2 Americans don't know
everything about their First Amendment rights. Amendment rights.
3 Clarendon ISD trustees hire new teachers and renew hire new teachers the 4 Peggy reflects on changes in the nursing 6 over the years. pleas in four local cases.
Al this and much morr as The Enteprisie
repors in this week's amazing edition!

## 'Back to School'

 edition this weekThose looking for school
supply lists will want to pick up this week's copy of The
Clarendon Enterprise's Back To Clarendon Ent
School edition.
School edition.
The annual publication features supply lists for both Clarendon and Hedley students
as well as school calendars, local as well as school calendars, local
football schedules, and other football schedules,
important information
The publication is brought
importantin The publication is brought
to you by the generous support of several local advertisers who would be glad to have your patronage as you get your families
prepared for the upcoming school

## Burton Library to

 host author Aug. 1 The Burton MemorialLibrary will host inspirational fiction author Jackie Blackerby Ricks on August 1 from 1:00 to 3:00 p.m.
Ricks is a native Texan who lives in Mineola but has family in this area. She has lived in various states as a daughter of minister and being married to a minister. She is a school teacher by voca-
tion and has been writing books tion and has been writing books most of her life.

The public is invited to come visit with her and check out her latest book, Love Never Fails, which is book four in a series

## Senior center open

 to folks of all ages The Donley County Senior Citizens Center reminds every-one that a delicious meal can one that a delicious meal can be enjoyed with them Monday
through Friday for just $\$ 4$ or $\$ 5$ from 11:30 to 1:30.
itizen don't have to be a senio citizen to eat at the center, but
home delivered meals are available for those at least 60 years old by calling 874-2665.

The senior citizens are als looking for volunteers both at the center and to help with home deliveries. It takes about two hours on whatever day works for your schedule. Volunteers get a free meal and get to meet some outstanding folks. You can also be part of an organization that benefits not only the elderly but all people regardless of age. tlynn at $874-2665$ or come by the center at 115 E . Fourth in Clarendon.

## Naturalist program

 seeks applicantsralist chapters will be conducting training classes in fall and winter for volunteers wanting to learn about natural resource and conservation management, said the program's assistant state coordinator. The main qualification for
a Texas Master Natulist a Texas Master Naturalist certi-
fication is an interest in learning fication is an interest in learning about and playing an active part
in conservation. Volunteers will in conservation. Volunteers will receive a minimum of 40 hours 979-845-7294 information, call For more
979-845-7294.


## Hero without a cape

 Local man saves woman from drowning
#### Abstract

By Roger Estlack, Clarendon Enterprise Wes Smith says he isn't a hero. But his actions last week prove othBut his a erwise. Anwise. An Amarillo woman owes her life to Smith's quick response to save her from drowning at Lake Greenbelt on Tuesday, July 1

Smith said he was parked on top of a hill near the Lakeside Marina early that afternoon, looking down on what the lake calls Short Beach. It was there that he saw a group of four women and felt like something was wrong. "You just get a feeling that something isn't right sometimes," Smith said. As he watched, he noticed that a float had gotten a float had gotten away from the group. Two women had gone after it while the the shore. the shore.  pened, but I saw sure what happened, but I saw one of them start flapping her arms like she was strug gling," Smith said, "and the friend gling, started toward her. That's when I hauled butt down there," hauled butt down there." As a 22 -year employee for Greenbelt Water Authority and a 15 -year veteran of the Clarendon Volunteer Fire Department and Dive Team, Smith has dealt with his fair share of fatal drownings at the lake. He raced his pickup down to the shore by the dam, then stripped to his underwear, ran barefoot across the rock-strewn shore, and hit the water as the woman's friend in the water was calling for help. Between 75 and 80 yards from the shore, Smith got to the woman as she was yelling, "I can't breathe!"

Wes Smith stands near the spot where he rescued a drowning woman last week. Smith swam to near the white buoy on the left side of the photo during the rescue. near the white buoy on the left side of the photo during the rescue.


 she was yelling, "I can't breathe!"CC regents renew bank depository dismissed the recommendation of the administration last week and renewed CC's depository with Herring Bank tive Services Pit Chris Administra three proposals fristian presented bank depository during a called meeting of the Board of Regents July 18. Banks submitting proposals were 18. Banks submitting proposals wery
Herring Bank, the Donley County State Bank, and Happy State Bank. State Bank, and Happy State Bank.
Christian called attention to rates for two-year CDs over $\$ 100,000$ and said Donley County's rate was 1.5 , Herring's rate was 1.26 and Happy's rate was 2.2

Regent Jerry Woodard, who is the president of Herring Bank in Clarendon, said Herring rate are "fixing to move" and that some adjustments have already been made - Christian also discussed a lia biity of $\$ 35,000$ from the Depart ment of Education for an ATM not student in Childress, which is a ser students in Childress, which is a ser-
vice not currently made available by Herring in that location

Christian recommended the board go with the Happy State Bank proposal.
Regent Tommy Waldrop asked how much money was being talked about, and Chrstan repled that the college had $\$ 1.2$ million on deposit in June.

Regent Edwin Campbell asked Christian to explain his recommen
dation, and Christian pointed to dation, and Christian pointed to
Happy having ATMs in Clarendon, Pampa, and Childress; Happy' Pampa, and Childress; Happy
desire to work with education insti tutions and the bank's subsequent waiving of fees for the college, and Happy's offer to give free checkin accounts to CC students.

Woodard said the difference comes down to Herring not having an ATM in Childress, and he spoke about Herring's support of the college on a daily basis.

Waldrop said he couldn't imagine banking outside of Donley County and then he later made a motion, seconded by Regent Susic
Shields, to keep the depository with Herring Bank. The board voted $6-0-1$ in favor of the motion with Woodard abstaining. Regents Bill Sansing and Darlene Spier were absent.
Regents also reviewed proaccepted Christian's coverage and See 'College' on page 3

## Thornberry signs on to co-sponsor PRINT Act

US Rep. Mac Thornberry's have negatively impacted many
office announced Tuesday morning
community newspapers in Texas and that he is signing on as a co-sponsor of HB 6031, the Protecting Rational Incentives in Newsprint Trade Act of 2018 also known as the PRINT Act. The proposed legislation would suspend tariffs on Canadian imports of uncoated groundwood paper which includes newsprint used by
newspapers, book publishers, printers and direct mail companies. The tariffs introduced earlier this year

