

THE KNOX COUNTY NEWS

VOL. XXX NO. 248

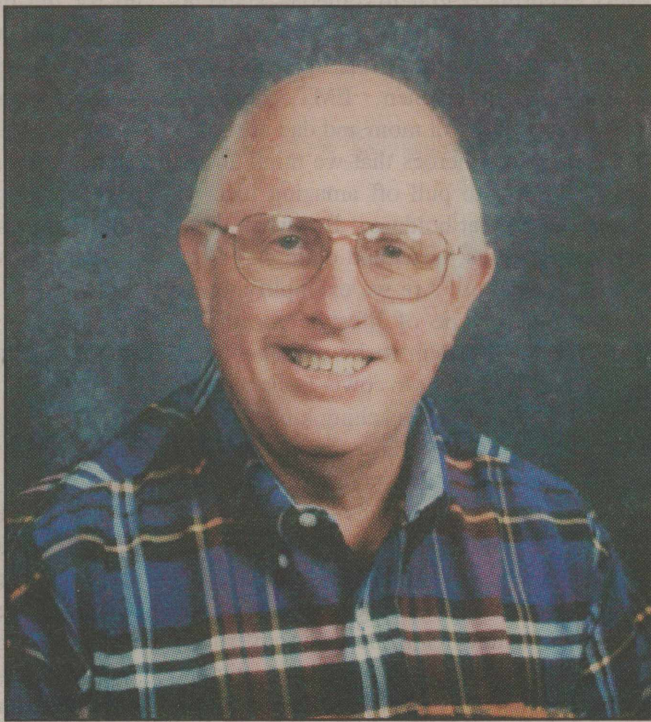
THURSDAY, JUNE 16, 2011

75CENTS

CH Underwood to be inducted to Hall of Fame

On Saturday, July 23, 2011 at 7:30 p.m., the Texas Six-Man Coaches Association will hold its annual All-Star Football Game at Lowery Field in Lubbock, Texas. A half-time ceremony will be held to induct C.H. Underwood in the Texas Six-Man Coaches Association Hall of Fame. Officials of the Association invite all those who played for Coach Underwood to participate with him during this ceremony thereby recognizing their efforts and accomplishments.

A 1963 graduate of O'Brien High School, C.H. Underwood played on football teams that on two different occasions were Regional Finalist and undefeated Regional Champions; basketball teams that won District twice and a track team that won District and Regional titles



CH Underwood

before finishing third in the State Track Meet. His high school coach was the highly successful Charles Thorn who compiled a record of 45 wins and only 5 losses in football at O'Brien from 1960-1965. As a player, **CH UNDERWOOD** continued on page 15

Nothing to Do?

Tamara Smart

As soon as the weather begins to warm up, the countdown begins to the summer months. For some young people, it seems that school lingers throughout the spring and summer cannot get here fast enough. Then once the time arrives and school is dismissed for those 2 glorious months, there is sheer excitement in the air... yet, for many kids, that excitement evaporates like a drop of water on a 100 degree day in only a matter of weeks. Only a few weeks into the summer, it is not unusual for a parent to hear the infamous phrases of "I'm bored" or "There's nothing to do" escape from an adolescent's mouth. This is when the tables change and the parents begin their own countdown until school reconvenes in the fall.

Yet, the Knox County News has compiled a list to help remedy this "nothing to

do" epidemic. Get out your calendar, mark these dates.

What is a summer without a little splash time? With the temperatures recently hovering at or above the century mark on the thermometer, a pool is exactly what is needed to fight the boredom. Knox City's public Pool is opened Tuesday through Sunday from 1 p.m. until 5 p.m. It only costs \$2 per person per visit, or a family pass is available for unlimited swimming throughout the summer for only \$100. Munday's Public Pool open Tuesday through Saturday from 1 p.m. until 5 p.m. Prices vary per age group.

Perhaps water-play is not your forte, but just getting out and stretching your body is more up your alley. Knox City Country Club Golf Course is an 18-hole golfers dream. It is located right on **WHAT TO DO** continued on page 15

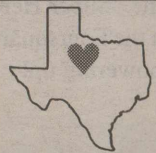
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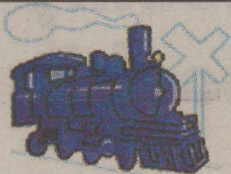


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GOD'S PROMISES

By Amy Schnable
Foursquare Church

A Hero or sidekick; which are you? As I sit down to put the finishing touches on how we want to get this message across to the children in our community, so many faces and situations come back to mind. There are many heroic acts I could recount both recently and in years past. Some say it's "just a matter

of being in the right place at the right time", but I choose to believe that every morning as we put our feet to the floor, God has a plan. I believe that our paths cross, or even divine appointments are set up for us, as we ask God to order our steps for the day and make us aware of the people and life in general that is happening around us. You can be someone's hero, just by taking the time to give them a

smile or a hug – simply acknowledging their presence.

Living in various parts of our beautiful country, I have heard life stories that cry, "how could I ever make a difference; be a hero? Seems like people could care less if I'm even around." Affirmation of their positive characteristics and reminding them of their gifts and talents was often all that was needed to set them soaring again, looking for every opportunity to help someone, stand up for what's right, or be the sidekick that was needed to pull off a huge task of some sort.

Firemen, policemen, EMT, doctor's, nurses, even dear 'ol mom and dad are some of the everyday heroes that we think about. They all seem to pull off amazing feats of danger with great boldness! But what about our young adults, teens and children? They can be heroes too! Are we exemplifying an everyday hero type of lifestyle for them? Have we taught them to be courageous in the face of ridicule, or to cower back and just let things go? Are we teaching kindness and taking the time to help those around us, or do our actions say, "Fend for your self in this dog-eat-dog world"? Philippians 2:4 reminds us "Do not only look out for your own personal interests, but also for the interests of others."

In fact, this last week in Abilene, one of our very own, Brittney Gonzales, was covering a life guarding shift for a friend that particular morning when she realized a woman needed her help. Because she was aware, alert and trained, she successfully saved the woman's life. I know she is this person's hero! Just as a true hero would, Brittney declined any interviews and is now looking back in awe at the strength and wisdom the ultimate hero of all time – Jesus – empowered her with for that very moment in time!

In the coming weeks, the churches of our community have the fun privilege of speaking into these young lives around us.

We want more than anything to teach them life lessons that will empower them for years to come. Highlighting some of the amazing heroes of the faith will be our guide for being "heroes in training". Heroes are always kind. They are courageous. They are always helping others and they stand up for what is right. We can look at the story of the fiery furnace and see how COURAGEOUS "Rack, Shack and Benny" were. They stood up for the true worship of God and found themselves in one hot mess. The good news is God delivered them and He'll do the same for us as we apply the truth of 2 Timothy 1:7, "God has not given us a spirit of fear, but of peace, love and a sound mind". We, too, can be that courageous hero when standing up for justice, honesty and integrity!

You know, heroes are not always the "upper crust" of society or people of position. They usually work under cover, not wanting any recognition of a "job well done" or pat on the back. I think of Rahab and the lifestyle she lived. Yet when it came down to it, she had the means; the where-with-all, to help the spies escape. The Good Samaritan is just one of the many faith heroes that again is a great example of taking the focus off of ourselves and being that hero to the down and out; the one who's been taken advantage of and left along life's road.

I'm certain there are enough "Hero stories" in our own community that would fill volumes. What is your most daring moment? Whether you have played the part of the undercover masked hero, or flung your cape over your shoulder with lightening speed, there's a whole new generation just watching and waiting to spread their wings and soar. Let's pass along the traits of Courage, Honesty, Kindness and Justice! Send the kids you know on out for some "Super Hero Training" June 26th, 6:00pm at the Foursquare Church for a whole week of powering up!

The Knox County News

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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.

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

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FSA accepting emergency loan applications

Archer, Baylor, Clay, Jack, Knox, Montague, Wichita, Wilbarger and Wise Counties were declared eligible for Farm Service Agency (FSA) disaster emergency loans on May 27, 2011. Generally, that means that farmers who have lost at least 30 percent of their production due to wildfires that occurred from February 23, 2011 and continuing are eligible for FSA loans. Proceeds from crop insurance are taken into consideration when determining eligibility.

FSA Farm Loan Manager, Kelley R. Boone, is urging

farmers who are interested in receiving an emergency loan to submit their applications into FSA as soon as possible. Kelley R. Boone said, "We hope farmers will get their applications in early rather than waiting until near the deadline, which is January 30, 2012. The longer they wait, the more chance there is for long delays. If the applications come in early, we can avoid backlogs and speed up the process."

