

Messiah in the Passover

Sunday, March 18, 2018, was an amazing and unusual experience for many parishioners of First Baptist Church of Claude, Texas. Instead of being led by Pastor Dick Gravley, the congregation has a guest speaker, Greg Hagg, a Messianic Jew who is a part of the Chosen People Ministries. Hagg presented MESSIAH IN THE PASSOVER, one of Chosen People Ministries most known services, which helps to demonstrate the common heritage of the Christian and Jewish communities through the seder meal.

Hagg spoke during the 10:30 a.m. service and explained in detail how the Jewish seder meal, which was instituted by God in the time of Exodus, clearly points to the fulfillment of God's covenant promise to his people through the Messiah—Jesus. Everyone was welcome to attend this unique service and more than one hundred residents of Claude and the surrounding areas did so.

Greg Hagg began by sharing about the haggadah, the book from which the seder is read. The haggadah means the “the telling”. It is the telling of redemption. Redemption was the theme for the whole message—the redemption of the Jewish people from slavery and bondage in Egypt and the redemption which is ultimately brought by Jesus' sacrifice on the cross. See-



Items used during the Jewish Passover celebration were on display at the Messiah in the Passover presentation at First Baptist Church. photo by Lauren Hudson

ing how these two worldviews were woven together from the very beginning brought a whole new perspective to the origins of Passover and to the Last Supper (which was a seder meal) for many Christians in attendance. “Having a better understanding of the Passover in foundational to our understanding as Christians. The Passover points to Jesus,” shared Camey Gravley, wife of Pastor Dick Gravley.

Hagg also shared other powerful imagery with the

congregation, such as the Matzo Tash, also known as the Unity Bag. This special bag has three compartments in which the unleavened matzah is stored. Not only does the matzah bread, which is striped and pierced, make a poignant picture of Jesus as he was prepared for the cross, but the Unity Bag can be seen as a direct representation of the Christian Trinity. “It was interesting to see the way that everything in the Passover dinner pointed to Jesus,” said Tiffany Clark, member of First Baptist



Guest speaker Greg Hagg walked the audience members through some of the important parallels of the Jewish seder and the Christian faith and how they all point to Jesus in the end. photo by Lauren Hudson

Church. “As a Christian, it's hard to fathom that Orthodox Jews don't see the parallel the way that I do.”

The relationship between the Passover and the Lord's Supper is just one of the many reasons Pastor Gravley wanted Hagg to make this presentation. “Our church, as we prepare

for Easter, needs to understand that one of the main things Jesus did the night before he died was to sit down and take the Passover meal,” said Gravley. “I want our congregation to be able to better understand what the Passover was like and what it means both then and now.”

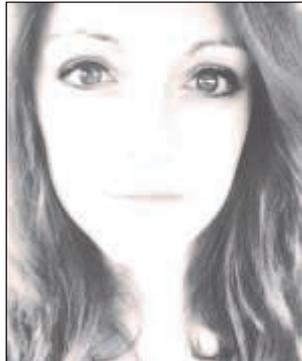
Regardless of your

faith background, it is clear that the presentation of the MESSIAH IN THE PASSOVER Program was a unique experience for First Baptist Church of Claude and all those who attended.



Moving Mountains, Part One

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BY ANGELA EDWARDS
LIFE COACH

I want you to imagine, sitting in church listening to your pastor speak and suddenly a vision comes upon you. There you see yourself at the bottom of a mountain looking up among the trees and see a small dirt path. Your heartbeat quickens and urges you forward even though the terrain looks rough. "Go, there is someone that needs me at the top," God says.

Without hesitation you begin the ascent of the mountain. Over large rocks, down trees and huge cliffs you climb farther and farther. The path remains clear but hours

have gone by and your body is tired. Your legs sting with every step and your arms feel too weak to pull yourself up over another ridge. Your heart pounds, not only to the physical exhaustion but to the urgency at hand.

Up ahead your vision of the path becomes unclear, the jungle becomes wild with large ground coverage. You spot a tree with thick branches, enough width to hold your body weight. Another climb ahead and with a deep breathe, you start the vertical climb 30 feet up. Hand then opposite foot, reach, step, reach, step. About 20 feet up, you spot a space where you can look out. The path starts again just north of the tree you climbed. Looking to the sky, you see the sun is at high noon.

At the base of the tree, your body feels heavy. Fatigue is setting in but you must keep climbing. Making it to the path, you spot the last ridge to the top. A sigh of

relief, almost there. One last climb. You will yourself forward with every ounce of physical strength you have left and pray God fuels the rest.

Pulling yourself over the edge, you roll yourself onto the ground. An overwhelming spirit of joy comes upon you and you start to laugh. Coming to your feet, you spot a man sitting under a tree surrounded by multiple people from the tribe. His body language speaks of importance and has a deep sense of purpose in his eyes. He looks up and you catch his attention. "Him," God says, "I called you to the top of this mountain, to a small village who has never heard of the name Jesus because I am raising up this man to be a leader of this country. BUT his future relied on your physical ability to get up this mountain. Well done, my good and faithful servant!"