Thornberry (R-Clarendon) joins more than 30 other members of the House of Representatives in co-
sponsoring the PRINT Act, which sponsoring the PRINT Act, which
was originally introduced by Rep was originally introduced by Rep. Charlie Crist (D-Florida). Clarendon Enterprise publisher Texas Press Association board member Roger Estlack praised
"We appreciate Mac Thornberry for standing up for commu-
nity newspapers by signing nity newspapers by signing on to
the PRINT Act," Estlack said. "He the PRINT Act," Estlack said. "He
had already stepped up by sending a had already stepped up by sending a on this issue, but this week's action goes further in support of a common goes further in support of a comm
sense solution to this problem." According to the News Media ance, the legislation would temporarily halt both the prelimi-
ary and any final duties while the increases and a disruption in supply
Department of Commerce (Com- since preliminary countervailing and Department of Commerce (Com- since preliminary countervailing and
merce) completes its study on the antidumping duties were assessed merce) completes its study on the antidumping duties were assessed economic health of the printing and earlier this year. They have warned
publishing industries. The study policymakers that the import tariffs publishing industries. The study policymakers that the import tariff
would, among other things, examine -as high as 32 percent - would jeopwould, among other things, examine -as high as 32 percent - would jeop
whether the tariffs would harm local ardize the viability of the industry whether the tariffs would harm local ardize the viability of the industry
news coverage, reduce employment and threatens the over 600,000 US news coverage, reduce employment and threatens the over 600,000 US
in the publishing and printing indus- workers in publishing, printing and in the publishing and printing indus- workers in publishing, printing an
tries, or harm local businesses that related industries. The tariffs ar tries, or harm local businesses that
advertise in local newspapers. $\begin{aligned} & \text { related industries. The tariffs are } \\ & \text { sought by one mill, North Pacifi }\end{aligned}$ Many local newspapers and Paper Company, that is owned by printers have experienced price New York-based private equity firm.

## Enterprise

## Americans don't know their rights

The majority of Americans are supportive of the rights guaranted by the First Amendment, but are also unaware of exactly what those rights are, according to
the recently released 2018 State of the First Amendthe recently relased 2018 State of the First Amendment survey by the First An
Frecom Forum Institut.

When asked if the First Amendment goes too far in the rights that it protects, more than three-fourths of Americans disagree. That's fairly good news, but it's somewhat tempered by the fact that a third of Americans cannot name a single freedom guaranteed by the First Amendment. Another third can only name one. Only one survey respondent out of a sample of 1,009 could name all five. And 9 percent of Americans think that the First Amendment guarantees the right to bear arms. (For the record, that's the Second Amendment.)

But does it really matter that Americans don't know exactly what the First Amendment says? After all, while no one's done a survey on the state of the Third Amendment, I'd wager that most Americans have no clue what rights that one guarantees and I'm not losing any sleep over that. (In case you're curious, the Third Amendment says that no one can force you to quarter British soldiers inside your home. The issue doesn't come up much these days.)

But First Amendment issues do come up a lot (just look at the number of First Amendment-related decisions the Supreme Court made this term). And the fact that Americans are generally aware that the First Amendment gives them the right to express themselves but are pretty fuzzy on its actual details is problematic. As any teacher can tell you, a little knowledge
can be more dangerous than no knowledge at all. In this case, it leads to people passionately invoking the First Amendment in some circumstances and ignoring its existence in others.

So, for a quick review, the First Amendment grants us five freedoms: religion, speech, press, assembly and peition. Allof orese freedoms are
interce. The freedom of religion prevents the government from establishing its own religion, and from favoring one religion over another. It also keeps the government from interfering with the way people practice their religious beliefs. Religious freedom is a
powerful thing, even if you yourself are not religious. powerful thing, even if you yourself are not religious.
It essentially grants each individual the freedom to develop their own conscience and their own values. develop their own conscience and their own values
The government doesn't get to tell you what your values should be - that's for you to decide.
Freedom of speech protects your right to express those values, even if that expression is critical of the those values, even if that expression is critical of
government. Freedom of the press guarantees your government. Freedom of the press guarantecs your
right to uncensored information about the world right to uncensored information about the world
around you and especially information about what your government is doing. And if you don't like what your government is doing. And if you dons contradict the values you cherish - you have the freedom of petition, which is the freedom to ask for the laws you want, and the freedom to assemble a group of likeminded people to give that request some political heft We need all five of these freedoms to have a democracy that ensures comprehensive protection of the American citizenry

As a country, we'll probably always disagree about what the precise limits of the First Amendmen should be. People will certainly always invoke the First Amendment in a self-serving manner, champion-
ing some of these freedoms while discounting others ing some of these freedoms while discounting others - think of Milo Yiannopoulos presenting himself as a defender of free speech but calling for vigilante squad to target journalists. Yes, it's his First Amendment
right to make tasteless comments. But hopefully one day Americans will understand the First Amendment well enough to recognize how disingenuous it is to treat it like an a la carte menu.

Lata Nott is executive director of the First Amendment
Center of the Freedom Forum Institute. Contact her via email at Inott@freedomforum.org, or follow her on Twitter



## A look back at some big losses



Rev. Vernon White, my revered uncle, fell into an abandoned well during a hunting trip. He and several other men had scattered across a field to hunt dove. He was alone when others heard gun shots, then yells. They assumed a farmer was calling his cows. At hunt's end, they realized White
was missing. He was believed to hive was missing. He was believed to have shot some birds and was running to unmarked, ground-level cistern...

Committed to ministry at an early age, he worked hard to make a living while attending Howard Payne and
Southwestern. He received his degre Southwestern. He received his degree
from the Georgetown institution in 1942 . Pastor of Waco Lakeview Methodist Church for three years, he was serving there when he died on September 9 , sonage to his widow, who was left to support seven-year-old daughter Dora Fay and son Terry, who was born a few months after the tragedy. (Terry now lives in Arizona; Dora Fay is Mrs. Bill McKenna, in Fort Worth. White's widow, Mildred, later married Dr. Clarence A. Sutton, longtime pastor of Arlington Heights United Methodist Church in Fort Worth. Their son, Jamie, lives in
Wisconsin.)

Wisconsin.)
At age 10, I first felt death's sting when my uncle died. I join others in claiming the century-old hymn, "Farther Along." The lyrics include: "Cheer up, my brother. Live in the sunshine. We'll understand it, all by and by".