The FSA office is at 5015 College Dr. Rm 1 in Vernon, TX 76384. The telephone number is (940) 553-3327 ext 2.

Knox County Aging Services

Menus For June 20th To June 24th

Monday June 20th

Sliced Ham
Sweet Potatoes
Turnip Greens
Wheat Roll
Chocolate Pudding

Tuesday June 21st

Chicken Fried Steak/Gravy
Mashed Potatoes
Peas
Biscuit
Cookies

Wednesday June 22nd

Bbq On A Bun
Cole Slaw
French Fries
Banana Pudding

Thursday June 23rd

Chicken/Stir Fry Vegetables

Rice
Salad
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Parent Teacher Organization Year Review

By Amanda Duke - PTO President

Knox City/O'Brien Elementary PTO (Parent Teacher Organization) has had a great year! We started out the year by deciding on a purpose or definition for our group. We said that "PTO is parents and teachers working together for the enrichment of the students and school". We have lived out that purpose throughout this school year.

We had two profitable fundraisers this year! The first was our Christmas basket auction during the Christmas music program and the second was the Baked Potato Supper in January. Thanks to the generosity of our community and the hard work of our students and members, PTO was able to purchase books for the library, purchase field day ribbons, give support for various other activities throughout the year, and host an end of year celebration.

The end of year celebration was held on May 19th at the school. Parents and teachers got to look on as the elementary

students bounced, climbed, slid and had a blast on the air castles and obstacle course. Lunch followed with drinks and orange sherbet treats for all. It was a great end to our successful PTO year! We would like to thank the following for help with the

air castles and our celebration: Knox City Chamber of Commerce, school maintenance staff, cafeteria staff, high school students, Rick Reid, Mr. Baty, all elementary teachers/ staff and all of the parents that took time out of their day to support

our students!

Thank you to all who helped make this a terrific year for PTO! We would like to encourage all parents and grandparents with elementary students to join our group next year!

Father's Day is June 19!

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Sunday School at 9:45 a.m. • Sunday Morning Worship at 11 a.m.
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Sunday Mornings on KVRP 97.1 at 9:05 a.m.

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Genes provide landmarks on the roadmap of autism

HOUSTON – Many roads can lead to the same place, often crossing over one another and sometimes passing the same landmarks.

The interactome or protein interaction network for autism spectrum disorders developed by researchers at Baylor College of Medicine (www.bcm.edu) and the Jan and Dan Duncan Neurological Research Institute at Texas Children's Hospital (www.texaschildrens.org/nri) in collaboration with scientists at the Center for Cancer Systems Biology (CCSB) at Dana-Farber Cancer Institute (<http://www.dana-farber.org/>) demonstrates how protein pathways converge, diverge and interact to arrive at the same devastating condition.

In a report in the current issue of the journal *Science Translational Medicine* (<http://stm.sciencemag.org/>), Dr. Huda Zoghbi (<http://www.bcm.edu/genetics/index.cfm?pmid=11053>), director of the Neurological Research Institute and professor of neurology, neuroscience, molecular and human genetics and pediatrics at BCM, and her colleagues describe the network

that identifies hundreds of new interactions among proteins encoded by genes associated with autism spectrum disorder.

It also relays new information about idiopathic autism, which has no known cause. It does this by building on what is known about syndromic autism that often occurs as a symptom of a broader genetic disorder such as fragile X, tuberous sclerosis and Phelan-McDermid syndrome. The three core features of autism present in both idiopathic and syndromic cases include impaired social skills, delayed language and repetitive behaviors.

"The interactome is a more functional approach," said Zoghbi. "It can help us understand how mutations in different genes can cause similar clinical symptoms."

When the study started, she and her colleagues began with 26 genes known to be associated with syndromic autism. Studying each of those singly and devising a therapy would take a lifetime, said Zoghbi. Together, they account for no more than 30 percent of autism

cases. (There are now more than 60 genes associated with autism spectrum disorder, a sign of advances in the field).

"We had these 26 genes that seemed to have little to do with each other but still resulted in autism-like symptoms," said Zoghbi. "We thought that perhaps they cause autism by interacting with some shared partners that function in pathways that lead to similar phenotypes (similar characteristics)."

They took each protein associated with autism and determined the proteins with which they interacted. The complicated network that resulted encompasses 539 proteins that interact with the 26 proteins associated with syndromic autism spectrum disorders. These protein interactions include a variety of genes including transcription factors, RNA-binding proteins, cell adhesion molecules and enzymes involved in modifying and degrading proteins.

Compiling the interactome was a massive undertaking, said Dr. Chad A. Shaw (<http://www.bcm.edu/genetics/index.cfm?pmid=11044>), assistant

professor of molecular and human genetics at BCM and a computational scientist who was a co-corresponding author of the study.

"One of the most important contributions of this interactome is that it provides a deep, experimentally driven foundation that can be used to understand complicated genetic variation," he said.

He credits the paper's first author, Dr. Yasunari Sakai, with important work in constructing the interactome itself which Shaw and his laboratory then analyzed; Sakai also validated random selections of interactions in the laboratory, an exacting, time-consuming task. Sakai was a postdoctoral fellow in Zoghbi's laboratory.

The network confirmed many previously known or hypothesized connections and revealed previously unsuspected connectivity between two syndromic autism spectrum disorder proteins – SHANK3 (SH3 and multiple ankyrin repeat domains 3) and TSC (tuberous sclerosis protein 1).

Shaw compared the infor-

mation in the network to information from published studies on chromosomal differences known as copy number variations (duplications or deletions of genetic information from chromosomes) that had been observed both in normal subjects and in patients with non-syndromic or idiopathic autism spectrum disorder. He looked for genes that were present both in their network and in the copy number variations in the individuals within the normal and

autism groups.

The autism patients had a greater rate of copy number variations that included the genes in the interactome than did the control group.

The team also performed microarray or gene chip analysis for all of the genes in the network on tissue from 288 subjects with idiopathic autism collected by the Simons Foundation Simplex Collection. None of these subjects had any of the symptoms associated with syn-

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Date	Temperature (F)		Rainfall inches
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05/31	76	97	
06/01	79	99	
06/02	72	101	
06/03	65	101	
06/04	75	99	
06/05	70	101	

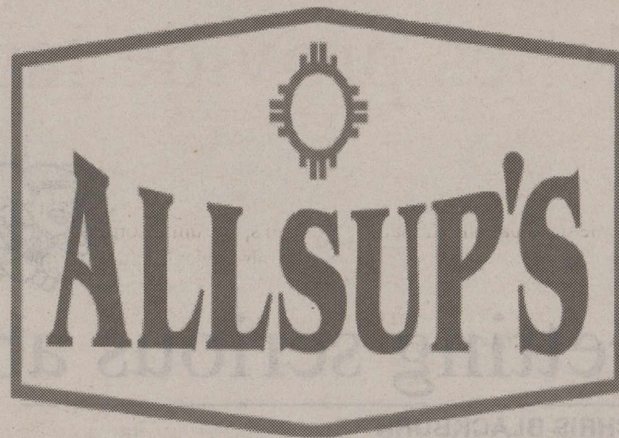
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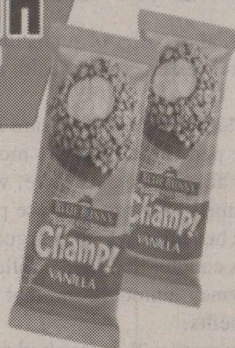
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OPINION

The Paperboy



Getting serious about saving Rural America

By CHRIS BLACKBURN

I've gotten acquainted with a website I think is beneficial for those of you interested in growing rural America.

Ruraltopia.com is a website dedicated to the betterment of small towns.

According to the website:

Ruraltopia is authored by a group of rural Texas entrepreneurs who are passionate about rural communities, rural politics and leadership, and agriculture. Through Ruraltopia, the authors seek to:

- Provide a forum for rural leaders to discuss rural community and political issues;
- Engage the non-farm and non-rural community about the importance of rural America to the past, present, and future of the United States; and
- Tell the story of why young entrepreneurs and leaders are choosing to live and work, building families and businesses, in rural communities rather than the city or the suburbs.

I'm very impressed with the ideas and the various authors' abilities in getting those ideas down in writing. You can tell there is a passion for rural living through their work.

The following is an example of a blog post by Trent McKnight, of Throckmorton, Texas, one of the site's authors:

What is a Good Citizen?

