

A Busy Little Community



left: The 2018 Washburn Fall Festival packed out the Washburn Community Center. photo courtesy of Susan Overcast; right: Fire Chief Chris Bowles gives the FBC WEE School students at tour of the Claude Fire Station. photo by Christiana Mustion

BY JIMMY MUSTION

This is a great time of year in Armstrong County. The small size of our community does nothing to inhibit the action. There are a variety of activities for all ages happening around the county this fall.

The Washburn Fall Festival has come and

gone with a tremendous turnout. It was a good night of food, fun and fellowship. There was an auction. There was a cake walk. There were prizes! "The Washburn Fall Festival is always a great time for the community of Washburn," said Kim Klarich. "I can't thank everyone enough for coming

out." If you missed out on the 2018 event, make sure to mark your calendar for 2019. The Washburn Fall Festival is held the first Saturday of October every year at the Washburn Community Center.

Also coming up is the Sausage festival hosted by the United Methodist Church. This annual event

has turned into something that the residents of Claude have started looking forward too. Doors open at 6:00 p.m. this Saturday (November 3rd) at the Armstrong County Activity Building. This is an outreach fundraiser so come out and support a good cause.

Another tradition

is coming up soon. The UMW Bazaar is on Saturday, November 10th at the Methodist Church Family Life Center. The doors will be open from 4:00 to 7:00 p.m. There will be a variety of delectable foods available for purchase in addition to crafts and other holiday items for sale.

The fun doesn't stop

there. After the bazaar head on out to the Fairview School fundraiser! This annual fundraiser is used to raise money to keep the old Fairview School up and running. "I love the Fairview Fundraiser," said Claude resident Kathy Reiken. "It is a great night to get together." This fund-

see UPCOMING EVENTS, PG 5



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- DirecTV Ch. 376—Mon, Wed & Thur. 8:30 p.m.

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- KAMR-4 Sunday 12:00 a.m.

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MON., NOVEMBER 5TH

Breakfast: Breakfast
 Pizza, Fruit Juice,
 Fruit, & Milk

Lunch: Taquitos &
 Queso, Pinto Beans,
 Corn, Apple, & Milk

TUES., NOVEMBER 6TH

Breakfast: Chicken-
 n-Biscuit, Fruit Juice,
 Fruit, & Milk

Lunch: Meatball Sub
 Sandwich, Potato
 Rounds, Veggie Cup,
 Fruit, & Milk

WED., NOVEMBER 7TH

Breakfast: Biscuit/
 Gravy, Scrambled
 Eggs, Bacon, Fruit
 Juice, Fruit, & Milk

Lunch: Hamburger,
 Cucumber, Baby
 Carrots, Applesauce,
 Cookie, & Milk

THUR., NOVEMBER 8TH

Breakfast: Pancake
 Wrap*, Yogurt, Fruit
 Juice, Fruit, & Milk

Lunch: Asian Stir Fry,
 Flatbread, Oriental
 Veggie Salad, Fruit,
 & Milk

FRI., NOVEMBER 9TH

Breakfast: Cinnamon
 Roll*, Sausage, Fruit
 Juice, Fruit, & Milk

Lunch: Pizza Choice,
 Corn, Tomato Cup,
 Fruity Gelatin, & Milk

*Substitute Item will
 be Served to PreK

STAR STUDENTS

WEEK OF
 NOVEMBER 2, 2018



CODA PODZEMNY
Mrs. Holland's, 6th Gr
 She helps others and
 friends in the cafeteria.



BRADY SHELTON
Mr. Derrick's, 4th Gr
 He is 100% Responsible.



SHELBY BRITTEN
Mrs. Britten's, 5th Gr
 She helped the sub clean
 up in art class.



KENNEDY RUCKER
Mr. Derrick's, 4th Gr
 She is always letting
 her neighbors use her
 scissors and glue during
 our notebook activities
 so they do not get too
 far behind. Her teacher
 appreciates her always
 having her supplies and
 helping out a friend.

PGCD Holding Informational Meetings

WHITE DEER, TX. (Oct 25, 2018) – Panhandle Groundwater Conservation District (PGCD) is holding informational meetings every Tuesday at 10:00 a.m. at the District's office in White Deer concerning upcoming proposed rule changes. Meetings are scheduled every Tuesday between now through the end of November.

District constituents are invited to the office to discuss upcoming rule changes before the hearing scheduled for 9:00 a.m. on December 20, 2018 at PGCD's office. In addition to these meetings, staff will also conduct meetings throughout the District. Please be on the lookout for more information in local papers and on social media.