This imagery of a climbing a mountain is one of my top motivations to keep up with a healthy lifestyle. I train with weights to strengthen my muscles and put myself through cardiovascular conditioning to increase my endurance so that I am physically capable of going where God calls me to go. God created our bodies to work alongside our spiritual bodies to fulfill God's calling on our lives.

So I am going to ask you a series of questions ranging from extreme to everyday life and I want you to count on your hands how many yes' you

answer.

If God called you to climb to the top of a mountain tomorrow, would you be able to physically do it?

If God called you to carry a 5 gallon bucket of fresh clean water to a village miles away, would you be able to physically do it?

If God called you to shovel sand to fill sandbags for an entire day, would you be able to physically do it?

If God called you to run a 3 mile race to raise money for a local charity, would you be able to physically do it?

If God called you to walk up multiple flights of stairs to witness to a co-worker, would you be able to physically do it?

If God called you to stand and support a good cause for hours, would you be able to physically do it?

We each have a God designed calling on our lives and each calling will take a level of physically ability to see it fulfilled. Our physical condition can and will affect our spiritual calling. Are you physically able to fulfill your calling? If no, pray and ask God to show you where can you start making changes. If yes, pray and ask God to show you what you can be doing to improve or learn new skills.

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Jody & I would like to thank everyone who supported us in the primary election. I am very confident that Susan will do a great job for our county!

Jody would again appreciate your support in the runoff on May 22nd, with early voting May 14-18th.

Jody & Julie Edwards

Sheriff's Corner:

A Note from Sheriff Barnett

Our Deputies and Troopers have been out this past weekend taking care of the traffic problems. They arrested a couple for warrants from other Counties and had a DWI arrest. With the start of Spring Break, the next few weeks will be busy traffic times. It normally last approximately 3 weeks. So everyone be extra careful with all the traffic when pulling out on USHWY 287.

We were authorized to purchase a new patrol vehicle this past Monday in Commissioners Court. It will be just like the last one a little Ford Interceptor. It probably will not arrive until August. The pickup will be getting fixed, so we will still have two vehicles that are 4 wheel drive in case it actually rains any time soon.

We were also able to get one of the elm trees taken out from behind the Sheriff's Office. We were calling out the plumber every 6 to 8 weeks to pull the roots out of the sewer lines. We are hoping this will help with that problem and save the county some money.

We have hired a new dispatcher. When you are out and about, come by and meet Jennifer. She will be training on days and evenings for the next few weeks.

Everyone have a safe weekend.

Fleta Barnett
Sheriff

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Worship: 11:00 a.m.

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March 25th

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P.M. Worship - 6:00 p.m.
Wednesday Classes - 7:00 p.m.

We invite you to watch:

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- > KAMR-4 Sunday 7:30 a.m.
- > KVII-7.2 Sunday 6:30 a.m.

Getting To Know Your Bible

- > DirecTV Ch. 377 - Mon-Fri 3:30a.m. & 9:00p.m.
- > DirecTV Ch. 376 - Mon, Wed & Thur 8:30p.m.

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COMMUNITY CALENDAR

MUSTANG TRACK—Fri. & Sat. Mar. 23rd & 24th, Amarillo Relays, AWAY

LADY STANG SOFTBALL—Sat. Mar. 24th, American Legion Softball Complex, 12:00 p.m., vs Follett, HOME

COMMUNITY EASTER EGG HUNT—Sat. Mar. 24th, Carroll Park, 2:00 p.m., Don't be late! For children walking age through 5th grade. FREE for Everyone to Attend and enjoy watching the children hunt the eggs,

MUSTANG BASEBALL—Sat. Mar. 24th, 12:00 p.m., vs Tascosa JV, AWAY

LADY STANG SOFTBALL—Tues. Mar. 27th, 4:30 p.m., vs Sanford-Fritch, AWAY

4-H EASTER BAKE SALE—Wed. & Thurs. Mar. 28th & 29th, 4:00-7:00 p.m., Johnny's Hometown Foods

NO SCHOOL CISD—Fri. Mar. 30th, ALL DAY, No School in Observance of Good Friday

LADY STANG SOFTBALL—Fri. Mar. 30th, American Legion Softball Complex, 11:00 p.m., vs Booker, HOME

EASTER SUNDAY—Sun. Apr. 1st, ALL DAY, Easter services will be held at all local churches. Come out and join us!