Dr. Newbury is a former educator who | "commits speeches" $\begin{array}{c}\text { round } \\ \text { Comments/inquiries } \\ \text { to } \\ \text { newboury }\end{array}$ |
| :--- |



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## texas Press

 ASSOCIATION ASSOCIATIONAWARD WINNER

Obituaries
Staggs

July 25 , 2018, in the First Assembly of God Church in Memphis with Pastor Bunk Skelton and Pastor Neil Unwin, officiat-品

Clarendon ISD continued
moving forward with enhancing moving forward with enhancing ted to the Board for final approval. school security when the Board of Motion carried unanimously.
Trustees met July 16 . In other school business, the
The district has spent several board met in closed session for over months studying ways to improve an hour to evaluate the performance the safety of its students, and last week the board passed a resolution ranking architect firms for the disas presented by the administration. The action selected Hohe Design Group as the top ranked architect firm to provide such services and
authorized the school superintendent to negotiate a contract with that firm or to take other actions as needed, to secure an acceptable contract for

College: tion to stay with TASB for coverage as the best proposal despite higher
and deductibles due to roof claims in the area.
was approved as presented, and regents appointed Woodard to the college's investment committee. with Great Western Dining approved for 2018-2019 with a mini mal increase due to rising costs.
Robert Riza discussed working with Robert Riza discussed working with that were nettain 2014 W2 forms ernment not received by the govby the college ong they were sent Department of Education with the promisory Edacation on studen 1968 and the early 1980 s. Also last week, the Board of Regents held its regular July meeting
at the CC Childress Center where at the CC Childress Center where Oates as Ag Jostructo / Equin Judg ing Coach, David Saffo, as English Instructor, and also acknowledge the resignations of Brent Childers, and Clifton Burrows, Pampa Main tenance. meeting, Riza introduced Kim Jones from Judge Jay Madden's office and Jennifer Foster with State Sen. Charles Perry's office

Riza also reported that the col from the Southern Association of Colleges \& Schools that everything is in the clear for CC's accreditation, and he reported that two Childress foundations are helping students in that county with dual credit expenses.


BREAKFAST
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FREE BREAKPAST On Birthday's \& Anniversary's

## OPEN

TUESDAY - FRIDAY 6 A.M. - CLOSE SAT. 6:30 A.M. - CLOSE TOGO ORDERS CALL 822.VETS

Clarendon ISD Board of Trustees meet
emetery in Tulia
Arrangements are by Robertson aneral Directors of Clarendon. Mary was born on Janua 0, 1932, in Sentinel, Oklahoma to Charles and Pearl Kirkendell Lawley. She had lived most of her life in Memphis. She delivered meal on nown for her pumpkin nut cake ound the holidays, ironed for the public and would help anyone in First Assembly of God Church in Memphis.

$$
\begin{aligned}
& \text { iphis. } \\
& \text { She was preceded in death by }
\end{aligned}
$$ her parents; her daughter Darrenda;

ister Lois Gray
Survivors include a son, Terry
and wife Debbie of Andrews; two daughters, Latriece Brooks and husband Doug of Clovis, and Deanna Funderburg of Hedley; a brother, Charles Lawley of Florida;, 6 grandchildren, Amanda Brady, Amber McGinnis, Lacenda Hartman, Merideth Hill, Julie Crump and Taylor Brooks. 9 great grandchildren, Trey is, Taylyn Hill, Corvyn Hill, Kallie Hartman and Kyndell Shields.

The family suggest memorials
The family suggest memorial sent to the First Assembly of God harity. and acknowledged the Early Reading Report (TPRI) that was also presented by Word.

A motion was approved to conract with Johnson \& Sheldon for auditing services for the 2017-2018 school audit, and the board voted to accept the Region 16 ESC Contracts for 2018-2019 as presented. The school's policy manual was updated, and trustes reviewed the the 2018-2019 school year. Trustees approved the special and extra duty stipend schedule for 2018-2019 as presented. Motion car-2018-2019 as prese
ried unanimously.


CLUES ACROSS

| 1. Rated horsepower (abbr.) | 29. Where construction takes place |
| :---: | :---: |
| 4. What a cow says | 30. Russian river |
| 7. Snake-like fish | 31. Supervises flying |
| 8. Spiritual leader | 32. "City of Brotherly Love" native |
| 10. Catch | 39. Greeting at meeting |
| 12. Car part | 41. Common gibbon |
| 13. Extremely small amount | 42. Type of TV |
| 14. Nucleic acid | 43. Corpuscle count (abbr.) |
| 16. The Greatest of All Time | 44. Scottish port |
| 17. Lustrous | 45. Computer company |
| 19. India's least populated district | 46. One from Asia |
| 20. Muckraking journalist Jacob | 48. Former significant others |
| 21. Medicine | 49. Woven fabrics or garments |
| 25. S. American plant | 50. One's sense of self-esteem |
| 26. Small amount | 51. The Science Guy |
| 27. Dry or withered | 52. Monetary unit |

CLUES DOWN

| 1. "The Leftovers" actress King | 23. Decorate a cake with frosting |
| :--- | :--- |
| 2. Epic | 24. Headgear |
| 3. Missouri county | 27. New York art district |
| 4. Chinese revolutionary | 28. Lilly, drug company |
| 5. Get | 29. Car mechanics group |
| 6. Ancient Greek coin | 31. Influential U.S. president |
| 8. Returned material | 32. Quell the anger |
| authorization (abbr.) | 33. Swiss river |
| 9. Part of the human eye | 34. Personal computer |
| 11. A fisherman's accessory | 35. Incline from the vertical |
| 14. Brazilian state | 36. Wild goats |
| 15. Of wedding | 37. Assert that someone has |
| 1. Prosecutor | done wrong |
| 19. The main constituent of | 38. Anti-apartheid leader _ Mandela |
| crommosomes | 39. CCop of a bird |
| 20. Advice | 40 "A Doll's House" playwright |
| 22. Principles of right and wrong | 44. Autonomic nervous system |
|  | 47. Consumed |
|  |  |

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## To-do List

Get Kids Packing! (Lunches, That Is) Teaching kids how to pack their own lunches can be a fun back-toschool activity. The U.S. Department of Health and Human Services has some great suggestions:

- Keep it interesting. Pack a small quantity of several foods in a bento-type lunchbox (with multiple compartments) to keep things fun. Have your child use cookie cutters to cut sandwiches into different shapes. Add colorful fruits and vegetables in different sizes and pack yummy dips such as fat-free or low-fat yogurt or hummus. Encourage dipping. Cut a baked chicken breast into strips, and pack the strips with honey mustard for dipping. Include carrots and broccoli to dip in fat-free or reduced-fat ranch dressing. Apple slices and nut butter make a great pairing.
- Mix up the sides. Go beyond pretzels!Pack snap peas, sliced bell peppers or cucumbers for color and crunch. Add some variety with air-popped, low-fat popcorn.