By Trent McKnight

What is a good citizen? Is it someone who recycles? Votes? Gives to the needy? Is it a dutiful employee who does more than is required? Is it a businessman who builds a factory, a service or a company that improves the quality of life for countless others? Is it a housewife who lovingly cares for her children and her home? Is it a well-informed person who attends rallies and symposiums for justice and equality?

In a word, a good citizen is responsible. Unfortunately, this concept has eroded from the American landscape. This is quite evident in our foreign policy, federal deficit budgets, personal credit card debt, and yes, even our rural communities. Responsibility is the duty that accompanies a position, gift or privilege. Some responsibilities are clearly defined: a mother is responsible for her child. But what are the responsibilities of a good citizen? Who is responsible for helping the stranded traveler with a flat tire? Who is responsible for picking up litter in the bar-ditch? Who is responsible for recruiting young entrepreneurs to town?

We all catch ourselves deferring responsibility to someone else—usually to the vague and elusive: they. “I wish they would fix our school.” “I wish they would do something about that problem over there.” “I wish they would cleanup our town.” But really, it's not their problem, it is our problem—my problem; and I must assume the burden of leadership to make a change.

Our small towns need facelifts; but nothing will change unless we—unless I recognize that it is my responsibility to elicit change. Community change comes in small increments not colossal revolutions. It begins with one person picking up trash on the side of a

road. It begins with one person organizing a group of concerned citizens. It begins with one person giving a few dollars to a worthy cause in town. Slowly, the fetters of apathy will begin to fall and what began with one good citizen will evolve into a revitalized, responsible community of good citizens.

Are you a good citizen?

This is just a sample of some of the work you will find at ruraltopia.com. If you have a computer and some time, check out the site for yourself and even interact with it if you wish.

If you are without a computer, some of the material from the site will make it's way into these pages from time to time.

As you know, I'm a proponent for our way of life. I think we lack a voice at state and national levels and I advocate for Rural America at every turn. Websites like ruraltopia.com assure us that there are others out there interested in building and resurrecting our towns.

The bottom line concerning our communities is this: We must roll up our sleeves and get to work. No federal agency or state organization is going to come in here and do it for us.

It takes volunteers, communication, organization, determination and money. Find enough people willing to help and a substantial difference can be made.

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

ObamaCare: Taking the 'Advantage' Out of Medicare Advantage

By VICTOR MORAWSKI

Officially dubbed “Medicare Advantage” (MA) in 2003, the program grew out of several Congressional attempts beginning in the late 1990's to offer consumers a free market based alternative to Medicare's traditional single-payer Fee For Service (FFS) Plan.

And for many of the approximately 23 percent of current Medicare enrollees who have chosen this option, the program does indeed offer a genuine advantage, having lower premium costs than traditional Medicare enhanced by supplemental coverage and providing them with additional benefits over the FFS alternative.

Yet this very sensible and worthwhile program is right in ObamaCare's bull's-eye, slated for \$145 Billion in cuts over the next ten years, specifically designed to lower MA's attractiveness to consumers and to effectively force them back into traditional Medicare. Its own actuaries predict that ObamaCare's changes will cut in half the number of MA enrollees by 2017.

Why is ObamaCare so focused on attacking MA? For progressives who view ObamaCare as only a step on the way to a complete socialization of medicine in the U.S. by a single-payer system, traditional Medicare has long been their working model for the entire health care system. A free market-based island in the single-payer sea of traditional Medicare, MA is something that they want to eliminate.

The more immediate reason for the attack, however, is that it represents

a conveniently available coffer of funds that can be pillaged to help pay for ObamaCare's extension of health care to 30 million of the now uninsured.

Their claim is that, “Medicare paid Medicare Advantages plans 14 percent (or \$1,000 per person on average) more for health services than they did under traditional Medicare, with no measured difference in health outcomes.” So cuts in these payments will not affect outcomes for senior beneficiaries, they argue.

Defenders of MA Plans counter that MA enrollees do receive extra value for the extra payment amounts and that cuts in them will mean real cuts in their benefits.

Reductions to MA payments will be made through ObamaCare by reducing the ‘benchmarks’ from which those payments are calculated. But say Heritage Foundation analysts Robert Book and James Capretta: “Because MA health plans are required to rebate ‘excess’ payments to their beneficiaries in some combination of extra health care benefits, lower copayments, or lower Part B premiums, the reduction in benchmarks will necessarily make MA plans less generous for patients. This translates into a loss in benefits (or money) for patients who stay in MA plans.”

So ObamaCare MA cuts will genuinely reduce benefits in the next few years for seniors who have come to depend on this program. What then of the arguments that cuts in MA payments are still justified because MA costs the government more per individual than traditional Medicare? And why is this so?

According to a Johns Hopkins University survey, “The Medicare Modernization Act of 2003 increased payments to private health plans in order to incentivize them to participate in Medicare.” The original thought was that free-market competition among these plans would bring their cost down and that this incentive would not be needed indefinitely — so what happened?

Book and Capretta point out that due to Democratic attempts to sabotage MA plans from the very beginning, true free market competition was never allowed to take place.

Congress rejected a recommendation by a bipartisan commission in the late 1990s that would have had sponsors of FFS and MA plans for a given region submit competing bids for their provision of Medicare services and which would have taken their average bid as what the government would pay for all Medicare enrollees for that region, regardless of which option they chose — putting FFS and MA plans on a level playing field. It was akin “to loosening the highly regulated, administratively determined payment systems for FFS that a move toward genuine competition would require.”

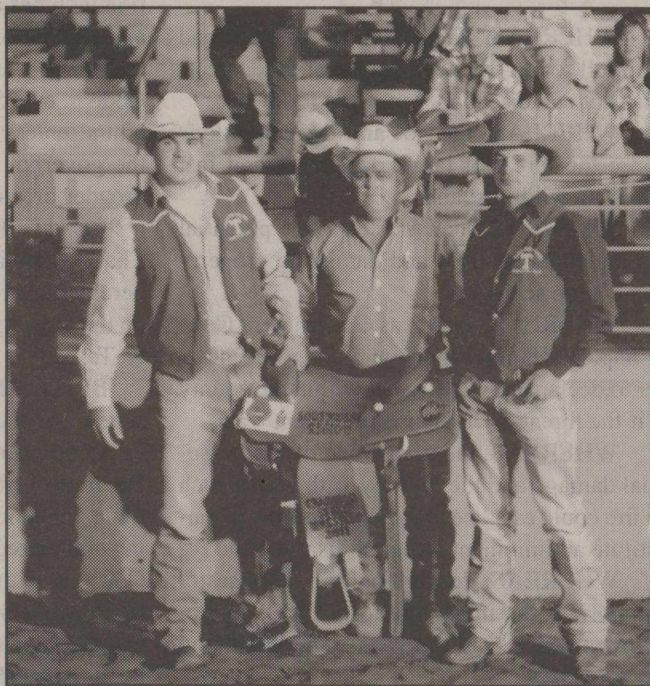
As a result, to this day there remains a discrepancy between government costs for FFS and MA plans. One way various writers view what Paul Ryan is trying to do is not to end Medicare as we know it but to restructure it using its successful private components — MA and Part D — as models in an environment where there is true, legitimate free market competition.

Rowan To Compete At College National Finals Rodeo

Kiel Rowan of O'Brien, and at Tarleton State University, will compete in the 2011 College National Finals Rodeo scheduled for June 11-18th in Casper, Wyoming. The CNFR is the season finale of the National Intercollegiate Rodeo Association where student athletes earn the right to compete by finishing in the top three for the year in their respective events at ten regional rodeos. Rowan earned his trip to the finals by clinching top honors as the 2011 Southwest Region Steer Wrestling Champion.

This is the 63rd Annual CNFR and the 13th anniversary of the event's home in Casper. Qualifiers to the CNFR will represent 11 regions across the nation and will compete in nine rodeo events including bareback riding, saddle bronc riding, bull riding, tie-down roping and steer wrestling for the men, barrel racing, goat tying and breakaway roping for the women. In addition, team roping is held which can feature male and female competitors. Along with individual titles and scholarships, many of the competitors are hoping to be part of the men's or women's team that takes the team championship back to their college or university.

Each contestant has three preliminary rounds of competition prior to the



Kiel Rowan CNFR

final round on Saturday night, June 18th. Scores and times from those three rounds will be added up and the 12 contestants with the fastest total times or highest total scores will advance to the finals. At the conclusion of the final round national event champions along with men's and women's all-around and team champions will be crowned. In addition several special awards will be presented throughout the competition. Complete results will be available at www.cnfr.com.

