Campus, Texas A&M University and the Texas A&M Health Science Center School of Public Health.

"The goal of the study was to determine the effect of specific interventions on improving the physical activity and eating behaviors of children and families, especially in low-income and underserved areas, and prevent obesity and overweight in children," said Dr. Alex McIntosh of Texas A&M AgriLife Research, College Station.

The Texas Grow! Eat! Go! study engaged 28 resource-limited Title I elementary schools in five geographically diverse counties to determine the efficacy of two programs in conjunction with Coordinated Approach to Child Health, or CATCH, efforts, said Dr. Judy Warren, AgriLife Extension special initiatives coordinator and principal investigator for the study.

"CATCH is a coordinated school health

program of the type mandated by the state," Warren explained. "The programs being assessed in the study are two AgriLife Extension programs — Walk Across Texas, which promotes physical activity, and the Junior Master Gardener program, which promotes youth gardening and nutrition."

She said these programs were selected for study as interventions because they had already been successful in engaging youth, but had never been evaluated on health outcomes using typical research methods and practices.

McIntosh, who is among a team of cross-university researchers involved with the Texas Grow! Eat! Go! study, said the study was designed to help assess the separate and joint effects of the two experiential programs on weight status, diet and physical activity among third-grade students.

"Schools in the research study were randomly assigned to four treatment groups, using schools implementing the CATCH program," McIntosh said. "The four groups were CATCH-only, CATCH and Walk Across Texas, CATCH and Junior Master Gardeners, and CATCH in combination with both programs."

The study was conducted in schools with a high degree of ethnic diversity. Youth enroll-

See **PROGRAM**, Page 7

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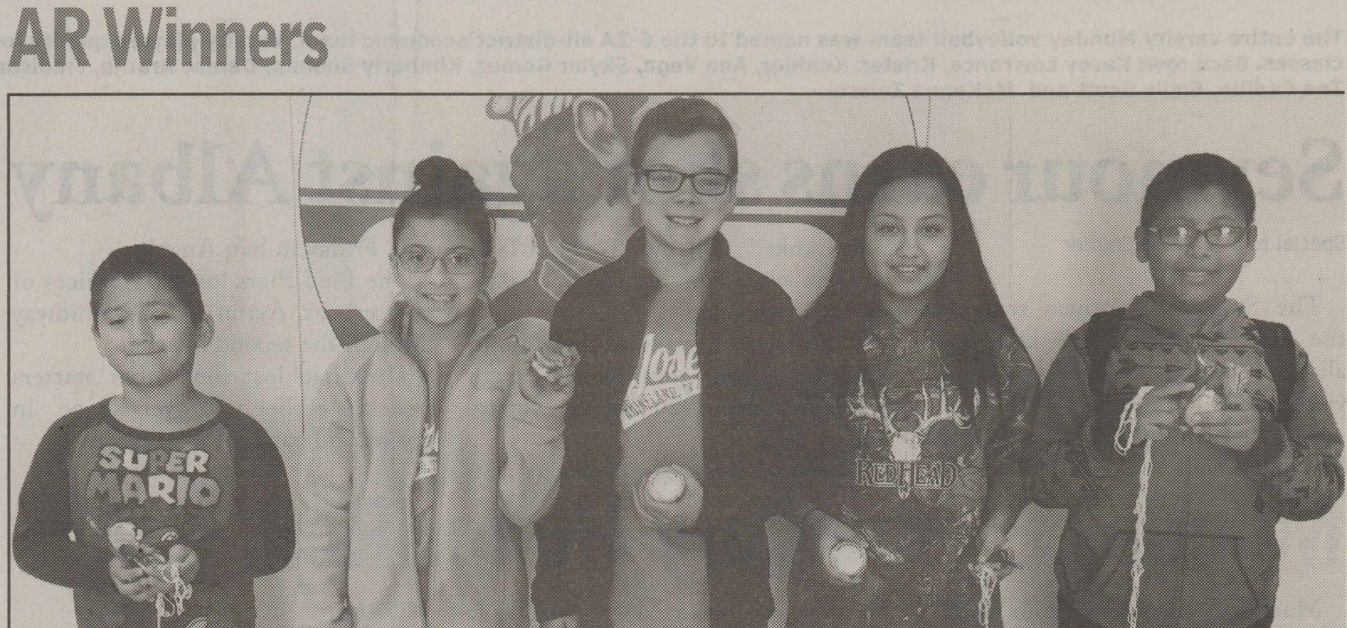
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Courtesy photo