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- Pancakes


## - Breakfast Burritos

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## ¿Qué Pasa？

August 3 \＆ 4
August 16
August 16
August 16
Hedley $\cdot$ Back to School
August 17
September 1 \＆ 2
September 3
September 9
September 11
September 22
Col．Charles Goodnight Chuckwagon
Cookoff - Saints＇Roost Museum $\star$

## Menus

 July 16－20 Donley County Senior Mon：Chicken alfredo pasta，but－tered carrots，garden sala，garlic
bread，cinnamon cake，iced tea／ $2 \%$ tered carrots，garden salad，garlic
bread，cinnamon cake，iced tea／ $2 \%$
milk． Tue：Pinto beans and ham，corn－
bread，mixed greens，fruit salad，iced teead，mixed greens，fruit salad，iced
tea／2\％mik．

Wed：Hot dog，tater tots，baked beans，choocolate pudding，iced | Thu：Chicken salad，green pea salad， |
| :--- |
| corn salad，crackers，white cake， | corn salad，crackers，white cake，

iced tea／$/ 2 \%$ milk． Fri：Macaroni \＆beef，spinach，garlic
toast，salad，fruit ，iced tea／ $2 \%$ milk．

## Hedley Senior Citizens

Mon：Shepherd pie，steweet
coleslaw，wheat roll，butter pudding，iced tea／ $2 \%$ milk． Tue：Vegetable beef stew．Cornbread，
margarine，tossed salad w／dressing， orange pineapple cup，iced tea $/ 2 \%$
milk．
Wed：BBO chicken filet，baked potato $w /$ sour cream，mixed vegetables， margarine，wheat roll，mandarin
oranges，icect tea／ $2 \%$ mik． Thu：Salisbury steak，diced pota－
toes $w$ skin，English peas，rolls，fruit salad，iced tea／ $2 \%$ milk．
Frime Cheseburger，potato wedges，
tomato wedge salad，melon mediey， tomato wedge salk
iced tea／ $2 \%$ milk．

Avoid giving money to scammers



Johnston，White to wed in October
happy to announce the engagement ate of Clarendon High School and a and approaching marriage of their 2018 graduate of Amarillo College． daughter Skyler Rae White，bride She is a member of Phi Theta Kapp elect of David Neal Johnston，son graduating with highest honor Clarendon，Texas．

Skyler is the granddaugh－Hospital in Pampa as an X－Ray ter of Donald and Mary White of Technologist．
Clarendon and Keith Graham also Mr．Johnston is a 2014 gradu－ of Clarendon and the late Brenda ate of Clarendon High School．He Driver Graham family of Lakeview，is the owner of Johnston Trucking in Texas． is the owner of Johnston Trucking in
Clarendon．
The wedding is planned for The wedding is planned for
Saturday，October 6,2018 at the and Jerry Chambless of Alvord，Saturday，October 6， 2018 at the
Texas and Beth Johnston and the late＂Castle＂in Clarendon with a recep Texas and Beth Johnston and the late ＂Castle＂in Clarendon with a recep－ Ernie Johnston of Clarendon．tion to follow．

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## District Court hears pleas in four cases

when the District Court met in on July 17, 2018 .

 Clarendon last Tuesday, July 17, 2018.

District Attorney Luke Inman assisted by Harley Caudle, prose cuted the cases for the State of Texas, with the Honorable Judge Stuart Messer presiding.

Jennifer Nicole Steele was placed on probation for a period of three years for the state jail felony offense of burglary of a building. Steele pleaded guilty and was placed on deferred adjudication for the offense. Steele, 44 from Clarendon, was arrested by a Donley County Sheriff's Deputy for the offense that took was arrested by Donley County place on June 23, 2018. Steele plead Sheriff Deputy, Jay Logan in Donley

## 

County for the offense that took
place on June 13, 2018. Green plead place on June 13, 2018. Green plead

Gren is rant to the plea agreement, to an information filed by the State court costs. If Green violates in on July 17, 2018 . $\quad$ bation, he could face up to 10 years
Pursuant to the plea agreement
 Green is required to pay $\$ 488$ in TDC court costs, successfully complete

Green was also placed on proGreen was also placed on pro300 hours of community service, bation for a period of five years for
and $\$ 1,500$ restitution. If Green vio- the third degree felony offense of lates probation, he could face up to the retaliation. Green pleaded guilty and 20 years in the Institutional Division was placed on deferred adjudication of the TDCJ. for the offense.

Green was also placed on pro- Green plead to an information bation for a period of five years for filed by the State on July 17, 2018. the third degree felony offense of Pursuant to the plea agreement,
tampering with evidence. Green Green is required to pay $\$ 488$ in pleaded guilty and was placed on court costs. If Green violates prodeferred adjudication for the offense. bation, he could face up to 10 years Green plead to an information in the Institutional Division of the filed by the State on July 17, 2018 . TDCJ.

## Take us with you!

 If you've changed your address or plan to in the near future, let us know so the Enterprise can move with you.Don't miss a single issue. Call us today at 806-874-2259.
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Kelly Hill
Glen Wright
Ty White




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Clarendon/Hedley Supply Lists

## School Calendars

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Cyber Security Keep your kids safe from online threats

Seeing Straight Eye exams help students succeed


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7 How to identify and stop cyberbullying


Clarendon \& Hedley School Calendars


## 4. Motivating students to get the new school year started right.



Clarendon \& Hedley
School Supply Lists
12-13
Clarendon \& Hedley
Football Schedules
Cyber security precautions for today's students and parents.

15
'Tis the season for going back to school and guarding against lice.


## registration information

## CLARENDON Clarendon CISD will

 have registration on Monday, August 6, and Tuesday, August 7, in the Cafeteria. Registration times on those dates will be 6 to 8 p.m. New students may register on August 8 from 8 a.m. to noon and 1:00 to 3:30 p.m. Clarendon classes begin August 16.
## HEDLEM Hedley CISD will have registration

 on Monday, August 6, 2018, from 5:00 p.m. until 8:00 p.m. at the school cafeteria. Bring your children's immunizations, birth certificate, social security cards, and necessary paperwork with you that night. Hedley classes begin August 16.[^0]
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# Strategies to motivate students 

Students may need some time to adjust at the beginning of a new school year. Summer vacations typically lack the structure of the school year, and it might be unfair to expect kids to seamlessly slip back into their more regimented lives as students.

While some early school year sluggishness might be normal, that should wear off pretty quickly. If not, and students appear to be struggling to get motivated for their schoolwork, parents can try various strategies that should help reignite youngsters' passions for learning.

- Make your home more schoolfriendly. Summer is a relaxing time of year when parents have a tendency to relax rules around the house. But come the school year, parents must make sure their homes are as conducive to studying as possible. Resist the urge to turn the television on each night so students are not distracted from their studies. Keep the home quiet so students are motivated to focus on their studies.


## Encourage participation in

 extracurricular activities. Various studies have examined the relationship between extracurricular activities and academic performance. A 2002 study published in the journal Sociology of Education found that participation in extracurricular activities is associated with improved grade point average, increased college attendance and reduced absenteeism. The link between participation in extracurricular activities and improved academic performance is still in need of study, but
such participation may help children acclimate to the structure of the school year more quickly than they might if they do not participate in such activities.

Encourage curious youngsters. Kids are curious, and fostering that curiosity can be a great way for parents to get their kids excited about learning. Whether it's during the school year and part of their curriculum or on summer break, encourage kids to engage in subjects that interest them. As kids learn more about the topics
and subjects that interest them, they may develop a passion for learning that they can then take with them to the classroom.

- Express an interest in the subjects children are studying. Another way to motivate students at the dawn of a new school year is to express an interest in the subjects they're studying. Ask questions about their studies and encourage them to share their thoughts and opinions. Engaging students about the subjects they're studying can
motivate them to explore those subjects more deeply than they otherwise might.

