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THE KNOX COUNTY News-Courier

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75 CENTS

Area Champions! Moguls Wallop Wink

Munday's decisive win inches team closer to state title

By Hanaba Munn Welch
The News-Courier

COLORADO CITY — The Munday Moguls added one more decisive win to their perfect season Friday night, beating the Wink Wildcats, 63-34, at Wolf Stadium in Colorado City.

At 11-0, the Moguls are ranked No. 1 in the state in Class 1A Division II. Their next game will be against the Hamlin Pied Pipers at 2 p.m. Saturday at Wylie Bulldog Stadium in Abilene.

If Mogul head coach Patrick Corcoran has a strategy for keeping up the winning streak, it's all about focus.

"We want to focus on eliminating turnovers," he said after the win over Wink. "They are playoff killers."

His approach to the game is not to think too far ahead.

"We must continue to focus on the little things that make good teams successful and take it one game at a time," he said.

When the Moguls meet the Hamlin Pied Pipers, they'll be facing a team with a 9-3 record — a team that won a hard-fought 21-

17 victory Friday over the Eldorado Eagles to advance in the playoffs.

By contrast, the Moguls made winning look easy. Against Wink, they ended the first half with a 50-8 lead. During the second half, players from the Moguls' second team racked up some playing time just as they had done the week before in Munday's 73-0 win at Electra.

Being on the road to the state championship isn't a new experience for the well-traveled Moguls. They came within one game of winning state last year, losing the title to Tenaha in a 52-28 game in Abilene. This year, much of that same team — now older and more experienced — is back for another go at a state title.

Speed has been a decisive factor this season for the Moguls, who use their quickness to a winning advantage on offense and defense.

Senior quarterback Dee Paul is a threat from the pocket, rushing or handing the ball off to the likes of tailback Roddrick Taylor, also a senior.

Against Wink, Paul scored on a 72-yard run in the first quarter to give the Moguls the lead they never lost. Garrett Weaver's run gave the

Moguls two extra points. Taylor scored next on a 53-yard run, and Tyrone Dockins took a pass from Paul for two more points, giving the Moguls a 16-0 lead at the end of the first quarter.

Wink scored on a pass play and added two points to bring the score to 16-8. But the

Wildcats never got close again as the Moguls took it from there, scoring on four consecutive drives, all but sealing their victory. Paul ran 53 yards for a touchdown, and Dewayne Castorena kicked for the extra point. Taylor

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Terry Messer/For The Knox County News-Courier

Jake Myers stretches towards the endzone after a 50-yard run during the Munday Moguls 63-34 victory over the Wink Wildcats in the Area round of the playoffs at Wolf Stadium in Colorado City. The Moguls face the Hamlin Pied Pipers at 2 p.m. Saturday at Wylie Bulldog Stadium in Abilene.

New clinic nears completion

By Hanaba Munn Welch
The News-Courier

KNOX CITY — A new building for the Knox County Hospital Clinic is nearing completion just across the street from the Knox County Hospital, the site of the previous clinic.

The new facility will open its doors around the first of the year.

"We're hoping by the end of the year to be finished, if not real close to finished," said Dale Turner of Turner Custom Buildings of Knox City, contractor for the \$750,000 project.

Hospital Administrator Stephen Kuehler has watched the new building take shape in concrete, plaster and rock from his second-story office at the front of the hospital.

For now, the clinic is temporarily housed in the hospital building.

Kuehler is looking forward to the day he can look across the street and see the new clinic accepting patients.

"It'll be a lot better," he said. "We're kind of cramped right now for space."

The hospital itself, built in 1926, has seen improvements and retrofits over the years.

"It's a solid building," Kuehler said. "It wasn't made for computers and running wires. We've made it work. We've been able to get several grants to do work."

Grant money — \$125,000 from the Priddy Foundation — has also helped the hospital district pay for the new clinic building. The rest of the money has come from tax

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Knox County draws hunters from across state



Hanaba Munn Welch/The Knox County News-Courier

Rhett Deaton of Winnsboro, a high school junior on Thanksgiving vacation, tosses a bag of deer corn into the back of his pickup in Knox City before heading to a deer lease near Benjamin. Although deer can be hunted in the Winnsboro area in East Texas, the Deaton family prefers to hunt West Texas, where the deer are bigger.

By Hanaba Munn Welch
The News-Courier

Deer hunting draws people to Knox County from all sorts of places, including other parts of Texas.

The size of the deer is a plus.

"They're a lot bigger here — a lot bigger," said Rhett Deaton, loading sacks of deer corn into the back of a pickup at noon at Lawrence Brothers grocery in Knox City the day before Thanksgiving.

For Deaton, 17, and his parents, David and Brandi Deaton, a good Thanksgiving is time spent in Knox County, camped in trailers on their deer-hunting lease near Benjamin. They've been hunting in Knox County long enough for it to feel like a second home. The family lives almost 300 miles away in Winnsboro.

The young East Texas native has been hunting most of his life. He bagged his first buck back home in Winnsboro. But his biggest tro-

phy is one he shot in Knox County when he was 11 — an 11-point buck with an impressive Boone and Crockett (a standard rack measurement) score of 159.

The Deatons eat venison.

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Outgoing tourism guru makes stop in Knox County

By Hanaba Munn Welch
The News-Courier

The latest look in trailer travel isn't new. It's retro.

Case in point, a 14-foot rig parked for one night

last week in Knox City Park looked like it might be straight from the 1950s, but the spiffy little two-wheeled trailer with the shiny hubcaps was actually brand-new and making its maiden voyage.

Owner and occupant, Deborah Sue McDonald of Vega, is director of the Texas Plains Trail Region, one of the state's 10 heritage tourism regions.

Her official job aside, McDonald herself repre-

sents a new footloose breed of travelers who prefer the look and size of small mid-century recreational trailers, either vintage or built in that style — trailers that tag along for the ride wherever the road may lead.

For McDonald, the choice for her first outing was Knox City at the far southeast corner of the vast Texas Plains Trail Region. She didn't just throw a dart at the map on her wall.

"Knox County was one of the first counties I came to," she said, looking back with nostalgia on her five-year career as TPTR director and looking forward to giving up the job at the end of the year.

To McDonald's mind, Knox County is a microcosm of the West Texas tourism effort.

"Everything that I've seen that's been done (in the region) has been done in Knox County, from the whimsical tractors to the awe-inspiring murals,

See **TOURISM**, Page 10



Hanaba Munn Welch/The Knox County News-Courier

Camped at the city park in Knox City, Deborah Sue McDonald, director of the Texas Plains Trail heritage tourism region, enjoys her first hands-on camping experience with her new vintage-style travel trailer. McDonald is a fan of Knox County and how the area has made efforts to draw tourists.

Corrections

If you spot an error of fact, contact Editor Wayne Hodgins at kcnewscourier@gmail.com.

News on the go

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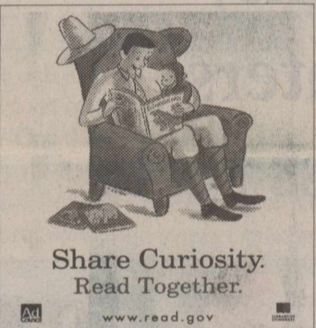
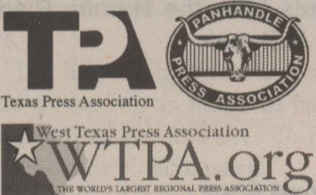
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It is the mission of this newspaper to promote the rights of individualism in the American Declaration of Independence. The right of life, liberty and ownership of property are the cornerstone of freedom. Government's sole purpose is to enhance our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

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Advertising: 5 p.m. Fridays
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\$30 a year in the county
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Paperboy

Black Thanksgiving is not good for families

Thanksgiving in America: Mom and Grandma have worked hard and prepared a feast. The family has gathered to partake and give thanks for the abundance of gifts life in the United States provides.