Here are the major proposed changes:

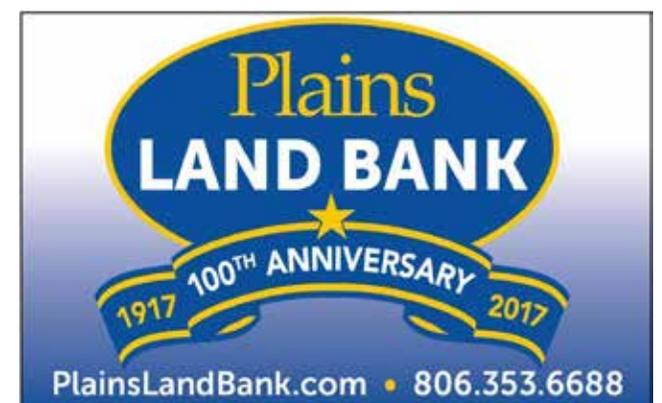
- Operating Permits will be required on all production wells, new or existing, capable of producing 17.5 gallons per minute or more. An Operating Permit is required before any production takes place.

- Meters are required on all wells capable of producing 17.5 gallons per minute or more. PGCD has a

50/50 cost share program in place for wells that have not been required to install meters in the past.

- It is important to note, the Maximum Allowable Volume of one acre-foot per acre per year, that has been in place since 2004, will stay the same. The Maximum Allowable Rate of 2,880 GPM/section or 4.5 GPM/acre is staying the same, as well as Spacing Rules.

The proposed rules are scheduled to go into full effect on January 1, 2020, giving the District and all operators a full year to grant Operating Permits and make necessary changes for compliance. To view a copy of the proposed rules, visit www.pgcd.us. If you have any questions, please call the PGCD office at 806-883-2501.



3rd Annual Christmas on the Square and Lighting Festival

SUBMITTED BY GENA RAY
ARMSTRONG CO. BEAUTIFICATION & HOLIDAY DECORUM

Now that Halloween is over and Thanksgiving is fast approaching with Christmas right around the corner, now is the time to start planning for Christmas on the Square Lighting festival December 1, 2018.

Food and craft vendors as well as the shops around the square will be ready to get you into the holiday spirit with food, face painting, photo booth, gifts of all varieties and entertainment. A map and schedule will be provided identifying all the activities. Pull your Christmas sweater out of the closet for the Ugly Christmas Sweater contest. This may be your year to win the prize. Santa is coming to visit and a special mailbox will be available to mail letters directly to the North Pole.

Tree Adoption or Sponsorship.

This year you may participate 2 ways in showing your community spirit in the lighting of the trees

around the Courthouse.

Option 1 is to adopt a tree for \$25.00 dollars and you decorate your tree chosen to represent your own or groups spirit and style. Rules listed on your agreement located at Keith's Hardware are the same as the past 2 years.

Option 2 is a Sponsorship of a Tree for \$100.00 dollars and the tree will be decorated by Armstrong County Beautification and Holiday Decorum.

In both options a placard will be provided by the Armstrong County Beautification and Holiday Decorum that identifies your tree.

Trees are renting fast so please hurry to secure your tree.

Armstrong County Beautification and Holiday Decorum, Inc. and the Lighting of the Square Committee appreciate the outpouring of support that so many have shown to make this a festive event providing years of memories for our community.

Follow us on FB and look forward to more notifications to be released in the upcoming weeks.

BIRTHDAYS & ANNIVERSARIES

November 3rd

Joe Morrow
Suzie Cox
Tristan Black
Caroline Haskell
M/M Jimmy Finley

Tyler Hardin

November 7th

Kim Wright
Millie Graham
Tyler Evans
Renee Fouquet

November 4th

Phil Campbell
Ashlond Sells

November 8th

Ben Ballard

November 5th

M/M Mike Crowell

November 9th

Cole Cleveland
Pat Eddleman

November 6th

Brady Baggett

M/M Virgil Eddleman

Sudoku

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	2				8	4	6	7
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	8						9	
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	3	5	9	1				

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

Last Week's Solution



On the Square (Goodnight & 287)
806.402.1129



Community Bible Fellowship

Now Meeting at the
Armstrong County
Activity Center
Sundays @ 10:00 a.m.



www.gcbfclaude.org

COMMUNITY CALENDAR

COMMUNITY MEN'S PRAYER BREAKFAST - Sat. Nov. 3rd, 7:00 a.m., hosted by First Baptist Church, All men of the Community are Welcome to Attend for a morning of Fellowship and Prayer

SAUSAGE FESTIVAL - Sat. Nov. 3rd, 6:00 p.m., Armstrong County Activity Building, Everyone welcome to attend this Claude Methodist Church Outreach Fundraiser

