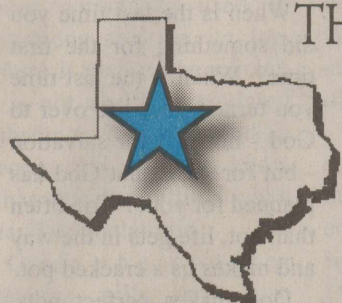


Burrito Express

201 East Main Street • Knox City, TX 79529

(940) 657-4323 *(940) 657-5568*

Extended Hours - Now Open from 6 a.m. - 11 a.m.



THE

KNOX COUNTY NEWS

PROUDLY SERVING THE KNOX COUNTY AREA

10 PAGES PLUS INSERTS
VOLUME XXIX

KNOX COUNTY, TEXAS
THURSDAY, NOVEMBER 11, 2010

75 CENTS
NUMBER 55

Veteran Day program poster contest- A tribute from our children to our Veterans

Tamara Smart & Homer Lowrance

The Veteran's Day program held in Benjamin, Texas over the past number of years has been a tribute to our Veterans of Knox County.

At that program, it is tradition to honor one child who has prepared a poster as a tribute to a certain veteran who they have

known. This tradition began by Homer Lowrance after his granddaughter, Hanna Upton, an elementary student in Tomball, had the same assignment many years ago in her sixth grade history class in which she wrote about and paid praised to her "Pop" and his 5 brothers, all who fearlessly served our country in some of its darkest

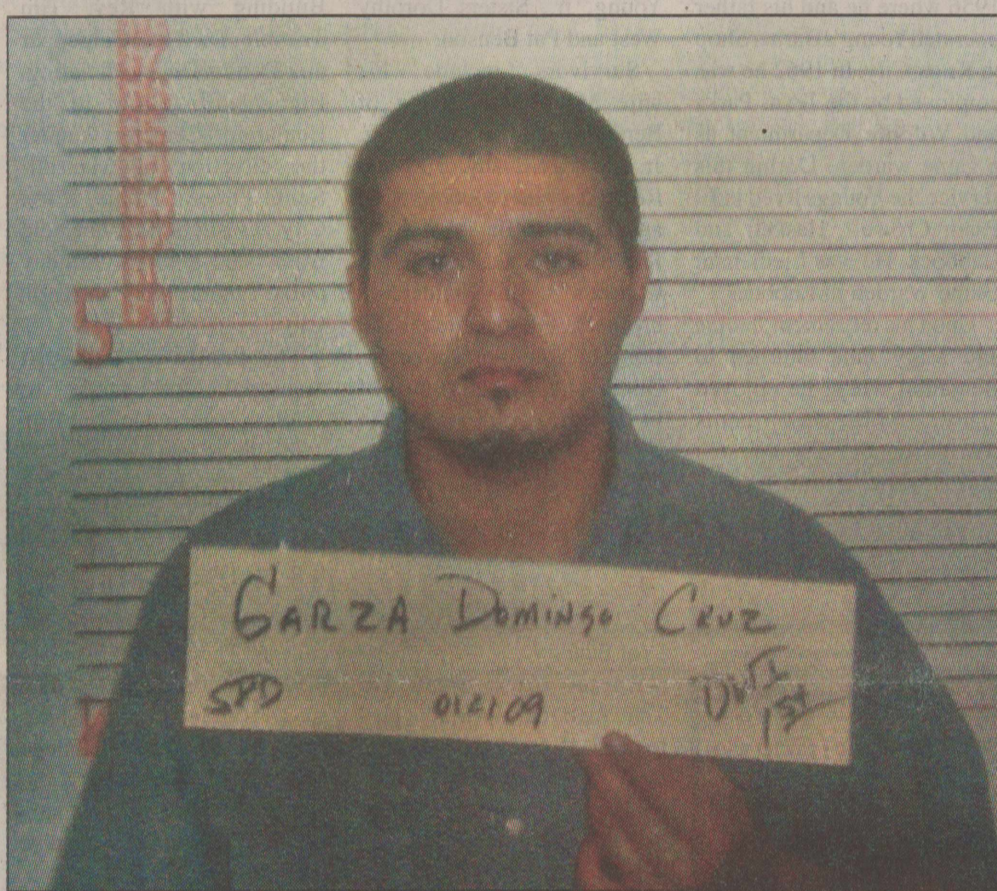
times. In the inspired assignment, Hanna spoke of her great-uncles; who all served in the navy Homer, Bill, Glenn and Truman. They held positions n an aircraft carrier, a submarine and on a destroyer fighting Japanese ships. Hannah's great uncle See POSTERS on Page 6 with additional photos



Football Sweetheart, Shelby Russell & Football Hero Cody Propps with crownbearers -Jolie Everson, Hallie Everson & Nicholas Stovall
Courtesy on Benjamin ISD staff



Kelsey Brown & Tristan Salas
Courtesy on Benjamin ISD staff

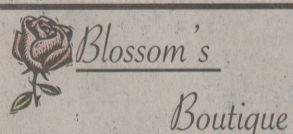


Comingo Cruz Garza is wanted for the Sexual Assault of a Child. His whereabouts are currently unknown, although he has connections to people in the Seymour area. If you have seen this man, or know where to locate him, please contact your local authorities.

Courtesy Photo



Become a fan of The Knox County News on Facebook!



Jill Kilgore/owner, stylist, nail tech
111 N. Central, Knox City, Texas
940-657-4011



Tuesday through Saturday 9-5
Hair, nails, men's cuts, waxing.
Featuring Paul Mitchell products and services



Knox County Child Welfare Board presents Christmas Angel Tree

It's that time of year again to think about giving and helping others. Christmas is the time of year that we most often think of helping others. The Knox County Child Welfare Board will again be constructing their annual Angel Tree to help the needy children of Knox County. It is through the generous donations of the Knox County residents that we can provide help for these children, especially at Christmas. We will have the angel Christmas Tree in the lobby of Citizens Bank in Knox City beginning on Monday, November 15. Anyone may go in and pick an angel from the tree and sign their name in the green folder at the reception desk. When you have made your purchases for the child, just place them in a large plastic bag, unwrapped, and the angel attached to the bag and return to the bank by Monday, December 6. If you do not wish to purchase gifts, you may make a

money donation to the Child Welfare Board at the bank and that money will be used to purchase the gifts and used for emergency situations for the children throughout the year. The Board also helps with Christmas for te foster children that are from Knox County and place in homes. The board is made up of volunteers that are recommended and approved by the Commissioners Court. The Board meets once a month in Knox City or Munday and is made up of 5 members from Munday, 5 fro Knox City, 1 from Benjamin and the Child Protective Representative from Haskell. If you have any questions, you may contact a board member or send your questions or money donations to P.O. Box 123, Knox City, TX 79529. Thank you in advance for your caring and giving at this time of year.

LOOKING AHEAD

Knox County veterans will be honored Thursday, November 11, 2010 at 11:00 AM. If you are a veteran please be sure to make plans to attend. This year as in years past the sixth grade students of Munday, Knox City, and Benjamin will be participating in a poster contest. The students will be interviewing veterans to learn about their war experience and making a poster about the veteran. Then the student writes a 5-minute speech about that veteran. Each school sets a

date for a contest at which posters are displayed at the schools. Both posters and speeches are considered in awarding first, second and third places in the school contest. The contest chairman Homer Lowrance, will pick up the posters and display them at the Wichita Brazos Museum in Benjamin. All first place winners from the three schools will deliver their 5-minute speeches at the Veterans Day Program. The Annual • Veterans Breakfast will be hosted by

the KC High School Student council on Thursday, November 11, at 7:30 a.m. in the KCHS library. Any veterans, active duty and spouses thereof are invited to attend. The KCHS Junior class now has tickets for their Thanksgiving dinner, which will be held in November 13 from 5:30 to 7:30. Tickets are \$8/adult and \$4/ child. You can get your ticket from any KCHS Junior or at the Front Office of the High School.



SEYMOUR MEDICAL SUPPLY

"Home Town Service You Deserve!"