Only this day is different. Mom and Grandma serve the meal at 10 a.m. and quickly exit to suit up.

They put their game faces on and leave quickly for the nearest Walmart.

Once they arrive, they are ready to seek out their items and battle, if necessary, until they are able to purchase what they need.

They shove their way around the store and get into it with neighbors and acquaintances. Grandma takes a swing at her friend whom she had baked bread for the day before.

Mom is reaching for an iPod and just as she grabs it, a lady she's in the church choir with pulls it out of her hand. A fight ensues and the next thing you know, there's a brawl and Grandma and Mom are taken to jail.

This is an example of Thanksgiving in America in the year 2012. A far cry from the first Thanksgiving I've ever heard of.

I was disgusted to see the big box retailers beginning the shopping season on Thanksgiving Day.

I suppose I understand it. After all, these major chains are in the business to make money. However, creating competition amongst people on a day set aside to give thanks leaves a bad taste in my mouth.

Now that the gloves are off and the stores have encroached on the holiday, what's next?

The answer to that question will come in

less than a year and it would not surprise me to see the stores open at noon on Thanksgiving or maybe even early morning.

Nothing like spending Thanksgiving Day in a foul mood fighting over Christmas gifts!

Beyond seeing regular folk turn into animals going after the items they seek, it's wrong to make employees pass up time with families to work.

The big box retailers have us. They cannot afford to sit on the sideline while their competition gets a leg up. Once one decided to open on Thanksgiving, the others felt the pressure to do the same or suffer the consequences of poor sales figures.

The precedent this action sets is not going to get better. It's going to get worse and it disrupts the holiday.

Millions of consumers feel they cannot afford to pass up the deals so family traditions and much needed time spent together has now been interrupted by the almighty dollar.

Perhaps I'm just old fashioned. I still believe in God, family and friends and spending time together in order to give thanks for our blessings.

Seeing people behave like thugs in order to get a 52-inch television for \$300 is not what Thanksgiving or any other holiday should be about.

I'm hoping the CEOs of the countries largest retailers get together and decide to tap the brakes and stay closed on Thanksgiving. It's probably wishful thinking. Either way, my wife and I have made a decision not to participate in this rat race. We'll continue to give thanks in a traditional manner instead.

Christopher Blackburn is publisher of The Knox County News-Courier and CEO of Blackburn Media Group.

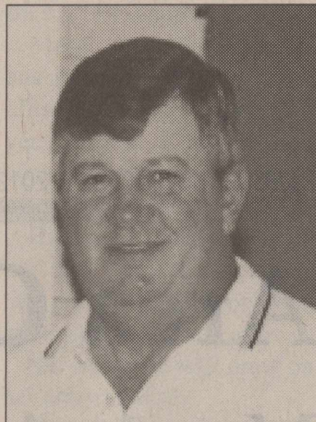
Deaths

John Wilde

MUNDAY — John Lee Wilde, 60, passed away Sunday, November 25, 2012, at his home. John Lee was born December 14, 1951, in Knox City to John Ed and Maxine Wilde.

John Lee loved being in Ruidoso and going to the horse races. He loved cooking for family and friends.

Survivors include his father, John Ed Wilde, of Lubbock; daughters and sons-in-law Sheri and Greg Urbanczyk and Rhonda and Jimmie Cook, all of Munday; brothers and sisters-in-law Gary and Judy Wilde of Munday, Jerry and Nancy Wilde of Munday and Craig and Jamie Wilde of Knox City; five grandchildren; and several nieces and nephews.



JOHN WILDE

Rosary was Tuesday at McCauley-Smith Funeral Home in Munday. Funeral mass was Wednesday at Saint Joseph's Catholic Church in Rhineland. Burial was in the church cemetery under the direction of McCauley-Smith Funeral Home.

William H. "Doc" Stewart

MUNDAY — Dr. William H. "Doc" Stewart, DVM, passed away Friday, November 23, 2012, at Haskell Memorial Hospital at the age of 92. "Doc" was born August 17, 1920, in Bedias, Texas, to Franklin and Sally Stewart.

Before joining the Air Force, "Doc" married Elsie (Thorn) on January 3, 1942. While serving, he was a captain in the Air Force where he participated in 25 missions over Germany as a bomber pilot of a B-17 flying fortress. After serving in the Air Force, "Doc" graduated Texas A&M in 1950 with a degree in veterinary medicine. He moved to Munday

and started his veterinarian practice in the summer of 1954 where he lived until his passing.

Survivors include son Bill Stewart of Emory; daughters Nancy Harris of Munday and Susan Wertenberger of Grapevine; seven grandchildren, 13 great-grandchildren; and one great-great-grandchild; also, several nieces and nephews.

Graveside services were Monday in Johnson Memorial Cemetery with a memorial service following at the First Baptist Church in Munday under the direction of McCauley-Smith Funeral Home.

St. Joseph's youth to host annual Christmas play

The News-Courier

RHINELAND — Every year the junior youth group at

St. Joseph's Catholic Church brings a special touch to the holiday season with a Christmas play in the Rhineland Gym.

This year's performance is slated for 6:30 p.m. Dec. 12.

Directed by Robert and Janet Dillard, the play, a

musical called "Christmas at Bethlehem Gulch," takes place on an imaginary sheep ranch and features a mix of contemporary and traditional music — mostly contemporary.

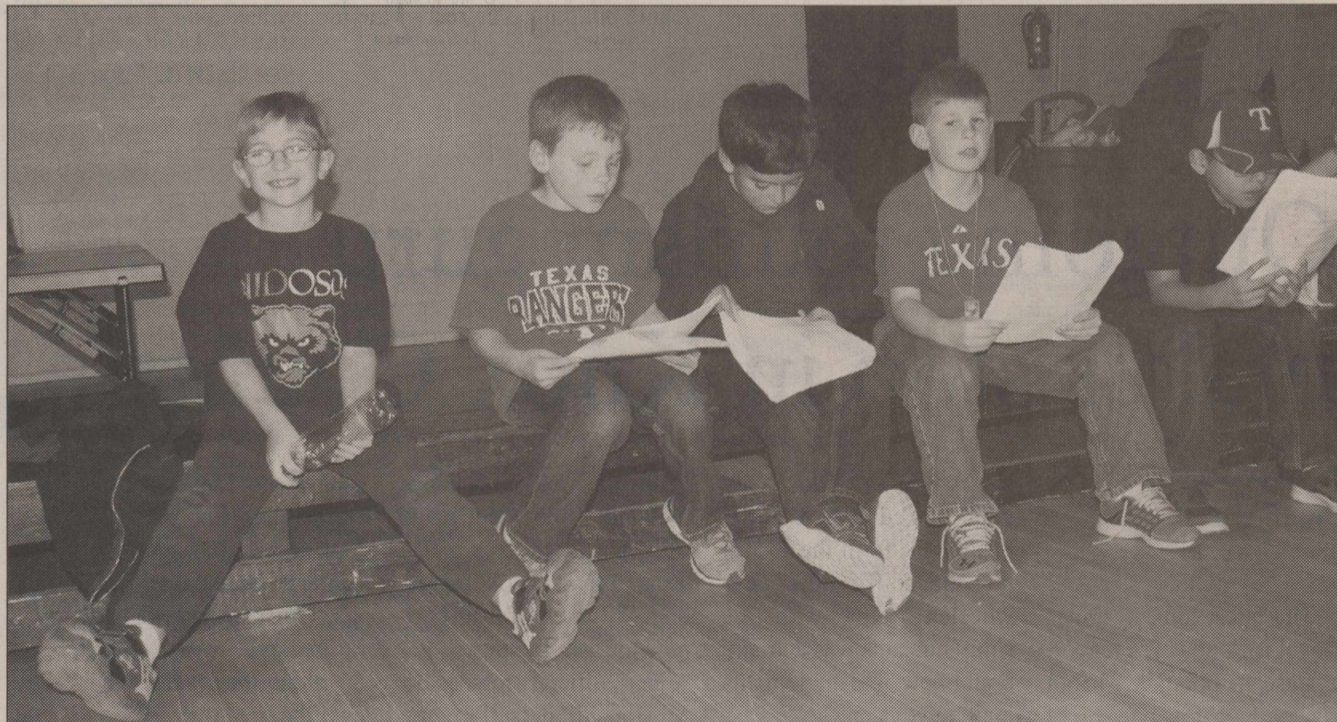
"It will feature group singing as well as several very