SENIOR 4H MEETING - Mon. Nov. 5th, Noon, Student Union

CLOVER KIDS - Mon. Nov. 5th, 3:45 p.m. Claude Elementary School Cafeteria

REGULAR 4-H MEETING - Mon. Nov. 5th, 7:00 p.m., Armstrong County Activities Building

PTO MEETING - Tues. Nov. 6th, 3:00 p.m., Claude Elementary Cafeteria

AGRILIFE "OLD FASHIONED PIE MAKING" - Thurs. Nov. 8th, 6:00 pm., Armstrong County Activities Building; \$20 for the class

CISD EARLY DIMISSAL - Fri. Nov. 9th, Don't forget school's out early today!

VETERANS DAY - Sun. Nov. 11th, ALL DAY, Thank someone who fought for your freedom!

VETERANS DAY (OBSERVED) - Mon. Nov. 12th, ALL DAY, School, Postal, and Bank Holiday

HOLIDAY ROAD SHOW - Thurs. Nov. 15th, 6:00 p.m., Armstrong County Activities Building. \$15 for holiday foods and crafts

COMMUNITY BENEVOLENCE SERVICE - Sun. Nov. 18th, 6:00 p.m.

CISD NO SCHOOL - Mon. Nov. 19th thru Fri. Nov. 23, ALL DAY. Staff/ Student Holiday

THANKSGIVING - Thurs. Nov. 22nd, ALL DAY, School, Postal, and Bank Holiday. Find something to be thankful for this year!

CHAMBER OF COMMERCE MEETING - Tues. Nov. 27th, 6:00 p.m., The Burrow. Come and join us. You don't have to be a member to attend.

SHOP IN CLAUDE - Sat. Dec. 1st, 10:00 a.m. to 3:00 p.m., Armstrong County Activity Center

CHRISTMAS LIGHTING ON THE SQUARE - Sat. Dec. 1st, TBA, Courthouse Square

PTO MEETING - Tues. Dec. 4th, 3:00 p.m., Claude Elementary Cafeteria

COMMUNITY CHRISTMAS CANTATA PERFORMANCE - Sun. Dec. 16th, 6:00 p.m., The Community Choir will be Performing "Come and See. Go and Tell". Everyone is welcome to Attend!

CISD EARLY DIMISSAL - Fri. Dec. 21st, Don't forget school's out early today!

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From the Mayor's Desk: A Note from Bill Wood

The rains have been great with no complaints, but with the rains come weeds and grass mowing. Ditches are group up and restricting water flow and we are asking for your help again in getting things mowed and cleaned up. Mowing letters will be going out next week.

I would like to remind everyone that there is a leash law within the city limits. We have received complaints about people walking and jogging with their dogs loose and running with them. The dogs are getting into people's yards and leaving a mess among other things. That is private property. You may be given a ticket and fined for this violation. We have had to pick up several dogs in the last two weeks, so please assist us in making sure these situations improve.

Our new trash ser-

vice is working better as we get things lined out. Please let us know if you are having any problems. Pickup day is Wednesday, but with the abundance of rain they have had to come on Thursdays and/or Fridays as the alleys dry out. Thank you for working with us on this issue.

I appreciate Judge Reed and Commissioner Adam Ensey for working with the prison system in Amarillo to secure inmates in order to get the Claude Cemetery mowed and cleaned up. The mowing and cleanup of the cemetery has been a concern for several years. We have appreciated our local citizens for getting this done the last few times.

I really enjoyed the opportunity to attend the October Chamber of Commerce meeting. The meeting was held at The Burrow. Several informa-

tive topics were discussed. Joe Minkley discussed the working of the Claude Economic Development Council and how they are helping with the growth and revitalization of our city. If you are interested in starting a new business or adding to an existing business you need to contact the EDC through Howard Heath, City Administrator at City Hall. Other topics included the Armstrong County Museum and the new combined website for the City, Chamber of Commerce, and EDC. This site is still in development and will be continuously added to. Check it out frequently at www.claudetx.org. Following the meeting, we visited Corner Drug and then went upstairs to The Loft Apartments belonging to Keith Lowery. It was great to visit both places and visit with the owners.

All of this to say the town and the square are growing and we would like you to be a part of this movement. Thank you for all that you do to make Claude better and remember Shop Local!

Bill Wood
Mayor

Keeping Your Health on Track During the Indulgent Holiday Season

(StatePoint) The holiday season can be an indulgent one, full of cookies, candies, heavy meals and eggnog. While no one wants to rein in the fun during the merriest time of year, there are simple ways to keep your health on track during this indulgent holiday season.