Accelerated readers from Munday Elementary pictured (l-r): A.J. Ibarra, Ann 'Elyse Clark, Jaxon Bowman, Nena Armendez and Dejan Thomas.

Perfect Attendance Winners



Courtesy photo

Munday Elementary perfect attendance winners were (l-r) Nicholas Hernandez, Micah Estrada, Leisa Beauchamp, Alexis Garcia, Hannah Mong, Landon Stephens, Kyson Shahan and Tucker Josselet.

Happy Thanksgiving
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Knox City poster winners

Courtesy photo
Kaylie Kinney, Brianna Contreras, Sabrina Sanchez from Knox City show off winning posters from Veterans Day

Munday poster winners

Courtesy photo
Elli Oustad, Allie Willison, and Justin Tidwell from Munday show off winning posters from Veterans Day.



PROGRAM

From Page 6

ment in the study was 54 percent Hispanic and 18 percent African-American. Forty-three percent of their parents indicated some degree of family food insecurity.

"We collected data from 28 elementary schools in the diverse geographic areas of Texas — north central, coastal south, central and east central areas — with from three to eight classrooms in each participating school," McIntosh said. "There were 759 third-graders in the group that participated in the first year of the study and 567 who participated in the second year."

Data were collected from student, parent and teacher questionnaires, interviews with principals and program coordinators and from public sources. Student body mass index, or BMI, was also measured for students. Research methodology called for the data to be collected at four points in time: pre-test or baseline, immediate post-test, four-month post-test and one-year post-test.

The seven key outcome variables to be assessed for the students in the study were knowledge of nutrition and gardening, vegetable preference, usual vegetable consumption, vegetable consumption at school, sugar-sweetened beverage consumption, physical activity behaviors and sedentary behaviors.

The four key outcome variables to be assessed for parents in the study were home availability of vegetables, home availability of sugar-sweetened beverages, parental support of physical activity and parental support for decreasing sedentary behavior.

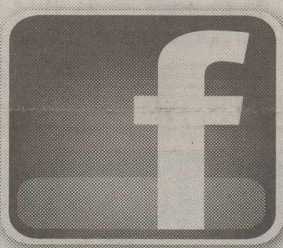
The four key child-parent interaction outcome variables for the study were gardening together, prepar-

ing food together, being physically active together and eating meals together.

"To determine within-group effects, pre-post differences for each condition were examined," McIntosh said. "For each outcome, pre-post differences in each treatment condition were compared against the pre-post differences observed in the comparison group."

Preliminary results from the overall study showed single and combined interventions were effective in changing variables related to weight status in children, significantly improving twelve of the fifteen behaviors targeted, while maintaining child weight status.

"We also were able to determine through our data analysis that positive behavioral and knowledge changes were largely due to the in-person participation of the students in these interventions, such as the physical activity of Walk Across Texas and working and tending the school gardens that were established as part of Junior Master Gardener activities," McIntosh said.



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Vonda's Recipe Corner

By Vonda Carter

Thanksgiving has arrived. I wish everyone very happy Thanksgiving. I hope you all eat wonderful food and spend time with family and friends. Remember the blessings God has bestowed upon you and be grateful. I am grateful for all God has blessed me with—my children Rachel and Julie, my family, home and this community plus so much more than can be listed here, the point is I'm thankful every day and I hope you are too.

By the time you read this column you'll be wondering what to do with all of those leftovers. Guess what? I'm going to give you some ideas. You didn't think I was going to hang you out to dry with not knowing what to do with them did you? Give me a little more credit than that. The first thing must always be the infamous turkey sandwich. I love the dinner, but before that's even done I'm thinking about that leftover turkey sandwich...mmm good! The same goes for ham if it's on the menu. But I do have some recipes to share that I think will give you some good ideas for what to do.

