

Lady 'Stangs' Season Ends in Regionals



The Lady Mustangs faced off against their longtime rivals, the Panhandle Pantherettes, in the Regional finals in Levelland. photo by Jana Lemons

BY ELISE CAGLE

This past week, the Lady Mustangs wrapped up their 2016-2017 basketball season. The 'Stangs made it as far as the Regional Finals in Levelland, Texas. The ladies had a tough line-up to go against throughout the post season and Regionals was no different. First, on Friday, February

24th, the Lady 'Stangs played Sundown. The game was easily managed by the 'Stang, and the ladies quickly widened the point deficit. They ultimately defeated Sundown with a score of 53-39, allowing the Lady Mustangs to advance to the finals.

As usual, the team earned some amazing sta-

tistics. Junior Jenna Cooper scored eighteen points, grabbed eight rebounds, and earned three steals, Sophomore Shiloh Heck scored fifteen points and had three steals as well, and Allison Giles added seven points and grabbed three rebounds.

Top contender Jenna Cooper both enjoyed the game and was able to

learn a lot from it. "The Sundown game was so much fun," said Jenna Cooper. "It was a really good game for us because we needed to know what the gym was like and what the atmosphere felt like. I'm super proud of our team."

In the Regional Finals, the Lady 'Stangs were faced with the Pan-

handle Pantherettes, the only team to defeat Claude this season. Sadly, the Lady Mustangs ended their season as a result of losing to Panhandle, earning a close score of 53-45.

Despite the loss, the team still worked together to achieve great things. For example, Jenna Cooper added an incredible twenty-six points to

the team's overall score, Hannah Bennett earned eight points, Allison Giles had seven points, and both Shiloh Heck and Jaden Hughes contributed two points each.

Senior Hannah Bennett felt great about this game despite the loss. "The last game of my sea-

See REGIONAL TOURNEY,
 PG 8



The Story of a True Hometown Girl

USPS 116-380 Established January 1, 1890

Periodicals Second-Class Postage Paid at Claude, TX
Armstrong County, Texas,

Under the Act of Congress of March 3, 1879

Published Weekly Except Christmas Week

Publishers— The Claude News, Christiana Mustion

Editor— Christiana Mustion

Advertising Director—Jimmy Mustion

Postmaster, please send address changes to:

PO BOX 778

119 N Trice

Claude, TX 79019-0778

Phone: 806-226-4500

Email: theclaudenews@gmail.com

Website: www.claudenewstx.com

Armstrong County Subscription Rate - \$25.00 Yearly

Out-of-County, In Texas- \$35.00 Yearly

Out of State- \$40.00 Yr

Online Edition- \$15.00 Yr

Single Copy Price - 75¢

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BY LORI & TESS MAXFIELD

When Mr. Mustion asked me if I'd write this month's edition of "Why I Love Claude," I never imagined it would be difficult. But since I accepted the invitation, I've struggled to narrow my topic. Growing up on a farm west of town, coming to Claude to visit my cousins offered a rare chance for me to play with other children; these memories are the first reason I love Claude. Also, I have taught English at Claude High School for a decade, and I feel a deep affection my small town students. Certainly I could write about how teaching here has made me love Claude more. But the most personally significant reason that I love Claude is that it is my children's hometown. Our son Cale started kindergarten here in 1996, and Jill, our oldest daughter, started in 2000. Our youngest daughter Tess graduated two years ago, completing 19 years of schooling for Maxfield children by the good teachers of Claude ISD.

In Tess's freshman year at Oklahoma State University, she wrote an essay for her composition class. Her assignment was to feature a person or a place; she chose to do both by writing about how Cheryl Stephenson personifies the Claude spirit. I love Tess's essay especially because it explains, in her words, the special place her hometown holds in her heart. She says it beautifully; her love for Claude is what I love most about our little town. I've decided to let her explain it for me:

The True Hometown Girl



by Tess Maxfield

There's no need to call her Mrs. Stephenson. Her desk adorned with pictures of her grandkids and all things Texas A&M, she'll email you back within minutes, and she can calculate your GPA with her eyes closed. She can tell you about the '72 girls' basketball team or the history of the school auditorium. She's worked for eight different principals and seven superintendents. Her name is Cheryl, and for 26 years, she has been the school secretary for Claude Junior High and Claude High School. Cheryl is the definition of the small town USA hometown girl.