- **Stick to Routines.** To the best of your ability during this hectic time of year, attempt to stick to routines that promote wellness. Set a bedtime and honor it. Hit the gym. Meditate. Do whatever it is that keeps you grounded and feeling your best.

- **Drink Up.** Many people associate dehydration with the warmer months. But in winter weather it can be especially easy to forget to stay well-hydrated, especially when you're indulging in alcoholic beverages at all those holiday parties.

Remember, water doesn't need to be the only source of hydration you think about this season. Soups and purees made from hearty winter vegetables, as well as citrus fruits

do the trick, too, and their nutritional properties can help keep you healthy in winter.

- **Keep Things Organically Sweet.** Staying on track doesn't mean you can't enjoy the sweetness of the season. Instantly boost the flavor of your favorite meals with organic honey. One great option is Organic Honey In The Raw. USDA Organic Certified and Non-GMO Project Verified, it's made from pure nectar collected from exotic wildflowers found in the remote Caatinga region of northeast Brazil. The hand-harvested, sustainable honey is raw (never heated above 117 degrees) and unfiltered, so it retains the benefits of bee pollen.

And just one tablespoon of organic raw honey provides the right amount of sweetness and flavor for any dish or drink, including year-round staples like oatmeal, yogurt, tea, and more. You can also consider giving a honey makeover to all your favorite holiday recipes, including glazes and sauces for meat and poultry, cocktail recipes, and of course baked treats.

- **Make Substitutions.** Other healthful substitutions you can make this

holiday season include topping pies with Greek yogurt instead of cream, using apple sauce in place of oil and nut flour instead of white flour in baking, and serving vegetable mash as an alternative to mashed potatoes.

- **Be Mindful.** The holiday party circuit can be dangerous when it comes to making nutritious choices. When you enter a party with a buffet set-up, it can be tempting to reach for the richest foods first. Before indulging in the canapes and Swedish meatballs, try filling up a plate with crudité first. While you're doing so, get a good look at all the options available. This way, you'll be more likely to savor choice items you'll truly enjoy.

A joyful holiday season doesn't mean you must pack on pounds or feel under the weather. By keeping your health on track throughout this indulgent time of year, you can start 2019 with your best food forward.

NOTICE OF VARIANCE HEARING

Notice is hereby given that Claude EMS has requested a variance from the Texas Department of State Health Services to operate their EMS service while not in compliance with the law. The variance, if approved would allow the provider to operate their emergency vehicles without meeting the minimum staffing requirement of at least two certified Emergency Care Attendants while responding to and transporting emergency patients. The hearing is scheduled for:

November 12, 2018 @ 5:30 p.m. @ City Hall located at 115 Trice Street, Claude, TX 79109.

The public is encouraged to attend.

CLAUDE CITY COUNCIL

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Mustang Football Kicks-Off Against Happy



Jakob Weinheimer runs the ball for the Mustangs against the Happy JV. photo by CHS Yearbook Staff

BY SYDNEY KNOX
STUDENT REPORTER

Last Thursday, your Claude Mustangs travelled to Happy, Texas for the first time in years. They had high hopes and played hard to make those hopes a reality. The Mustangs fought hard and never let up. They played a whole four quarter game and won 49-0.

Offensively, the Mustangs dominated the field. Jalpb Weinheimer had 147 yards and earned himself two touchdowns. Mason Smith had forty-three yards and a touchdown. Nash Stapp, Hayden Lepke, Matt Ryan, and Anderson King all earned the Mustangs a touchdown and rushed more than seven yards. King also received a pass for forty-two yards, while Lepke received a pass for thirty yards.

The Mustangs also destroyed the Cowboys on defense. Two major players for the Mustangs on defense were: Dawson Gleaves, who intercepted a pass and ran twenty-three yards, and Michael Evans, who intercepted the ball

and ran nineteen yards.

The Mustangs are keeping their intensity up in hopes of doing well in Gholson in a few weeks. They really need your support, so keep coming out to games and pep rallies. You can show them your love in Petersburg while they battle against Borden County.

Upcoming Events

CONTINUED FROM PG 1



raiser also includes a cake walk, live auction, quilt raffle, and food. The event will be held at the Fairview Community Center (west on Hwy 1151) on Saturday, November 10th at 5:00 p.m.

Finally, as we all know, Thanksgiving is coming up. If you can't wait 'til the big day to roll around, then you two other delicious options. On Wednesday, November 14th at 6:00 p.m., the annual Claude Community Thanksgiving hosted by First Baptist Church. The event will be held at the Armstrong County Activity Building. The evening will include Cowboy Stem, delectable homemade desserts, and entertainment from WEE School, JOY Club, and Youth students.