VOLUNTEER MEETING FOR THE CLAUDE TREASURE CHEST—Mon. Apr. 2nd, 10:00 a.m., First Baptist Church. All current volunteers and New Volunteers are welcome to attend

LADY STANG SOFTBALL—Tues. Apr. 3rd, 4:00 p.m., vs Memphis, AWAY

LADY STANG SOFTBALL—Fri. Apr. 6th, American Legion Softball Complex, 4:00 p.m., vs West Texas, HOME

CLAUDE TREASURE CHEST OPEN—Sat. Apr. 7th, 9 a.m. to 1 p.m., Vine & HWY 287

COMMISSIONERS COURT—Mon. Apr. 9th, 9:00 a.m., Armstrong County Courthouse

CITY COUNCIL—Mon. Apr 9th, 5:30 p.m., Claude City Hall

CHRONICLES OF NARNIA THE LION, THE WITCH, & THE WARDROBE PERFORMANCE—Sat. Apr. 28th, 7:00 p.m., & Sun. Apr. 29th, 2:00 p.m. The Gem Theatre, General Admission Seating.

CITYWIDE GARAGE SALE—Sat. May 12th, ALL DAY, Maps will be available at Various Locations around town

LAST DAY OF WEE SCHOOL—Thur. May 17th, First Baptist Church WEE School, Have a safe and Happy Summer

WEE SCHOOL GRADUATION—Thur. May 17th, 7:00 p.m., First Baptist Church

LAST DAY OF SCHOOL—Thur. May 24th, Claude ISD, Have a Safe and Happy Summer!

CHS GRADUATION—Fri. May 25th, 6:00 p.m., Claude High School, Congratulations Class of 2018!



MON., MAR. 26th
Breakfast: Waffle, Bacon, Fruit Juice, Fruit, & Milk

Lunch: Country Fried Steak, Gravy, Roll, Mashed Potatoes, Green Beans, Strawberry Cup, & Milk

TUES., MAR. 27th
Breakfast: Cinnamon Roll, Sausage, Fruit, Fruit Juice, & Milk

Lunch: Meat & Cheese Chalupas, Salsa, Cucumbers, Refried Beans, Apple Sauce, & Milk

WED., MAR. 28th
Breakfast: Breakfast Pizza, Fruit, Fruit Juice, & Milk

Lunch: Chicken Tenders, Texas Toast, Sweet Potato, Broccoli, Fruit, & Milk

THURS., MAR. 29th
Breakfast: Sausage, Egg, & Cheese Sandwich, Fruit, Fruit Juice, & Milk

Lunch: Fish Sticks, Mac & Cheese, Green Beans, Coleslaw, Orange Smiles, & Milk

FRI., MAR. 30th
NO SCHOOL

Mayor's Desk: A Note from Bill Wood

The regular meeting for the City Council of Claude was held on March 12, 2018 at 5:30 pm. Invocation was given by Mayor Wood. Previous minutes were accepted and bills were paid.

Supt. Miller reported on our water project and the sewer work that is being completed. EMS Director Howard Heath presented information concerning the new ambulance and the condition of our ambulance service at this time.

Twila Baldwin presented information about the "Welcome to Claude" signs and their locations. She also reminded us that the applications for pool manager and lifeguards were at City Hall and encouraged high school students and other interested people to apply. Joe Minkley reported on the progress of the new playground equipment for the park and gave an update on the Claude Economic Development Corporation.

Under old business Fire Chief Chris Bowles presented material on the

process to be used to demolish, burn and clean up junk houses and buildings within the city limits. He also expressed the need to obtain an "attack fire truck" for our volunteer service. The cost was estimated at this time. We will continue to look at grants and other means to obtain a truck. This subject was tabled until the next meeting.

Under new business we had our 2017/18 budget hearing open at 6:00 pm. The 2017/18 budget was amended in three places by transferring money from other accounts and not increasing the budget. The 2018/19 budget was adopted as presented following the budget hearing.

In other action the council designated "The Claude News" to be our newspaper of record for the city. The council also cancelled the City election slated for May 5th to elect council members. Council members Twila Baldwin, Dan Parks and Jay Morris will be sworn in at the May council meeting. Joe Minkley,

president of the Economic Development Board discussed the by-laws, reviewed minutes and discussed the 2018/19 budget for that organization. The council approved all areas as presented.

Howard Heath went over an ambulance bill payoff policy and after consideration this item was tabled until the April meeting. He also discussed a new ambulance rate to be used by our service and this was accepted by the council.

Ordinance 3.37 B was presented for approval by Mayor Wood concerning redemption requirements on animals placed in our shelter. This covers fees for animals being picked up, boarding fees, vaccination fees and any other veterinarian costs. All would have to be paid before the animal is released. The ordinance was approved.

Bids were opened for the renovation of the city barn connected to the fire station to be used for our ambulance service. It will house ambulances one and two along with facili-



ties for staff to stay while on duty. This along with the new ambulance will be a very positive improvement to our service for the City and County. The bid went to

D & F Construction and Remodeling. The bid was set up so that anything donated or that can be obtained at a lower price will be removed from the bid price. This was a good deal for the City and we appreciate Dwayne Holt working with us on this project and look forward to its completion.