talented youth doing some solos," Janet Dillard said.

The old gymnasium, with a vintage hardwood floor, serves a variety of uses — everything from Halloween carnivals to wedding receptions and anniversary celebrations.

The whole interior of the building is fresh, thanks to a recent refurbishing — a project that included significant upgrades to the restrooms and the general decor throughout.

Hanaba Munn Welch



Hanaba Munn Welch/The Knox County News-Courier
Practicing for this year's Christmas musical at St. Joseph's Catholic Church at Rhineland are, from left, Cannon Moore, Jaxon Bowman, Joe Jasso, John Mark Cooke and Riston Sanchez.

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Youngsters practice in the Rhineland Gym for the upcoming Christmas play at St. Joseph's Catholic Church. Singing, from left, are Kendal Rocha of Munday, Karley Myers of Rhineland and Kinsey Benson of Benjamin. The church's two youth groups, junior and older youth, also have members from Goree.

Hanaba Munn Welch/The Knox County News-Courier

Food pantry already serving local families

Hanaba Munn Welch
The News-Courier

KNOX CITY — You don't have to live in a distant country to be hungry, short of food for yourself or your children and in need of some encouraging words.

Jerry and Temi Webb were already involved in a ministry that helps needy families in Guatemala when that very thought struck her, and she asked herself, "Why not in your own back yard?"

Now the Webbs are the driving force behind Knox City's new food pantry, A Helping Hand. They aren't turning their backs on their existing Guatemalan ministry, but now the couple is spending time helping people in Knox County, too. They've had plenty of local helping hands to help them launch the new facility.

"This is really the community's even though we started it," Temi Webb said as she prepared for an open house last weekend at the food pantry, located at 107 N.E. Second St.

It's an easy-to-find address right behind the Knox City Chamber of Commerce, and several people needing help have already found it.

"We served 61 families and 179 people last month, October," Temi Webb said. "We're going to distribute food again on Tuesday (Nov. 20)."

The activity at A Helping Hand jibes with the statistics: 25.2 percent of children in Knox County are "food insecure" and the same label applies to 16.4 percent of the general local population.

Friends of the Webbs in Holliday have a food ministry that prompted the Webbs to look into the possibility of doing something similar in Knox City.

"That's really how it kind of started,"

Temi Webb said.

The location behind the chamber has worked to the benefit of both the chamber and A Helping Hand. The building, owned by the Knox City Chamber of Commerce, had reached a state of disrepair that made it a liability — uninsurable without upgrades.

"They offered it to us if we would do the repairs on it and fix it up," Temi Webb said.

The chamber still owns and insures the building and views the food pantry as a good neighbor.

"We are very happy to have a new business in Knox City and thankful that Jerry and Temi Webb fixed up the building," said Gail Nunn, office manager of the Knox City Chamber of Commerce.

Above all, A Helping Hand is a good neighbor to people who need its services, distributing food every third Tuesday.

"We're available if somebody has an emergency or need," Webb said. "They just need to give us a call."

The food pantry number is 325-436 4145. Calls are forwarded to the person on duty.

"It's about more than food," she said. "We're hoping that we can meet some spiritual needs also."

The success of A Helping Hand seems assured, not just because of the need for the pantry but also because of the community support that's sustaining the ministry.

"That building was a challenge," Temi Webb said, thinking about the great amount of time and work and all the helping hands that went into the renovation. "We had several local individuals and business that came on board and helped us."

A Helping Hand is funded by donations from the public, churches, community organizations and other ministries and founda-



Hanaba Munn Welch/The Knox County News-Courier

David Counts holds the refrigerator door at A Helping Hand food pantry while Jerry Webb tells Counts the bargain prices available to the ministry for meat items. Webb and his wife, Temi Webb, managers of the pantry, held an open house Nov. 16 to show off the new facility to the community.

tions. Donations are tax-deductible. Most of the food is purchased from the Wichita Falls Area Food Bank.

"You do get it (food) at a very fair price," Temi Webb said, referring to the area food bank pricing.

Food can come from other sources — from individuals and organizations.

"We take canned goods," she said. "You can give meat as long as it's processed at a certified plant. Cash is always nice because we always have a big bill at the food

bank." A Helping Hand can also use help transporting food from the food bank, unloading and stocking.

As the primary managers of A Helping Hand, the Webbs operate under the auspices of Just Follow Jesus Ministries, but they think of A Helping Hand as a ministry that belongs equally to the people of Knox City.

"It will be as much or as little as the community makes it," she said.

News-Courier website launched

The News-Courier

MUNDAY — The Knox County News-Courier website should be up and running with this edition, Publisher Chris Blackburn said this week.

The website can be accessed at kcnewscourier.com.

In addition, Blackburn said, electronic subscriptions also will be available for those who wish to read the newspaper online.

"We're excited to announce the launching of our new website at kcnewscourier.com and that e subs will be available for our more technical-savvy readers," Blackburn said.

E-subscriptions will be available for \$2 a month and can be accessed with any mobile device

with an Internet connection.

"We have a large number of e-subscribers across all of our publications," Blackburn said. "It's fast, easy and available at your fingertips."

The Knox County News-Courier newspaper published for the first time last week and is a merging of The Knox County News and The Munday Courier, both of which had been publishing for the better part of four decades. The newspapers were in jeopardy of closing their doors when Blackburn Media Group assumed management two weeks ago.

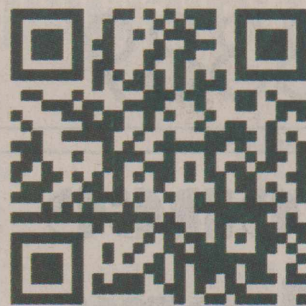
Also, this week, Blackburn announced for the time being that news and advertising operations for the News-Courier would be

solely run out of the former location of the Munday Courier at 111 E. B St. in Munday.

ON THE WEB:

Readers may access The Knox County News-Courier at kcnewscourier.com.

The Knox County News-Courier



CLINIC

From Page 1

revenues, eliminating the necessity of a bond election.

"We haven't raised taxes in 10 years," said Kuehler, who has been hospital administrator for the last decade years (not counting a previous six-year stint at the job). "We've taken the effective tax rate, which basically says you're collecting the same amount of taxes you were in the prior year."

The district has no debt, Kuehler said.