For round two, come out to Goodnight Commu-

nity Center for their annual Community Thanksgiving Dinner on Saturday, November 17th at 5:00 p.m. What a great night! So much good food. "It is one of my favorite events of the year," shared Cheryl Hand. "I look forward to it each year." You don't have to live in Goodnight to be a part of this great night. Everyone is welcome to celebrate what they are thankful for this holiday season!

If you need more to keep you busy, make sure to check the Community Calendar on page two of The Claude News for a listing of many of the communities upcoming events. You can also make sure that you event gets listed on the calendar by sending us a Facebook message or emailing us at theclaude-news@gmail.com.

Athletes OF THE Week

JAKOB WEINHEIMER

Offensive player of the week is Jakob Weinheimer. He had 6 carries for 147 yards, 2 touchdowns and he was 2/2 passing for a total of 30 yards. He works really hard and is a team player. Jakob does whatever is asked of him and is a real asset to the team.



TRAVIS LOWRY

Travis Lowry is the defensive player of the week. Travis forced a fumble, recovered a fumble and he had 5 tackles in the win against Happy. Travis works as hard as anyone on the team and he helps sets the tone for our defense game in and game out. He constantly creates pressure in our opponents backfield and is not only a great player but a great teammate.



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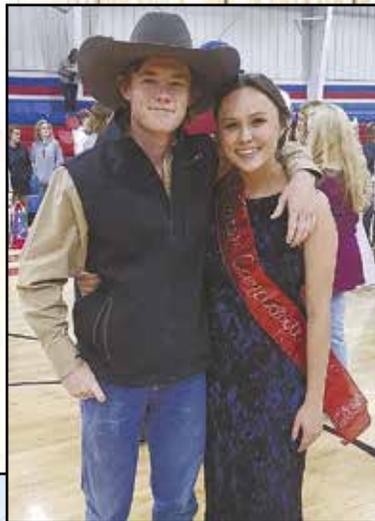
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Senior Spotlight



It is that time of year again! The time where The Claude News begins the annual Senior Spotlight. Each year we take time to highlight our seniors who will be graduating. We start off with one of the best; Sydney Knox! Sydney has spent her entire life in Claude, TX. Her favorite class is English, favorite teacher was Lori Maxfield, she loves mac-n-cheese, Thomas Rhett and the color Purple.

Upon graduation Sydney plans on attend Amarillo College to major in Sonography and get her surgical tech certification. While attending Claude High School Sydney was involved in Band, Basketball, tennis, student council, yearbook, football manager, track, class officer, NHS, One act play and UIL. She has also spent the last two years as a student reporter for The Claude News. Out of all the memories she has made, her favorite is "Getting a 1 in marching band her freshman year."

Sydney sites her mom, Leslie Knox, has her role model because "My mom always gives without expecting anything in return." Sydney hopes to visit Rome someday and loved living in Claude because "you always know you have a community behind you!" The class of 2019 has many wonderful students that we will feature in the upcoming weeks and Sydney Knox is a prime example of this class has to offer.

The Claude News would like to thank Todd Peden and Graphic Ink for sponsoring the Senior Spotlight and allowing us the chance to highlight each senior. THANK YOU!!

Sydney Knox



806-626-6848
GraphicINK

514 US Hwy 287
Claude, TX 79019

Simple Tips to Streamline Your Morning Routine

(StatePoint) Let's face it, most people are so used to their morning routine, they may not even be aware of how it's slowing them down. Here are three ways to save some valuable time every morning.

the scheduled hour. You'll give yourself more time to get every task on your morning to-do list complete and be less rushed in the process.

One-Stop Breakfast

If you're like many people, you are particular about your coffee as well as the first meal of the day. Luckily, it's easy to ditch the habit of picking up your morning brew at one specialty store and your breakfast at another. Save substantial time

each morning by seeking out one location that specializes in both. For example, Caribou Coffeehouse is now inside all Einstein Bros. Bagels, serving artisan, small-batch roasted coffee and blended drinks alongside breakfast items like 12 different fresh-cracked egg bagel sandwiches with 18 choices of bagels. For those who need an afternoon coffee fix, this can be a one-stop shop for lunch or a mid-afternoon snack, too. Prepping for a morning meeting? Feed the team with the Caribou Coffee Canteen and Einstein Bros. Bagels Baker's Dozen Box.