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

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

KC AREA CHURCH DIRECTORY

- FIRST BAPTIST CHURCH - Knox City**
Jerry Vincent, Pastor
Sunday School at 9:45 a.m. • Sunday Morning Worship at 10:55 a.m.
Sunday Evening Worship at 6:30 p.m. • Mid-Week, Wed. at 6:30 p.m.
FBC Sunday School, and the worship services at 10:55 a.m. and 6:30 p.m. are telecast live on Classic Cable, channel 6 in Knox City and O'Brien
- FIRST UNITED METHODIST CHURCH - Knox City**
Timothy Trimble, Pastor
Sunday School at 10:00 a.m. • Sunday Morning Worship at 11:00 a.m.
No Sunday Evening Service
- ABUNDANT LIFE CHRISTIAN FELLOWSHIP - Knox City**
Tex Cox, Pastor
Sunday School at 9:45 a.m. • Sunday Morning Worship at 10:30 a.m.
Sunday Evening Classes 5:00 p.m. • Sunday Evening Worship 6:00 p.m.
Wednesday Prayer Warriors 6:00 p.m.
"Discovering God's Word" radio broadcast Sunday mornings on AM 1400 The River 8:20 - 8:50 a.m.
- FOURSQUARE CHURCH - Knox City**
Gary A. Schnable, Pastor
Sunday Morning Worship at 10:50 a.m.
Sunday Evening Worship at 6 p.m. • Mid-Week, Wed. at 6:30 p.m.
Mens Prayer Breakfast 6:00 am. Wednesday Morning
- SANTA ROSA CATHOLIC CHURCH BILINGUAL - Knox City**
Father Charles Gorantla • Deacon Ben Vasquez
Sunday Mass at Noon
- LIBERTY COMMUNITY C.O.G.I.C. - Knox City**
Gene Ward Jr., Pastor
Sunday School - 9:45 a.m. • Sunday Morning Services - 11 a.m.
Monday Evening Bible Study 6:00 p.m.
- ST. JOSEPH'S CATHOLIC CHURCH - Rhineland**
Father Charles Gorantla • Deacon Jim Novak
Monday through Friday mornings, 8 a.m. Mass
Saturday Mass at 5 p.m. • Sunday Mass at 10:30 a.m.
- FIRST BAPTIST CHURCH - Benjamin**
Sunday School at 10 a.m. • Sunday Morning Worship at 11 a.m.
- FIRST UNITED METHODIST CHURCH - Benjamin**
Timothy Trimble, Pastor
Sunday Worship at 9:30 a.m. • Sunday School at 10:30 a.m.
- GILLESPIE BAPTIST CHURCH - Gillespie**
Matt Harrington, Pastor
Sunday School at 10 a.m. • Sunday Morning Worship at 11 a.m.
Sunday Evening Worship at 6 p.m. • Mid-Week, Wed. at 6 p.m.
- CHURCH OF CHRIST - Benjamin**
Bible Study at 9 a.m. • Sunday Morning Worship at 10 a.m.
- THE BELIEVERS' CHAPEL - Highway 222**
W.O. Smith, Pastor
Sunday School at 9:30 a.m. - Sunday Morning Worship at 10:30 a.m.
Mid-Week, Wednesday at 7:30 p.m.
- O'BRIEN BAPTIST CHURCH - O'Brien**
Sunday School at 9:45 a.m. • Sunday Morning Worship at 11 a.m.
Sunday Evening Worship at 6 p.m., Mid-Week, Wed. at 6 p.m.
Sunday Mornings on KVRP 97.1 at 9:05 a.m.
- WEINERT FOURSQUARE CHURCH**
Rob Harrison, Pastor
Sunday Morning Worship at 11 a.m.
- MUNDAY CHURCH OF CHRIST**
Adrian Fletcher, Pastor

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

Knox County Hospital 657-3535	O'Brien Co-op Gin 658-3631
---	--------------------------------------

God's Promises

Tex Cox - Abundant Life Christian Fellowship
Cracked Pots or God Pots?

God has called you for a purpose! Amen? Your entire life, God has been forming you and molding you - shaping you into what He has called you to be. Do you know what the most important purpose God has planned for each and every one of us?

"To love the Lord your God with all your heart... and to love your neighbor as yourself."

Can I ask you a question? If you were ever presented with a situation in which the entirety of your life was simply to worship God... would you be content? If God was the only contact

and/or relationship you had in your life...**would He be enough?**

Tough questions! Yet, this is what God seeks after in you more than anything else! He wants a **relationship** with you! He wants to be your **"all in all."** Your **everything.** He wants to be what floats your boat!

You are the apple of His eye and He loves you! I heard Dave Duell say it like this one time, **"God loves you, and there is nothing you can do about it!"**

Brothers and sisters, there are times in our lives that we need to allow God to reshape us and remold us. There are times where we have to **let go of ourselves** and allow God to bring us to the path He has in store for us - step by step - process by process.

Do you want to be complete? God has set you apart! He has a plan for you! He has a purpose for you!

God created you **perfect.** When you were created in your Mother's womb - you were perfect! Satan is continually trying to destroy what God has made and God is continually trying to keep you in His perfect plan for your life.

We need to focus on Him and trust Him more than we trust what we can see, taste, touch, hear, and smell!

God wants, *"That above all things you will prosper and be in health, even as your soul prospers."*

God wants to fix the cracks and bring you back to the perfect creation He had in mind from the very

beginning. He is constantly reminding us that He loves us and has plans for us. Even those who don't hear Him, God is speaking.

Come back to the Potter's Hands. Allow Him to mold you and shape you!

When is the last time you did something for the first time? When is the last time you turned your life over to God - not just for salvation - but for **ALL** that God has planned for you!? Too often than not, life gets in the way and makes us a cracked pot.

God makes perfect pots. The question is - **do you want to be a cracked pot, or a God pot?** God has plans for you! He loves you! In Him, you can become more and more **like Him.**

Remember - - - **YOU ARE BLESSED!!**

Obituary



Jackie H. Young
Mr. Jackie H. Young, 78, passed away November 4, 2010 at his home in Benjamin.

Jackie was born in Truscott and moved to Benjamin with his late parents, Wayne and Carmen (Adcock) Young in 1945.

He attended Benjamin schools and married his high school sweetheart, the love of his life, Mary Jane Melton on December 12, 1953.

He enlisted in the US Navy in 1952 and was aboard a destroyer for 2 years. He returned to Benjamin in 1956 where he and his father operated Young's Barber Shop in Knox City. In 1962 he was employed by the Texas Parks and Wildlife Department as a game warden. During this service the Youngs lived in El Paso, Crowell, Haskell and Lubbock. He was Lieutenant Game Warden in Lubbock.

Upon his retirement, Jackie and Mary Jane returned to Benjamin where he enjoyed many volunteer hours serving on the city council, museum board, Knox County

historical commission, cemetery board and Benjamin Chamber of Commerce. He was a member of Benjamin Christian Church and attends the First United Methodist Church.

He was preceded in death by his parents, brother Wayne Young, Jr., Sisters Dorothy West and Pat Benson.

Survivors include his wife Mary Jane Young of Benjamin, son Jackie Young, Jr. and wife Cindy of Round Rock, daughter Debbie Niell and husband Barry of Boca Raton, FL, sister Billie Faye Cummings of Henderson, brothers F.L. (Dutch) and Imajeon Young of Benjamin, Butch and Letha Young of Ft. Worth, grandsons Dustin Collins and Trevor Niell of Boca Raton, FL, great

grandchildren Colin Niell, Krista Niell, Payton Collins all of Boca Raton, FL, several nieces, nephews and a host of dear friends.

A Funeral Service will be held 2:00pm, Monday, November 8, 2010 at Benjamin Memorial Building with Rev. Tim Trimble, Dr. Troy Culpepper and Dennis Duke officiating. Burial will follow in the Benjamin Cemetery under the direction of Mansell-Smith Funeral Home, Knox City. A visitation will be held from 4:00-6:00pm, Sunday at the funeral home in Knox City.

The family requests that memorials be made to Wichita Brazos Museum, Box 104, Benjamin, Texas 79505 or the First United Methodist

Become our friend on Facebook!

The family of Wanda Brooks wishes to express sincere appreciation for the many acts of kindness, flowers, cards, food and especially for the prayers during the recent loss of our mother, grandmother, sister and aunt. Your love and support to us at this difficult time is greatly appreciated.

Vonnie Ivie

Letter to the Editor

Dear Editor

Knox City went to Throckmorton to play football. One football boy from Throckmorton spit on our player and continued to call him "nigger".

When kids graduate from their school, where is the all-white

college? They go to Abilene to the movies. Breckenridge - they are all a different race. I have been knowing their attitude since I graduated in 1980.

Please, how do we stop this kind of unsportsmanlike conduct?