The hospital district also administers a clinic in Munday — a facility built two years ago at a cost of \$600,000 and staffed with one doctor and one nurse practitioner. Two doctors and one nurse practitioner are on the staff in Knox City.

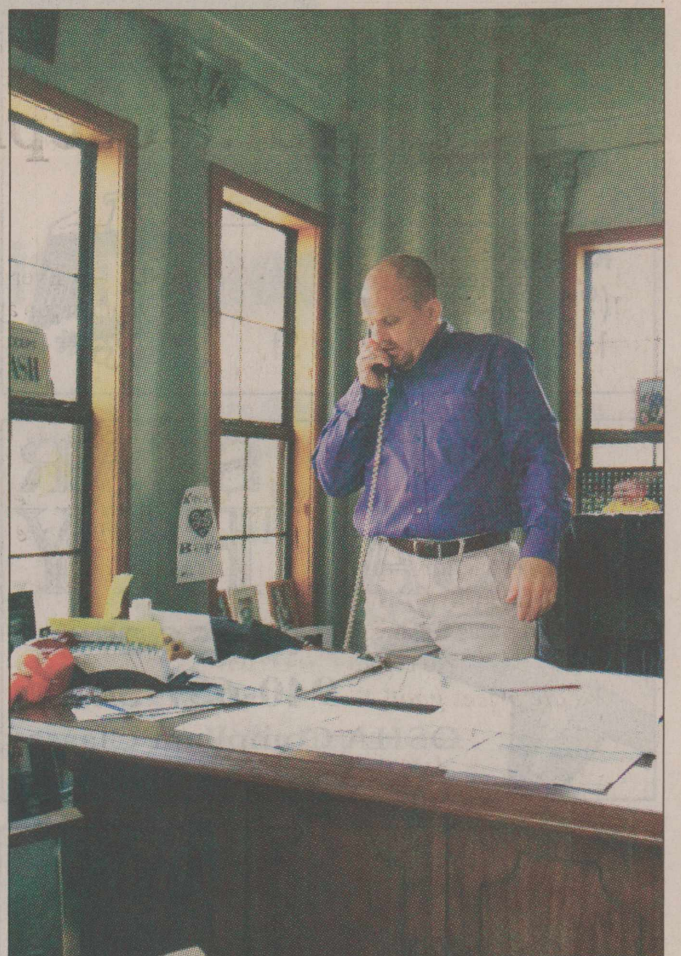
A pharmacy, now operating in the hospital, will be part of the new clinic in Knox City.

"It'll be more convenient over there because it's got a drive-through," Kuehler said.

Overseeing the hospital and both clinics keeps Kuehler busy, but he's right where he wants to be, after taking a break from hospital administration to teach school in Benjamin for three years and then in Shamrock for three more.

"I was ready to come home," said Kuehler, who grew up at Rhineland and went to school in Munday.

Birds eye view



Hanaba Munn Welch/The Knox County News-Courier

Knox County Hospital Administrator Stephen Kuehler is at home in his sunlit office above the entrance to the Knox County Hospital. From his vantage point, he can see work progress on the new clinic building across the street.

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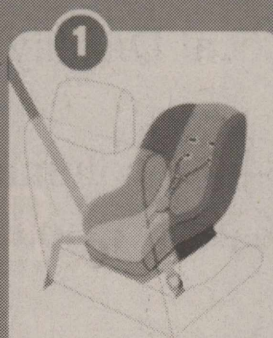
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Effective 9/1/2009

A child up to 8 years old, unless taller than 4 feet 9 inches, must ride in a child safety seat.

Most children between ages 4 to 8 will need a booster seat to be safe and comply with the law. Safety experts recommend that all children under age 13 ride in the backseat. Adults and children must be buckled up whether they are in the front or back seat.

4 STEPS FOR KIDS

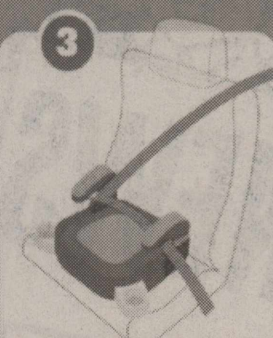
Make sure all children in your vehicle are properly secured. Use a child safety seat appropriate for their age, weight and height. State law requires that you always follow the manufacturer's instructions.



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FORWARD-FACING SEATS
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BOOSTER SEATS
From about age 4 to about age 8, or up to 4 feet 9 inches.



SAFETY BELTS
From 8+ years old or taller than 4 feet 9 inches.

Still not sure which safety seat is right for your child? Contact Safe Riders at 1-800-252-8255 for more information.

Lady Greyhounds



Sheri Baty/For the News-Courier
Lady Greyhound Chasity Tolson shoots over a group of Aspermont Lady Hornet defenders during Monday's game in Knoxville. The Lady Greyhounds lost, 74-35.

Breakfast empowers elementary students

By Hanaba Munn Welch
The News Courier

KNOX CITY — School used to start with the opening bell and the pledge of allegiance. It still does, but now students don't plunge immediately into their classes.

Breakfast comes first. It's free. And if you'd rather eat your own burrito or other vittles from home or elsewhere, that's OK at the Knox City schools cafeteria. But most students take the offerings from the cafeteria. And, as always, some trade.

Third-grade teacher Kim Turnbow sits at the head of her students' table.

"I don't have to do it," she said. "I think it just gives me more interaction with them. It lets me get into their world."

Jinx Shaver, kindergarten teacher, took time Wednesday morning to walk down a table lined with kindergartners to snip open packs of jelly with scissors and open milk cartons for the students who haven't yet mastered the art.

Shaver has been substituting for the regular teacher, who's about to come back from sick leave. She's a veteran teacher — one who's been teaching long enough to remember the time when breakfast wasn't part of the school day. She likes the current set-up.

"Everybody needs food in their tummy," she said.

During her regular career Shaver taught at Rochester, and then, after the

Rochester school closed, she moved to Knoxville. Most of her time was spent teaching first grade.

"I went to school here, so this is home," she said.

Like Shaver, Knoxville City Elementary Principal Marsha Quade also believes breakfast gets students off to a good start and helps them with academics and other activities.

As Christmas draws near, students are caught up in various pursuits, all requiring energy and brainpower.

On Dec. 6, second-, third- and fourth-graders will travel

to Chillicothe to compete in University Interscholastic League events — competition that brings out the best in many students, including some that aren't at the top of their classes academically.

"It's not always the kids that make the best grades that do these events,"

Quade said. "That's what's special about it. ... They develop a lot that you wouldn't see in the classroom. They get an early taste of competition."

The annual school Christmas program is slated for Dec. 13. This year the theme is "Christmas Around the World."

"We have an amazing music teacher," Quade said, referring to Katie Carr.

Gift baskets compiled by each class sell at auction as each class performs.

It's a Parent-Teacher Organization fundraiser, always popular — a way to fund enrichment activities, Quade said.



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The 501 Happy Black Friday

Black Friday. As holidays go, it's become one.

As I write, it's about to happen. As you read, it already has. No matter. Just think of me as being ahead of the game for next year. That's what Black Friday is all about — being ahead of the game.



HANABA
MUNN
WELCH

Speaking of games, Black Friday is managing to eclipse not only Thanksgiving but also some football games, isn't it, as it edges itself

backward into Thursday? I'm asking. I don't pay that much attention to football, but I know that important games get played on Thanksgiving Day, timed for fans to watch as their food digests until, ultimately, leftovers begin to tempt palates again. Evening shopping didn't used to be the other choice.

Holiday-wise, the nice thing about Black Friday is that it can't be commercialized. It already is.