Turkey Casserole

- 4 cups leftover prepared stuffing, divided
- 4 cups coarsely chopped leftover cooked turkey
- ¼ cup real mayonnaise
- ¼ cup whole berry cranberry sauce
- 2 cups leftover mashed potatoes
- 1 ½ cups shredded mozzarella cheese

Preheat oven to 375 degrees. Spray 8-inch baking dish with no-stick spray. Spoon two cups stuffing, then top with turkey. Combine mayonnaise with cranberry sauce; evenly spread over turkey. Combine remaining half cup mayonnaise, potatoes and cheese in large bowl. Evenly spread on turkey, then top with remaining two cups stuffing. Bake 40 minutes or until heated through. Let stand ten 10 minutes before serving. Garnish, if desired, with cranberries.

Potato Casserole

- 2 cups mashed potatoes
- 1 8 oz. pkg. cream cheese, softened
- 1 onion, chopped
- 2 eggs, beaten
- 1 tbs. all-purpose flour
- ¼ tsp. salt
- 1/8 tsp. ground black pepper
- ½ 6 oz. can French fried onions

Preheat oven to 300 degrees. Grease 1 ½ quart casserole dish. Combine mashed potatoes, cream cheese, onion, eggs, flour, salt and black pepper with an electric mixer. Beat two to three minutes at medium speed. Pour into prepared casserole dish. Spread fried onions evenly over the top. Bake uncovered for 30 to 35 minutes.

Cranberry and Turkey Salad

- 3 cups chopped cooked turkey
- 2 stalks celery
- ½ cup dried cranberries
- 2 tbs. mayonnaise
- ½ cup sliced almonds

Mix all ingredients in a bowl until well blended. Chill and serve.

If you're enjoying my little recipe corner, let me know, and send some recipes of your own to kcnewscourier@gmail.com or mail them to P.O. Box 151, Munday, TX 76371.

Tips for preventing home cooking fires

Special to The News-Courier

When most of us think about Thanksgiving, images of turkey, stuffing and time spent with loved ones typically come to mind, not fire hazards. However, an increased risk of fire is, in fact, a reality of Thanksgiving.

Three times as many home cooking fires occur on Thanksgiving as on a typical day, according to the National Fire Protection Association.

Home cooking fires also spike on other major U.S. holidays, including Christmas Day, Christmas Eve and Memorial Day weekend. Unattended cooking is the leading cause of these fires.

"A combination of factors collectively increase the risk of home cooking fires on Thanksgiving," said Lorraine Carli, NFPA's vice president of Outreach and Advocacy. "People are often preparing multiple dishes with lots of guests and other distractions, which can make it all too easy to forget what's on the stove. That's when cooking mishaps are most likely to occur."

"A little added awareness about potential fire hazards and taking a few basic precautions in the kitchen can go a long way toward keeping your Thanksgiving fire-free," said Carli.

Here are NFPA's top five tips for cooking with fire safety in mind on Thanksgiving and beyond:

Remain in the kitchen while you're cooking, and keep a close eye on what you fry! Always stay in the kitchen while frying, grilling or broiling food. If you have to leave the kitchen for even a short period of time, turn off the stove. Regularly check on food that's simmering, baking or roasting, and use a timer to remind you that you're cooking.

Keep things that can catch fire such as oven mitts, wooden utensils, food packaging, towels and curtains away from the cooking area.

Be alert when cooking. If you are sleepy or have consumed alcohol, don't use the stove or stovetop.

If you have a small (grease) cooking fire on the stovetop and decide to fight the fire: Smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled. For an oven fire, turn off the heat and keep the door closed. If you're cooking a turkey using a disposable aluminum pan, consider doubling up and using two pans to avoid a puncture, as dripping turkey juices can cause an oven fire.