The school is the heart of a small town. Besides the occasional parade or rodeo, school events are the main form of entertainment for small town people. News on the extracurricular activities is always front page of the paper, and the success of the sports teams is the topic of most conversations. And anyone who knows anything about schools and how they are

run knows that at the heart of the school is the secretary.

Located 30 miles east of Amarillo, Claude, Texas is home to 1,225 people. The history of Claude is filled with stories of the famous cattle rancher, Charles Goodnight, who made his home right outside of town in the 1860s. Claude has one stoplight, a gas station with a Subway, and of course the Texas Panhandle favorite, Dairy Queen. The personality of Claude is centered in the town square with the historical courthouse and Johnny's Hometown Groceries. Every morning at 7 AM, you can find a circle of the local farmers sitting in the gas station, sipping on their coffee and discussing the Friday night lights. In the Mustang basketball gym, girls' basketball state title banners with familiar last names fill the west wall of the gym. The gossip is always hot, and it's true that everyone knows everything about everyone in Claude.

Cheryl Johnston was born in Stephenville, Texas in 1956. Her father had only an eighth grade education, and he found work as a ranch hand in rural Wayside, Texas when she was in the first grade. Wayside is located about forty miles outside of Claude, and the community sits very near to the Palo Duro Canyon. At the time, Wayside was part of the Claude school system, and Cheryl shared a classroom and teacher with all students from first through fifth grade. Her family moved into the town of Claude her fourth grade year, and they were there to stay.

Cheryl spotted the

love of her life in the 8th grade. His name was Tony, and he was just as much a Claude boy as she was a Claude girl. Tony's family owned a farm implement manufacturing business and also farmed for a living. Cheryl says that "the feeling wasn't mutual" between the two of them until their senior year. Cheryl and Tony exchanged vows in 1976, and shortly after, they moved to College Station for Tony to go to school at Texas A&M. There, Cheryl had her first take as a secretary for the educational administration department.

The couple moved back to their hometown after Tony's graduation and had three children: Heather, Jennifer, and Glen. Cheryl took the job as the junior high and high school secretary in 1989. She earned her degree in secondary education from West Texas A&M University in 1998. She finished school by taking night classes, working a full-time job, and raising and chasing three high school kids. She scheduled her classes around football and basketball games, and she graduated from college the same year as their daughter, Jennifer, graduated from Claude High School.

Cheryl and Tony live in Claude still today. Their daughter, Heather, is a first grade teacher at the elementary school, and they have two grandkids, Kadyne, an eighth grader, and Lukaycee, a kindergartener, who attend school in Claude.

In a small town, neighbors are often some of your closest friends, and they are people Cheryl

I Love Claude

CONTINUED FROM PG 2

yl find very special. Her neighbors on three sides are in their 80s and 90s. One of her neighbors is her high school typing teacher that she used to “fear.” After getting to know her, she has become a dear friend and someone she deeply admires. Another neighbor played the organ at both of her daughter’ weddings, and the other one keeps her updated on the block’s comings and goings.

In Claude, the sheriff’s department allows the people of Claude to get around town in their golf carts. Cheryl embraces this aspect of small town living and sports a shiny red Chevrolet Bel Air golf cart. She can be spotted driving to Johnny’s with her granddaughter, Lukaycee by her side. Last summer, Cheryl and Lukaycee stole the crowds’ hearts by driving the golf cart in the annual Caprock roundup parade.

Cheryl says that she can’t go to the grocery store or post office without running into friends and catching up for over thirty minutes. In the evening when the weather’s nice, she and Tony like to sit on the front porch. She says, “Within an hour, we have several friends who pass by and stop for a visit.” When it snows in Claude, a man drives his little John Deere tractor around and clears driveways all over town, no charge. Cheryl says, “He doesn’t want to get paid; he’s just a good neighbor and friend!”