My own heightened sensitivity to such matters comes from my father, who deplored the commercialization of any holiday. I think it was his way of saving money. He wasn't a big tipper either.

Not that he wasn't generous. He was. If somebody needed a loan, he was an easy touch. When it came to any kind of trade, he made sure the other guy got the best deal, to my mother's chagrin, although she admired him for it. In any case, Daddy decried the commercialization of any holiday, even Father's Day, as exploitation that tainted the true meaning of things.

But that's life.

If somebody can make a buck off something, they will. I'm the world's worst. When it was thought that Alfred P. Murrah Federal Building bomber Timothy McVeigh might be tried in Lawton, I considered designing a T-shirt to sell to the outsiders who'd be flocking to Oklahoma and would need a souvenir. I envisioned Geronimo as part of the design. I thought Geronimo would sell, based on his cachet and Fort Sill connections. How commercial of me.

But think of it this way: Merchants and peddlers respond to people's wants. If our nation weren't so materialistic, the commercialization of every holiday wouldn't be an issue. If nobody wanted illegal drugs, there'd be no trafficking.

Now for my death wish theory.

Some psychologists, maybe all — I'm not one so I don't know — say that we all have a death wish. How convenient, since that's what's going to happen to all of us if we live long enough. Meanwhile, maybe we also wish for the next-best thing to death — hard times. Could be we all have deep-seated needs to practice survival skills, if not for real, then vicariously. Witness the popularity of television shows like "Survivor." I've never watched, but I think it pits people against nature and each other.

Who knows? Maybe even Black Friday itself appeals to our survival skills by pitting us against other shoppers to obtain what we simply must have. Such long lines. Such chaos.

PAUSE TO REFLECT. Picture those trucks that unload food to starving people. Too bad there's not a Black Friday for those people too.

Hanaba Munn Welch is a contributor and columnist for The Post Dispatch. Email her at hanaba.quannah@gmail.com.

The Doctor is In Acidic bloodstream can trigger Western disease

It was good to be with family over the Thanksgiving holiday weekend and give some free medical advice over turkey and sweet potatoes.

A couple of years ago my mom's bone-density scan showed osteopenia (thinning of her bones) so her doctor recommended Boniva. At the time I concurred. However, she wanted to know if I now had any other new insights or opinions since my recent



BEN
EDWARDS

transformation into a physician who doesn't believe there is such a thing as "diseases" but merely consequences.

Could even osteoporosis fall into this "consequence" category? Well, first we need to start with some known truths. Multiple native cultures in South America,

Africa, the Far East and other areas of the world don't experience the "Western diseases" of cancer, diabetes, hypertension, heart attacks, osteoporosis etc.

In these locations the local populations consume their traditional diet (void of processed food and sugar). When portions of these populations move to more Western-

ized areas and start to consume a Western diet, they suddenly start to develop these diseases, including osteoporosis. This is pretty much a dead give away that it is the diet, not genes, that influence the disease prevalence the most.

So, how does diet influence bone density so much?

The foods you consume can signal your body to pull calcium out of your bone and into your blood stream. Your body desires to keep your blood pH level slightly basic, about a 7.4. This is the optimal pH for health (germs and cancer cells both love acidic blood and hate basic blood).

Certain foods create an acidic bloodstream, and the calcium is pulled out of the bone and into the blood as a buffering agent. Sugar (especially high-fructose corn syrup) causes the blood to turn acidic.

The average American consumes a pound of sugar in four days. A hundred years ago, it took 12 months.

A diet too high in animal protein also causes the blood to turn acidic. Increasing dietary protein from 47 grams a day to 142 grams a day more than doubles the amount of calcium pulled out of the bones.

This doesn't mean to avoid all meats, but moderation is key (actually a diet too low in protein causes decreased absorption of calcium in the intestine).

Forty to 50 grams of protein a day is sufficient for most people and varies depending on height and weight. To calculate, just multiply your ideal body weight by 0.8 to determine the number of grams of protein you need per day.

Sodas are a double whammy for your bones. They contain the high-fructose corn syrup that turns your blood acidic but sodas also contain lots of phosphates and no calcium.

When lots of phosphates are present without calcium, then again the body is triggered to pull calcium out of the bone to balance the phosphates.

A slightly alkaline (healthy) body chemistry will be naturally created when your diet is rich in vegetables, fruits, nuts, healthy omega-3 oils, beans and seeds along with a moderate amount of natural, grass-fed meats.

An alkaline environment will keep your calcium in the bones where it belongs.

Next week I'll tell you what I told my mom about her Boniva along with healthy, natural alternative (think: not patentable, less profitable) options God originally designed our bodies to utilize to rebuild bones.

Dr. Benjamin Edwards is a Garza County physician specializing in holistic medicine and nutrition.

Just Jeff

A soy-bean-and-shopping kind of holiday

What has happened to traditional Holidays?

Thanksgiving used to be about Thursday lunch or dinner. Turkey, dressing, cranberries, sweet potatoes and pumpkin pie. Well, that was what we always had when I was growing up.

That was the normal meal.

Today they have tofu turkey. What the hell is wrong with turkey? You go to the doctor who tells you lay off the red meat,

so you eat more turkey and chicken but all of a sudden the granola-crunchers try to improve a turkey by squeezing bean curds with water and gelatin. Yeah, that is what I want.

The tradition growing up

was to get dressed up — not a suit and tie, but nice clothes — go to the relatives before the first football game and spend the day watching football, eating and visiting with the old folks. Today it is arriving three minutes before eating, wear something comfortable and watch football, play on laptop, text and watch one of five football games and a "Duck Dynasty" marathon, and visiting with the old folks won't happen unless grandma can text.

These new traditions I can understand since we have added more entertainment with new technology, but tofu turkey is for pansies and people from California (which is the land of fruit and nuts). The thing that bothers me the most is Black Friday, and it basically starts on Thursday at 8 p.m.

You hear more about shopping on Friday than you do about Thanksgiving and what it stands for. It seems that

Thanksgiving has become just a starter meal for a shopping spree than a national day of thanks for all of our blessings. Every year it starts earlier than before.

This year Target started out at 8 p.m. First rule, Target is not a store for a man. Why? They don't sell hunting licenses or guns or ammo. I think they pass out complimentary tampons at the door, but that could be just a rumor.

The only reason for a man to even go to a Target is to walk with his wife and say, "Yes, dear," and "No, you don't look fat in that." Most men will not even go, and if you do see two guys and they are together, it's safe to say they're looking for curtains.

As much as it pains me to say this, Target is a 100 percent improvement on a Walmart and why anyone would even go in this cesspool of inbreeding on a Black Friday is beyond me. Unless you are looking to hookup

with a toothless woman with misspelled tattoos, I would steer clear of this place.

Imagine Grandma in a throw-down for a 40-inch flat screen with her sister. This is the stuff that happens at a Walmart on Black Friday at 2 a.m. Heck, this is what happens at 10 a.m. on Sunday at some Wally Worlds.

If Target passes out tampons, then Walmart should pass out some form of birth control.

In the last 20 years, we went from Thanksgiving being a day of giving thanks, over-eating, naps and football to soy-bean turkey, camping out in a tent to save \$300 on a laptop and missing Thanksgiving.

Looking back I guess I should not have been shocked when Obama got re-elected.

Jeff Stanfield is a not-so-politically correct writer and Southern humorist. Email him at jstanfield@windstream.net.

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The Idle American Inflation trumps deflation

My old mother would have begun the conversation in one of two ways — 1.) If that don't beat a hen a-peckin', or 2.) Ain't it the "beatnest" thing?