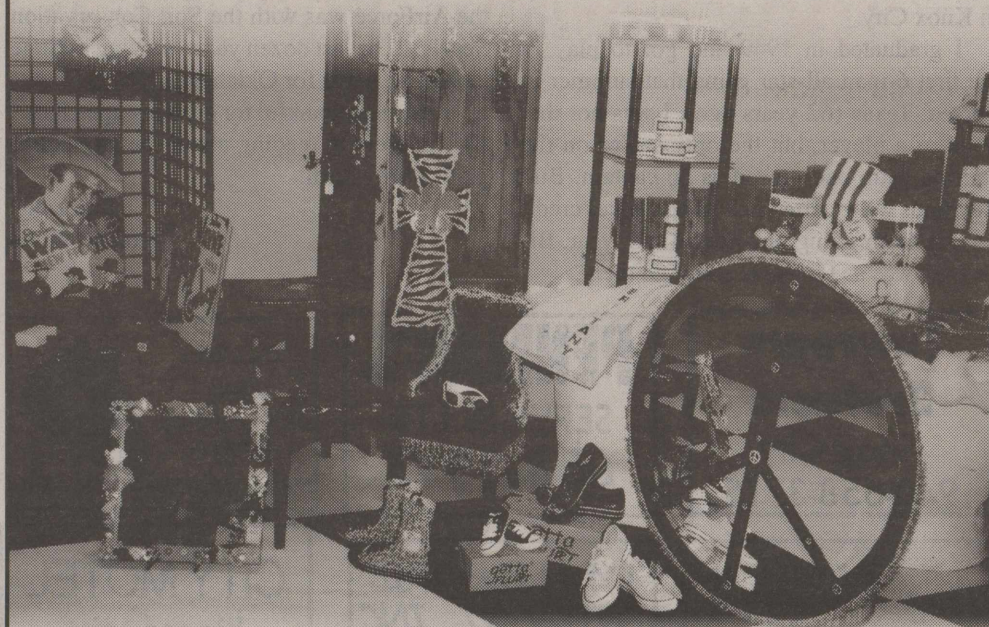
In addition to steer wrestling, Rowan also competes in calf roping and team roping at regional rodeos as a

member of the men's team at TSU. Besides competing for individual honors at the CNFR, he will be joining with 6 other TSU men's qualifiers in various other events to try to bring a national team championship back to Stephenville.

Kiel is a senior at Tarleton State University and a 2008 graduate of Rule High School. He has been active in rodeo for many years earning various awards and titles in high school and college rodeos as well as in the amateur and professional ranks. He has one sister, Kate, and is the son of Keith and Jane Rowan of O'Brien.

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LETTER TO THE EDITOR

Dear Editor,

I read with interest "Shaver Represents KC in 6-Man Game" in the May 26th issue of the Knox County News.

I was one of the fortunate one that got to attend all of my grade and high school years in Knox City.

I graduated in 1949 and got to play in the first 6-man all-star game that summer in Forsan, Texas (62 years ago). I was not that good of a player, but the only senior on the starting team and served as co-captain. Bud Reynolds was quarterback and deserves credit for our team going undefeated that year. Bi-District was as far as we could go then.

I went to then Tarleton State College, but was not good enough to make the football team.

Later I graduated from Texas A&M with a degree in Agronomy.

My lifetime career other than some time in the AirForce was with the Soil Conservation Service. The last dozen years, serving as State Conservationist for Oklahoma.

I am most thankful for growing up in Knox City and enjoy reading about the wonderful place of my birth.

Sincerely,
Roland Willis

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Knox County Issues Declaration of Disaster

DECLARATION OF DISASTER AND ORDER PROHIBITING OUTDOOR BURNING FOR KNOX COUNTY, TEXAS

WHEREAS, Knox County has not had rainfall for an extended period of time, creating hot and dry conditions; and

WHEREAS, the hot and dry conditions pose the threat of large, dangerous and fast moving wildfires; and

WHEREAS, such fires have the potential of endangering lives and damaging property on a large scale; and

WHEREAS, the Texas Government Code Chapter 418 gives the county judge the power to declare a local disaster within the county "if the threat of disaster is imminent", and

WHEREAS, the magnitude of the potential damage and the rapidity with which such a fire could escalate to major proportions constitute an imminent threat of disaster; and

WHEREAS, declaration of such disaster authorizes the imposition of controls on activities which tend to increase the likelihood of fires; and

WHEREAS, such controls once implemented, have the potential of protecting lives and property by mitigating the threat of dangerous fires; and

WHEREAS, a declaration issued under Section 418.108 of the Texas Government Code may include a prohibition or restriction on the sale or use of all fireworks within the county, and

WHEREAS, a local disaster declaration expires seven days after its issuance; unless

the commissioners court consents to its renewal or continuance; and

WHEREAS, to the extent that a declaration includes a provision related to fireworks, any portion of the provision that exceeds the restrictions authorized by Local Government Code 352.051 is effective only for 60 hours, unless the county judge requests and the governor authorizes an extension of the broader fireworks restriction.

BE IT THEREFORE PROCLAIMED That I, Travis Floyd, of Knox County do hereby declare a local state of disaster based on the threat of large wildfires in Knox County, Texas.

BE IT ALSO PROCLAIMED that this state of disaster will continue until rescinded in accordance with the above cited statute, but in no instance will this declaration continue for more than seven days without being authorized by the County Commissioners Court, or in the event the declaration pertains to fireworks, no more than 60 hours unless an extension of the restriction on fireworks has been received from the governor.

BE IT ALSO PROCLAIMED that the purpose of this order is the mitigation of the hazard posed by wildfires by curtailing the practice of outdoor burning, and the sale and use of all fireworks, which purpose is to be taken into account in any enforcement action based upon this order.

This declaration shall be promptly publicized and filed with the County clerk.

IN WITNESS WHEREOF, I affix my signature this 9th day of June, 2011.

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Benjamin News

By Gladene Green

Just about the biggest news around here continues to be the hot, dry weather. We did get another "teaser" Friday night but just a few sprinkles and some wind is all it amounted to. These triple digit temps are sure beginning to aggravate everyone – so we continue to wait and pray for a good old West Texas 'gully washer'!

News is pretty scarce this week. Guess everyone is staying home trying to stay cool, which is a pretty good idea. For six nights off and on, we got to watch the NBA Championship games and were very pleased on Sunday night when Dallas clinched the title. They were good games and as always, extra enjoyable when your team wins!

Very good to report that we have no sickness among us. At least, none that I'm aware of. Reports are that Kenneth and Jessie Roberts are doing pretty well in the Munday Nursing Center. I Haven't been by to see them yet, but plan to right away and hope any of you who are in Munday & have time will do the same.

Here and There

Charles Griffith had cataract surgery on his "other" eye, Wednesday. He had the first eye done two or three weeks ago and is mighty glad to have that over with. He's doing ok with it. His surgery was in Lubbock.

We received word last week of the death of Stanley

Kirkland. He was the son of Virgil and Rachel Kirkland and had lived here several years ago. He died in late May of an apparent heart attack. He and his wife Margie, were living in Farmington, NM. where they have been for several years now. His wife survives. He was also a cousin of Bertie Ivie of Knox City

I talked to Linda Parker one day last week and she was telling me she's overjoyed that her kids, (daughter Shannon and her family) are moving back to Texas. And will probably be living in the Round Rock area. Shannon and her family have been living in San Francisco, CA. for a number of years. I'm sure to get that much closer to home will be good for them all. Shannon and her husband, Danny have two little boys, Aiden, who's about 4 and Liam who is 4 months old.

Karson and Sharon Bivens of Tatum, NM. were here for a couple of days last week. They had been in Wichita Falls due to his Aunt having passed away. A memorial service is planned for later. She had been ill for quite some time.

E.O. Reed seemed to be feeling pretty well Sunday after his recent stay in the

Haskell Hospital. It was good to see him out and about!

DeAnn Lamb was in Wichita Falls Friday for a routine cat scan. With her problem she has to have one every so often but she says she thinks all is o.k.. Her dad, Dutch Young, also saw the neurologist and I think, got a pretty good report.

Have you been to the new variety store in Knox City yet? I have not, but will sure make it in there one day soon. It's so nice to have a store nearby for those every day needs that seem to keep "popping up". Folks tell me it's an "o.k." place to shop, and that's good!