Elda Martinez

got news?
Visit us online today
www.knoxcountynews-online.com

Want to view your paper online too?
If you have a subscription to The Knox County News for 1 year, you can add the online subscription for **ONLY \$10**
knoxcountynewsonline.com

The Knox County News
P.O. Box 188
110 N. Central
Knox City, Texas 79529
940-657-3142
FAX 940-658-3228
kcnews@valonnet.com

"Since 1971, Knox County's Oldest Established Newspaper"

USPS 903-920

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

MEMBER - Texas Press Association • West Texas Press Association

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

CHRISTOPHER BLACKBURN
Publisher

TAMARA SMART
Reporter
Sports Writer
Advertising Manager

DEADLINES - The deadline to submit news and advertising is 4 p.m. on Fridays. Exceptions may be granted only by permission from the Editor.

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

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

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

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

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

Classifieds get results!

The James Stafford family would like to thank all of those who blessed us with their time, prayers, cards and donations. A special thank you goes out to the Methodist Church for letting us use their wonderful facilities for the dinner. We could never thank everyone enough for the support you have given us. Please continue to pray for us during our journey for a new heart. Thanks again and God Bless.

COWPOKES By Ace Reid

"It's worth a trip to foller this guy jist to see what he does when he gits where he's goin'!"

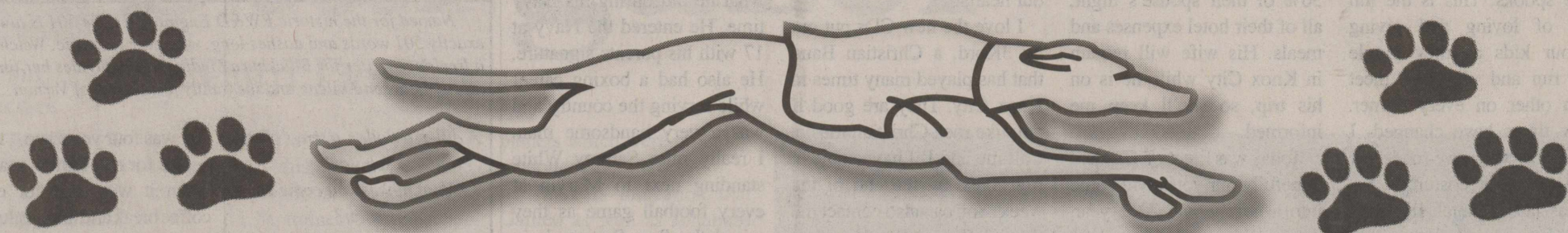
COUNTRY 'PUTERS

UNLIMITED

Tuesday thru Saturday 8 - 5
New Phone number- Same Great Service
LANCE S. KILGORE
940-657-5520
country_puters@yahoo.com

hardwired and wireless networking, data recovery, hard drive clean up, C.P.U. and memory upgraded, O.S. reinstall, cd rom upgrades and more, call today

KNOX CITY SPORTS



Last Friday night, the last game of regular season play for the 2010 Greyhounds, the 2011 Seniors were honored with a special presentation. Pictured here are the seven outgoing seniors on the Hounds team.

Photo by Michelle Stanfield

Greyhounds take on Paint Creek

By Jeff Stanfield

It was all Knox City as the Hounds pasted the Pirates 64-14 to end the regular season. The Hounds will play Blanket who is 10-0 on Friday in Trent at 7:30. Come out and support the Hounds.

It was all about the seniors for their last home game this past Friday. We had senior announcements for all seniors, the last walk for all senior football players that is a new tradition brought here by Coach Steele 3 years ago. And with keeping with Steele's other tradition he

tries for all the seniors to get in on the action as much as possible.

The players of the game were Offense Zack York, defense Brandon Bradley and special teams Chago Espinal, Kyle Harrington and TJ Moore. The big hit was Jarek Wilde.

Brandon Bradley plays defensive back, wide receiver, Chago Espinal plays wide receiver and defensive back, Santos Espinal plays center and defensive line. Marcell Lewis plays running back and nose guard, Riley Rodriguez plays center, Zach

Shaver plays linebacker and full back and Zack York plays Quarterback and Safety. You seven young men will greatly be missed. Thank you for giving us 4 great years of high school memories.

It has been 7 years since we last had a Greyhound playoff game, It will not be

another 7 years. Come out and support the Hounds!!!

The Hounds will be having a downtime pep rally at 7:00 on Thursday- every one is invited to come out and show these young men that we are behind them as the play against the unbeaten Tigers.

Visit us online!

Thank you voters of Precinct 1 in Knox County for your confidence in electing me your County Commissioner. I am looking forward to serving you and welcome any comments and questions that you might have.

Sincerely,
Charles Griffith

Bill Stewart Insurance Services

Office (940) 658-3211 • Fax (940) 658-5509
Mobile (940) 256-2394

Crop Hail • Fire • Auto • Homeowners • Life • Hospital Liability • Workers' Compensation • Bonds • Farm Equipment
P.O. Box 99 • 700 E. Main • Knox City, TX 79529-0099

CITIZENS BANK, N.A.

FDIC 658-3527
Knox City

Burrito Express

657-4323 658-5568

HOSPITAL DISTRICT

Your hometown healthcare team.

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

The Abila family wishes to thank the Knox community for all their love and support through these difficult times. We love and thank all of you.

Edward Jones



Carrie S. West Financial Advisor

112 N. Washington
P.O. Box 408
Seymour, TX 76380
Bus. 940-888-1032
Cell 940-256-0990
www.edwardjones.com



Brushwood SERVICES, LLC

Josh Lain
325-721-3487
HAMLIN, TX

Gary Lain
325-721-3529
HAMLIN, TX

- BRUSH CLEARING & RAKING
- HUNTING LANES & FOOD PLOTS
- NRCS/ WHIP/ CRP PROGRAMS
- EXCAVATOR/ EQUIPMENT RENTAL
- COMPETITIVE RATES

CITY MOTEL
Bip and Anita
658-3541

AIR AG, INC.
STAN WOJCIK Complete Aerial Applications and Helicopter Service
OFFICE (940) 658-3744

KNOX FAMILY WELLNESS CLINIC

LARSON PHARMACY
Larry & Beth Staggs
657-3210

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

PENMAN'S SERVICES LTD
658-3513

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

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

SUPPLY HOUSE
658-3389

SHORTES, INC.
Complete Oilfield Construction
658-3576

Knox Family Wellness Clinic
* (940) 657-4455 * 609 S Ave F Knox City *
Now Provides Several Kinds Of Services
Family Practice • Women's Health • Pedi Geriatrics • Skin treatments • Chemical Peels
Lesion removals • Diabetic Nail Care • Microderm Abrasion • Treat Acne • Melasma • Premature Aging.
Pain Management Massages
(Covered By Insurances/MCD/MC)
Toe Nail Removal Permanent and Temporary.
HTN • Diabetes • Wound Care
Hyperlipidermia • Gallbladder Flushes
Weight Loss Program.
General Illnesses Acute & Chronic.
Texas Health Steps and Immunizations
Minor Emergencies Suturing, Splinting, Casting
IV Therapy for Hydration & Antibiotic Treatment.

BENJAMIN NEWS

By Gladene Green

We start today with sad news. As everyone in this area knows, our friend, Jackie Young, passed away on Thursday night after a courageous battle with cancer. Though it had only been a few short months since the diagnosis, he had been through lots of tests and treatment during that time. But when visiting him, you would not know you would not know how he must've really felt. My sincere sympathy to Mary, Jack Jr. and Debbie and their families. His funeral is today (Monday) here in Benjamin.

We are having some beautiful weather again after a few days of much cooler temperatures. TV guy says we may have rain the last of the week which will make the wheat farmers happy and the cotton farmers not so happy. This warm, open weather is good or stripping and the fields are full of machines getting it done. And from what I hear, its all making good. So maybe a lot of it will be out before it rains.

Football Hero and Sweet heart for the 2010 year were elected. Receiving the honors were Seniors Cody Propps and Shelby Russell who the week before were named Harvest King and Queen.

Jr. High Hero and Sweetheart were named Thursday night. Kelsey Brown and Tristen Salas were picked for these honors. They were Fall Princess and Prince also- Members of the eighth grade class- we may not have had a winning season, but our kids gave it their all and we congratulate them.

Here 'N There

Debbie Moorhouse was in Amarillo last week to be with her daughter, Beckie and family. Beckie's son, Dillon, is a patient in Baptist St. Anthony Hospital being admitted on Monday night. It was first feared that he be going into renal failure, but he is much improved and Doctors are optimistic that he will gain full kidney function. He has had problems for

several years. He will have to be very careful and his diet has changed completely but he will be able to deal with that. I ask your prayers for him as he continues to improve. He is 15 years old.

Ray and Mary Ham and children left Saturday for Abilene where they will make their home. We will miss them but surely do wish them well in their new place of residence.