Motivating kids to be excited about their schoolwork at the dawn of a new school year can sometimes be difficult. But parents can employ various strategies that can help their children readjust to life in the classroom and motivate them to perform to the best of their abilities.

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## How to save big during Texas' sales tax holiday

Texas Comptroller Glenn Hegar reminds shoppers they can save money on certain items priced under $\$ 100$ during the state's annual sales tax holiday. This year, the sales tax holiday is scheduled for Friday, Saturday, and Sunday, Aug. 10-12, 2018.

The law exempts most clothing, footwear, school supplies and backpacks priced under $\$ 100$ from sales tax, which could save shoppers about \$8 on every \$100 they spend during the weekend.
"Families gearing up for the new school year will not pay any sales tax for many back-to-school items ranging from pens to blue jeans," Combs said. "When the back-to-school list is long and the money is short, it can be difficult for Texas families. We hope this tax break will help ease that burden."

Lists of apparel and school supplies that may be purchased tax free can be found on the Comptroller's website at www.TexasTaxHoliday.org.

## CLOTHING \& FOOTWEAR

Retailers will not be required to collect state and local sales or use tax on most footwear and clothing that are sold for less than $\$ 100$ during the holiday. The exemption applies to each eligible item that sells for less than \$100, regardless of how many items are sold on the same invoice to a customer.

For example, if a customer purchases two shirts for $\$ 80$ each, then both items qualify for the exemption, even though the customer's total purchase price (\$160) exceeds \$99.99.

The exemption does not apply to the first $\$ 99.99$ of an otherwise eligible item that sells for more than $\$ 99.99$. For example, if a customer purchases a pair of pants that costs $\$ 110$, then sales tax is due on the entire $\$ 110$.

The exemption also does not apply to sales of special clothing or footwear that the manufacturer primarily designed for athletic activity or protective use and that is not normally worn except when used for the athletic activity or protective use for which the manufacturer designed the article. For example, golf cleats and football pads are primarily designed for athletic activity or protective use and are not normally worn except for those purposes; they do not qualify for the exemption. Tennis shoes, jogging suits and swimsuits, however, are commonly worn for purposes other than athletic activity and thus qualify for the exemption.

Additionally, tax is due on sales of accessories, including jewelry, handbags, purses, briefcases, luggage, umbrellas, wallets, watches and similar items.

The sales tax holiday exemption does not extend to rental of clothing or
footwear; nor does it apply to alteration - Binders
or cleaning services performed on •Book bags
clothes and shoes. These items continue to be subject to state and local sales or use tax.

## BACKPACKS

Backpacks under \$100 and used by elementary and secondary students are exempt. A backpack is a pack with straps one wears on the back. The exemption during the sales tax holiday includes backpacks with wheels, provided they can also be worn on the back like a traditional backpack, and messenger bags. The exemption does not include items that are reasonably defined as luggage, briefcases, athletic/ duffle/gym bags, computer bags, purses or framed backpacks. Ten or fewer
backpacks can be purchased tax-free at one time without providing an exemption certificate to the seller.

## SCHOOL SUPPLIES

Texas families also get a sales tax break on most school supplies priced at less than $\$ 100$ purchased for use by a student in an elementary or secondary school.

The following is an all-inclusive list of qualifying school supplies (if priced less than \$100):

- Calculators
- Cellophane tape
- Blackboard chalk
- Compasses
- Composition books
- Crayons
- Erasers
- Folders; expandable, pocket, plastic, and manila
- Glue, paste and paste sticks
- Highlighters
- Index cards
- Index card boxes

Legal pads
Lunch boxes

- Markers (including dry erase markers)
- Notebooks
- Paper; loose leaf ruled notebook paper, copy paper, graph paper, tracing paper, manila paper, colored paper, poster board, and construction paper
- Pencil boxes and other school supply boxes
- Pencil sharpeners
- Pencils
- Pens
- Protractors
- Rulers
- Scissors
- Writing tablets


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## How to

## identify

## and stop cyberbullying

Today's students have many new things to contend with as they navigate the school year. As a greater number of schools transition to providing lessons, homework and tests on digital devices, students spend much more time online. This connectivity can have many positive results. However, the same availability also opens up students of all ages to various dangers.

One of these dangers is a more invasive form of bullying called "cyberbullying." The global organization DoSomething.org says nearly half of kids have been bullied online, with one in four saying it has happened more than once.

Cyberbullying has grown as access to computers and devices that offer an online connection has grown. Bullying is now just as likely to occur online as it is on the playground. Cyberbullies may bully classmates through email, social media, instant messaging, and other social applications. Since cyberbullying tends to target emotions and mental well-being, and reaches beyond the school campus into a student's home, its impact can be even more serious.

According to the Megan Meier Foundation, which campaigns against bullying, peer victimization during adolescence is associated with higher rates of depression, suicide ideation and suicide attempts. In the United States, suicide is the second leading cause of death for individuals between the ages of 15 and 24 , according to data compiled from the Centers for Disease Control and Prevention, the Center for Behavioral Health Statistics, and the Substance Abuse and Mental Health Services Administration.

Cyberbullying occurs in many different forms. Here are some types of cyberbullying educators and parents can look for if they suspect their students or children are being bullied.

- Flaming: This is a type of bullying that occurs in an online forum or group conversation. It's achieved by sending angry or insulting messages directly to the person. Flaming is similar to harassment, but harassment usually

involves privately sent messages.
Outing: This type of bullying is a sharing of personal and private information about a person publicly. When information has been disseminated throughout the internet, one has been "outed."
- Fraping: Fraping occurs when someone logs into another's social media account and impersonates him or her. This could be a child or an adult impersonating the person and posting inappropriate content in his or her name. Sometimes this type of bullying is also called "posing" or "catfishing."

Masquerading: Masquerading occurs when bullies create fake profiles so they can harass someone anonymously. The bully is likely someone the person being targeted
knows well.

- Exclusion: Sometimes direct targeting is not necessary. Students can be bullied simply by being deliberately left out, such as not being invited to parties or encouraged to participate online conversations.

Securing privacy online is one way to prevent cyberbullying attacks. Students also can be selective about who they share personal information with or whose social media friendships they accept. Thinking before posting and paying attention to language and tone can help curb cyberbullying as well. Students should stick together and report instances of cyberbullying if it becomes an issue.