The council's last agenda item for the night

was our annual personnel review. The council decided to move this item until after the budget has been approved, evaluations have been completed and the audit report has been accepted.

We continue to be excited about the growth of our city. I noticed at least six new homes going up, the school continues to work on a bond issue and I had the pleasure to attend the opening of the new softball field at the Legion grounds which is a beautiful field.

The new businesses in town continue to have good support from both local and out of town people. It is fun to see the positive movement taking place. The good will always outweigh the bad in the long run.

Be positive and let's make a difference.

Bill Wood
Mayor

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Your Guide to Reducing the Prom Price Tag

(StatePoint) Prom is a time-honored tradition and a rite of passage for teens. Originally inspired by graduation celebrations and debutante balls, prom today is now an extravagant, defining moment in a teen's life, bearing little resemblance to promenades of the past -- especially when it comes to cost.

All of this indulgence unfortunately comes with a price tag, and prom expenses can put a large dent in your wallet. Teens are spending nearly \$640 on prom hair and makeup, outfits, tickets and rides, according to Yahoo Style's "2017 Prom Across America" survey -- and that doesn't take into consideration any pre-prom expenses, such as the promposal, which, according to Visa's annual prom spending survey, adds another \$324!

The Promposal

In recent years, teens have upped the ante, finding elaborate -- and often public -- ways to ask someone to prom.

What are some popular promposal tactics? Spelling "prom" with pastries, creating giant duct tape posters, decorating lockers and bedrooms, and popping the question on the jumbotron at a sporting event.

Fashion First

When proms first became common, teens were encouraged to wear their "Sunday best" -- implying a nice dress or suit they already owned. Not so anymore. For girls, prom is all about the dress, and finding the perfect one at the right price is no easy task. "Seventeen Magazine" reported that girls spend \$231 on average for a dress, \$45 on shoes, \$23 on a handbag, \$32 on jewelry and \$118 on hair, nails and makeup.

While guys typically spend less on prom clothing and accessories, they're still shelling out for a tuxedo, corsage and other accessories.

Cut Costs, Save for College

The steep prom price tag is leading teens to look at alternatives, such as ditching typical outfits and making their own. One example is Duck Tape formal wear. Over the last 17 years, the Duck brand Stuck at Prom Scholarship Contest has attracted more than 7,000 entrants and awarded more than half a million dollars in scholarships to teens who crafted their Duck Tape prom attire.

Now in its 18th year, the contest will once again help offset the skyrocketing costs of college

by helping teens save on prom and by awarding creative makers for their unique promwear designs, offering two individual \$10,000 Grand Prizes: one in the Dress Category and one in the Tux Category, totaling \$20,000. For more information, visit stuck-atprom.com.

Other ways to cut the prom price tag? Hair, makeup and other accessories can cost more than \$200, so skip the salon and opt for online tutorials for hair and makeup inspiration. Also, DIYing accessories, such as jewelry, a clutch or flowers (i.e. Duck Tape roses), can add a personal touch, and keep money in your wallet.

Setting a budget and looking for opportunities to save money can help ensure prom is an amazing night that doesn't break the bank.

5 Hacks for Living with Diabetes

(StatePoint) According to the American Diabetes Association (ADA), approximately 30.3 million Americans are living with diabetes, which affects people of all ages.

Diabetes requires time and energy to manage but there are many simple things people can do to help make living with the disease easier. Here are five life hacks for those living with diabetes.

- **Get Moving.** Experts say that exercise helps maintain stable blood glucose levels, but not everyone loves the gym. Whether it's learning ballroom dancing or joining a basketball league, enjoyable hobbies can boost motivation to exercise. A fitness tracker that counts steps is a good way to discover how much movement you're getting and allows you to make changes if necessary.

- **Travel Smart.** Don't let the logistics of travel put a damper on your

next trip or vacation. It just requires a bit of additional preparation. The ADA recommends having a medical exam prior to a trip and bringing at least twice as much medication and supplies as you think you need. If you are flying, be sure to keep your medical supplies in your carry-on baggage.

- **Rethink your diabetes management.** Consider new medical advancements that can help make diabetes a smaller part of your life. For example, the Omnipod Insulin Management System, a wearable insulin pump, eliminates the need for injections. Its small, lightweight design gives people living with diabetes more freedom and flexibility, and, unlike traditional pumps, has no tubes to disconnect. Offering up to 72 hours of nonstop insulin, the Pod is water-resistant and is the only tubeless insulin pump available in the U.S. A great option for both adults and children, it is discreet, easy-to-use, and allows users to take part in just about any activity.

"Diabetes limits you as a person," said Ross Baker, an Omnipod user.

"I thought using an insulin pump would control my life more -- needles, cords, machines. Then I started using the Omnipod System, which takes away the typical limitations of a tubed pump, liberating me to control my diabetes without setbacks."

To learn more, visit myomnipod.com.