Jane Gideon and Imagean Young met their sister, Joy Yancey of Wichita Falls in Seymour for a day of visiting. Though they all live close together, with their busy lives, they rarely have a chance for all three to be together at one time, so that was a treat.

Reba Morrill is in Abilene today to see her eye doctor. She's not real sure what her problem is, but the doctor thinks it may have something to do with the retina.

Lana Mendoza was in Arlington Saturday to see her son, Colton Caldwell run in the Regional Cross Country meet. Colton is a Senior in Seymour High School and represented his school well- We congratulate him for his accomplishment.

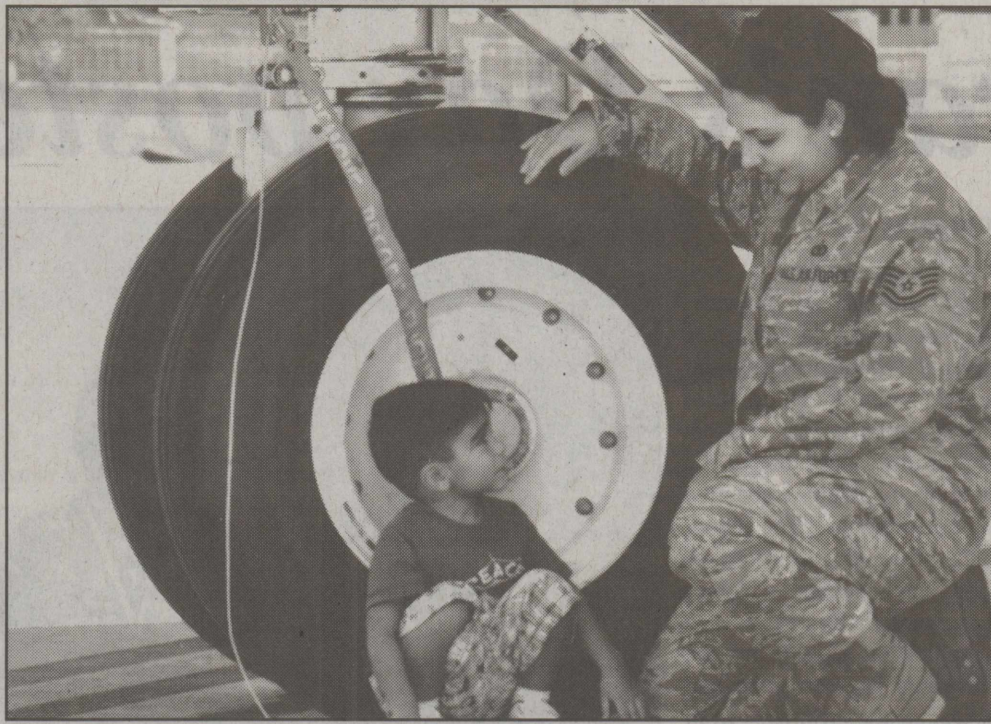
Erica Holmes too her daughter Jaycee to her pediatrician in Abilene or a regular check-up (and more shots!) Seems they never get through with the shots.

Connie Porter of Fayetteville, Arkansas is here for a few weeks visit with relatives and friends.

Lorene Powers and Gloria West were in Colorado City Wednesday for the funeral of Gloria's aunt, Gwen Claxton.

Judy Carnett enjoyed a few days visit with her sons and their families, Jom Bob Conner at Slaton and Jeff Conner at Wofforth.

My apologies to Betty Lyles I carelessly left her name out of the friends who attended the gravesite rites for Winnie Sue Jones Nall in Truscott last Sunday. The error was not intentional.



Priscilla Lucas and son Gavin share a moment on the Guam Air Force Base during a family outing. Courtesy photo

Just Jeff

By Jeff Stanfield

Walmart again, it seems like I could write a column a week on stupid things I either see, hear or witness at Wally World. This past week Michelle and I are in the sweat shops of China's retail provider for The U.S. of A. We were behind some men purchasing frost protectors for outdoor faucets, they cost a whopping \$.64 a piece and they were purchasing 70 of them.

I believe in a little bit of common sense but not the check out lady, she scanned each cover and bagged them at 4 at a time. It took her 15 minutes for a 3-minute job. Both of these guys and I were laughing as it became a big joke. Then, when we were checking out, we bought 3 rolls of duck tape and she rang up one and then times by 3. Amazing!! How come she could do 3 for 1 but had to scan 70 of the same thing. I always pick on Walmart but I really believe they are bad for America.

First weekend of goose season and my first city slicker story, y group was headed out to the field about 5 am on Saturday, when this

man's truck started making a terrible noise as they were turning on to Hwy 222. He then stopped it and turned it off and looked underneath it to check for debris, finding nothing. So then he decides it is a wheel bearing or drive shaft. So he left it on the side of the road, and decided to have me call a dealer since it has 10,000 miles on it.

After tracking down a dealer, I waited until he got back to the office to have him call the guy about them picking up his truck. On the way in Tony stopped with him to make one last look and guess what, this city slicker had accidentally hit the 4 wheel drive button and it was just engaging the 4 wheel drive as he was turning. He had never had it in 4-wheel drive and did not realize he had put it in. He loved the 4 x 4 on the side; he says it makes all his neighbors jealous since he is a country boy!

I have been pondering life's queries this week. Like, if your kid swallows a quarter and poops out 2 dimes and a nickel is that good or bad? Or if you get set up on a blind date and your buddies give you a

bottle of whiskey and a blind fold should you be nervous? If you take out a big girl on a date and the waiter asks if you would like to order or get an estimate, what do you say?

Well I was sure proud of our country last Tuesday, It was nice to see the regular people get out and vote and maybe we will get some change. If you have noticed our fearless leader has went to India and a host of other countries. He has taken 3000 people with him, he booked up the entire Taj Mahal and is reportedly going to spend upwards of a billion dollars on this vacation and meetings this week. Heck I am not even mad about it; the way I see it, he usually spends a lot more than that in a week.

He also has decided on this trip that he will be visiting the worlds largest Mosque. Wow, that is a shocker, a Muslim going to a Mosque. That would be like me visiting a Buffet in Vegas- it will happen. I have had some tell me he is not a Muslim, I will be more than happy to report he is a Christian as soon as he comes out and says he is or speaks out on behalf of Christians.

My opinion is Obama is the worse President the United States has ever had and the best President ever born in Indonesia.

The funny part about the election is Nancy "I need a face lift" Pelosi was re-elected in California. That proves they are definitely the land of "Fruit and Nuts".

Enough on politics, Thanksgiving is right around the corner and which means the annual Junior class hanksgiving supper. Get out and buy some tickets and support the Jr. class. It's hard to believe the Turkey day is just 2 weeks away. That is a Fat Mans holiday, and this Fat Boy has a lot to be thankful for.

My final thought for this week: Reebok has a new shoe out called the Re-Zigs for all my plump neighbors, not you Bruce Skiles- this is the way to go for those of us who do a little walking. Man, they are a party for the feet. They trick your feet into thinking you are 50 lbs. lighter.

I hope everyone has a wonderful week and remember our troops.

Jeff Stanfield
God Bless America

Find The Knox County News on Facebook!

Tickets for Thanksgiving Dinner

Nov 23 from 5:30 to 7:30.
Tickets are \$8/ adult & \$4/ child's plate.

All KCHS juniors are selling tickets. You can also get your tickets at KCHS front office.



COMING SOON!

Desert Rose #2

Authentic Mexican Food @ 110 S. Aspen

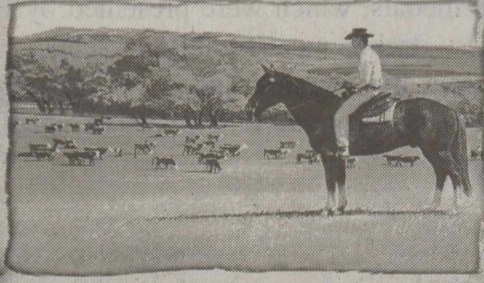
PUC Docket No. 38551

Notice of Joint Petition of Ethicon and AEP Texas North Company Pursuant to Public Utility Commission of Texas Substantive Rules 25.342 and 25.343

On August 12, 2010, Ethicon and AEP Texas North Company (TNC) (the Joint Petitioners) filed an application with the Public Utility Commission of Texas (Commission) requesting approval to permit TNC to lease, and operate and maintain, certain delivery infrastructure facilities to Ethicon in connection with Ethicon's manufacturing facility and Ethicon's proposed wind generation project. As part of the proposed leased delivery facilities, TNC proposes to construct a 4,500 foot distribution line to connect Ethicon's wind generation project to serve a portion of Ethicon's electric needs. Ethicon is located in the city of San Angelo and is engaged in the business of manufacturing medical products. TNC is the transmission and distribution provider certified by the Commission to serve San Angelo. The Joint Petitioners further request that the Commission (1) waive the requirement under the Commission's substantive rule 25.343(f)(4) that Ethicon must have continuously leased the distribution facilities since September 1, 2000, to qualify as a facilities rental customer; and (2) pursuant to a written agreement between TNC and Ethicon, waive the 2011 expiration date contained in TNC's current tariff as it would pertain to a lease agreement between TNC and Ethicon, which would permit TNC and Ethicon to enter into a 25-year lease whereby TNC leases and operates and maintains the distribution facilities necessary to delivery electricity from Ethicon's manufacturing facility from Ethicon's off-site proposed wind generation project and TNC's delivery system. Ethicon and retail electric providers that serve Ethicon will be affected by this application.