Then, she'd set in on detailing the conundrum faced by Americans across the land during these "whiz-by" days — right on the heels of Thanksgiving with Christmas staring us right in the face.

We are deflated at the thought of the hustle and hassle that accompanies the yuletide season but are inflated by memories of delectable foodstuff that crowded our table at Thanksgiving — the season that may have introduced the

term "second helpings." This was centuries before "more Ovaltine, please."

Though grateful for the rich and wonderful grub that has caused belt extension to the very last hole in our Sunday belt, we now yearn for simpler fare. For a few days, we'll chow down on food most ordinary, like hotdogs, chased down by simple store-purchased snacks.

"Whadda ya mean, no Wonder Bread hotdog buns?" we ask the guy at the grocery store. He kindly explains they aren't baked anymore.

On the next aisle, we search in vain for Twinkies and Ding Dongs, confections that we claim fall into the same general category as Jell-O. You know — it's the dessert

there's always room for. I asked him again, "What gives?"

"Haven't you heard?" he asked. "Hostess couldn't strike a deal with union employees, so the company is 'kaput.' They'll probably sell the brands to others, but likely in small bites. For a while at least, you'll have to buy other buns and seek other snacks."

No doubt he's an English major working on alliteration en route to writing the great American novel.

Maybe I've been under, behind or distracted by a rock, but I hadn't heard about the bakery closing down. Hmmm, Hostess, formerly "with the mostest," now is reduced to "Hostess with the leastest."

My intent this day is to focus on what should "pump us up," if not fully inflate. Texas A&M fans are swelled to the point of bursting. Surely there are many among us who are glad the Aggies are waving our state of Texas flag in the faces of Southeast Conference football opponents.

Admit it, even if you are an "orange-everything" Texas fan. The Aggies are "doing us proud" as representatives of the Lone Star State. Who would of thought they'd conquer Alabama in Tuscaloosa? Or boast a freshman quarterback better known across the nation as "Johnny Football"? Or that this remarkable Johnny Manziel already is being groomed for Heisman recognition? Or that the Aggies would string together two great halves in the same game? Or that they would succeed despite not having their own television sports network?

My 100-year-old Uncle Mort showed up the other day in his maroon T-shirt — his

"tribute to the Aggies" — never mind his name has never appeared on any university rolls. I doubt if he's ever set foot on the campus, but he's got an Aggie banner flying from the golf cart he puts around on. He asked me if I knew what the moon and Texas A&M have in common? I didn't. "They both control the tide," he laughed.

Uncle Mort then took a serious turn. "Two pieces of news last week just about blew me down," he winced.

The statement brought back memories; that's how my mother used to express amazement. "Well blow me down," she'd say.

He went on to lament the adulterous affairs confessed within hours of each other — one by CIA Chief David Petraeus and the other by the incoming CEO of Lockheed Martin, Christopher Kubaski, who was to ascend to the top post in January.

"If crying would help, I'd weep," he said, almost in a whisper. "And to think they both had such key roles in defending our nation."

I couldn't disagree with him, and confessed I hadn't thought of linking them to the key roles he'd mentioned. I joined him in remorse, feeling "defenseless." Mort offered a final thought, "Let's try to pump ourselves up with thoughts of Christmas' deepest meaning." Then, he pattered away.

As usual, I expressed thanksgiving that my uncle is an incurable optimist. His mirthful optimism is a tonic for us all

Don Newbury, former chancellor of Howard Payne University, is a humorist and motivational speaker. Email him at newbury@speakerdoc.com.

**Sports
roundup**

**Mogulettes off
to a 2-1 start**

The Munday Mogulettes are out to a 2-1 start this season, winning contests at home against Petrolia and Newcastle. The only game the Munday girls have dropped was a road contest Nov. 17 at Crowell.

The Mogulettes got out to a 1-0 start Nov. 13 hosting a tough team of Petrolia Lady Pirates.

Kaylan Urbanczyk lead the way for the Mogulettes' 65-45 win with 16 points, six rebounds, 10 steals and 4 assists. Tatum Bufkin added 14 points, 8.5 steals and four assists and Raci Dillard had 16 points and six rebounds.

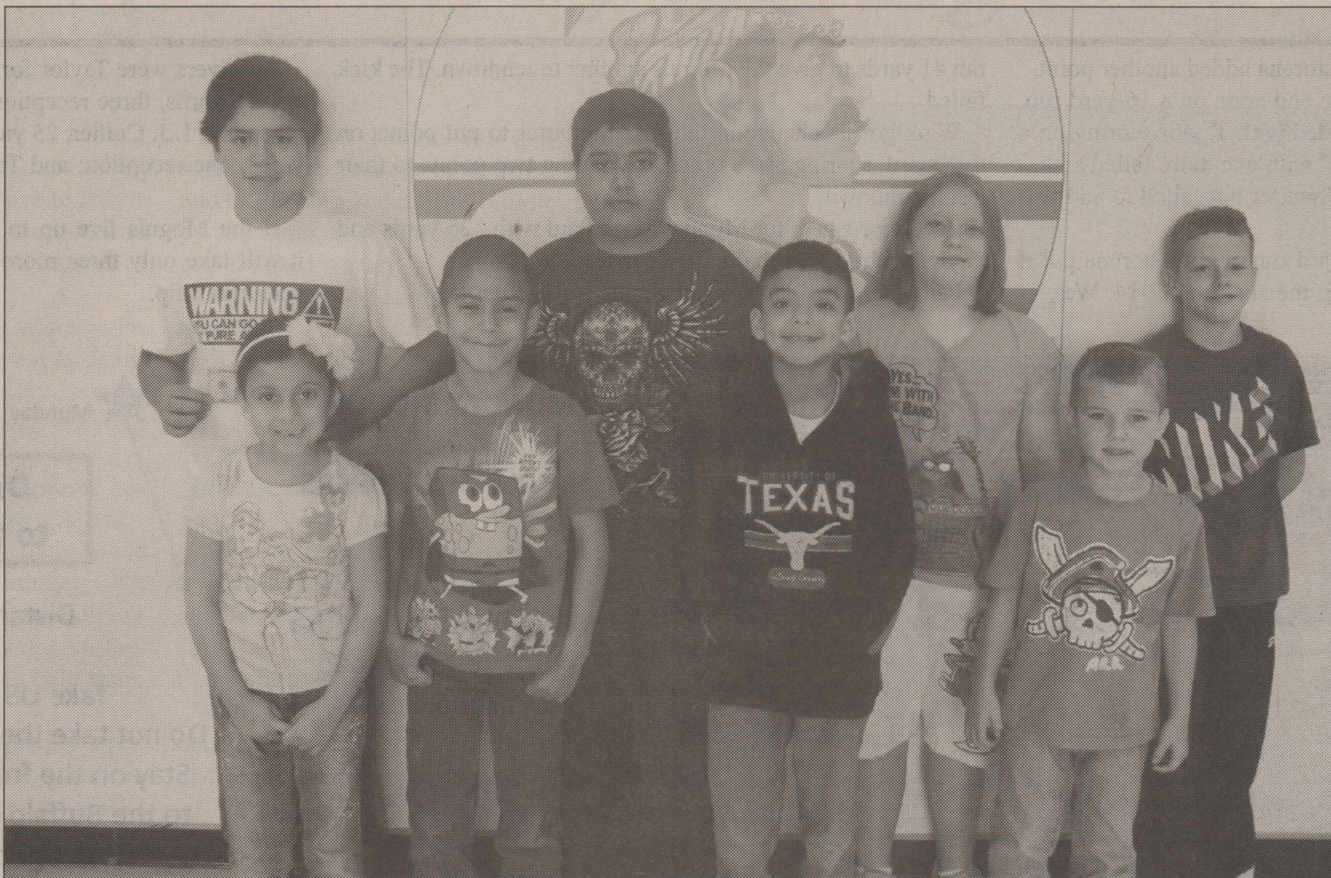
Later in the week, the Munday girls traveled to Crowell and lost a 57-54 nail-biter Nov. 17. Leading scorers included Tori Thompson with 15 points, four steals and six rebounds; Urbanczyk with 14 points, five rebounds, seven steals and four assists; Kylie Urbanczyk had eight points, seven rebounds, two steals and two assists; and Bufkin had five, 7.5 steals and six assists.