- **Make Friends.** Diabetes communities exist online and locally, and include specialized support groups for everyone from children to college students to adults. Finding the right group can help make living with diabetes something you don't have to face alone.

- **Use Apps.** Free apps available on iPhone and Android phones can make tracking important metrics easier and more streamlined, and can help patients more easily share their data with their healthcare providers. Find and monitor carbs, track glucose levels, fitness, vital stats and more.

To make life with diabetes more manageable, discover the habits, tools and support systems that work for you and your lifestyle.

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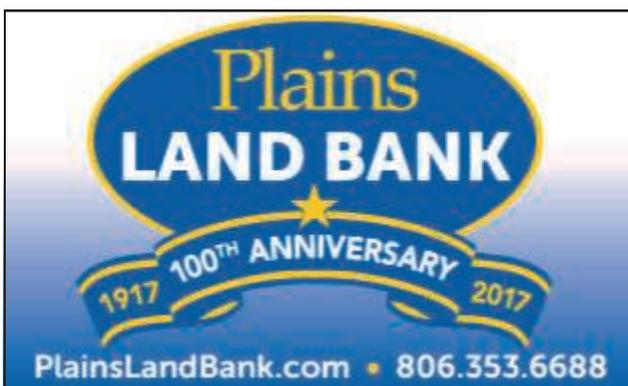
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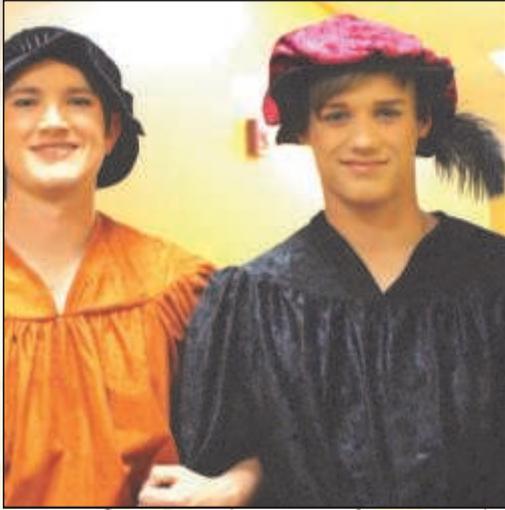
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Senior Spotlight



Brady Gable is this weeks Senior Spotlight. Brady has lived in Claude for the past 2 years. Brady's favorite teacher is Coach Hook, favorite class is being Mrs. Thornton's teachers aide. Brady loves chicken fried steak, the color silver and the Texas A&M Aggies.

After graduating from Claude Brady plans on attending the fire academy in Amarillo to become a firefighter while also becoming a farmer. While attending Brady has been involved in band, FFA, One Act play, Student Council, NHS, Baseball, football, basketball and track. "All the bus rides home from away games" is what Brady states has his favorite memories of CHS.

When it comes to Claude Brady says "The closeness of us" as his favorite part. His role model is "His dad, I strive to be like him." Brady hopes to visit the state of Kansas someday so he can "See wheat heaven." While Brady has only been in Claude for 2 years he has made an impact has a strong leader and Claude is blessed to have had in our schools.

Brady Gable



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What to Know About Your Drinking Water

(StatePoint) Having clean, uncontaminated water to drink at home and on-the-go is one of the most essential components to keeping your family safe and healthy.

Unfortunately, safe water is not necessarily a given. A recent study, published by the Proceedings of the National Academy of Sciences, found that in 2015, nearly 21 million people relied on community water systems that violated health-based quality

standards. What's more, the risks to your tap water are heightened during special circumstances like natural disasters and other emergencies.

To help ensure you are hydrating healthfully all the time -- at home, in your community, on trips or in emergencies -- consider investing in an easy-to-maintain water filtration device that can be used anywhere in order to improve water quality.

One example is LifeStraw, first

introduced for people in developing countries without access to safe water and for victims following natural disasters. The company now makes a range of water filters and purifiers designed for uses like emergency preparedness, outdoor recreation, travel and everyday hydration. The refillable LifeStraw Go 2-Stage water bottle features a built-in filter, and removes 99.9999 percent of waterborne bacteria (including E. coli and salmonella), 99.999 percent of protozoa while also reducing chlorine organic chemical matter and bad taste. Suitable for kids, the LifeStraw Play model, a 10-oz water bottle designed for everyday use, incorporates the same technology with a sturdy kid-friendly leak-proof design. LifeStraw is available online and at your local Walmart, Target and Sam's Club.

What's great is this is also a company that gives back -- for every LifeStraw product purchased, a school child in a community in need receives safe water for an entire school year. So far, the program has supported more than one million school children.

Keep in mind that access to clean water is a persistent and global issue. By 2050, at least one in four people is likely to live in a country affected by chronic or recurring shortages of fresh water, according to the United Nations. This highlights the growing need to take precautions both at home and when you travel, and to invest in products that give back.