Persons who wish to intervene in or comment upon these proceedings, PUC Docket No. 38551, Joint Petition of Ethicon and AEP Texas North Company Pursuant to PUC Subst. R. 25.342 and 25.343, should notify the Commission as soon as possible, as an intervention deadline of December 22, 2010 has been imposed by the Commission. Ten copies of a request to intervene or a request for further information should be mailed to the Public Utility Commission of Texas, P. O. Box 13326, Austin, Texas 78711-3326 and should reference Docket No. 38551. Further information may also be obtained by calling the Public Utility Commission of Texas at (512) 936-7120 or (888) 782-8477. Hearing- and speech-impaired individuals with text telephones (TTY) may contact the Commission at (512) 936-7136.

PROTECT YOUR HERITAGE



Do your part, don't let a Wildfire start.



ESTATE AUCTION

JOE M. CLONTS 201 S.E. 2nd Knox City, TX
November 20th beginning @ 10:00 a.m.

Preview 9:00 a.m. prior to auction

Owner - Clonts Hardware, family owned business since 1920's, and gunsmith of Knox City.

Selling 14 collectible FIREARMS (Astra Cub 22, Colt 22, Liberty 22, Star 9mm, Lefever 12ga, Browning 16ga, Winchester Model 70 & 1906, Ranger 22), AMMO, Contents of home-nice furniture & appliances, Tool shed & Workshop!

The family will also be offering at auction the 3000sqft Home, w/ garage & shop.

Firearms will be selling @ high noon, home to follow.

Must see website for listing and pictures! www.garnettauctions.com

Royce W. Miller, Auctioneer, TX11840

607 W. Morris, Seymour, TX 76380 1801 Cumberland, Vernon, TX 76384

940.636.8648 940.553.1685 800.687.1296

announcements sale day supersedes all others

Veteran's Day poster contest

Continued from page 1

Ed was in the Army, traveling to France and Germany to fight against the Germans.

According to Hannah's sixth grade paper, "Pop [Homer Lowrance] reminisces about listening to the radio for the latest reports of the war. He had prayer meeting in a variety of places for the service men ... they prayed that the Good Lord would bring their men home." Prayer was not the only act of love that Homer offered to the fighting men. Hannah also writes about "[Homer] and his classmates knitting socks for their men away from home. It is said that ... [in war] your feet needed to be dry and clean so they wouldn't rot off."

Homer also recalled to his granddaughter during their interview the rationing, which went about during the war. With "twelve brothers and sisters (thirteen if you count Homer too) made a lot of mouths to feed." Even with four gone, that was still a lot."

Homer later joined the US Army and devoted part of his life to defending the great U.S. of America.

After Homer read Hannah's paper, he found inspiration to get with members of the Knox County Historical Commission and have a program every Veterans Day to celebrate the fearless men and women who have dedicated all or part of their

lives for our country.

For the past seven years, each 6th grade class in Knox County (Munday, Benjamin and O'Brien Jr. High) have been asked to prepare posters and short speeches to be judged by their respective school personnel. The school picks 1st, 2nd and 3rd prizes from each school. Homer Lowrance then goes to each school a few days before the Veteran's Day Program and presents the winners from each school a medal. The three first place posters from each school then are put on display at the museum to be admired by attendees of the Veterans Day Program, as well, the students have an opportunity to present their speeches at the Service on Veterans Day morning.

This year of 2010 is no different. Winners have been chosen and medals presented. On Thursday morning, November 11th, the children from the Knox County schools will present their speeches and posters to a mass gathering of people who come from near and far to honor their Veteran heroes.

Mr. Lowrance, procurer of this assignment and presenter of medals says, "May blessings fall on each student that has participated and each teacher that has encouraged them to follow through with the assignment. We hope that each of you has time to thank a Veteran."



Benjamin ISD for the Veterans Day poster and speech contest. Pictured left to right - 3rd place Faith Donham, 2nd place Emily Brown, 1st place Benjamin Vanderpol.



O'Brien jr High School Poster winners Winners from left to right. 1st Skylin Ledesma, 2nd Kassie Moya, 3rd Kirstin Tuckness.



Munday winners

Munday Elementary School 6th graders participated in the Veteran's Memorial Poster contest. Each student prepared a 3-5 minute speech and accompanying poster. Students presented their speech to their classmates and teachers. They were judged according to their presentation and poster design. Aiden Hunter was chosen as the First place winner in the contest. Cole Redwine won 2nd place and Kendall Thompson won 3rd place. They each received medals, which were presented by Homer Lowrance, during an assembly at school. Aiden will present his winning speech at the Veteran's Memorial Day program on November 11, 2010 in Benjamin.

Child Find

The Haskell-Knox Shared Service Arrangement engages in ongoing activities to locate, identify and evaluate all children who reside in the Member districts who may have a disability covered by the Individuals Education Improvement Act of 2004 (IDEA) and, because of the disability, need special education and related services. These activities are called Child Find. Child Find activities apply to not only student in public school, but to students in private school, including religious and parochial schools and to student who are home schooled. The Haskell Knox SSA currently takes the following actions to locate, identify and evaluate all children residing within member districts who may need special education and related services.

- Local Newspaper Notification
- Distribution of Child Find Brochures
- Participation with Child Find Activities in Wichita Falls, ESC Region IX and Abilene, ESC XIV
- Radio and Television Media

For additional Information you may call the Director of Special Education at (940) 658-3587 or write to Haskell Knox SSA, PO Box 159, Knox City, Texas 79529.

Haskell-Knox serves the member districts in Benjamin, Knox City-O'Brien, Munday, Rule and Paint Creek.

Hallazgo de Nino (Child Find)

El Haskell-Knox Compartio el Arreglo del Servicio entra en actividades progresivas localizar, Identificar y evaluar a todos ninos que residen en los Distritos de Miembro que puede tener una incapacidad cubrio por los Individuos con el Acto de la Mejora de las Educacion de Incapacidades de 2004 (la IDEA) y, a causa de la inn capacidad, necesita la educacion especial y los servicios relacionados. Estas actividades Le son llamadas a Nino el Hallazgo (Child Find). Las actividades del Hallazgo de nino aplican a no solo estudiantes en las escuela publica, pero a estudiantes en el colegio privado, inclusive escuelas religiosas y parroquiales ya estudiantes que son educados en la casa (home schooled). El Haskell- Knox SSA toma actualmente las acciones siguientes para localizar, indentificar y evaluar a todos ninos que resintro de los Distritos de Miembro que puede necesitar la educacion especial y losservicios relacionados:

- La notificacion Periodistica Local
- La distribucion de Folletos de Hallazgo de NinoLa Participacion con Nino Encuentra las Actividades en Caidas de Wichita, La Region he ESC IX y Abilene, la Region de ESC XIV
- Medios de Radion y television

Para informacion adiconl usted puede llamar director de la Educacion Especial en 940-658-3587 o escribir al Haskell- Knox SSA, el Apartado de correos 159, la ciudad de Knox, Tejas, 79529

Haskell-Knox sirve los distritos de Miembro en Benjamin, Knox City-O'Brien, Munday, Rule y Paint Creek

OPINION



The Paperboy

Veterans deserve the best of America

By CHRIS BLACKBURN

I have several family members who are veterans. I'm very proud of their service.

America's most precious resource are those who have fought to keep us free.

Looking at my wide array of friends, the ones I appreciate the most are veterans.

Like many of you, I know veterans from World War II, Korea, Vietnam, the Gulf War, Iraq and Afghanistan. I also know veterans who have fought in other hotspots.

Some served without incident, others were wounded and some were POWs ... all experienced things a civilian cannot fathom.