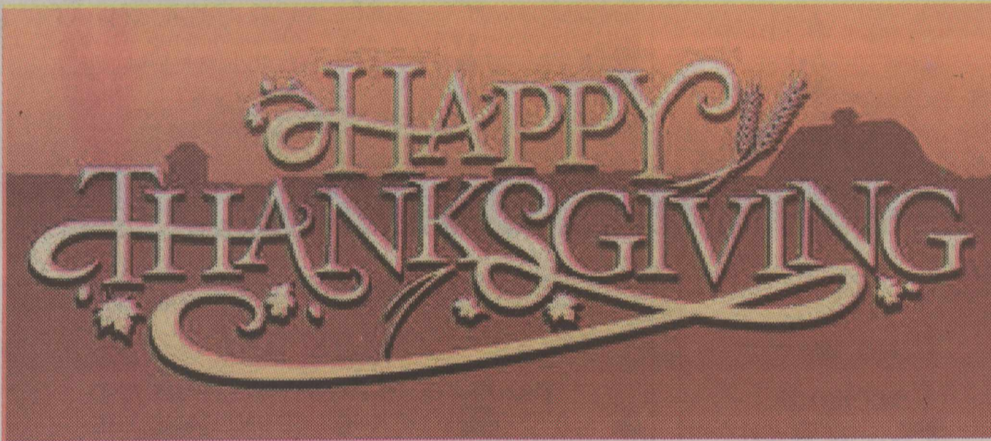
NFPA discourages the use of turkey fryers saying they can lead to devastating burns and other injuries, and the destruction of property due to the large amount and high temperature of oil used. NFPA urges those who prefer fried turkey to look for grocery stores, specialty food retailers and restaurants that sell deep fried turkeys.



"Giving thanks for all of our many blessings at a time of sharing a traditional meal with families and friends"
—Kevin, Rebecca Smith

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"Thanksgiving is a time to focus on all the things we should be proud of and to count all of our many blessings"

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HAPPY THANKSGIVING

—Doug Tidwell, Jason Lowe

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Happy Thanksgiving

"Enjoy time with friends and family on Thanksgiving"

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The Munday Housing Authority (MHA) and the Knox City Housing Authority (KCHA) have apartments available to eligible applicants for immediate occupancy. Renters may choose flat rent or income based rent, and rent includes some utilities. Come by 131 West Cisco Street in Munday or 203 SW 4th Street in Knox City, or call 940-422-4941 for more information. It is the intent of MHA & KCHA to rent vacant apartments to high income applicants when there are no eligible low or very low income applicants on the waiting list. Both are equal opportunity providers and employers.

It is the intent of the Munday Housing Authority to temporarily rent USDA-RD apartments to all persons without regard to income restrictions when there are no eligible applicants on the waiting list. Call 940-422-4941 for more information. The MHA is an equal opportunity provider and employer.

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Mac's Views Time to be thankful for our blessings

As we all get together to celebrate Thanksgiving, let's all count our many blessings. Go ahead and make a list, a long one I hope, to serve as a reminder. Don't forget to thank God. Sometimes in the daily challenges in today's fast-paced world, we miss what is important like spending more time with family as we do around this time of the year. Let's do it more all the time.

In addition, we may miss the chance to say hello or thanks, give out compliments or just do something nice for friends and others that we happen to see doing all the things necessary to accomplish what's on our list that day.



JAMES MCAFEE

Reading our sister newspaper, the Post Dispatch, I ran across an interesting story that I would like to share with you.

Charles Plumb was a US Navy jet pilot in Vietnam who saw his plane destroyed by a surface-to-air missile. He did parachute to safety, but was captured and spent six years in a Vietnamese prison.

Plumb, who now lectures on lessons he learned from that experience, likes to tell his audiences about the time he and his wife were having dinner at a restaurant when a man at another table came over.

The man said, "You're Plumb. You flew jet fighters in Vietnam. You were shot down."