Talked to Carol Dickson Monday night. She said she and Pam Duke stay mighty busy at their place of business, Front Porch Quilts. They go to a lot of weekend quilt shows then with the routine weeks' work, hardly have time for anything else. Not being a quilter or a seamstress anymore, I don't have much occasion to drop by to see them but it's sure good to know their store is there if I do need something along those lines.

If you haven't noticed my car around town, let me tell you why. I hit a coy-

ote last Monday night and messed up the whole front end so it's in the shop for repairs. It was a big coyote and did a good job on that car!

Our friend, former resident, James Klutts, now living in Knox City is still having some health issues. He underwent three days of tests in Abilene last week

and hopefully will be getting the results soon so Doctors can get on with some kind of treatment. Please remember him in your prayers.




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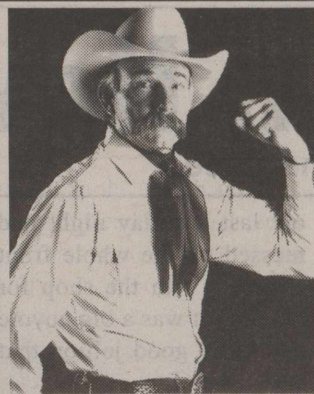
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Arrest Report

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

May 14 th , 2011 Through June 9, 2011	Responsibility (Mc) Potter Cnty Warrant (Baylor County)
Gutierrez, Savannah N. 05/18/11	Adams, Lester Jr. 5/24/11, Unlawfully Carry Weapon (Ma) Knox County
No Df, (Mc) Reckless Driving (Mb) Knox County	Williams, Anber 5/26/11 Agg Assault W/Deadly Weapon (F2) Knox County
Sanders, Cody Don 05/19/11	Mask, Steven 5/26/11 Fta/Tbc (Mb) Arrested In Lubbock,Tx (Knox County)
Mtr/Dwi 2 nd (Mb) Knox County	Mayse,Robert Lee 5/29/11, Dwi 3 rd Or More (F3) Baylor County
Moreno,Juan Jose 05/21/11	Telles,Michelle 6/3/11 Injury To A Child (Sjf) Knox County
Dwi 1 st (Mb) Knox County	Day,Roy Dwain 6/4/11 Tbc (Mb) Haskell Cnty Warrant (Knox County)
Durham, Tony 5/21/11	Lopez,Jerry 6/8/11 Indecency W/Child (F2) Taylor Cnty Warrant (Knox County)
Assault (Ma) Terroristic Threat (Mb) Foard County	Collins,Kenneth 6/8/11 Mtr/Criminal Non-Support (Sjf) Tarrant County Warrant (Knox County)
Vasquez,Ricky 5/21/11	Submitted By Dean W. Homstad, Sheriff, Knox County
Boating While Intoxicated /3 rd Or More Dwi (F3) Possession Of Marijuana (Mb) Baylor County	
Fobbs,Jonathan 5/23/11 Non-Payment Child Support (Mc) Wichita County Warrant (Baylor County)	
Cooke, Daniel Glenn 5/24/11 Theft Of Copper (Sjf) Randall Cnty Warrant, Theft Of Copper (Sjf) Randall Cnty Warrant, Probaton Violation/Robbery (F3) Potter Cnty Warrant, Fail To Maintain Finantial	



ON THE EDGE OF COMMON SENSE by Baxter Black, DVM

E HOMINY GRITS

I was having a nice chat with a ranch woman in New Mexico. We wound up discussing children. Then the subject of sons came up. We noted the special relationship between mothers and sons. Cheri, the ranch woman, said that her son had been a dutiful cowboy ranch kid but had other plans for the future. By age twenty-five he was an officer in a bank in Phoenix and was on a career track to be rich and cautious someday. Despite her encouragement to find a nice woman, he just never had the time, was too picky or professed no interest.

Sister and Mom discussed his plight endlessly, then one day came up with a great idea to help him find a soul mate. They contacted eHarmony.com! Mother coughed up the \$60 bucks, nothin' was too good for her son! She received the list of 1000 questions required to participate. I asked if she consulted her son. "Why?" she asked. "I knew everything he would say!"

Our conversation stimulated me to apply to E Hominy Grits for a long-time, single, struggling cowboy friend of mine. I had bought many a beer listening to his whining and griping about women. So I filled out the detailed questionnaire on his behalf. I knew everything he would say!

Here's a sampling:

Do you prefer a woman that is tall or short? It depends on whether she's shining my boots or sitting in front of me in a theater.

Do you consider yourself an epicurean? No, mostly I'm a Methodist.

When was the last time you had a tryst with a woman? Not sure...I was in Heber City a while back and this gal made me some scones.

How do you feel about women who work outside the home? Long as she has company insurance it's okay with me.

Would you decline dating a woman with prison tattoos? If my name was spelt right it would be fine.

Do aggressive women turn you off? It depends on whether she is carrying a concealed weapon.

Have you spent much time around dogs? Well, if you hook me up again, this will be the third time I've tried to get a date on this website.

Do you like horses? Shore I do, but I'm looking for a girl this time.

What do you consider your strongest feature? Some have said I have beady eyes, a long nose, a pot belly and body odor. So, I'd have to say...body odor.

What is the highest level of education you've achieved? I got half way through horse shoeing school so I can only do the front feet!

Back to Cheri and Sister trying to match up their young banker. They carried on e-mail conversations with many female applicants without his knowledge and selected two. Then eliminated one of them. They found the perfect mate for him...all through the e-mail!

They are now married. The new bride said she was taken in by his uncanny insight into women's minds. I would say she certainly was!



The 501

by
Hanaba Munn Welch



June bugs. What's not to love? They're the teddy bears of the insect world - round and huggable.

Like bears, they've got claws. If they didn't, they wouldn't be able to attach their blimp-like bodies to your nose or the nape of your neck. I haven't gotten on the Internet to look at a close-up of a June bug's foot. I could if I wanted to. I don't want to. I already know what those claws can do. I can feel them now, navigating their way under my collar.

The funny thing about a June bug is that you want to swat them but you don't. Nobody makes a June bug swatter. It would take something akin to a two-by-four to get in a good blow. Somebody might get hurt. Maybe even the June bug.

Me, I'm more into June bug rescues. I started early in life, fishing June bugs out of the tub my father put at the edge of the shed roof to catch rainwater to wash his hair. June bugs always seem grateful when anyone cares enough to lend them a hand. They latch expertly onto anything thrust their way. When you're 5 years old, it makes you feel good to help a June bug floating on the edge of death. Maybe that's why I became a lifeguard.

Maybe you didn't know I was a lifeguard. Well, I was. And during my career, I rescued a lot more June bugs than humans. Not only does a lifeguard sit poolside on a tall chair and keep a watchful eye on the swarming mass of humanity below, but the dutiful

lifeguard also arrives early and skims the pool's surface with a pole-mounted net designed to remove surface trash and June bugs - dead, alive or comatose.

Important:

Here's something to remember about lifeguarding. Call it the June bug principle. You don't have to jump in the water to save someone. Just extend a skimmer in their direction and, like a June bug, they'll grab it.

Even if someone is semi-conscious and slipping away, they'll reflexively grab at anything put within their reach to keep from drowning. But you may have to poke them quite soundly in the chest to get their attention. That's what it says in my old Red Cross Livesaving Manual.

The first time I saved someone with a pole, it wasn't a skimmer. It was a proper bamboo rescue pole from the lifeguard stand. The girl was struggling to stay afloat and get to the edge of the pool. I could tell she wasn't going to make it. I remember her red hair.

It'd been a long hot summer. When you're a lifeguard, people always ask if you've saved anyone. Finally I'd be able to say yes!

For whatever reason, the instructions in the manual about poking the semi-conscious person in the chest came to mind.

The redheaded girl, however, wasn't unconscious. I'd have to say her rescue was more like whacking a June bug.

I counted it anyway.

Just Jeff

By Jeff Stanfield

Life as a child growing up in Wichita Falls (excerpt from his book being published)

Around age 10 my dad got me one of those little bad compound bow beginner kits. Of course, the first month I went around our land sticking arrows in anything that could get stuck by an arrow. Did you know that a 1955 40 horse Farmall tractor tire will take 6 rounds before it goes down?

Tough "sumbich".

That got boring, so being the 10 yr. old Dukes of Hazard fan that I was, I quickly advanced to taking strips of cut up T-shirt doused in chainsaw gas tied around the end and was sending flaming arrows all over the place

One summer afternoon, I was shooting flaming arrows into a large rotten oak stump in our backyard. I looked over under the carport and see a shiny brand new can of starting fluid (Ether). The light bulb went off in my head.