I ran a recent editorial on how veterans make terrific employees. That is very true. When you consider the character, organization and work ethic of a typical veteran, they have many traits which serve them well in the civilian world.

When I see a veteran like my father-in-law who served tours in Vietnam and literally sacrificed his body for this country, it makes me very proud of him and a little angry because we do a rotten job of taking care of our veterans once their service is over.

This country owes her veterans much more than a debt of gratitude. We should be taking better care of our veterans in a variety of areas. From discharge to death, veterans should get the best service possible regardless of what it might entail.

This Thursday, think about those around you who've done us proud. Think of the tax they've paid mentally and physically for their service. Think of the sacrifices they've made to our country. Then think about it more than once or twice a year, because I can assure you they do.

Throw conventional wisdom out of the window.

For 10 weeks, Mark Haub, a professor of human nutrition at Kansas State University, used an unconventional diet and in the process, has thrown a wrench into what we consider good dieting.

Haub munched every three hours on Hostess Twinkies and Little Debbie snacks then munched on Doritos chips, sugary cereals and Oreos to help pacify his hunger.

Why?

Haub believed that in weight loss, pure calorie counting is what matters most -- not the nutritional value of the food. His premise held up: he lost 27 pounds in two months.

During that time frame, Haub limited himself to less than 1,800 calories a day. On average, a man his size consumes about 2,600 calories daily. He basically consumed fewer calories than he burned.

Haub's body mass index went from 28.8, which is considered overweight, to 24.9, which is normal. He now weighs 174 pounds, down from 201.

His health improved in other areas as well. His "bad" cholesterol, or LDL, dropped 20 percent and his "good" cholesterol, or HDL, increased by 20 percent. Haub reduced the level of triglycerides, which are a form of fat, by 39 percent.

"That's where the head scratching comes," Haub said. "What does that mean? Does that mean I'm healthier? Or does it mean how we define health from a biology standpoint, that we're missing something?"

Here's a daily sample of Haub's diet:

- Espresso, Double: 6 calories; 0 grams of fat
- Hostess Twinkies Golden Sponge Cake: 150 calories; 5 grams of fat
- Centrum Advanced Formula From A To Zinc: 0 calories; 0 grams of fat
- Little Debbie Star Crunch: 150 calories; 6 grams of fat
- Hostess Twinkies Golden Sponge Cake: 150 calories;

5 grams of fat

- Diet Mountain Dew: 0 calories; 0 grams of fat
- Doritos Cool Ranch: 75 calories; 4 grams of fat
- Kellogg's Corn Pops: 220 calories; 0 grams of fat
- Whole milk: 150 calories; 8 grams of fat
- Baby carrots: 18 calories; 0 grams of fat
- Duncan Hines Family Style Brownie Chewy Fudge: 270 calories; 14 grams of fat
- Little Debbie Zebra Cake: 160 calories; 8 grams of fat
- Muscle Milk Protein Shake: 240 calories; 9 grams of fat

Totals: 1,589 calories and 59 grams of fat

Despite the success of the diet, Haub does not recommend replicating his diet.

"I'm not geared to say this is a good thing to do," Haub said. "I'm stuck in the middle. I guess that's the frustrating part. I can't give a concrete answer. There's not enough information to do that."

Haub's body fat dropped from 33.4 to 24.9 percent. So what matters more for weight loss, the quantity or quality of calories?

"These foods are consumed by lots of people," he said. "It may be an issue of portion size and moderation rather than total removal. I just think it's unrealistic to expect people to totally drop these foods for vegetables and fruits. It may be healthy, but not realistic."

Pretty amazing. I'm still debating whether or not I'll be sending the wife to certain isles of the grocery store. On second thought, maybe I should go myself.

Copyright Christopher Blackburn 2010

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

Other Views

Rhetoric Must Be Followed Up With Action

By ADAM BITELY

Both Eric Cantor and John Boehner have been hot on the media circuit since the GOP won back control of the House last week. From press conferences, interviews with prominent papers, and releasing documents that shed light on how the next Congress might operate, Boehner and Cantor are the most-watched people in Washington, D.C.

Probable Speaker-Designate John Boehner has published an op-ed in the Wall Street Journal on what the next Speaker must do. Boehner goes as far as to call for a complete moratorium on earmark spending, a minimum of three days for a bill being posted online for all Americans to read before Con-

gress can vote on it, a complete cessation of "comprehensive" legislation, and an end to bills being written behind the closed doors of the speaker's office. He went even further on Friday when he called for the first cut of the next Congress to be lawmakers' salaries.

But despite all the nice rhetoric from Boehner, he is not Speaker yet and has yet to do anything to limit the size and scope of government since last Tuesday's midterm election. So before we go overboard and say "this is what we have been waiting for," we should all be saying, "this sounds good, hopefully this is exactly what the next Congress will be like."

Boehner is not the only one with good rhetoric. Eric Cantor, the likely Majority Leader

for the Republicans in the next Congress, has been on a roll with ideas to reform the way that Congress works. The day after the election, Cantor was out with a 22-page document titled "Delivering on our Commitment" that lays a framework for the next Congress under GOP leadership.

Cantor's document is great. It calls for serious spending cuts, a review of existing government rules and regulations, and he is calling for an end to legislation that recognizes "individuals, groups, events, and institutions." Further, on page 9 of his document, Cantor calls for all legislation that comes to the House floor to include "demonstration of the Federal Government's constitutional authority to act and why it is not more properly

an activity for state or local government."

This is all a great start from Boehner and Cantor. But they have yet to be elected to the offices they seek in the House leadership. The GOP is yet to be sworn in as the majority party in the House and the GOP still hasn't had the power of the purse handed to them.

The rhetoric we hear today fits perfectly in to what the voters declared when they went to polls on November 2. But the rhetoric of today from Boehner and Cantor need to be the actions of tomorrow when they have taken control of the House in January. If they fail to follow through on these simple promises, they will soon found themselves as irrelevant as Nancy Pelosi has become.

The Face of Energy Policy is About to Change

By REBEKAH RAST

From the right you hear "Drill, baby, drill." From the left you hear, "Go Green."

These mantras couldn't be more opposite. Now, with Republicans taking the majority in the House, Democrats retaining the Senate and President very outspoken about energy policies, finding a compromise on energy legislation should prove interesting.

Energy is inevitably going to be a hot topic. If nothing is accomplished during the lame-duck session, then starting in January the energy debate is sure to heat up.

It is already known where Obama stands on this issue. With taxpayer stimulus money subsidizing renewable energies and with the Environmental Protection Agency (EPA) imposing outrageous restrictions and rules on the current energy sector, his stance is pretty clear. And much of it doesn't fit into the Republican agenda.

Republicans would like to see more drilling exploration off America's shores and more uranium mining for nuclear energy and less government involvement in the free-market system with regards to renewable energies.

It is well-known that both Republicans and Democrats have at times faltered on their energy agendas in the past leading to disappointment within their own parties and for the American people. Leading to the question of what can we expect from the Republicans in the House this time?

Much can be derived from looking at past mistakes Republicans have made in this area, hoping they have learned from their mistakes, as well as looking at the new Chairmen taking over the House's energy committees.

"As energy takes the stage, Republicans need to remember why they are in the majority," says Americans for Limited Government's President Bill Wilson. "It's not because of their past energy agendas; it is so they can bring the right kind of energy policies to America that will limit government involvement in the sector -- something they haven't always done in the past."

It is important to note that both Republicans and Democrats have been partial to government-funded subsidies for the energy sector. Though the Democrats prefer to subsidize

renewable energies and the Republicans tend to support nuclear energy and natural gas production through similar tax credits and subsidies, it's all the same, and it's not good for America's free market system.

Because Obama lost control of the government's purse strings -- the House -- he might be more inclined to try to push making natural gas, oil and coal more expensive and more difficult to produce in America rather than a hefty cap-and-trade bill. The EPA has already had a big hand in this with its expanding regulations on dust; ozone; conductivity of water in Appalachia, which would essentially put a stop to coal mining in the U.S.; industrial boilers; and water-cooling intakes.

Though Republicans would do well to stand against all of this, including putting a stop to the EPA's egregious actions, they haven't always in the past.

The 2004 Republican platform largely supported President George W. Bush's strong backing of using ethanol as fuel. It wasn't until 2008 that the Republican's changed their stance, touting that the government should end its ethanol mandate and let the free market work.

Let's hope this current Republican platform sticks for these next two years.

Another key component as to what Republicans will support or oppose in the ways of energy policies can be derived from looking at the encouraged policies of the possible Committee Chairmen for the House Committees on Natural Resources and Energy and Commerce.