Wishing you a great first day and a great year!
Clarendon Insurance Agency


## CLARENDON CALENDAR



## HEDLEY CALENDAR



| July 2018 |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| S | M | T |  |  |  |  |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 293031 |  |  |  |  |  |  |
| August 201 |  |  |  |  |  |  |
| S | M | T | W | T | F | S |
|    1 2 3 4 <br> 5 6 7 8  10 11 <br> 12 12 $M$ 15  17 18 <br> 19 20 21 22  24 25 <br> 26 27 28 29 30 31  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |



# Clarendon Supply Lists 

## PRE-KINDERGARTEN

1- pair scissors (Fiskars brand)
1- box of 8 large primary colored crayons
1- box of 10 primary color washable markers, with pink
8- glue sticks
1- Elmer's white school glue
1- plastic box to hold supplies
1- spiral notebook
1- plastic folder (more durable and lasts longer)
1- box of quart ziplock bags
1- water color set, primary colors
1- small backpack, no rollers please
1- container of wet wipes for hands and face
1- complete change of clothing including socks \& underwear with student's name labeled on all items

## KINDERGARTEN

1- small plastic school box
1- box of 8 crayons (basic colors, standard size)
1- pair scissors (Fiskars brand)
1- Elmer's school glue, white only
1- box of \#2 standard pencils (yellow, sharpened)
1- box of 8 large markers (broad line, classic colors)
1-spiral notebooks
6- plastic two-pocket folders
1- pack of $3 \times 5$ notecards (blank)
1- box of zip-lock bags (boys - gallon, girls - quart)
1-4 pk dry erase markers, black pull-top water bottle
water color set
large towel for resting (no mats please)
4- glue sticks
1- large pink eraser
1- large box of tissue
1- wide-ruled Composition book
1-160z bottle of hand sanitizer
$\$ 1.50$ for AR folder

## FIRST GRADE

1- pkg. of dry erase markers
2- large box tissues
12- \#2 pencils (yellow)
1- box of 24 crayons

10- glue sticks
1- Elmer's school glue
1 - water color set
2 - erasers
1- box of 8 washable markers (classic/basic colors)
5- folders with pockets
1- school box
2- spiral notebooks (70-80 page, 10 $1 / 2^{\prime \prime} \times 8^{\prime \prime}$ )
1- pair scissors (Fiskars brand for kids)
paint shirt
water bottle (pull-top)
backpack
1- box zip lock bags (gallon size)
1 - ruler with inch and centimeter markings
$\$ 1.50$ for AR folder

## SECOND GRADE

Please write student's name on all supplies
20- \#2 pencils, Ticonderoga brand
2- pink erasers
2- Elmer's school glue (white only)
8- glue sticks
box crayons (24 ct.)
1- box markers (broadline, primary colors)
1- water color set
1- pair scissors (Fiskar brand for kids)
1- school box (small only, large won't fit in desk)
3 - boxes tissue
4- plastic folders with brads
3- spiral notebooks - single subject
1- box Ziplock bags (girls-quart, boys-gallon)
1- Expo Markers, black (4-pack)
1-Clorox/ Lysol wipes
1-zippered pencil pouch
1-11/2" black 3 ring binder with plastic sleeve on front
1- ruler
1-28 oz Germ-X
$\$ 1.50$ for AR folder

## THIRD GRADE

Please put child's name on each item
1 box of 12 map pencils
24 \#2 pencils, Ticonderoga brand
(sharpened)
***No mechanical pencils
2 pink erasers
1 highlighter
4 folders with pockets (one folder with brads)
2 boxes Crayola brand crayons
4 black dry erase markers
1 pair Fiskar brand pointed school Scissors
3 boxes tissue (large)
6 glue sticks, large
2 large zippered pencil pouches
3 composition books
1 box of quart size baggies (girls)
1 box of gallon size baggies (boys)
$\$ 1.50$ for AR folder
Draw string bag
*No Big Binders

## FOURTH GRADE

Please put child's name on each item
1- three-ring zipper binder
1- pkg. loose leaf notebook paper
4- folders with pockets \& holes for inserting in binder
4- composition notebooks
8- \#2 pencils (NO MECHANICAL)
1- pair scissors (Fiskars brand for kids)
1- Elmer's school glue
1- large glue stick
1- box crayons
1-12" wooden ruler with metric markings
Red pencils
1- pencil bag with zipper \& holes for inserting in binder
2-boxes of tissue
1-box markers
1-box colored pencils
1 - eraser
1- standard protractor
$\$ 1.50$ for AR folder

## FIFTH GRADE

2- pkg. loose leaf notebook paper 30- \#2 pencils
1- box of 12 map pencils
12- highlighters, multicolored, large size
1- eraser
1- pair medium size scissors

6- glue sticks, large
4- large boxes of tissue
1- headphones (to use with chrome books)
1- folders with pockets and fasteners
3- 100 sheet/200 page wide ruled composition books
1-1" binder (no big binders please)
1- pkg. pocket dividers
2- pkg. of (4 each) Expo dry erase markers
1- large pencil bag
$\$ 1.50$ for AR folder
Optional: drawstring bag

## JUNIOR HIGH

Box or Zipper bag-to be carried to each class EVERYDAY
2 boxes pencils
1 pkg black pens
2 red pens
1 box of colored pencils

1 box of basic colored markers
4 expo markers
1 pair of scissors
2 highlighters
3 glue sticks
eraser toppers/ erasers

## SCIENCE

1 composition book; not spiral
bound
$11 \frac{112 "-2^{\prime \prime} 3 \text {-ring binder }}{}$
1 pkg notebook paper
1 pkg 8 dividers

## MATH

2- composition books; no spirals;
200 page only
1- package of notebook paper
2 - expo markers

## SOCIAL STUDIES

map colors
folder with pockets
spiral notebook notebook paper

## READING

1 comp book-no spirals!
1 folder with pockets
1 box kleenex

## WRITING

1 package of $3 \times 5$ white lined index cards
1 package of $3 \times 5$ assorted colored lined index cards
1 two-pocket folder with 3 brads
(6th graders and new students
only)
1 box of tissues

## TECHNOLOGY

1 box of pencils
or
1 box of tissues


 GYM SHOES

PRE-KINDER-
GARTEN
1-Sleeping mat 3 boxes of Kleenex 1 Oversized T-shirt for painting
3 Lg. packages of wet wipes
3 boxes of ziplock bags (1
gallon size; 1 quart; 1
pint) please make sure
they have the zip on
them
1 small school box
3 boxes 8 count Crayola
Crayons 1 box 24 count Crayola Crayons
1 box \#2 pencils, 24 count 1 box large markers 2 plastic folders with pockets, no brads 1 spiral notebook 16 small glue sticks Extra set of clothing including: Underwear \& socks in a ziplock bag with their name on it.