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Mustangs Face a Tough Run Over Spring Break

BY SYDNEY KNOX

Over Spring Break, the Claude Mustangs suffered two unfortunate losses. They learned a lot and are hoping for the next week to bring in a nice winning streak.

In the first game, the Mustangs played the Clarendon Broncos and fell behind early in the game. Unfortunately, they could not catch back up ending the game 1-13. Ty Gabel had the only point of the game having a nice hit to get him on base. With the help of his teammates he made it home to score for the Mustangs. Tristan Sims started the game off as pitcher and allowed eleven runs. Cole Thornton ended the game as pitcher only allowing two runners.

In the game against Nazareth, the Mustangs played with much more heart and stayed with the opposing team. Ultimately, they fell behind and



Ty Gabel catches for the Claude Mustangs Baseball Team. photo by CHS Yearbook Staff

lost by one in the last inning. The ending score was 3-4. Brady Gabel, Dally Minkley, and Mason Smith both ran in to score the Mustangs a point each. Pitching this game was Cole Thornton. While Thornton struck out seven, it was just not enough to put the Mustangs on top.

The Mustangs had a disappointing week, but look forward to the next week. They appreciate all of the support they are given. Keep coming out to support your Claude Mustangs!

Tennis Competes in Amarillo Invitational



Sydney Knox returns the ball to her opponent during a Mustang Tennis Match. photo by CHS Yearbook Staff

BY CALLIE THORNTON

On March 8, the Claude Mustang Tennis team traveled to Amarillo to go toe-to-toe against schools from all over the panhandle for the first place trophy.

The tournament was split into two brackets with one being played at Bonham Middle School and the other at Austin Middle School. At Bonham, boys singles kicked off the tournament. Spencer Craft beat Farwell convincingly, winning 8-1. German foreign exchange student Julius Bretin took a hard loss in the first round against San Jacinto, but coasted past Happy in the consolation bracket before falling to Farwell.

In the boys doubles bracket, Nash Stapp and Tristen Smith advanced to the semi-finals after a bye round and beating Vega, but the duo fell to Tullia. While veteran players Michael Evans and Travis Lowry were knocked into the consolation bracket after the first round loss to Pampa, they rose to the top of the

bracket to win the consolation trophy. At Austin, Callie Thornton, Katie Eichelmann, Ty Ivy, and Emmeri Elliott battled in girls and mixed doubles. Eichelmann and Thornton had a big victory over

Dalhart before facing Pampa. After losing the first set, the duo battled back to take the match to a tie-breaker where they lost 7-10. Ivy and Elliott had a similar story in the mixed doubles bracket. The two rolled past a Dalhart team to meet Canadian. They dropped the first set, but won the second and force a tie-breaker. After a long match, the two took a slim loss losing 9-11.

Back at Bonham, Sydney Knox and Shiloh Heck ruled the girls doubles bracket. The girls made their trip to the finals look easy by beating Canadian (8-3) and Hartley (6-3)(6-3). In the finals, the girls took on another Canadian team but beat them convincingly and taking home the first place trophy.

Following a week of rest, the teams will get back into action on March 19 and 20 in Borger. Claude will be hosting the tournament as they continue to prepare for the district tournament on April 4.

CHS Track Results

Claude High School Track recently competed in two different meets across the Panhandle.

The first meet was the West Texas Invitational which was held in Canyon on March 9, 2018. During the meet, Claude competed against a wide selection of schools which ranged both in location and size. The Mustang athletes acquitted themselves well throughout the competition. The following athletes were awarded medals in their competition:

Lanie Stapp - 3rd in Triple Jump- 34'8.25"

Next, the Mustangs travelled to Shamrock, Texas, to take part in the Shamrock St. Patrick's Day Invitational which was held on March 15, 2108.

The Mustangs once again displayed their best feats of athleticism and chose to leave nothing to mere luck. In the end, the following athletes were awarded medals in their areas of competition:

Nash Stapp - 1st in 200m- 21.26; 3rd in Long Jump- 19'5"; 3rd in Triple Jump- 39'2.5"

M.K. Lovell - 1st in 3200M- 13:19; 2nd in 800m- 2:38; 2nd in 1600M-5:59

Jaden Hughes - 2nd in 300Hurdles- 51:7

The Mustangs have three more meets ahead of them before post season competition begins. The coaches are pushing their athletes to continue on into the rest of the season pushing for new and better personal bests and their best efforts in competition.



Athlete OF THE Week

Callie Thornton

Callie Thornton has been our consummate professional for the past three years. She goes about her business and always puts in the same great effort day after day, week after week, year after year. Callie has worked very hard over the past summer and fall to prepare for this season. Her game has grown by leaps and bounds. She has developed a good forehand to go along with her terrific backhand. Her mental game has also developed as she has studied some of the best professionals in the game and emulated some of the ways that they prepare for their matches. Callie has had an outstanding start to her season as she looks to build on her regional quarter final finish last year.