I grabbed the can and set it on the stump. I thought that it would probably just spray out in a disappointing manner. Lets face it, to a 10 yr old mouth-breather like myself, (Ether), really doesn't "sound" flammable.

So, I went back into the house and got a 1-pound can of pyrodex (black powder for muzzle loader rifles).

At this point, I set the can of ether on the stump and opened up the can of black powder. My intentions were to sprinkle a little bit around the Ether can but it all sorta dumped out on me. No biggie, a 1 lb. pyrodex and 16 oz Ether should make a loud

pop, kinda like a firecracker you know?

You know what? Screw that I'm going back in the house for the other can.

Yes, I got a second can of pyrodex and dumped it too. Now we're cookin'!

I stepped back about 15 ft and lit the 2 stroke arrow. I drew the nock to my cheek and took aim. As I released

I heard a clunk as the arrow launched from my bow. In a slow motion time frame, I turned to see my dad getting out of the truck... OH SHOOT! He just got home from work. So help me God it took 10 minutes for that arrow to go from my bow to the can. My dad was walking towards me in slow motion with a "what the hell

are you doing!" look in his eyes. I turned back towards my target just in time to see the arrow pierce the starting fluid can right at the bottom. Right through the main pile of pyrodex and into the can. Oh shoot.

When the shock wave hit it knocked me off my feet. I don't know if it was the actual compression wave that

threw me back or just reflex jerk back from 235 fricking decibels of sound. I caught a half a millisecond glimpse of the violence during the initial explosion and I will tell you there was dust, grass, and bugs all hovering a foot above the ground as far as I could see. It was like a little dust fog full of grasshoppers,

spiders, and a worm or two.

The daylight turned purple. Let me repeat this... THE FRICKING DAYLIGHT TURNED PURPLE.

There was a big sweet gum tree out by the gate going into the pasture. Notice I said, "was". That damn thing got up and ran off.

So here I am, on the

See JEFF on page 15



Knox County Adventure Days June 17 & 18

Friday, June 17th

6 - 8 p.m.

A Night at the Theater (Munday ISD Auditorium)
Dance Performance by the Movement Space, Cake Auction
Fundraiser for Fire Departments and 3Kord Band Performance

Saturday, June 18th

8:00 a.m.

5K Fun Run & Walk - Knox City COC (Knox City Golf Course)

9:00 a.m.

Registration at Benjamin Courthouse

for the following events:

- **Photography Scavenger Hunt (Teams of 2-5) \$20 per team**
- **Amazing Grace Race (Teams of 2) \$20 per team**
- **Geocaching Adventure (Team of any size) Free**

9:00 a.m.

Exhibitor Area Opens (Benjamin Courthouse)

10:00 a.m.

Tour of Knox County - Bus leaves from Benjamin Courthouse

11:30 - 1:30 p.m.

Fireman's Hamburger Lunch (FUNDRAISER)

Benjamin ISD Cafeteria - \$6.00

1:00 p.m.

Tour of Knox County - Bus leaves from Benjamin Courthouse

3:00 p.m.

Afternoon Awards Celebration (Benjamin ISD Cafeteria)

5:00 p.m.

Doors Open for Go-Kart Races (Knox City Speedway)

6:00 p.m.

Munday COC BBQ Supper - Munday Downtown Park

8:00 p.m.

Texas Blues Runner Band - Free Concert Downtown Munday

For more information or to register for events call 940-459-4121 or
[facebook.com/kcvg.catch.the.vision](https://www.facebook.com/kcvg.catch.the.vision).



Welcome KC Hometown Variety Store! Saturday, June 16th, Julia Hardin was given the privilege of cutting the ribbon for the grand opening as investors and Chamber members proudly looked on.

Photo by Sheri Baty

LOOKING AHEAD

Mark June 17 & 18th on your calendar when the Knox County Visioning Group will host the first annual Adventure Days. The two-day event will take people throughout Knox County on various family-oriented adventures. It will begin Friday evening with a Night at the Theater and end on Saturday with Go Kart Races. Events will include a photography scavenger hunt, a 5K run/walk, a geocaching adventure, hiking, an amazing race, a driving tour, an exhibitor/vendor area and a Fireman's Hamburger lunch benefiting Knox County Fire Departments.

The Knox City annual community Vacation Bible School is planned for June

26th-30th. This year's theme will be "Superhero Training Camp", and will be held at the Foursquare Church in Knox City each evening from 6-8.

First Baptist Church of Knox City will reopen "His Kids" and "Teen Time" again this summer. June 21-August 9, "His Kids" will meet in the basement from 10:00 AM-Noon on Tuesdays. "Teen Time" will meet in the basement from 10:00 AM-Noon on Thursdays from June 23-August 11. Kids from pre-k and up are invited to come for fun, devotions and crafts. For further information you may call the FBC KC at 657-3141.

AUTISM continued from page 4

dromic autism and their intellectual capacities were fairly high.

They identified three previously unrecognized copy number variations that involve three genes found in the network, further confirming the protein interaction network as a framework for identifying as-yet unknown causes of autism and understanding the molecular pathways that involve both syndromic and idiopathic autism.

"We are at a point in time of being able to measure people's complete genotype," said Shaw. "We can measure more variation than we can interpret. The interactome lets us tag variations to

a disease-relevant network. That's why resources like the interactome are important. They help tie the complexity together. If you are trying to diagnose a person, you don't have to have a research study around each gene."

Others who took part in the research include Brian C. Dawson, Dr. Diana V. Dugas and Dr. Zaina Al-Mohtaseb all of BCM and Dr. David E. Hill of Dana Farber Cancer Institute.

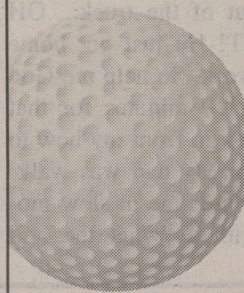
Funding for this work came from the Howard Hughes Medical Institute (<http://www.hhmi.org/>), the Simons Foundation (www.simonsfoundation.org) and the Ellison Foundation.

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Becoming aware of thyroid disorders

By DEE DERR

In an effort to increase thyroid awareness, this article will give general information concerning two of the most common thyroid disorders and some of the methods used to treat them.

The average person can usually tell you where most of their major organs are, but they may not be able to tell you where their thyroid gland is, or what it does.

Your thyroid is part of the endocrine system, which is a series of glands that have an effect on every cell and function in your body. This gland is often described as a butterfly shaped organ nestled at the base of your throat right below your larynx, or voice box. This important organ creates hormones that regulate your heart rate, blood pressure, body temperature and the ability of your body's cells to use energy. Without your thyroid, your body would grind to a screeching halt.

Before iodine was regularly added to ordinary table

salt, the upper midwest region of the United States was often referred to as, 'the goiter belt'. Because the soil in the northern midwest was poor in iodine, much of the food produced and eaten in this area was also lacking in this essential nutrient. Without it, the thyroid cannot make the thyroid hormones which are vital for your body to function correctly.

A goiter is generally a painless, visible swelling at the base of the neck caused by inflammation of thyroid tissue. While iodine deficiency is the most common reason for this condition, it is not the only cause. Small goiters usually require no treatment. However, if the swelling of the thyroid gland becomes large enough it can place pressure on important structures in the throat making eating or breathing difficult.

The majority of the time your family physician is able to diagnose and treat common thyroid disorders. Depending on your symptoms and your

doctor's diagnosis, they may send you to be evaluated by an endocrinologist, a doctor who specializes in how various glands function within the body.

Several years ago, thyroid disease came into the spot light when well known television personality Oprah Winfrey announced that she had been diagnosed as being hypothyroid, which means her thyroid was not creating enough thyroid hormone.

The most common cause of low thyroid levels is an autoimmune disorder called Hashimoto's disease. This disorder triggers your body's own immune system to attack and destroy thyroid tissue. Because this usually happens gradually, many patients aren't even aware of it until it begins to interfere with their ability to perform daily activities or causes pain or discomfort.

In the early stages, symptoms are usually easy to dismiss. More often than not,

feeling tired, achy or stiff joints and memory lapses are attributed to 'just getting older'. While hypothyroidism has a variety of symptoms, some patients may only experience one or two, while others may experience some or all them.

Many patients complain of an increased sensitivity to cold or feeling as if they can never get warm. Weight gain, hair loss, constipation, constant fatigue and difficulty thinking are common symptoms. Some also experience joint or muscle pain, low blood pressure, slowed heart rate, heavy menstruation or dry itchy skin that is not relieved by increased use of a moisturizing lotion. In addition to increased hair loss, some individuals may notice that their eyebrows begin to thin, with the outer third of the eyebrow disappearing all together.