KINDERGARTEN
2 boxes Kleenex
2 boxes Ziplock bags (1 gallon, 1 pint)
1 small school box
2 boxes 8 count Crayola Crayons
2 boxes 24 count Crayola Crayons
1 box \#2 pencils, 24 count
2 folders with pockets, no brads
1 pair scissors (Fiskars)
8 small glue sticks
1 spiral notebook
1 package of pink erasers
$\$ 5.00$ for Weekly Readers
FIRST GRADE
24 \#2 pencils
8 - glue sticks
1 bottle - glue
2 box- 24 ct crayons
1 packages - dry erase markers

| Earbuds | 4TH GRADE | Package of highlighters |
| :---: | :---: | :---: |
| 2 large pink erasers | Notebook Paper (Wide | Wide-ruled notebook |
| Scissors | Rule) | paper |
| Pencil box | 6 Pocket Folders with Brads | 1 package colored pencils |
| 3 boxes of Kleenex | 1 Spiral Notebook | 1 "ring binder |
| 1 box of gallon baggies | 12-\#2 Pencils | 1 package of expo markers |
| boys | 3 Red Grading Pens | 1 package glue sticks |
| 1 box of quart baggies girls | 2 or 3 Highlighters (Any | Pencils |
| 2 wide rule single subject | color) | 2 boxes Kleenex |
| notebooks | 1 Box of Map Colors | Package of index cards |
| 2 plastic pocket folder | 1 Box Crayons | Ear buds |
|  | 1 Box of Markers |  |
| SECOND GRADE | Glue | 7TH GRADE |
| 3 plastic/vinyl folders with brads and pockets | 1 Zippered School Bag or School Box | 2"3-ring binder (no smaller than 2 inch) |
| 1 small school box | Scissors | Notebook paper zipper |
| 1 box of 24 count Crayola | 3 Large Boxes of Kleenex | pencil pouch with 3 |
| crayons | Reusable Water Bottle | holes |
| 1 package of Crayola | Ear buds | Pencils |
| markers |  | 2 black pens |
| 1 pair scissors | 5TH GRADE | 2 red pens |
| 2 glue sticks | Scissors | 2 dry erase markers |
| 1 bottle Elmer's glue | 4 glue sticks | Kleenex |
| 24 \#2 pencils | 1 box washable markers | Earbuds |
| 3 boxes of Kleenex | 1 package of colored |  |
| 1 package of pencil tip | pencils | 8TH GRADE |
| erasers | 2 packages of wide rule | 1 wide-ruled Composition |
| 1 large container of disin- | notebook paper | book |
| fectant wipes | 2 red pens | 1 composition book-100 |
| 1 box gallon size Ziploc | 2 blue pens | sheets/200 pages- |
| bags | 2 packages of \#2 pencils | math |
| 1 box quart size Ziploc | 3 large highlighters | Wide rule notebook paper |
| bags | 1 eraser | Pencils |
| \$5.00 for Weekly Reader \& | 1 package of eraser tips | 1 Folder with pockets |
| Science Spin | 4 to 6 full size dry erase | 1 package glue sticks |
| Earbuds | markers (assorted colors are fine) | 1 " ring binder 1 package dividers |
| 3RD GRADE | 3 boxes of Kleenex | 1 box Kleenex |
| Backpack | 1 pencil box or zipper bag | Highlighters |
| Small School Box | 1 water bottle | 1 pkg . colored pencils |
| 24 \#2 Pencils | 1 pair of headphones | Earbuds |
| 1 Box Crayons | Download the Class- |  |
| 1 Box Washable Markers | Dojo app, open app and | HIGH SCHOOL |
| 12 Box Map Colors | select'Parent', Enter this | Composition notebook |
| Scissors | code: PNWDE5VGB | 100sheets/200pages- |
| 4 Glue Sticks | pair of shoes for PE | Algebral |
| 1 Box Multiplication Flash Cards | 6 pocket folders (nonbrad) (red, blue, green, | 2 inch—3 ring binder with pockets-Algebra II |
| 11 Inch Binder | yellow, orange and | Pencils |
| 1 Folder | purple) Do not label | Pens |
| 2 Package Pencil Tip | folders with student | Notebook paper |
| Erasers | names | One set of Earbuds with |
| 1 Pink Eraser |  | mouth piece-Spanish |
| 1 set Ear Buds | 6TH GRADE | class |
| 2 Large Boxes of Kleenex | 3 Wide Ruled Composition | 1 box Kleenex |
| 2 Package Wide Rule | books |  |
| Notebook Paper | 1 single subject Wide-ruled |  |



## CLARENDON NOTES: BRONCOS TO ISSUE EQUIPMENT AUG. 3, BEGIN PRACTICE AUG. 6

A thletic Director Clint Conkin has announced that Friday, August 3, will be Athe day to hand out equipment to freshmen through seniors for the 2018 football season.

The event will begin at 10:00 a.m. sharp in the Bronco field house on the CHS campus, starting with seniors, then juniors, sophomores, and freshmen.

Two-a-day practices will begin on Monday, August 6, at 8 a.m.
All athletes are expected to be on time, clean shaven with a good short haircut. Also, athletes need to be at all practices and meetings.

Girls and boys cross-country athletes in grades 9-12 need to report to the Bronco gym on Monday, August 6, with girls practice starting at 7:00 p.m. and boys starting at 8:00 a.m. All girl athletes playing basketball are highly encouraged to participate in cross-country. All athletes will get their paperwork on Monday, August 6.

All incoming 7th, 9th, and 11th grade students must have a doctor's physical prior to practice. Physical forms are available at Clarendon Family Medical Center.

## SEASON TICKETS ON SALE SOON; SENIOR PASSES ALSO AVAILABLE

larendon CISD will begin selling 2018 reserved seating/season football tickets to the public at 8:30 a.m. on Monday, August 6, 2018.
Reserved seating/season tickets can only be purchased at the Administration Building, 416 South Allen Street. The cost of each football reserved seating/season ticket is $\$ 30$. This price allows admission into four regular season home games and reserves your seat in the prime viewing location.

Also, Bronco fans over the age of 65 can get a Senior Citizen Pass from the Administration Building. The pass will allow senior citizens into any school sponsored home athletic event. If you currently have a pass, you do not need a new one unless it becomes no longer legible.

## LITTLE MISS CHEERLEADERS

ittle Miss Cheerleader will be held on Saturday, August 18, with registration starting at 9:45 a.m. The camp will run from 10:00 a.m. to 3:00 p.m. with a parent performance at 2:50 p.m. sharp.

Little Miss Cheerleaders is for girls in Kindergarten through Sixth grade, and the cost is $\$ 45$ per girl and includes lunch, snacks and a t-shirt. Each camper will receive a photo with Sparky. They will learn a cheer, a chant, and a dance.

For more information about this program, contact Terri Luna by email at Luna. Terri@clarendonisd.net.

## LOCAL ORGANIZATIONS PLAN TO DISTRIBUTE SCHOOL SUPPLIES

Three local groups have teamed up to ensure no kid goes without the tools they need to succeed this school year.

The Lila Kate \& Kylie Monroe Memorial Fund, the First United Methodist Church, and Christ's Kids Outreach Ministries will offer free basic school supplies Friday, August 10, at the Christ's Kids Ministry Center 416 S. Kearney, from 3:00 to 6:00 p.m.