Jim Hubbard, CIC
Risk Consultant

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Lady 'Stang Softball Goes on a Winning Streak

BY ALYSSA HIGGS

The Claude High School softball team is having quite a progress-driven, successful season. Compared to past seasons, the girls are showing marked improvement as they headed into District play. In their last three district games, the girls have put up a substantial fight and came out on a winning streak!

The first games of this three game softball series was played against the Memphis Cyclones on March 10, 2018. The Lady Stangs were excited to host the official Ribbon Cutting Ceremony for the American Legion Softball Complex and topped the day off by dominating Memphis, 13 to 3.

Millie Graham batted in two runners and scored two points herself, one of them being a home run. Aubrie Brannon scored two points and batted in one other runner. McKay Wilkerson scored three points and batted in one

runner. Katie Hatfield also scored three points and batted in one runner. Grace Graham batted in four runners while Tori Sullivan scored three points. Rebecca Ellison batted in three runners.

Pitcher Katie Hatfield struck out eight people, with a ratio of 55 strikes for 90 pitches. Hatfield only walked two opponents.

The girls also played a game against West Texas High, in which they suffered a defeat of 15-0. The Tuesday they played was the 13th, so it was just an unlucky game.

Claude played Gruver on Friday the 16th, and they won 15-4.

Katie Hatfield pitched 121 times and managed to throw 60 strikes in the fast winds of the Texas Panhandle. She walked 7 batters and struck out 13 batters.

McKay Wilkerson, Katie Hatfield, and Rebecca Ellison all batted in 2 runners while Makenzie Miller batted in 5 team-



Grace Graham beats Memphis' play at first to get on base for the Lady 'Stangs softball team. photo by Christiana Mustion

mates. Dawn Patin, Amber Hand, Shaunice Moore, and Miller all scored twice. Hatfield scored three times. Ellison, Tori Sullivan, Grace Graham, and Wilkerson scored once individually. One of Miller's hit was a grand slam, meaning she batted in all three loaded bases and scored herself. Hatfield also had a home run.

Miller also touched 5 bases, the most out of everyone on the field.

The softball team has been working hard to improve, and it shows in their recent games they have won.

It is Time to Hunt Easter Eggs

BY JIMMY MUSTION

Saturday, March 24th, is the Annual Easter Egg Hunt at Carol Park. Recently, I got to sit down with the Easter Bunny's Representative to discuss this year's hunt! This year's hunt will begin at 2:00 p.m. sharp! "Please do not be late," said the Representative. "The hunt does not last long, and the eggs will be found quickly."

The Easter egg hunt has become a Claude tradition. It went away for a while, but then the Easter Bunny came to Armstrong County looking for some new representatives to start the hunt back again. He searched high and low and finally found the person for whom he was looking. Now each year the official Easter Bunny Rep handles all the ins and outs of the hunt.

The Hunt begins with getting all the eggs together. Once they have gathered the 1,500 eggs,



they must decide what goes in the eggs. "The stuffing decision is tough," said the Rep. "We have to decide what candy, toys and prizes go in the eggs." After those decisions, the Rep gathers up a party of volunteers to stuff the eggs. It is a long process, but the Easter Bunny has chosen a wonderful Representative here in Claude.

So make your plans now! The Hunt will be Saturday, March 24th, at 2:00 p.m. Please bring your own Easter baskets to collect the eggs. The fenced in area of Carol Park will be for children in kindergarten and younger while the non-fenced area will be for students in 1st-5th grades. If you so choose, you can donate the eggs back for next year's hunt. The Easter Bunny is not rich. Remember Santa gets all the glory! "But if you would like to keep the eggs you are more than welcomed to do so," stated the Rep.

The Easter Bunny and his Rep are so excited about this year's hunt! "Please come and have fun," cheered the Rep. "There will be 1,500 eggs. So there will be plenty for everyone!" So remember, Saturday, March 24th, at 2:00 p.m. sharp!

STAR STUDENTS

WEEK OF MARCH 23



Ryker Ammons-Kinnie
Mrs. Minkley, PreK



Julie Robertson
Mrs. Burns, Kindergarten



Jaycee Morris
Mrs. Burns, Kindergarten



Charleigh Satterfield
Mrs. Merriott, 2nd Grade



Jayden Crews
Mrs. Merriott, 2nd Grade



Mary Jo Dushay
Mrs. Conrad, 4th Grade



Cool Pennon
Mrs. Bichsel, 4th Grade



Texas A&M Tackles Opioid Epidemic with Multidisciplinary Task Force

BRYAN, Texas, March 21, 2018 — With the federal government declaring a public health emergency, the growing opioid epidemic in America has become more visible with more than 1,000 people treated daily in emergency rooms for misusing prescription opioids. Closer to home, Texas has experienced a significant increase in opioid overdose death in recent years, with fentanyl now on the streets in many Texas communities. Texas A&M University Health Science Center has responded by forming a multidisciplinary opioid task force to reduce the burdens of opioid addiction, misuse and overdose on individuals, families, communities and the health care system.