While hypothyroidism affects both men and women of all ages, increased risk

factors include a close family relative with thyroid disease as well as being female or if you are over the age of fifty.

If you suspect you may be hypothyroid, discuss it with your doctor. A blood test can determine if your thyroid is functioning normally and if it is not, your physician will prescribe thyroid medication and monitor your progress until you reach an optimal dose. Patients with hypothyroidism must take daily replacement medication for the rest of their life to maintain a healthy level of thyroid hormones.

On the opposite end of the spectrum, Graves disease is an autoimmune disorder which causes the thyroid gland to make too much thyroid hormone, a condition

known as hyperthyroidism.

Any easy way to remember the difference between hyper and hypo, is that people often describe children with too much energy as 'hyper', just as hyperthyroid means you have too much thyroid hormone circulating in your system.

Hyperthyroid patients are often female with a family history of autoimmune thyroid disease and tends to appear more often in patients who are in their early twenties.

Hashimoto's and Graves have a few symptoms in common. Both can make a person feel fatigued, or feel they are unable to think clearly. Other possible symp-

THYROID

continued on page 15

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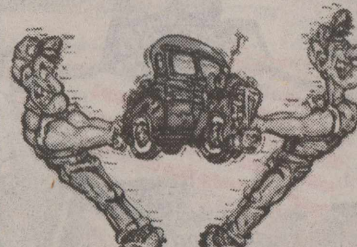


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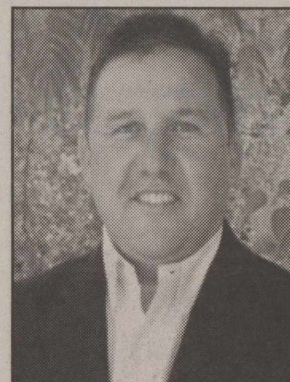
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Rodeo Dance Benefit Big Success

This year the Benjamin Ranch Rodeo Dance, featuring Under the Influence, proceeds went to the Benjamin Volunteer Fire Department. This event was sponsored by several individuals just wanting to help the fire department because of all the recent wildfires brought on by the dry weather conditions. The dance was a success, despite two of the air conditioners being out in the Memorial Building. Everyone had a good time even if they were very hot. This dance cleared \$2,238.00 for the fire department. They were more than pleased with this outcome.

There are more fundraisers for the fire department

going on at this time, including the sells of the Benjamin Rodeo T-shirts. 100% of the proceeds will be going to the fire department. The shirts are \$15.00 each, there are still some youth sizes on hand. They will be placing an order this week, if anyone is interested please call BJ's at 459-2009

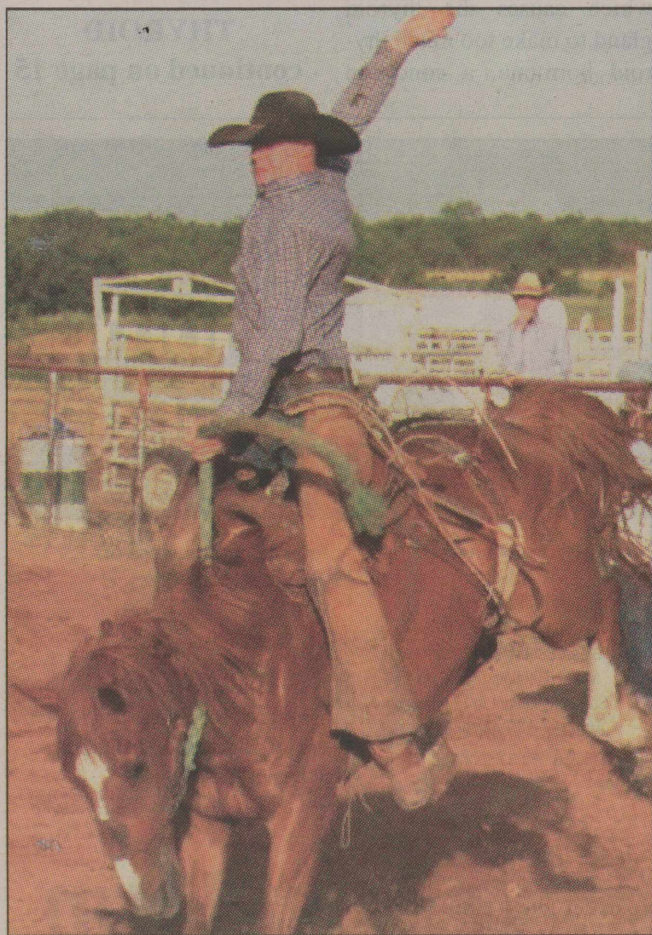
A handcrafted wooden glider swing donated by Deep Woods Log Furniture (www.deepwoodslogfurniture.com) will be given away in August. Chances are being sold now, 1 for

\$5.00, or 6 for \$20.00. Contact Janice Tolson, Chloe Strickland, Kim Conner Moore or Beverly Strickland.



The attendees of the Benjamin Ranch Rodeo Dance two-stepped the night away to the musical tones of Under the Influence.

Photo by Beverly Strickland



RIDE 'EM COWBOY!!!! The Benjamin Ranch Rodeo 2011 took place last weekend, June 10-13.

Photo by Beverly Strickland



Photos and results continued on page 16

THYROID continued on page 15

toms of hyperthyroidism include increased sweating, tremors, rapid or irregular heart beat, muscle weakness, weight loss, restlessness, anxiety or excessive nervousness, heat intolerance, insomnia, menstrual irregularities, increased appetite, and in some cases it can create swelling behind the eyes which causes the eyes to protrude. While bulging eyes is usually the symptom many people associated with Grave's disease, few patients will experience it. This condition is not limited to patients with too much thyroid hormone. In some instances, patients with too little hormone will also develop this condition. Again, not everyone will experience the same symptoms in the same way.

Treatment for Graves can be more complex than treating Hashimoto's, depending on the severity and the individual's response to medications which reduce the amount of thyroid hormone their body is creating. Antithyroid medications work by inhibiting the body's ability to use iodine, which the thyroid gland must have in order to make more thyroid hormones.

After beginning treatment, your doctor will order blood tests which will monitor how well the medication is working.

In some cases, radioactive iodine treatment, also called thyroid ablation, is recommended. Radioactive iodine specifically targets thyroid cells and is ingested in

a one time dose as a capsule or in liquid form.

After entering the thyroid, the iodine irradiates the cells, which damages or destroys them. As thyroid tissue begins to shrink, the thyroid can not make as much hormone.

Another alternative is thyroid surgery, also known as a thyroidectomy. Surgery is very effective and can offer rapid relief, particularly if the patient has a goiter or severe symptoms. In some cases, patients may have the entire thyroid removed, while others may only have part of it extracted. While any invasive procedure has potential risks and complications, the risk for thyroid surgery done by an experienced surgeon are very low, usually less than 3%.

Some patients who undergo radioactive iodine treatment eventually make too little hormone, likewise, surgery can result in the patient becoming hypothyroid. This is easily treated by taking a daily thyroid replacement medication.

At the onset, a person experiencing mild thyroid symptoms often does not recognize them as being part of a disease process. If you have risk factors, such as gender, age or a close relative who has thyroid disease, or if you notice previously mild symptoms increasing in intensity, or if you have any difficulty swallowing, swelling or pressure at the base of your throat, make an appointment to talk with your doctor.

Coach Underwood received All-District honors in football and basketball and on at least one occasion was honored on the Abilene Reporter News All Area team. In 1963 he played in the Texas Six-Man All-Star Game in Cisco, where he was coached by Sam Adam, the first coach to be inducted into the Texas 6-Man Coaches Association Hall of Fame.

C.H. ran track at South Plains College. After completing college in 1967, he returned to O'Brien High School. As a head varsity six-man football coach, his teams only lost one regular season game in four years,

the edge of town, the green's fees are reasonable, it's not hard to round up a golfing party in this area, and the course is plush, well-kept and beautiful. Plus, most Saturdays find the course packed with a fundraising tournament of some sort.

The Go Kart Track in Knox City will be thundering several times this summer with Karts whizzing by in efforts to be the Go Kart Champion of 2011. Mark your calendar for June 18, July 9th, Aug 20 and September 10. All races start at 5 p.m.. Put a double star on your calendar on the date of July 30, as this is the Sizzling Summer Shootout race that is held in conjunction with watermelon fest. This race is scheduled to last from 3 p.m. until 7 p.m.