I had the pleasure of being an office aide for Cheryl my junior and senior year, and out of all of our conversations, her stories about her Claude high school days were by far my favorite. She told me about her days riding

to out-of-town games on the bus and how the football boys once offered the cheerleaders what they thought were Chiclets, but were actually Freenamints, a laxative. She said that her class did not have a good reputation; she shared with me that some boys in her class once hot-wired a military tank that was supposed to be used for natural disasters, and they drove it up and down the streets of Claude.

In the office, Cheryl receives what seems like hundreds of phone calls a day from parents, older siblings, friends, or graduated students who want to catch up. Everyone just calls her Cheryl, and she is the go-to person for any questions related to the school. In a “behind the scenes” kind of way, Cheryl runs the school. Her success as a secretary can be credited to her years she’s lived in Claude and all the relationships she has formed. She knows every student’s name, and she probably knows their parents or older siblings.

So if you ever need a high school kid to help you with some yard work or just someone to visit with about the “town turkey” and other quirky Claude things, Cheryl is your go-to girl. She contributes to the Claude schools not only by keeping track of attendance and organizing assemblies, but more importantly, by bringing stability and familiarity. Cheryl embodies every aspect of a hometown girl.



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Sheriff’s Corner: A Note from Sheriff Barnett

On February 15, 2017 this county had a major wild land fire on 207 South between Vigo Park and Wayside. There have also been several smaller fires reported to this department.

I just wanted to let everyone know, before you have a control burn, you need to let our office know. The conditions need to be favorable and we have been instructed on what those conditions are. Right now we are under red flag conditions with the humidity, wind, and dry conditions.

Just to let everyone know, control burns are to be called into the Sheriff’s Office, so the fire department can be notified. All control burns must be out before dark and someone has to be on scene the whole time the

fire is lit. If the following rules are not followed you can receive a burn ban citation.

Also just to let everyone know. The JA Ranch is a training area for Wild Land Fire crews. That area is exempt from the Red Flag Warnings because of the training.

There are several things citizens can do to help out with not starting fires while driving. Do not throw out cigarette butts out of the cars. If you see someone with a chain or some other object dragging call into the office and we will try to get them stopped.

With the warmer weather, we all have to be vigilant and watch out for each other. Let’s keep the county safe.

Fleta Barnett



American Legion Post 344
Fundraiser Benefit
To improve Legion Property
& Softball Fields
March 18, 2017
5-7 p.m.
Spaghetti Supper
& Bake Sale
Come for Supper.
Take Home a Dessert



COMMUNITY CALENDAR

4-H GERANIUM SALES—Now thru March 23rd, Contact any member or the 4-H Office

MUSTANG BASEBALL @ WEST TEXAS TOURNEY—Thur. & Sat. Mar. 2nd–4th, TBA, @ Stinett, AWAY. Follow us on Facebook for Up-to-Date info

VARSITY SOFTBALL @ PAMPA TOURNEY—Fri & Sat. Mar. 3rd & 4th, TBA, AWAY. Follow us on Facebook for Up-to-Date game info and more!

COMMUNITY MEN'S PRAYER BREAKFAST—Sat. Mar. 4th, 7:00 a.m., hosted by the United Methodist Church, All Men are welcome

THE GOODNIGHT HISTORICAL CENTER—Sun. Mar. 5th, 11:00 a.m., will be featured Channel 7 on Texas Country Reporter, (That's Colonel Goodnight's BD!) Then it will show on RFD-TV the following week

4-H MEETING—Mon. Mar. 6th, 7:00 p.m., This will be a parents' meeting and regular meeting

STUDY OF THE MINOR PROPHETS—Mon. Mar. 6th, 7:00 p.m., UMC Family Life Center, This will be a five week study of the Minor Prophets

VARSITY SOFTBALL—Tues. Mar. 7th, 4:00 p.m., vs. Booker, HOME

MUSTANG BASEBALL—Tues. Mar. 7th, 4:30 p.m., vs. Clarendon, District Game, HOME

TENNIS TOURNEY—Thur. Mar. 9th, 8:00 a.m., Amarillo Small School Tournament, AWAY

MUSTANG BASEBALL—Fri. Mar. 10th, 4:00 p.m., vs. Memphis, District Game, AWAY

TRACK INVITATIONAL—Fri. & Sat. Mar. 10 & 11th, TBA, @Panhandle, AWAY

VARSITY SOFTBALL—Sat. Mar. 11th, 12:00 p.m., vs. Memphis, AWAY

COMMISSIONERS COURT—Mon. Mar. 13th, 9:00 a.m., Armstrong County Courthouse

CITY COUNCIL— Mon. Mar. 13th, 5:30 p.m., Claude City Hall

STUDY OF THE MINOR PROPHETS (WK2)—Mon. Mar. 13th, 7:00 p.m., UMC Family Life Center