The probable Chairman for the House Committee on Natural Resources is Rep. Doc Hastings (R-WA). According to his website, Rep. Hastings supports an "All-Of-The-Above" Energy Plan, which consists of:

- Promotes alternative energy sources like wind and solar.
- Expands non-emitting nuclear power- and moves Yucca Mountain forward.
- Protects clean, renewable hydropower dams from those who are trying to tear them out.
- Drills offshore, in Alaska and on federal lands.

Tom Pyle, President of the Institute of Energy Research (IER), in post-election release expressed concern with an "All-Of-The-Above" approach to energy because, "With this

new political landscape, President Obama will try to advance his energy agenda in piecemeal fashion. Some Republicans will be tempted to go along with the President to support misguided notions of their 'all-of-the-above' energy policy. While 'all-of-the-above' makes for a good rhetorical device, it is deeply flawed as an actual policy since it seeks to increase federal involvement in all types of energy production."

In his defense, Rep. Hastings has a strong record of encouraging energy production and exploration in America and even on its protected federal lands.

One contender of the Chairman for the House Committee on Energy and Commerce is current ranking member Rep. Joe Barton (R-TX). Though Rep. Barton faces the hurdle of term limits set by the GOP, he has asked for a waiver in order to serve as Chairman of the committee.

In his letter asking for support to become Chairman, he wrote, "Over the past four years, as Ranking Member of the Committee on Energy and Commerce, I have led the charge against radical cap-and-trade legislation, fought the new entitlements and mandates that are the rotten core of President Obama's health care law, and consistently applied free market principles to legislative decisions."

If Rep. Barton does not make the cut, the next favored Chairman of the committee is Rep. Fred Upton (R-MI), states a committee press release. Rep. Upton is the current chairman of the Energy and Environment Subcommittee and also supports the "All-Of-The-Above" American Energy Act (H.R. 2846).

All of these ranking members, presumably soon to become Chairmen of these committees, know the nation's energy problems and have some good ideas as to how to fix them.

The new House of Representatives is tasked with finding solutions and compromises to America's energy needs while remaining true to its pledges to the American people. As proved Nov. 2, the American people's patience is running thin.

The Republicans have the power to do things right and create a sustainable, cost-effective and efficient energy plan for America. If they don't, their majority in the House might be short-lived.



Paul Derrick
Stargazer

Stargazer

by Paul Derrick

from Milk to Stars

Its very name reveals how wrong the ancients were about the nature of the Milky Way, but understandably so. When seen under the dark skies of our ancestors, the densest part of our galaxy does rather look like someone spilled milk across the night sky.

The earliest astronomers, of course, knew it wasn't milk, but they weren't sure what it was. Many thought it to be cosmic cloudiness (what we now called nebulosity), but others began to suspect otherwise.

In the days long before eyeglasses and telescopes, it was noted that when viewing the Milky Way those with good eyesight could make out more individual stars than those with poorer vision. Thus it seemed reasonable to suspect that the Milky Way contained more individual stars than even the very keenest eyesight could see.

It wasn't until 1610 when Galileo viewed the Milky

Way with his new telescope that this theory gained observational verification. As he trained his telescope on the Milky Way's "cosmic clouds," the clouds disappeared and in their place he saw countless individual stars. He wrote: "The Milky Way...is nothing else than a congeries of innumerable stars distributed in clusters."

But as is often the case with scientific discoveries, new knowledge begs new questions. Neither Galileo nor his contemporaries knew what stars really were nor their distance. Many thought them to be planet-sized objects made of a special unearthly substance illuminated by sunlight and situated some tens of millions of miles from Earth.

Others, however, put forth ideas that seem prescient in their accuracy. One was Giordano Bruno, a priest and contemporary of Galileo. His unorthodox religious ideas ultimately got him burned at the stake for heresy, but he also dabbled in cosmic speculations. He suggested that the stars were suns like our own, and that each had

planets which were probably inhabited.

There is indication that Galileo as well as Johannes Kepler came to share similar views, yet none of them had a shred of evidence to back their views. That wouldn't come until long after their deaths.

In today's urban areas, the Milky Way is obscured by light pollution. But if you live in or can steal away to a dark sky site, the magnificent Milky Way can now be seen stretching from the southwest to the northeast in the early evening. By morning it arches from south to north, tilting a bit to the west. It's worth the drive.

Sky Calendar.

* Oct. 31 Sun.: Halloween, a cross-quarter day celebrating the middle of fall.

* Nov. 3 Wed. morning: The crescent Moon is to the upper right of Saturn low in the east before dawn; the next morning it is to the lower right of the ringed planet.

* 6 Sat.: The Moon is new.

* 7 Sun. early evening: A very thin crescent Moon is between Antares (to the left) and Mars (to the right) very low in the southwest at dusk;



binoculars will help.

* 13 Sat.: The Moon is at 1st quarter.

* 15 Mon. evening: The gibbous Moon and Jupiter travel together across the sky.

* 17 Wed. morning: The Leonid meteor shower peaks with the best viewing likely in the 2-3 hours between moonset and dawn.

• Naked-eye Planets.

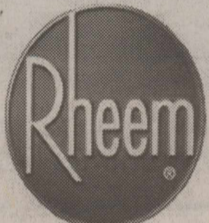
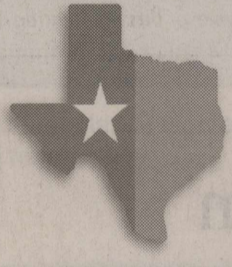
Mars is difficult to spot just above the west southwestern horizon at dusk. Brilliant Jupiter, high in the southeast in the evening, sets around 3 a.m. Saturn rises two hours before the Sun and is low in the east at dawn.

• Time Change. Before retiring Nov. 6 set your clocks back ("fall back") an

hour to Standard Time and enjoy an extra hour of sleep.

Stargazer appears every other week. Paul Derrick is an amateur astronomer who lives in Waco. Contact him at 918 N. 30th, Waco, 76707, (254) 753-6920 or paulderrickwaco@aol.com. See the Stargazer Web site at stargazerpaul.com.

Jerry's Plumbing

RELAX. IT'S RHEEM.[®]

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

Texas Air Conditioning License
#TACLB005658C

New study offers hope to type 2 diabetes patients

CHICAGO—More than 27 million adults and children in the United States have some form of diabetes. And, more than 57 million Americans have pre-diabetes, according to the American Diabetes Association. With the numbers of diabetes patients continuing to increase, the number of those at-risk for vision loss and blindness due to diabetic retinopathy and other related eye diseases will continue to soar.

Diabetes is the leading cause of new cases of blindness in adults 20-74 years of age. Diabetic retinopathy weakens the small blood vessels in the retina. Retinal blood vessels can break down, leak, or become blocked - affecting and impairing vision over time. In some people with diabetic retinopathy, damage to the eye can occur when

abnormal new blood vessels grow on the surface of the retina. Unfortunately, there is currently no cure for diabetic retinopathy.

However, results of the Action to Control Cardiovascular Risk in Diabetes (ACCORD) Eye Study, supported by the National Institutes of Health (NIH), show promising results in slowing the advancement of diabetic retinopathy and its effect on vision. The study examined adults who had Type 2 diabetes for an average of 10 years and were evaluated after different types of treatments of control of blood sugar, lipids and blood pressure. Intensive blood sugar control, compared with standard blood sugar control, decreased the progression of diabetic retinopathy by about one-third, from 10.4 percent to 7.3 percent, over four years.

According to the National Eye Institute (NEI), the ACCORD Study also found

that a combination lipid therapy with fenofibrate plus simvastatin also reduced disease progression by about one-third, from 10.2 percent to 6.5 percent, over four years.

"The results of this new study are promising. We hope that research and treatment options will continue to advance so that someday, we can put an end to vision loss and blindness due to diabetes," said Hugh R. Parry, president and CEO of Prevent Blindness America. "In the meantime, we strongly encourage anyone with diabetes to help protect their vision by getting a dilated eye exam every year by an experienced eye care professional."

Many people may have diabetic retinopathy and not know it. Once a patient notices symptoms, vision loss has already occurred. Some symptoms may include:

- Blurry or clouded vision
- Floaters or dark spots in

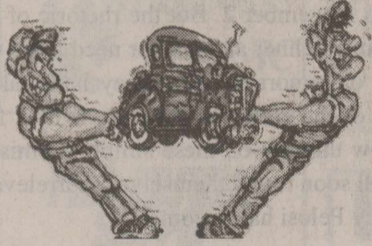
vision

- Straight lines that do not appear straight (such as flag poles, street lights, etc.)
- Difficulty seeing in dim light
- Tunnel vision

Individuals age 65 or older with diabetes, may visit EyeCare America's online referral center at eyecareamerica.org to see if they qualify for an eye exam and care through the Foundation of the American Academy of Ophthalmology's EyeCare America program. Those eligible may receive a comprehensive eye exam and up to one year of medical eye care for any disease diagnosed during the initial exam.