Prep Ahead

The rush to get out the door can make anyone forgetful, even a morning person. Take a few minutes in the evening (and earn yourself a bit more shuteye) to prep your bag so you can just grab and go in the morning. Check the forecast and your calendar the night before and lay out a weather- and event-appropriate outfit head to toe, so that it's completely ready to be worn -- matching socks to their companion, pressing anything that needs it and selecting accessories.

With a few streamlining strategies and proactive steps that help you stick to the program, mornings will be a cinch.

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5 Diet Tips To Make The Holidays Fertile For Aspiring Moms

SUBMITTED BY
HETHIR RODRIGUEZ

The holiday season brings families together. It's also a popular time to start a family.

U.S. birth rates show conception rates peak in December. Nine of the 10 most common birthdays range from Sept. 9-20, according to data from the National Center for Health Statistics and the Social Security Administration. Given that pregnancies average about 38 weeks, many women are conceiving around Christmas.

But holiday festivities can also wreak havoc on diet, and healthy nutrition is an important factor for optimal fertility, says Hethir Rodriguez, founder

and president of Natural Fertility Info.com (www.natural-fertility-info.com) and a certified herbalist specializing in women's health.

"Eating a fertility diet in preparation for pregnancy and to boost fertility is one of the most powerful health changes you can make," Rodriguez says. "Numerous studies have shown that specific changes to the diet can improve fertility, prevent recurrent miscarriage, and support a healthy pregnancy.

"A natural fertility diet supports your body in its reproductive efforts, including foods that are dense in nutrients needed for hormonal health, fetal development, egg health, sperm health and much

more."

Rodriguez gives five diet tips that can help improve fertility:

Eat Organic. Rodriguez recommends consuming organic produce when available. "Conventional produce could contain harmful herbicides and pesticides, which have been shown to negatively affect both male and female fertility," Rodriguez says. "Studies have shown that organic vegetables and fruits may have more nutritional value as well."

Cold-water fish. Fatty acids aid in the production of hormones, reduce inflammation and help regulate the menstrual cycle. Fish supplies omega 3, an essential fatty acid. Rodriguez says stay away from

deep-water fish, such as tuna and swordfish, due to their potential concentrations of mercury. "Focus on cold-water fish such as wild Alaskan salmon, cod and halibut," she says.

Grass-fed organic meat. This is a great source of essential fatty acids and protein while being low in saturated fat. Rodriguez says women should eschew conventionally raised cattle that contain high levels of added hormones and antibiotics.

Superfoods. Rodriguez suggests Royal jelly, which comes in capsules or in a base of honey and is rich in numerous vitamins, calcium, iron and has all the essential amino acids; and maca root, a Peru-produced superfood

that helps increase egg and sperm health. Superfoods are easy to add to your diet as they are taken in small amounts and can be added to nearly any recipe.

Eat your greens. Dark leafy vegetables are packed with minerals, antioxidants and vitamins; all essential to healthy fertility. Examples of dark leafy green vegetables that are readily available over the holidays are spinach, swiss chard, kale, arugula, and collard greens. Green veggies are rich in fiber, which Rodriguez says helps regulate blood-sugar levels and remove excess estrogens from the body, which may in turn help to reduce fertility issues. These vegetables are easier to incorporate in to the diet than

you may think. They can be eaten in salads, juices, sautéed, or added to fruit smoothies and warm winter soups.

"You want your diet before conception and throughout pregnancy to build up nutrient stores and provide all the healthy building blocks for a healthy child," Rodriguez says. "A fertility diet gives you and your future child the best start in life."

Congressman Thornberry will lead for:

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December 1, 2018
10:00 am to 3:00 pm
Armstrong County Activity Center
901 Hurley; Claude, TX 79019




Don't Delay Anymore Get that Flu Shot Today



**BY BOB MOOS, SOUTHWEST
PUBLIC AFFAIRS OFFICER FOR
THE U.S. CENTERS FOR MEDICARE
AND MEDICAID SERVICES**

It's not too late to get a flu shot.

Even though the flu season usually begins about now, the vaccine will protect you within about two weeks. The season typically peaks in January or February and runs through May.

The flu hospitalized and killed more Americans last winter than any seasonal influenza in decades. More than 900,000 people landed in the hospital, double the number of many seasons. More than 80,000 people died, far exceeding the previous high of 56,000 for a flu season over the past 30 years.

The hospitalizations and deaths were mainly among people 65 and older. As people age, their immune system typically weakens and their ability to ward off diseases declines. Moreover, the flu virus can cause complications for those already struggling with chronic health problems.

Last year's heavy

toll underscores the importance of getting a flu vaccine as soon as possible. The shot can prevent infections and reduce the severity of complications from the disease.