CISD SPRING BREAK— Mon. Mar. 13th—Fri. Mar. 17th, ALL DAY, NO SCHOOL

VARSITY SOFTBALL—Tues. Mar. 14th, 4:00 p.m., vs. West Texas, HOME

MUSTANG BASEBALL—Tues. Mar. 14th, 4:30 p.m., vs. Nazareth, District Game, HOME

52 WEEK GUN RAFFLE BEGINS—Mon. Mar. 20th, Raffle held by Armstrong County Museum, Call 806-226-2187 for more details

TENNIS TOURNEY (GIRLS)—Mon. Mar. 20th, 8:00 a.m., Spearman Tournament, AWAY

STUDY OF THE MINOR PROPHETS (WK3)—Mon. Mar. 20th, 7:00 p.m., UMC Family Life Center

TENNIS TOURNEY (BOYS & MIXED DOUBLES)—Tues. Mar. 21st, 8:00 a.m., Spearman Tournament, AWAY

MUSTANG BASEBALL—Tues. Mar. 21st, 4:30 p.m., vs. Wellington, District Game, AWAY

CLAUDE ISD SCHOOL BOARD MEETING—Wed. Mar. 22nd, 7:00 p.m., Claude High School

DONKEY BASKETBALL—Sat. Mar. 25th, 5:00 p.m. Meal (\$6) and 7:00p.m. game (\$8 in advance, \$10 at the door) begins, this is a Fundraiser for the 2019 DRUG FREE PARTY

SAVE THE DATE:

CHARLIE & THE CHOCOLATE FACTORY

The Gem Theatre @ the Armstrong Co. Museum

Sat. April 29th & Sun. April 30th

Tickets will be available for purchase from the Armstrong County Museum

CLAUDE CITYWIDE GARAGE SALE

Start your spring cleaning now! The Claude Citywide Garage Sale will be

Sat. May 13th, Cost to be on map is \$25 and covers the cost of

Advertising of the sale and printing of the maps

Thank You

The Family of Billye Thomas wishes to thank everyone for their prayers and their concern during her passing. Special thank you to Pastor Sean Smith, the United Methodist Women, Nate McKee, and Jay Morris for all their help as we celebrated their life.

Family of Billye Thomas



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Birthdays & Anniversaries

March 4th
Russell Blanton

Stephanie Merrell
Kaylee Preuit

March 5th
Ben Cox

M/M Perry White

Shannon Sanders
M/M Jay Morris

March 8th
Jadie Matthew
Sam Taylor
Dick Gravley

March 6th
Michael Crowell
Anita Koch
Blake Loria
Nicole Loria
Matt Garth
Layla Godfrey
Laverne Whitt

March 9th
Mike Baker
Coral Parks
Lee Berand

March 7th
Kristi Gillispie
Jamie Conrad Nite

March 10th
Keith Lowry III
Brenna Hatfield
Judson Sanders



MON., MAR. 6th
Breakfast: Pancake
Wrap, Yogurt, Fruit
Juice, Fruit, & Milk

Lunch: Ravioli w/
Meat Sauce, Roll,
Tuscan Vegetables,
Salad, Fruit, & Milk

TUES., MAR. 7th
Breakfast: Chicken-
n-Biscuit, Fruit
Juice, Fruit, & Milk

Lunch: Asian Bowl,
Baby Carrots,
Broccoli, Pineapple,
Cookies, & Milk

WED., MAR. 8th
Breakfast: French
Toast, Sausage,
Fruit Juice, Fruit, &
Milk

Lunch:
Cheeseburger w/
Garnish, Oven
Fries, Veggie Cup,
Orange Smiles, &
Milk

**THURS.,
MAR. 9th**
Breakfast: Breakfast
Pizza, Fruit Juice,
Fruit, & Milk

Lunch: Chicken
Fajitas, Refried
Beans, Salsa,
Tomato Cup, &
Milk

FRI., MAR. 10th
Breakfast: Dutch
Waffle, Bacon,
Fruit Juice, Fruit, &
Milk

Lunch: Pulled Pork
Slider, Multigrain
Chips, Green Beans,
Cucumbers, Apple
Slices, & Milk