For additional information on financial assistance and vision care resources, or diabetic eye disease, please call Prevent Blindness America at (800) 331-2020 or visit preventblindness.org/diabetes.

LEWIS PAINT & BODY SHOP
EXCELLENCE SINCE 1952



COME SEE US FIRST
NO JOB TOO LARGE
OR TOO SMALL!
24HR WRECKER SERVICES

CLINT LEWIS
OWNER


"IN LOVING MEMORY OF STERLING LEWIS"

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

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

SPECIAL EDUCATION CHILD FIND

The Special Education Program for Children with Disabilities provides services for children ages birth through 21. If you are aware of a child who is suspected of having a disability, please contact Haskell-Knox Coop (940)658-3587 or Region IX Education Service Center (940) 322-6928, (940) 322-8297 or (800) 375-8297 for information about screening and evaluation at no cost.



EDUCACION ESPECIAL CHILD FIND

El programa de Educacion Especial para ninos con incapacidades ofrece servicios para ninos recién nacidos hasta la edad de 21 años. Si usted sabe de un niño que quisas tendra una incapacidad, favor de ponerse en contacto con Haskell-Knox Coop (940) 658-3587 a Region IX Education Service Center (940) 322-6928. (940) 322-8297 o (800) 375-8297 para obener informacion sobre estos servicios. Estos servicios san gratis.



Honor your local veterans this Thursday, Nov. 11

Jeremy Eaton Equipment Services L.L.C.

Oil Field & Ranch Construction
Clean Out Stock Tanks Maintain Roads
Land Clearing & Tree Grubbing
Many other services available!

24hr Services

420D Backhoe • 936E Loader • 112F Maintainer
3 Dumptrucks • 320DL Trackhoe • 2 Bellydumps
Truck and Pipe Float & 924H Forklift • S185 Bobcat

Call for FREE Estimate (940) 256-0470

Find us on Facebook!

INSOMNIA

medications, such as Ambien, really has no place as a sleep aid," Alapat said. One of the most common over-the-counter sleep aids is the nutritional supplement melatonin, which does help to promote sleep for some people, he said. It is more commonly used in situations such as jet lag, where it may be beneficial. It is not an FDA regulated substance, however, and so people don't always know what they're getting when they buy melatonin. Over-the-counter sleeping pills may also contain antihistamines and while these can help

a person sleep, they have other side effects, including dry eyes and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. But before turning to any type of sleep aid, Alapat recommends a visit to a physician, and more specifically a sleep disorders specialist. "A lot of patients who complain of insomnia may have some other medical condition that needs to be addressed," he said. "Without addressing those other issues, the use of medications is often

futile." Underlying health conditions that may affect sleep include, but are not limited to, sleep apnea, restless legs syndrome and depression. "There are many other medical disorders that should be evaluated before the diagnosis of insomnia can be reached," Alapat said. Medication is usually only a small part, if any, of a treatment plan for patients who suffer from insomnia and other sleep issues, Alapat said, and should not be considered a long-term solution.

Nov. is Adoption Awareness month

Amarillo, TEXAS- November is National Adoption Month, a month set aside each year to raise awareness about the adoption of infants, children and youth from foster care as well as placement by private agencies. November always reminds us to celebrate both birth families that have made the selfless decision to place their children for adoption, and adoptive families who have expanded their natural families through the adoption process. November 20, 2010, will mark the 11th year for National Adoption Day.

from an adoption agency who will explain about "open adoption," a teen parent who has placed an infant for adoption, an adoptive parent who has been selected by the birth mother using open adoption, an adult adoptee who was adopted before open adoption and who has searched for and found biological mother, and a representative from Child Protective Services.

option is not to be viewed as secret, but celebrated as a way to ensure all members' needs are met. One way in which to accomplish this task is to use positive adoption language that will help end the myth that adoption is second best. By using positive adoption language, there will be true reflection of the nature of adoption, free of stereotypes, as a selfless, loving option.

Child placing agencies in the Panhandle area are working together to form the Panhandle Coalition for Foster/Adoptive Families. The goal of this Coalition is to bring awareness to the option of adoption, and provide training and support to foster and adoptive families.

Please remember that birth families choosing an adoptive plan are making a selfless choice to give their child a home and family by choosing an adoptive family with room in their heart and their home for a special and chosen child.

Adoption has changed drastically over the past 30 years. A practice that used to be shrouded with secrecy is now an open and celebrated practice. There are three levels of openness practiced in adoptions today from CLOSED where there is no ongoing contact between the triad members (adoptive families, birth families and child); SEMI-OPEN where non identifying information is shared and contact is facilitated by a third party; OPEN where identifying information is shared and contact is maintained by the parties. No matter the level of openness, adoption as an

For more information on the Teen Pregnancy Prevention Coalition and the November presentation please contact: Myrna Raffkind, 355-4733

For more information on Child Protective Services and foster/adopt placements please contact: Greg Cunningham, 358-6211

For more information on the Panhandle Coalition for Foster/Adoptive families please contact Leigh Sexton, A World for Children, 358-9117

For more information on training to increase positive adoption language please contact Holly Campidilli, Hope Cottage 672-3497.

USDA Provides Support to Rehabilitate Farmland Damaged by Natural Disasters

WASHINGTON, Nov. 8, 2010 — U.S. Department of Agriculture Secretary Tom Vilsack today said that farmers and ranchers will receive additional Emergency Conservation Program (ECP) funds to repair farmland damaged by natural disasters in 2010. "President Obama and I are committed to helping farmers and ranchers restore farmland severely damaged by natural disasters as part of continued efforts to provide a safety net to producers, support food and fiber production and improve the environment," said Vilsack. An additional \$8.9 million is being provided to farmers and ranchers in affected areas. Previously this fiscal year (2011), \$2.3 million in ECP funding was provided

to producers in eight states. A total of \$53.8 million in ECP funding was provided to producers in 38 states in fiscal year 2010. Producers may use ECP assistance to remove farmland debris, restore fences, grade and shape land, and repair existing conservation structures damaged by drought, floods and other natural disasters and to implement For land to be eligible, the natural disaster must have created new conservation problems on that land, that: If untreated, will impair or endanger the land; Materially affects the land's productive capacity; Represent unusual damage that, except for wind erosion, is not likely to recur frequently in the same

area; and, Would be so costly to repair that federal assistance is or will be required to return the land to productive agricultural use. All of the above conditions must be met for eligibility. Untreated conservation damage that existed before the natural disaster is not eligible for cost-share assistance. USDA's Farm Service Agency (FSA) county committees determine if land is eligible for ECP by conducting on-site damage inspections that take into account the type and extent of damage. Counties in Texas that received funding were Hidalgo, Starr and Willacy in the amount of \$7.2 million for hurricane relief.

Find The Knox County News on Facebook!

Services

You can buy a classified ad in Colossal for \$6.75 for 21 words or less! It's a steal! info@thecolossal-classifieds.com .

Ever tried to mail something to over 35,000 people for \$6.75? Imagine being able to reach that many people any other way. You can't. Until now!

The **COLOSSAL** Classifieds

CALL: 1-888-400-1083 EMAIL: ads@thecolossalclassifieds.com

APPEARING WEEKLY IN:
 THE ALTUS AVIATOR, THE FLOYD COUNTY HESPERIAN-BEACON, HALL COUNTY HERALD, HOLLIS NEWS, THE KNOX COUNTY NEWS, POST DISPATCH, THE CHILDRESS INDEX, WELLINGTON LEADER



**Alfredo Abila
Fundraising
Golf
Tournament
on
Sunday,
November 7,
2010**



**Just
follow
the
money**

It's often been said, "If you really want to know what's going on, just follow the money." Say for instance, a family opens a savings account. Then a local businessman needs a loan to expand. He grows his business and hires new employees. They've got kids and some shopping to do. So the stores need to add inventory. This chain is called, "the local economy." We don't break the chain, we keep your money working right here in the community.

PHONE ~ (940) 422-4522
TELEBANK ~ 422-4741
fnbmunday.com

©MTI

First National Bank

MUNDAY - HASKELL - STAMFORD



Find us on Facebook!