The Mogulettes hosted Newcastle on Nov. 20 and beat the Lady Cats, 60-19, to head into the Thanksgiving break.

In that game, Thompson had lead all scorers with 16 and added five rebounds; Tiffany Serrato had 12 points and 5.5 steals; Kylie Urbanczyk had eight points and 10 rebounds; and Dillard had six points and added 11 rebounds.

Cory Stephenson

Munday school recognition



Photos submitted by Kristi Bufkin

Munday Elementary students were recently recognized for perfect attendance during the second six weeks of the academic year. Pictured are (back) Edgar Araujo, Kelvin Martinez, Julie Valk, Cody Carlile; (front) Ann'Elyse Clark, Rafael Fernandez, Chris Garcia and Haiden Bowman.



Munday Elementary students recently recognized during the second six weeks in the Accelerated Reading program are Nicolas Hernandez, Riston Sanchez, Kameron Redder, Claire Redwine and Avery Garcia.

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MOGULS

From Page 1

scored on a 60-yard run and Castorena added another point.

Dockins took the ball into the end zone on a 16-yard run. The kick failed. The quarter ended with Taylor scoring on a 56-yard pass from Paul followed with one more failed kick.

Wink scored first in the third quarter but failed to add two points with a pass play.

Jake Myers scored on a 50-yard run, and Castorena put it between the posts again to bring the score to 57-14. Weaver

ran 41 yards to give the Moguls another touchdown. The kick failed.

Wink got its chance in the fourth quarter to put points on the board, scoring three times and adding two points to their last touchdown.

Leading rushers for Munday were Paul with 125 yards and Taylor with 117, each on three carries.

Paul connected on 9 of 12 passing for 175 yards.

Receivers were Taylor for 56 yards on one reception; Myers, 36 yards, three receptions; Ryder Dillard, 32 yards, one reception; L.J. Collier, 25 yards, two receptions; Dockins, 20 yards, one reception; and Trey Stinnett, one six-yard reception.

If the Moguls live up to their ranking and beat Hamlin, it will take only three more wins for them to earn the state championship.



Terry Messer/The Knox County News-Courier

Dee Paul heads for a touchdown!



Terry Messer/The Knox County News-Courier

Roddrick Taylor (1) looks for daylight.

MUNDAY MOGULS
vs.
HAMLIN PIED PIPERS
2 p.m.
Saturday
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Wylie Bulldog Stadium



Munday

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Go Moguls!



Terry Messer/The Knox County News-Courier

Dewayne Castorena (9) drills the PAT while Ryder Dillard (3) holds.

M Moguls

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the intent of KCHA to offer vacant units to income ineligible (high income) applicants when there are not income eligible (very low or low income) applicants on the waiting list. KCHA is an equal opportunity provider and employer. (tfn)

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NOTICE OF APPLICATION FOR FLUID INJECTION WELL PERMIT

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LEGAL AUTHORITY: Chapter 27 of the Texas Water Code, as amended, Title 3 of the Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

Requests for a public hearing from persons who can show they are adversely affected, or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the **Environmental Services Section, Oil and Gas Division, Railroad Commission of Texas, P.O. Box 12967, Capitol Station, Austin, Texas, 78711-2967. (Telephone 512/463-6792)**

LEGAL NOTICE

BID NOTICE

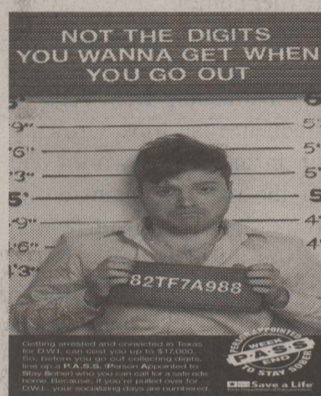
The City of Knox City will be accepting sealed bids for the sale of 107 South Central Ave Blk 44 Lots 6-9 Original Town, also known as the American Legion building within the city limits of Knox City. A property listing & bid sheet may be obtained at City Hall, 902 E Main. All sealed Bids will be taken and then opened at the regular Council meeting on Tuesday, December 18th 2012 5:30 PM.

The Knox City Council reserves the right to refuse any and all bids.

LEGAL NOTICE

Application has been made with the Texas Alcoholic Beverage Commission for a beer and wine off premise beverage permit by Convenience Beverage, INC. DBA Convenience Beverage, INC. #104 located at 120 South Birch Ave., Munday, Knox County, Texas officer of said corporation is Robert Marrufo, President, Secretary and Treasurer.

Brazos Valley Care Home is still taking applications for Activity Director. Must be energetic, enthusiastic and enjoy working with the elderly. Training and Certification will be provided. Apply in person at 605 S. Ave F, Knox City



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TOURISM

From Page 1

not only in Munday but in Knox City," she said. "The way that the communities brought together five or six little communities together for a cause (a reference to the Knox County Visioning Group). I've always said that I was going to start bringing groups of people here and call it the 'Imagination Tour.' This county just shows what people can do when they get an attitude to make changes."

The chance to spend the night free in the city park in Knox City was also a draw for McDonald. The city pro-

vides trailer sites free for the first two days and for \$10 a day up to 12 additional days.

In a way, McDonald, new to the RV scene, is putting her money where her mouth has been. After promoting tourism and touting the region to insiders and outsiders, she's ready to travel the highways and byways herself as a real tourist — not someone with a job to do. Never mind that she squirreled herself away in Knox City in her cozy little home on wheels to work on final tourism reports due at the end of the month. Or that she's about to take another



Barbara Brannon soon will leave her post as marketing director for the Texas Tech University Press to take on the new challenge of director of the Texas Plains Tourism Region.

job in the same field.

"I'm not just quitting," she said. "I'm going to be chamber director at Oldham County (her home)."

McDonald expects her new job to allow her time to go off in all directions from Vega on frequent road trips. Growing up in the little town on one of the nation's main tourist routes left its mark on her.

"As a kid I grew up two blocks off Route 66 and remember seeing cars go by as I sat in my little tree house," she said.

She wondered who the travelers were and where they were going.

"I want to help it (Vega) get back to its heyday," she said.

Her vision to help Vega revive itself in the spirit of Route 66 is inspired from all she's learned as manager of the regional tourism program — "taking everything I've seen in 52 counties and applying it," she said. "It ought to be a walk in the park."

McDonald expects her new home-based job will be less demanding than the work that's kept her busy zipping from place to place and from event to event across the Panhandle and the Texas Plains.

"I think I averaged 75 hours a week, really," she said. "It wasn't because anyone was forcing me to do it, but I had a passion. I wish I'd logged how many miles I've traveled in the last five years. I've seen the best of the backroads and the cute little places like Knox City."

The words spill over them-

selves when McDonald talks about the area, describing charms and naming names.