Make Healthy Shifts in Food Choices

BY DANIELLE HAMMOND-KRUEGER, MPH, RD

Celebrate March by “Putting Your Best Fork Forward”, as the theme for National Nutrition Month®. “According to the 2015-2020 Dietary Guidelines for Americans, we should shift to healthier food and beverage choices. Making changes to eating patterns can take time. Every food choice is an opportunity to move toward a healthy eating pattern, no matter how small the shifts,” said Danielle Krueger a Registered Dietitian with the Texas A&M AgriLife Extension Service and member of the Academy of Nutrition and Dietetics. “Put your best fork forward” by following these steps to make healthy shifts in food choices:



Choose more vegetables from all subgroups. When making dishes or snacks, add more vegetables to the dish in place of foods high in saturated fat and/or sodium.

Add low-fat or fat-free dairy to your snacks or dishes. When making foods which traditionally call for mayonnaise or prepared salad dressing, try replacing with low-fat or fat-free yogurts.

Substitute whole fruit for fruit products with added sugars. Choose more whole fruits as snacks, in a salad, or in place of desserts with added sugars such as ice cream, cakes, and pies.

The Texas A&M AgriLife Extension Service offers nutrition education programs which help inform consumers about how to make

healthy shifts in food choices and reduce the risk for chronic disease. To learn more about our nutrition and health programs, contact Billie Peden-CEA-FCS Armstrong County.

National Nutrition Month® is an annual promotion through the Academy of Nutrition and Dietetics. Visit the Academy at eatright.org.

Texas A&M AgriLife does not discriminate on the basis of race, color, religion, sex, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity and provides equal access in its programs, activities, education, and employment.

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Senior Spotlight



This week The Claude News has the honor of having Caitlin Haskell as this weeks Senior Spotlight. Caitlin and her family have lived in Claude the past two years. Caitlin or "Cait" to her family loves English class, Mrs. Maxfield, French fires, the color Purple (the actual color not the book, movie or play) and The Great Gatsby.

Upon her graduation Caitlin plans on attending Amarillo College to become a physical therapist. She is also considering culinary school in Austin. While at CHS, Caitlin was the manager for this years Lady 'Stangs and has been part of yearbook. Among her favorite memories she counts "Last years Junior prom" as her favorite. In her spare time Caitlin loves to cook. In fact she is main chef for her family!

In her free time, Caitlin can be found outdoors, in the kitchen or hanging with her friends. She enjoys "helping people with whatever they need" and hopes to one day to visit Egypt to see the Pyramids. She enjoys living in Claude because "Everyone knows everyone and gets involved with fun activities. All the people in town are nice." Caitlyn doesn't have too look far for her role model. "My role model is my mom. She has always been there for me when didn't have too. She has taught me everything I need to know about life." While Caitlin has not lived in Claude long, the town should be proud of the young that will graduate from our town.

Caitlin Haskell



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Congratulations on a Great Season



It's Tennis Time!



BY CALLIE THORNTON

players complete the team that is hunting for the district championship. "These kids have spent a lot of time playing tennis in the summer and going to camps," Coach K said. "Tennis is a very fair sport, and if you spend a lot of time playing, you get good."

As practices begin for the new season, Coach K wants to go back to the fundamentals and focus on polishing up simple skills such as serves, volleys, and groundstrokes. "This season, I want to really work on my serves and lobs. I expect myself to make it to regionals and not settle for third at district," Ty Ivy said.

With the weather getting warmer and the days getting longer, that means that tennis season has arrived. Under the direction of Coach Vedran Krtalic (Coach K), Claude tennis is ready to compete in their new district of Panhandle, Wellington, Clarendon, Memphis, and Wheeler with more than fifteen returning players. "The new district brings some good teams, but because we have some depth in experience, we will be in good shape," Coach K said.