If you're enrolled in Medicare Part B, your flu shot won't cost you anything, as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays. There's no deductible or co-payment.

If you were vaccinated last year, you'll still need another shot this year, since your immunity to flu viruses wanes after a year. Also, the types of viruses usually change from season to season, so new vaccines are made each year to fight what scientists believe will be the season's most common strains.

You have many flu shot options. Besides the traditional flu vaccines that help protect against three strains of the virus, there are now "quadrivalent" vaccines that help protect against four strains. There's also a high-dose vaccine approved for people 65 and older.

If you have any ques-

tions about which is best for you, talk to your doctor or other health care professional. Despite the risk that flu and its complications pose, the vaccination rate remains much lower than it should be. Even during last year's horrible season, less than half of the U.S. population was vaccinated.

Why? Some people don't understand that the flu can be serious and life-threatening, so they don't think a flu shot is worth their time and effort. Others resist annual vaccination because they believe it's risky, even though decades of experience have shown flu shots to be safe.

If you're concerned about a serious allergic reaction or some other medical condition that may make the flu vaccine unsafe for you, you should consult your doctor before a vaccination. Otherwise, it's important to remember that you can't get the flu from the flu shot.

Side effects are rare. Most people notice nothing after their vaccination. A few may have a slight fever or some soreness where the shot was given. But those side effects usually last just a day or two.

As flu season begins, you'll want to wash your hands and stay away from sick people to reduce the

spread of germs. But as useful as those steps are, an annual vaccination remains the best way to protect yourself and those around you. By avoiding the flu, you'll avoid giving it to family and friends.

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F: 8:30a-Noon

NOTICE OF GENERAL ELECTION
(AVISO DE ELECCIÓN GENERAL)

To the Registered Voters of the County of Claude, Texas:
(A los votantes registrados del Condado de Claude, Texas:)

Notice is hereby given that the polling places listed below will be open from 7:00 a.m. to 7:00 p.m., November 6, 2018, for voting in a General Election to elect Members of the Legislature, and state, district, county, and precinct offices of the State of Texas.

(Notifíquese por la presente, que las casillas electorales citadas abajo se abrirán desde las 7:00 a.m. hasta las 7:00 p.m. el 6 de noviembre de 2018 para votar en la Elección General para elegir Miembros de la Legislatura y oficiales del estado, distrito, condado y precinto del Estado de Texas.

On Election Day, a voter may vote at any of the locations listed below:

(El Día de Elección, los votantes podrán votar en cualquiera de las ubicaciones nombradas abajo.)

Locations of Election Day Polling Places – Include Name of Building and Address (Ubicación de las casillas electorales el Día de Elección – (Incluir Nombre del Edificio y Dirección)	Home Precinct No. (Núm de precinto)
Armstrong County Courthouse 101 S. Trice Claude, Texas 79019	101,201,301,401,404
Wayside Firestation 3407 CO RD 5 Wayside, Texas 79094	303
Washburn Firestation 201 Duncan Washburn, Texas 79019	402

For early voting, a voter may vote at any of the locations listed below:

(Para Votación Adelantada, los votantes podrán votar en cualquiera de las ubicaciones nombradas abajo.)

Locations for Early Voting Polling Places Include Name of Building and Address (Ubicación de las casillas electorales de votación adelantada) (Incluir Nombre del Edificio y Dirección)	Days and Hours of Operation Días y Horas Hábiles
Armstrong County Court House 101 S. Trice Claude, Texas 79019	October 22-26: 8:00 AM – 5 PM October 29-November 2: 8:00 AM – 5 PM

Applications for ballot by mail should be mailed to:

(Las solicitudes para boletas de votación adelantada por correo deberán enviarse a:)

TAWNEE BLODGETT, ARMSTRONG COUNTY & DISTRICT CLERK

**P.O. BOX 309
CLAUDE, TX 79019**

or emailed to CLERK@CO.ARMSTRONG.TX.US

o enviada por email a CLERK@CO.ARMSTRONG.TX.US

Applications for ballots by mail must be received no later than the close of business on October 26, 2018.

(Las solicitudes para boletas que de votación adelantada por correo deberán recibirse para el fin de las horas de negocio el 26 de octubre de 2018.)

Issued this the 4th day of October, 2018

Signature of Tawnee Blodgett, County & District Clerk, Armstrong County, Texas

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Deadlines & Payments: Deadline for Classified Ads are 10 a.m. on Tuesday. All other ads and news submission must be received by 3:00 p.m. on Monday. Payment is due at the tim you place the ad, unless you have an established account.