Donations to support this effort can be mailed to PO Box 45, Clarendon, TX 79226.

| CLARENDON BRONCOS |  |  |  |
| :--- | :--- | :--- | :--- |
| Aug. 17 | Shamrock-(scr) | 5:00 | AWAY |
| Aug. 24 | Sunray-(scr) | 5:00 | HOME |
| Aug. 31 | Lockney | 7:00 | AWAY |
| Sept. 7 | Highland Park | 7:00 | HOME |
| Sept. 14 | Wheeler*** | 7:00 | HOME |
| Sept. 21 | Open |  |  |
| Sept. 28 | Memphis | 7:00 | AWAY |
| Oct. 5 | Plains | 7:00 Littlefield |  |
| Oct. 12 | Stratford* | 7:00 | AWAY |
| Oct. 19 | Claude* | 7:00 | HOME |
| Oct. 26 | Booker* | 7:00 | AWAY |
| Nov. 2 | Gruver* | 7:00 | HOME |
| Nov. 9 | Vega* | 7:00 | AWAY |
| *District | ***Homecoming |  |  |

## CLARENDON JV \& JR. HIGH FOOTBALL 2018

Aug. 30 Jockney 6:00 HOME
Sept. 6 Highland Park JV 6:00 AWAY
Sept. 13 Wheeler JH-JV 5:00 AWAY
Sept. 20 OPEN
Sept. 27 JH-JV 5:00 HOME
Oct. 11 Stratford* JH-JV 5:00 HOME
Oct. 18 Claude* JH 5:00 AWAY
Oct. 25 Booker* JH 5:00 HOME
Oct. 25 Wellington* JV 6:30 HOME
Nov. 1 Gruver* JH-JV 5:00 AWAY

Nov. 8 Vega* JH-JV 5:00 HOME
Welcome Back,
Students!
Have a Great
School Year!

116 S. 6th • Memphis, Texas



# Cyber security precautions for students 

Thanks to advancements in technology, students and educators are increasingly turning to birth, tablets and computers when working on daily assignments and classroom activities. Students rely on the internet for research and keeping in touch with teachers and other students, and work is even assigned and completed via digital platforms

Despite the upside of technology, cyber crime is a potential pitfall of all that time spent online. The internet provides instant access, and that can put students at risk.

According to Verizon's 2016 Data Breach Investigations Report, the
education sector ranked sixth in the United States for the total number of reported "security incidents." Schools are data-rich, meaning they give hackers access to information like identification numbers, birthdates, emai addresses, financial data, medical records, and more.

Students must understand cyber security risks when working and sharing data online. The following are some tips students can follow.

Protect passwords. Students are urged to keep their passwords to themselves. This prevents others from using accounts maliciously or even in seemingly harmless ways that can put


We're so excited about all the fun you'll be having! We look forward to seeing you throughout the school year!

##  AND SERVICE <br> 874-3632 319 S. Kearney

you in trouble, such as searching for inappropriate content in school. Choose complicated passwords that can't be easily guessed, and opt for two-step authentication whenever offered.

Use secured WiFi networks. Free or open WiFi connections are not encrypted, meaning they can be accessed by anyone. Many cyber criminals gain access to information through these channels. Schools should have encrypted systems in place.

Limit what you share on the internet. Students are urged to be aware of what they share online. According to DataManagement, a computing service, information posted to social media is permanent, and deleted items aren't necessarily gone. Exercise caution on social media. Don't post unless it is something you would be comfortable sharing in public.

Watch out for phishing scams. Phishing usually occurs through fraudulent email messages that mimic
the look of reputable solicitations Scammers rely on these tactics to tempt people to click on links or download attachments that can put malware on a device and steal personal data. Exercise caution with all links and downloads.

Schedule routine backups. Data can be lost if a device crashes, so routinely back up personal devices and home computers. Backups can be stored on external hard drives or with cloud services.

Exercise caution when filesharing. UC Santa Cruz's information technology services says viruses and malware can be transmitted by filesharing software, and files offered by others may not be what they say they are. Only used school-approved filesharing options.

Cyber security is something students should prioritize this school year. The right security measures can protect students, their classmates and their schools.


> At Paula's Day Care your children will enjoy a fun, nurturing, early learning environment. Join us! Texas Rising Star provider for 16 years. Paula's Day Care has been in business for 23 years.

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# Guard against age old problem of lice 

$\Delta \mathrm{s}$ the school year begins anew, lice often becomes a subject of conversation among concerned parents. In certain areas, such as in classrooms and locker rooms, lice easily can be transferred from person to person. Understanding this common foe can help students avoid it and parents recognize it when it's present.

A louse is an ectoparasite, meaning it feeds on its host while living on the surface of the host's body. Although lice can affect various parts of the body, they are most notably present on the scalp.

Research indicates that head lice have been spreading among humans for millenia. Ancient Egyptian and Greek books of medicine make reference to lice, and they have even been found on prehistoric mummies. No one is quite sure just how lice originated, though it is suspected they once targeted another host species, but then adapted to living among humans.

Unlike lice that congregate on other parts of the body, head lice are not a vector for disease transmission. They are relatively innocuous, but can be quite a nuisance. The insects are adept at clinging to human hair and feeding on blood from the scalp.

Anyone can get lice, regardless of their personal hygiene or lack thereof. School-aged children between the
ages of four and 14 catch lice more frequently than adults. Although firm data on lice infestations is difficult to come by, estimates suggest that as many as 12 million infestations occur each year in the United States among children between the ages of three and 11. Head-to-head contact with an already-infested person is the most common way to get head lice, offers the U.S. Centers for Disease Control and Prevention. Head lice can be spread when people sit closely to one another, such as in a classroom or theater. It is very rare that lice are spread through shared belongings such as hats, combs or on furniture. Pets do not play a role in the spread of head lice.

Lice tend to congregate behind the ears and at the neckline at the back of the head. Sometimes, they can be found on the eyelashes or eyebrows.

Lice can be difficult to detect, and they may not produce symptoms. In some instances, itching and irritation may be so mild that it goes unnoticed. Plus, because eggs (nits) and even adult lice are so small, they can be difficult to identify.

Treating lice typically involves using specialized combs to remove nits and lice. Pesticide shampoos and lotions or nonpesticide treatments may be used to eradicate the lice. Limiting head-to-head exposure is the best way to avoid a lice outbreak.



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## Start The School Year with a Lesson in Safety!

Riding the school bus can be lots of fun, but remember the rules so everyone has a safe ride! Always sit facing forward.

- Do what the bus driver tells you to do.
- Keep the bus clean.
- Don't stick anything out the window.
- Never walk behind the bus.
- Take five big steps in front of the bus when crossing, and look both ways before you cross.


# WELCOME BACK STUDENTS, AND HAVE A SAFE YEAR!盛 GREENBELT ELECRIIC cooperailive 

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