The Mustang's season kicks off in Amarillo on March 9 at the Amarillo Small School Tournament. Following that will be tournaments in Spearman and Borger before the district meet on April 5. "We have a whole bunch of returning experience that I think have the potential to go to the regional tournament or further," Coach K said. "Considering Claude has won the district championship three out of four years, expectations are high to bring home another trophy."

Among the returning players are regional qualifiers Alex Eichelmann (12), Ally Giles (11), and Callie Thornton (11), as well as district medalists Ty Ivy (11), Breenly Elliott (12), and Landry Little (12). Several other veterans as well as new

MUSTANG SPORTS

Mustang Baseball starts off with a Win



After their first win of the season, the Mustangs took the game ball to teammate, Austin Monteiro, who was unable to play since he was in the hospital. photo courtesy of Amber Smith

BY JIMMY MUSTION

It is that time of year again. The field is prepped, the chalk is on the lines and the smell of hot dogs in the air. It is baseball time! This past Thursday, the varsity boys team started their season by traveling to Boys Ranch to take part in a tournament. The boys took the field to start the 2017 season with hopes high as this was the first year under new Head Coach John Moffett.

In the first game, the boys took on Dimmitt. They fought hard and played well but the lost the game by the score of 7-1. Leading the Mustangs off the mound were sophomore Tristan Sims and junior Charlie Strawn each pitching two innings. Strawn's mother, Millie, was excited to get the season up and going again. "It was great to see our boys play in the Boys Ranch Tournament and pick up their first win of the season!" said Millie

Strawn.

That first win came in the varsity boys second game of the afternoon when they face the Roughriders of Boys Ranch. The Mustangs were not discouraged by their defeat earlier in the day and took the field determined to win. They took game by the score of 16-3. The bats were working.

The Mustangs were led by junior Brady Gabel, sophomore Mason Smith and Sims all with two hits each. Gabel led the team with three RBI's with Sims also driving in two. Pitching for the

Mustangs were Gabel and Smith. Smith had four strikeouts and Gabel had three strikes. After a day of hard play the Mustangs went away from Boys Ranch splitting the two games to start the season 1-1.

"I was very pleased with how we played Thursday," said Coach Moffett. "Not only picking up a win but in the fashion we did was huge. We worked on several things throughout the two games that I think are going to be crucial for us being able to execute consistently during district play."

Thursdays are

Catfish Night!

5pm—8pm



Enjoy fresh catfish, fries, coleslaw, beans, tea, and hushpuppies for \$10.99!

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Athletes OF THE Week



Callie Thornton

Callie Thornton is the tennis athlete of the week. She won a singles match (6-3) and a doubles match (6-2) against Borger JV on Thursday. "Callie is much improved since last year, her serve is faster, her forehand is much improved, and she is a quicker athlete. Callie has done a great job on the off season improving herself as an athlete and therefore as a tennis player," shared Coach Vedran Krtalic.



Tristan Sims

Tristan Sims is the baseball athlete of the week. He went two for five with a single a triple and walk. Pitched two innings giving up two hits, one run, three strikeouts, and one walk. He had key hits in our win over Boys Ranch. Pitched, caught and played short. Coach John Moffett said, "I feel like he set the bar for expectations to start the season."

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Regional Tourney

CONTINUED FROM PG 1

son was the type of game you never forget,” said Hannah Bennett. “This was the kind you fight through the whole thirty-two minutes, and we had it, and it barely slipped through our fingers. I will still forever be proud to a part of the 2017 Lady Mustangs basketball team.”

Though the Lady ‘Stangs’ journey has ended until next year, they have still earned terrific awards. They have been ranked #1 in the state by the TABC, they only had 2 loses the whole season, they made it to the Levelland tournament, and most importantly, they worked hard as a team. Be sure to congratulate the Lady Mustangs and Coach Cooper on their great season!