Perhaps expanding spiritual

ground blown completely out of my shoes with my Coyotes T-Shirt shredded, my dad is on the other side of the carport having what I can only assume is a Vietnam flashback: ECHO BRAVO CHARLIE YOU'RE BRINGIN' EM IN TOO CLOSE!! CEASE FIRE. DAMN IT CEASE FIRE!!!!

His hat has blown off and is 30 ft behind him in the

CH UNDERWOOD continued from page 1

establishing a record of 40 wins and 3 losses while winning the first State Championship awarded to Texas six-man teams in 1972. Underwood's teams used the first true triple option offense in six-man, the "O'Brien Veer". Underwood served as the assistant coach in the Texas Six-Man All-Star Football Game in 1971 in Levelland and as head coach in 1973 in Brownwood.

In 1983 Underwood served as line coach for the Class A eleven-man State Football Champs from Knox City/O'Brien High School.

Over a 28 year career,

WHAT TO DO continued from page 1

relationships is a way that might make the summer months more rewarding. No matter how little the kid or how nearing adulthood the teenager, there are a plethora of chances to fellowship and learn more about Him. For the younger kids, The Knox City Community Vacation Bible School is June 26- 30 at the Foursquare Church in Knox City.

Tuesday and Thursday mornings, the basement of the Knox City Baptist Church will be filled with praise as the second annual "His Kids" and "Teen Time" meets. On June 21 - August 9, "His Kids" will meet in the basement from 10:00 a.m. - Noon on Tuesdays. "Teen Time" will meet in the basement from 10:00 a.m. - Noon on Thursdays from June

Coach Underwood has coached boys and girls varsity teams in five different sports at six different schools; from Class 1A through 3A. He served as a coach for 18 District Runners-up or playoff qualifiers and twenty-one District championships; qualifying these teams beyond district competition 39 times. On 24 occasions, these same teams won titles beyond District competition.

In 1997, Underwood was inducted into the Six-Man All-Americans Bowl Hall of Fame. In 1998, he was assistant coach for the Texas Association of

Basketball Coaches Class A-3A All-Star Basketball Game in San Antonio. Underwood was also awarded the TABC Milestone Award for over 300 wins as a varsity basketball coach with a record of 356 wins and 157 losses.

In 1974, Underwood authored the book Texas Six-Man Football, published by Eakin Press and in 2004 authored and edited Six-Man Football, published by Bright Sky Press. In 2007, Underwood was awarded a lifetime membership in the Texas Six-Man Coaches Association.

23-August 11. Every Wednesday night, from 8 p.m. until 11 p.m., Young Adults Life Group meets in the Knox City Park to play games, eat, hear a message of ministry and enjoy each other's company.

Special days throughout the summer, Knox County communities gather together and do one of the things they do the best: Celebrate. Party. Eat. Play. Visit. Have parades. Do "the works". Munday's Freedom Fest on June 24- 26. That will kick off with a Saturday morning parade, fireworks that night. This Festival will be in conjunction with the Monthly Munday Trade Days in the Munday Show Barn.

Knox City has the 22 annual Watermelon Fest slated for the last Saturday in July. That

weekend, classic cars will be rolled out; the park will be filled with all-you-can-eat watermelon slices, games, food, raffles, rides, and competitions.

This list is by no means a complete catalog of all the things to do this summer in Knox County. In fact, this is only a quick glance. Local Ranch Rodeos, other Church events, sports camps, talent shows, etc are not even mentioned. Some events haven't been planned. Some of the best happenings are the ones that never get planned at all, but rather just come together haphazardly. Always remember to use sunscreen, keep hydrated and be safe.

Continue to check out the "Looking Ahead" section of the Knox County News for upcoming events.

JEFF continued from page 11

driveway. All windows on the north side of the house are blown out and there is a slow rolling mushroom cloud about 2000 ft. over our backyard. There is a Honda 185 3 wheeler parked on the other side of the yard and the fenders are drooped down and are now touching the tires.

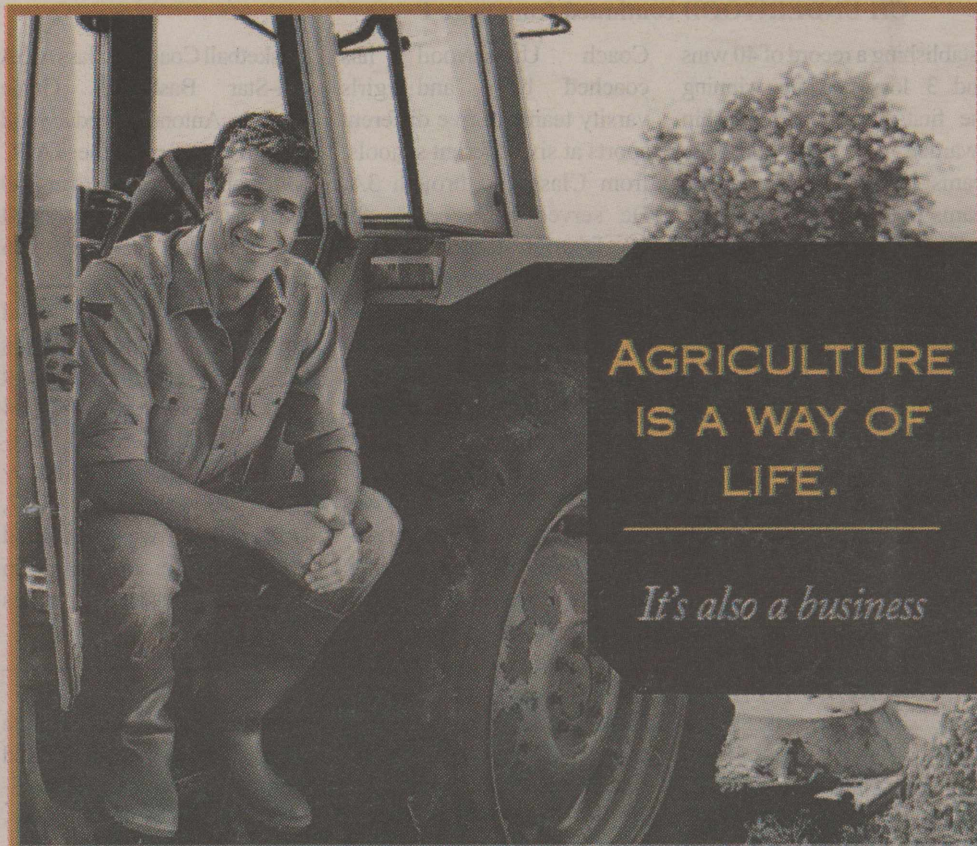
I wish I remembered what I said to my dad at this moment. I don't know - I know

I said something. I couldn't hear. I couldn't hear inside my own head. I don't think he heard me either... not that it would really matter. I don't remember much from this point on. I said something, felt a sharp pain, and then woke up later. I felt a sharp pain, blacked out, woke later...repeat this process for an hour or so and you get the idea. I remember at one

point my mom had to give me CPR and Dad screaming "Bring him back to life so I can kill him again". Thanks Mom.

One thing is for sure... I never had to mow around that stump again, Mom had been gripin' about that thing for years and dad never did anything about it. I stepped up to the plate and handled business.

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If just makes sense.

RODEO AND DANCE continued from page 14



Zach Shaver starts a bronc out of the chute at the Benjamin Ranch Rodeo on Saturday.

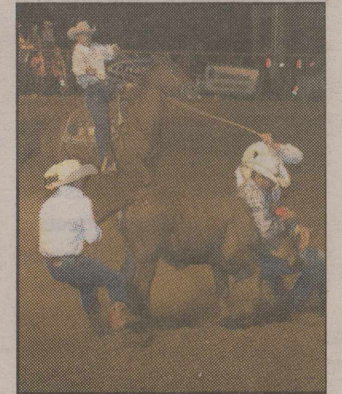
Photo by Jo Hearn Brown

**Benjamin Ranch
Rodeo 2011
Winner's Circle**

- 1st place team
Nail Ranch
- 2nd NT/Hunter
Ranches
- 3rd place 7H Ranch

- Ranch Saddle Bronc –
1st Tanner Johnson
2nd Zack Peters
3rd Seth Kuehler

Champion Cow Rider (Saturday "Ladies" Night) -
Danielle Peters.



Saturday afternoon, team ropers took their chances against wiley steers.

Photo by Beverly Strickland

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