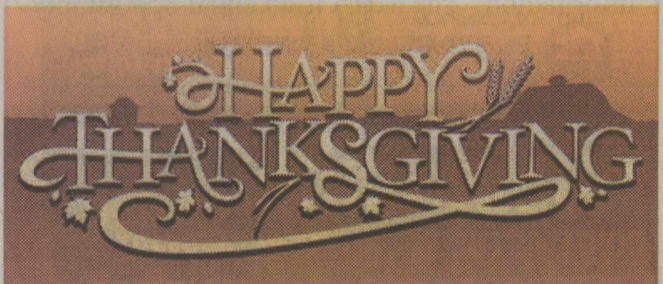
Plumb answered, "How in the world did you know that?"

The man responded, "I packed your parachute. I guess it worked."

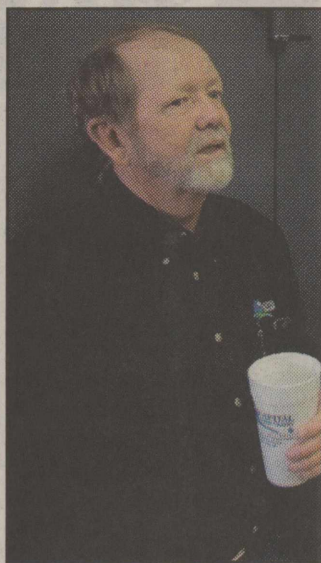
Plumb's answer: "It sure did. If your chute hadn't worked, I wouldn't be here today."

After thinking more about this meeting, Plumb now asks his audiences, "Who's packing your parachutes?"

So we all need remember to take the time to recognize people who pack our parachutes!



Retiring after 34 years



James McAfee/The Knox County News-Courier

Bobby Sosolik (left) will retire Dec. 31 after 34 years with Capital Farm Credit. He was honored with a reception last Thursday. "It's been a good 34 years and I've met a lot of nice folks here in Munday," he said. Sosolik built a place on the Concho River near Christoval. Doug Tidwell, right, will move up to become branch manager and Justin Lowe will assume Tidwell's old position as vice president.

The 501 Pilgrims didn't eat same stuff

Here's to Thanksgiving. If the Indians and the Pilgrims hadn't gotten together, we'd have to go straight from Halloween to Christmas. Scary.

Yes, there's Black Friday. But if we didn't have Thanksgiving, we couldn't have Black Friday, could we.

If I were a school-teacher, I'd ask my students that question. They would figure out the Pilgrims couldn't have started Black Friday. Where would they have shopped? Over at the Jamestown

Mall? Too far away. And what would they have bought anyway? Black clothing? Maybe some ammunition for their turkey-shooting blunderbuses? Certainly not flashy attire and electronics. It wasn't their style.

You can probably tell my knowledge of the Plymouth Rockers is based mostly on what I remember from fourth grade. Our Pilgrim artwork got thumb-tacked up above the blackboard, creat-

ing a parade of Pilgrims representing our best skills at drawing what we'd been drawing since first grade, when the limited Pilgrim palette let us save our colored crayons for turkey tail feathers, which ended up looking like exuberant Indian headdresses until we learned to tone things down some. Exuberance takes a hit as adolescence marches toward adulthood.

Now for the news: All crayons aside, Pilgrims may not have been drabber than turkeys. Educational television has been spouting promotional blurbs about the true story of the Pilgrims, as if to say my fourth grade teacher didn't tell all. OK. I'm primed to learn something sensational about the Pilgrims - some buried facts, something colorful. I could start digging on the Internet, but I've decided to wait for the PBS exposé.

We already know the Pilgrims didn't eat the same stuff we do for Thanksgiving, like pecan pies made with Karo syrup. Poor Pilgrims. High-fructose corn syrup hadn't been discovered. They barely knew about corn.

Did they have apples? Johnny Appleseed came later, didn't he?

Did they have milk cows? How'd they get them off the Mayflower?

I'll bet they had chickens. I can't wait for that PBS program. Meanwhile, I'm guessing no one has discovered the Pilgrims grew broccoli. We didn't even have broccoli when I was growing up.

Indeed, the American food scene has changed markedly not only since the Pilgrims but also during the last few decades.