UPCOMING PAC MEETING

On Thursday, March 9th, Claude Secondary campus will be hosting its first “PAC” meeting. PAC stands for Principal And Community. Principal Derek Daniel and Athletic Director Jarrett Vickers would like to invite any and all community members to attend. The meeting will be very informal and is intended to answer any questions, concerns, or comments community members or parents might have. There is no agenda, just open communication about things going on within the school. The meeting will be held at the Richard S. & Leah Morris Memorial Library from 6:00-7:00 p.m. Please come see us.

Wonka TRIVIA

Who authored the book “Charlie and the Chocolate Factory”?

(A) Judy Blume (B) Tim Burton (C) Roald Dahl

Send your name and answer to theclaudenews@gmail.com for a chance to win a prize. Check next week’s paper for another chance to enter to win. Prizes will be drawn on 4/17/17

Panhandle Groundwater District Ag Loan Program



Drip irrigation uses substantially less water than other watering methods including row watering.

WHITE DEER, TX— Texas Water Development Board recently approved Panhandle Groundwater Conservation District’s loan request of \$1,000,000 for its Agricultural Water Conservation Loan Program.

In 1992, PGCD began its agricultural loan program to assist qualifying farmers in financing their irrigation sprinklers when making the shift from row watering to

pivots, which use substantially less water. Now the District even assists with Drip Irrigation systems. The program has loaned over \$12,000,000, with an unprecedented low interest rate of 1.86% and a payback term of up to eight years.

Interested applicants can fill out an application and find more information on the District’s website at www.pgcd.us or by calling Julie Bennett at 806-883-2501.

STAR STUDENTS

WEEK OF MARCH 3



Rhett Moore
Mrs. DeBord, 4th Grade



Dori Dyess
Mrs. DeBord, 4th Grade



Aiden Whitaker
Mrs. Britten, 5th Grade



Madylin Matthews
Mrs. Britten, 5th Grade

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Here are Six surefire Ways for Seniors to Stay Sure-Footed and Independent

BY BOB MOOS
SW REGIONAL PUBLIC
AFFAIRS OFFICER FOR THE
U.S. CENTERS FOR MEDICARE
& MEDICAID SERVICES

When kids fall, they usually just get up and return to playing. But for older adults, falls are a major threat to good health and independence.

Every year, about one in four Americans 65 and older falls, and about one in five of those who lose their footing suffers a serious injury, such as a hip fracture, broken bone or head injury.

About 3 million older adults a year are treated in emergency departments for injuries from falls, and about 800,000 are admitted to hospitals. But even a fall without a major injury can cause an older adult to become fearful or depressed, making it difficult to remain active -- and more likely to fall again.

Many people think falls are an inevitable part of aging. The truth is, they're not. Most falls can be prevented. Managing your medications, having your vision checked, staying strong with exercise, changing your footwear, creating a safer environment at home and using a cane or walker are all steps you can take to become more sure-footed.

Let's look at each precaution:

Start by visiting with your physician about your risk for falling. Ask the doctor or your pharmacist to review your current medicines -- both prescriptions and over-the-counter drugs -- to see if any might make you dizzy or sleepy. Also be careful when you start a new medication. Talk to your health care provider



Have your eyes checked regularly. People with impaired vision are about twice as likely to fall as those without a problem.

about potential side effects.

Have your eyes checked regularly. People with impaired vision are about twice as likely to fall as those without a problem. Have an eye exam at least once a year and update your eyeglasses. And remember that using "variable-tint lenses" can be hazardous when you're walking into a darkened building from outside. Stop for a moment and allow your lenses to adjust.

Exercise if you're able. With your doctor's OK, consider activities such as walking, aerobic workouts or tai chi -- an exercise that involves slow and graceful dance-like movements. Such activities can improve your strength, balance, coordination and flexibility. If you avoid physical activity because you're afraid it will make a fall more likely, talk with your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist who

can create a custom exercise program to improve your gait.

Change your footwear. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. As an added benefit, sensible shoes may ease any joint pain you're suffering.

Inspect your home for fall risks. More than half of all falls occur at home. So eliminate hazards around your house or apartment. Remove newspapers, electrical cords and phone lines that you can trip over. Likewise, move coffee tables, magazine racks and plant stands from high-traffic areas. Secure loose rugs with double-faced tape -- or remove them entirely. Store clothing, dishes, food and other necessities within easy reach. Also keep your home brightly lit to avoid stumbling over objects that are hard to see. Place night lights

in your bedroom, bathroom and hallways. Turn on the lights before going up or down stairs. Also make simple home modifications, such as adding grab bars in the bathroom, a raised toilet seat or one with armrests, a second handrail on stairs and non-slip paint on outdoor steps.