"They call me 'The Blur' because I'm always on the go here and there," she said. "Right now it's still a blur in my head all the things I've seen — the hidden treasures of this region, like Rhineland and over in Goree, saving the building because somebody's going to tear it down; Steve Pepper who has opened his eyes to a great vision for Knox County, seeing a building and repurposing it; like Jerry Bob Daniel over at Truscott who has salvaged the bank and the old Baptist church he's made into a hunting lodge; state photographer, Wyman Meinzer, and (his wife) Sylinda's precious store; the sweet Mary Jane Young over in Benjamin with the Wichita Brazos Museum."

In a way, McDonald is almost too much at home everywhere she goes, Knox County in particular, to be called a tourist. But if her familiarity with the region can be set aside, she is perhaps herself a microcosm of her own generation when it comes to travel. It goes beyond her fascination with all things retro.

McDonald, typical of people her age, admits she's accumulated a wealth of possessions. When she takes to the road, she's able to leave it all behind and enjoy the freedom of a downsized life, if only for a few days.

Retirement is something she's easing into slowly, as are others of her ilk and age.

"I'm hanging up my business suits," she said.

But she's looking for reasons to travel to give purpose to her wanderings.

"I've always run by the seat of my britches, but I'm really wanting God to take the seat of my britches right now," she said.

McDonald, based on some of her own past experiences, feels a call to minister to women who are hurting.

"My heart is to help women," she said. "Have trailer, will travel. I'm hoping that a ministry will pop up in there somewhere. For a tank of gas I'll come talk to your groups."

She has other talents she'd like to develop.

"I'm a would-be writer," she said. "I'd like to do that."

And she's an artist, work-

ing in watercolors and wielding a calligrapher's pen.

McDonald, who picked her daily devotional reading from the Bible just by letting the pages fall open when she arrived in Knox City, believes it fit the occasion:

"Dear, dear Corinthians, I can't tell you how much I long for you to enter this wide-open, spacious life. We didn't fence you in. The smallness you feel comes from within you. Your lives aren't small, but you're living them in a small way. I'm speaking as plainly as I can and with great affection. Open up your lives. Live openly and expansively!" (II Corinthians 6:11-13).

For McDonald, that's God's voice confirming the call of the road.

Barbara Brannon, incoming director of the Texas

Plains Trail Region, will take over the job at the beginning of the new year.

"It's an honor and a challenge to follow in Deborah Sue's footsteps — or trailer tracks," Brannon said.

Most recently Brannon has managed the marketing efforts of Texas Tech University Press. A writer, she's contributed travel articles to magazines and newspapers.

Higher education, publishing and small business are the primary endeavors that have comprised her career.

Her new post will draw on her array of skills.

"I'm looking forward to working with the wonderful people and communities of the Texas Plains Trail Region and traveling some of the same roads Deborah Sue knows so well," she said.

HUNTING

From Page 1

"We chicken fry it," Rhett Deaton said.

Their deer usually end up with a taxidermist, minus what's edible.

"We get them mounted most of the time," Rhett Deaton said.

If the Deatons happen to meet Knox County's new game warden, they may be surprised to learn he's from their neck of the Piney Woods. Jay Oyler grew up at Cooper, just 45 miles northeast of Wimberly.

Are the deer really bigger around Benjamin then they are back east?

"Yes and no," Oyler said, careful to respect the politics of deer hunting.

Several factors determine the size of a buck.

"We've got some huge ranches here," Oyler said, referring to ranches that manage their herds, feeding the deer to promote antler growth and good conditioning.

When deer roam places where the hunters are few, they have time to grow and to grow bigger racks each year as they get older.

"Certainly there are some big deer in East Texas," Oyler said.

But East Texas typically has a denser concentration of hunters.

"It's like a Christmas tree over there sometimes," Oyler said, connoting an image of hunters dressed in red against a backdrop of green forest. "In East Texas you could have 10 hunters on a 50-acre patch."

But Oyler doesn't like to make blanket statements about the size of deer, attributing size not to genetics but to protein and age. A deer with fewer hunters to dodge has a chance to reach the age of five to seven years, a good age to grow an impressive set of antlers.

"One thing we don't want to do is get East Texas up in arms saying they have little deer," Oyler said. "You can see the same thing in certain parts of Knox County ... where there are more hunters on smaller ranches and farms."

Reports from the field this year indicate that Knox County deer are fewer in number, Oyler said, blaming the drought.

"This year they're saying they're not seeing anything," he said.

As of Sunday night, Rhett Deaton reported he hadn't yet shot a deer.

His father, David Deaton, when asked last week how many deer he'd shot over 10 years of hunting in Knox County, gave a surprising answer:

"I haven't shot one since we've been coming," he said.

Trailer living



Hanaba Munn Welch/The Knox County News-Courier
Deborah Sue McDonald, new to the world of towing and living in a small trailer, balances a Bible on one knee and a tiny replica of her tiny trailer on the other while she masters switching on the ceiling light. One of McDonald's dreams is to turn her travels into a religious ministry. Meanwhile, she works in tourism, preaching the message that small towns can enhance their attractiveness to travelers.

TDA Market Recap

For the week ending Nov. 24, 2012, Texas direct feeder cattle sales were steady to weak during the light holiday week. The Oklahoma City National Stockyards were steady on a light holiday-week sales volume.

Feeder cattle prices continue to be pulled in both directions, with tight supplies supporting the market, but high grain prices, negative cattle feeding margins and dry conditions in many areas applying downward pressure. Wholesale beef values were higher for Choice-grade offerings, but lower for Select

beef. Texas feeder cattle auction price trend could not be established since many locations were closed for the Thanksgiving holiday.

Cotton prices were lower while wheat, corn and grain sorghum prices were higher. As for futures markets, feeder cattle, fed cattle, wheat and corn were higher, but cotton and lumber were lower. Rainfall was recorded over much of the eastern edge of the state as well as much of the southern border, however the majority of the state did not receive measurable rainfall.

Texas Cash Markets:		Week Ending Nov. 24, 2012	Previous Week	Previous Year
Feeder Steers	(\$/cwt)	159.13	154.64	157.68
Fed Cattle	(\$/cwt)	—	125.85	124.19
Slaughter Lambs	(\$/cwt)	—	130.00	—
Slaughter Goats	(\$/cwt)	—	196.00	—
Cotton	(¢/lb.)	68.25	69.25	87.25
Grain Sorghum	(\$/cwt)	13.36	12.57	9.96
Wheat	(\$/bu.)	8.33	8.31	5.78
Corn	(\$/bu.)	7.96	7.74	6.00
Oranges	(\$/carton)	13.00	13.40	12.70
Grapefruit	(\$/carton)	17.73	17.30	13.20
Cabbage	(\$/50 lbs.)	10.00	8.50	5.75
Futures Markets:				
Feeder Cattle	(\$/cwt)	147.88	145.60	144.62
Fed Cattle	(\$/cwt)	128.95	126.15	121.10
Cotton	(¢/lb.)	69.83	72.73	90.82
Wheat	(\$/bu.)	8.78	8.76	6.44
Corn	(\$/bu.)	7.46	7.27	5.83
Lumber	(\$/MBF)	318.10	325.50	235.30

All cash prices above are market averages for locations covered by the USDA Market News program and do not reflect any particular sale at any specific location. Feeder cattle prices are for 500-600 pound medium and large No.1 steers at the Oklahoma City National Stockyards. Futures prices are quoted for the nearest month contract on the last trading day of the week. MBF = thousand board feet. For additional information, contact TDA at (800) 835-5832 or visit our website, www.TexasAgriculture.gov.

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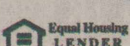
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