Comparing apples to apples now takes forever. When did so many varieties materialize?

Leeks? The Israelites missed them after they left Egypt, but we didn't miss them at our house. I met my first leek in Belgium. Now Wal-Mart sells them.

Kiwis? They used to be shoe polish birds. Now we eat them.

Pomegranates? They grew at my friend Sue's house on bushes by their propane tank. We didn't know they were healthy. We ate them. Like I said, we didn't know they were healthy.

Organic farming with natural fertilizer? It's the latest trend, but it takes us back to the Indians and the Pilgrims.

Here's hoping the real PBS truth about the Pilgrims isn't that they didn't learn from the Indians to plant corn with dead fish.

Some fourth grade myths are sacred.

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Enjoy refreshments at this FREE workshop and get some answers to your questions! Relax with your friends and neighbors, invite a family member and visit with the speakers after the program. You'll be able to enter a door prize drawing and receive a free packet to take home!

Senior Planning Services
W.O. Elmore, Senior Care Paralegal with The Ladyman Law Office for senior planning services. Providing Estate Preservation Planning for Senior Citizens needing long-term care in a nursing home or assisted living facility through a full service Elder Law Firm. He will discuss how Medicare, Long Term Care Medicaid, and veterans' benefits can be utilized in long term care estate planning and which legal documents are appropriate for you.

Nursing Home Services
Steve King, Administrator of Haskell Healthcare Center in Haskell, Texas. 8 year Veteran of U.S. Air Force, 2001 graduate of Wayland Baptist University with BS in Education and minor in Business Administration. Became licensed as a Nursing Facility Administrator in 2003, and have lived in Haskell while running Nursing Facilities in this area since that time. He will be available for any questions.

Veterans Burial Benefits
Jimmy DeFoor, Veterans Service Office, will explain the burial benefits available to veterans and their families. Hundreds of thousands if not millions of dollars in benefits go unclaimed each year. Learn how you can ensure that your family receives the benefits they are entitled to.

Advanced Funeral Planning
Christina M. Isbell, Funeral Director and Prearrangement Specialist. Christina has been a licensed Funeral Director and Prearrangement Counselor for 14 years. She will explore the questions of how advance funeral planning can help protect loved ones. Your will learn how to give your family peace of mind during the hardest days of their lives.

STATISTICS SHOW ALMOST 70% OF US ARE UNPREPARED IN ONE OR MORE OF THESE VITALLY IMPORTANT AREAS OF PLANNING.

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**Christmas Kick-Off
 Open House and Parade**
 Nov. 28, Downtown Munday

Parade!

Shopping!

Food!

Entertainment!

Cash Prizes!

Please come and join us for our annual Christmas open house and parade event. It will be a great year with many spectacular sales, food, entertainment and a wonderful parade with prizes awarded!

The 1st place winner of the parade for best theme and lights will receive \$100, 2nd receives \$50.

- ~5:00 p.m. - sausage wraps by Meers Mercantile, Caroline's and Feed Barn.
- ~5:30 p.m. - parade will begin.
- ~6:00 p.m. - 6:30 p.m. - special performer from Dallas will be entertaining. You don't want to miss this!!!
- ~6:30 p.m. - cash prizes awarded to 1st and 2nd place.
- ~6:30 p.m. to 7:00 p.m.. Intermission to eat, shop etc.
- ~7:00 p.m. - Musical entertainment provided for your pleasure while shopping and walking the streets.

Santa will be waiting for your children inside the Movement Space from 6 to 8 p.m. This includes cookie decorating provided by the Knox County Hospital District. Contact Lisa at 940-203-0220, Raleigh at 940-203-0755 or any other MPP member.

The following businesses will be open:

- * Buds for You
- * Caroline's
- * Casablanca
- * Feed Barn
- * Jason Young, CPA
- * Meers Mercantile
- * Pack Rat
- * The Movement Space

Hotel accommodations available at the Corner Inn, Lee House Bed & Breakfast

"Everyone is invited to join us for the celebration,"
 Lisa Tidwell, Munday Park Project"