The Texas A&M Health Science Center Opioid Task Force is made up of representatives from all five Health Science Center components (dentistry, medicine, nursing, public health and pharmacy) as well as the Coastal Bend Health Education Center. It will serve as a focal point for research, education and practice issues critical to addressing the opioid epidemic and its impact on Texas.

“I established the task force in recognition that many of our health science faculty were individually already engaging in research, education and practice activities relevant to addressing the opioid epidemic,” said Carrie L. Byington, MD, dean of the Texas A&M College of Medicine, senior vice president of the Texas A&M University Health Science Center and vice chancellor for

health services at The Texas A&M University System. “By working together, we can create an even greater impact in preventing and managing the devastating consequences faced by Texans and others around the country.”

Work has already begun to gauge the implications of the opioid epidemic in current medical practices. In an initial task force survey of Texas primary care physicians conducted by chairperson Marcia G. Ory, PhD, MPH, more than 70 percent reported that they received too little or no training during medical school or residency on patient education of pain management or opioid prescriptions. Additionally, while 73 percent reported that being knowledgeable in safe opioid prescribing is very important in their clinical practice, only 29 percent indicated that they felt very confident in their ability to prescribe opioids safely.

“There is an urgent need for continuing medical education—such as the recent conference in Corpus Christi hosted by task force member Starr Flores. The conference was attended by nearly 150 health care professionals coming from across the state. To share the valuable information with a broader audience, key talks will be available on our online learning management system to be widely distributed in Texas as well as throughout the nation,” said Ory.

To further close the identified gaps in knowledge of opioid pain management safety, the task force is developing continuing education ma-

terials for physicians, dentists and pharmacists that will also be widely shared.

Two studies by task force members have been selected for funding in the first year of the ten-year, \$100 million President’s Excellence Fund, T3: Texas A&M Triads for Transformation. Ory and colleagues will examine the opioid epidemic’s impact on older adults and Ranjana Mehta, PhD, MS, assistant professor at the Texas A&M School of Public Health, along with colleagues, aims to develop a Smart Sensing System for Opiate-withdrawal Symptoms (Smart Sensing SOS).

“I am delighted that two of our task force members successfully competed in the T3: Texas A&M Triads for Transformation,” Byington said. “I look forward to seeing the results of these two studies and the positive impacts they will have on combatting the opioid epidemic in Texas and beyond.”

Opioid overdose has certainly taken a toll on American society. The Centers for Disease Control and Prevention reported that 116 people died every day in 2016 from opioid-related drug overdoses. These deaths were caused by legally available pain relievers such as oxycodone, hydrocodone, codeine and morphine, as well as the illegal drug, heroin and illicitly produced fentanyl. The economic toll that year added up to \$504 billion.

In early February, Ory led a brainstorming session in Corpus Christi with health care professionals on the frontlines of the opioid crisis. The

group was made up of representatives from primary care, anesthesiology, Veterans Affairs, oncology, dentistry, pharmacy, public health and addiction recovery. Their charge was to begin a frank and open discussion about how the opioid epidemic is affecting older adults and their families, and to identify intervention strategies for reducing the prevalence and consequences of opioid misuse among older populations. They identified six major contributing factors and potential solutions for addressing them. The group plans to prepare a consensus statement to be presented to key stakeholders in the near future.

“We need to understand patient experiences and how the epidemic is impacting persons with pain, those addicted, their families, the health care system and community at large,” Ory said. “Through collaborative action across the health sciences, this task force will improve clinical practice and, ultimately, the health and well-being of all Texans.”

About Texas A&M University Health Science Center

Texas A&M University Health Science Center is transforming health through innovative research, education and service in dentistry, medicine, nursing, pharmacy, public health and medical sciences. As an independent state agency and academic unit of Texas A&M University, the health science center serves the state through campuses in Bryan-College Station, Dallas, Temple, Houston, Round Rock, Kingsville, Corpus Christi and McAllen. Learn more at vitalrecord.tamhsc.edu or follow @TAMHSC on Twitter.



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	1		7			2	4
	9	8	5	4			
			6			8	1
		2				3	6
6							2
	3	5				1	
8	5			3			
				5	7	4	1
4	2				6		3

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1	4	8	5	2	6	7	9	3
2	3	7	1	8	9	4	6	5
6	5	9	4	7	3	1	8	2
8	6	5	3	1	7	9	2	4
7	1	4	2	9	5	6	3	8
9	2	3	6	4	8	5	7	1
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4	8	1	7	6	2	3	5	9
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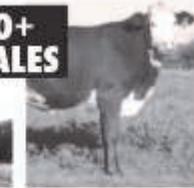
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