Errors: Check your ad for errors on the first publication. The Claude NEWS will not be liable for errors after the first publication. The Claude News does not vouch for the legitimacy of any ad, job, or money making opportunity. We suggest that you thoroughly check out any offer before making a commitment or giving out personal information.

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EVENTS

Paris, TX – Nov. 17, Christmas Tree Lighting. Event held in historic downtown Paris, TX. Find more online at www.paristexas.com.

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SPORTS
FACTS & OPINIONS



FACTS

are pieces of information based upon things that can be measured, proven or seen by anyone.

OPINIONS

describe how someone feels about a thing or event. They can vary from person to person.

Example: The golfer hit the ball 217 yards is a **fact**. The golfer is a fantastic player is an **opinion**.

Read each statement and decide which information is a fact and which is an opinion. If you think it is a fact, explain how it can be proven.

Basketball is more exciting than baseball.

FACT
 OPINION

How can this be proven?

The Giants beat the Rockies 4 - 0.

FACT
 OPINION

How can this be proven?

The Chicago Bears uniform is navy blue and burnt orange.

FACT
 OPINION

How can this be proven?

Mike Babcock was named head coach of the Toronto Maple Leafs in 2015.

FACT
 OPINION

How can this be proven?

Babe Ruth was 19 years old when he began playing for the Boston Red Sox.

FACT
 OPINION

How can this be proven?

Soccer is more fun to watch than golf.

FACT
 OPINION

How can this be proven?

The Dallas Stars won the Stanley Cup in 1999.

FACT
 OPINION

How can this be proven?

The Cavaliers scored 28 points in the second quarter.

FACT
 OPINION

How can this be proven?

BLEACHER BANTER

Read what the fans in the bleachers are saying about the football game. Color each speech bubble that contains a **FACT** in green. Color each bubble that is an **OPINION** red.

Yes! Now the score is 20-17!

The field goal kick will be a piece of cake!

Our football team is the best!

What an awesome play!

Only two minutes left in the 4th quarter!

Our team has the coolest uniforms!

With two minutes left, we're going to win this game for sure!

That was a 48-yard pass!

This team rocks!

There will never be a throw better than that!

Wow! Longest pass of the season so far!

Best game ever!

Extra! Extra!

Fact and Opinion Photo Game

Look at a photo in today's newspaper. Write three facts about the photo. Then write three opinions about the photo.

Standards Link: Reading Comprehension: Follow simple written directions.

Kid Scoop Puzzler



Take a good look at this baseball player. Then write one **FACT** and one **OPINION** about this picture.

FACT _____

OPINION _____

Standards Link: Follow simple written directions.

Double Double Word Search

DIFFERENCE
REPORTER
OPINIONS
BASEBALL
CHICAGO
PROVEN
SPORTS
DECIDE
FACTS
THINK
EVENT
BEARS
VARY
TEAM
BEAT

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

F O L L A B E S A B
A P S T R O P S K R
D I F F E R E N C E
E N T A O C I T H P
C I A V C H S T I O
I O E A T T N A C R
D N B R N E S D A T
E S O Y V P A I G E
N I B E A R S M O R

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Graph It!

Study one page of today's newspaper. Underline facts in red and opinions in blue. Count the number of facts and the number of opinions. Make a graph showing your data.

Standards Link: Research: Use the newspaper to locate information.

Write On!

My Turn at Bat

It was my turn at bat and the fans were going crazy ...
Finish this story.

Kid Scoop Together:

Questions for Fact-Checking Detectives

Facts can be checked with research, and these days a lot of people use the internet for their research. Unfortunately, not all information on the internet is true and accurate. Here are some tips to help you do research on the internet more carefully.

The News Literacy Project provides a list of 10 questions to help people do research on the internet. Below are three of those topics. To see all 10, go to the source link below.

Gauge your emotional reaction:

Is it strong? Are you angry? Are you intensely hoping that the information turns out to be true? False?

Consider the headline or main message:

a. Does it use excessive punctuation (!!!) or ALL CAPS for emphasis?

b. Does it make a claim about containing a secret or telling you something that "the media" doesn't want you to know?

Consider the source of the information:

a. Is it a well-known source?
b. Is there a byline (an author's name) attached to this piece?

c. Go to the website's "About" section: Does the site describe itself as a "fantasy news" or "satirical news" site?

d. Does the person or organization that produced the information have any editorial standards?

e. Does the "contact us" section include an email address that matches the domain (not a Gmail or Yahoo email address)?

f. Does a quick search for the name of the website raise any suspicions?

Source: newslit.org

Standards Link: Reading Comprehension: Follow simple written directions.

memories by
Jana
LLC

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