Get fitted for a cane or walker. A cane or walker won't make you more dependent; they'll make you more independent. But make sure you use the devices safely. Have a physical therapist measure you for a cane or walker and give you a short course on how to use the walking aids. Be careful about borrowing canes or walkers from friends, because what was a good fit for them may not be for you.

The fear of falling doesn't need to rule your life. By taking some smart steps to reduce the risk of an accident, you can stay healthy and active.

Every year, about 3 million older Americans end up in emergency



Mark Your Calendar

The Claude Citywide Garage
is Saturday, May 13, 2017.

Sudoku

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

generated by <http://www.opensky.ca/sudoku>

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

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Fritter's Saving Success



Fritter has been saving towards a summer visit to Six Wags Amusement Park. He needs a total of \$100 and by sticking with his savings plan, he's well on his way!

So far, Fritter has saved up:
\$75.35

Another way to write that amount is using words, like this:

Seventy-five dollars and thirty-five cents

A Note to Parents
 Talk to your child about the difference between **WANTS** and **NEEDS**. Discuss how giving in to **WANTS** can derail a savings plan!

One great way to save a large amount of money is by saving just small amounts over a long period of time.

If you get an allowance, don't spend it all at once. Save at least part of it each time you get paid. It really adds up!

Before buying something, make sure you know if it's something you *want* or something you really *need*. It matters!

Can you do this?

Turn each number into words and the words into numbers.

Seventy-five thousand, eight hundred and forty-two dollars

\$8,451.00

Eight thousand, four hundred and seventeen dollars

\$4,518.00

Sometimes it is hard to decide if something is a need or a want. For example, cake is a food, but it is not a need. It's a want.

Which of these following foods are more wants than needs?



Kid Scoop Puzzler

Can you find the missing numbers?

$6 \square 7$	$40 \square$
$+ \square 23$	$+ \square 98$
970	$1,204$
$\square 61$	$3 \square 2$
$+ 3 \square 5$	$+ \square 41$
$1,186$	$1,323$

Standards Link: Number Sense. Solve simple open sentences involving operations on whole numbers.

Can you divide this grid into four parts in which each part has the same amount of money?



Standards Link: Mathematical Reasoning. Solve problems using logic.

FROM THE Kid Scoop LESSON LIBRARY

More or less?

Look through the newspaper for two money numbers written as numerals or words. Cut these out and glue them next to each other on a piece of paper, leaving a little space between them. Fill in the space with a <, >, or = sign to make a true statement.

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

Write On!

Start a New Business

If you could start a business, what would it be? How do you know if people need what your business offers? Explain why you would like to start this business.

Kid Scoop Together: Unscramble it!

Unscramble this list of words. Hint: They all have something to do with money!

- VESA
- RANE
- NEPYN
- CLINEK
- MEDI
- LOADRL
- VINEST
- TONADE
- HACS
- PEDNS
- ROBRWO

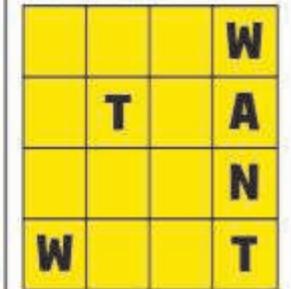
- CASH
- COINS
- DOLLAR
- BILLS
- BUCKS
- INCOME
- WAGE
- CURRENCY
- MOOLA
- BREAD
- DOUGH
- CLAMS
- BENJAMINS
- SMACKERS
- CHECKS
- LETTUCE
- FUNDS
- STASH
- DINERO

I found LOTS of other names for money in a Thesaurus. Can you find them in this puzzle?



Extra! Extra! Money Words
 Look through the newspaper for five amounts of money written as numbers. Rewrite each one using words.
 Example: \$52.25 is Fifty-two dollars and twenty-five cents.
 Standards Link: Research. Use the newspaper to locate information.

Kid Scoop-doku
 Complete the grid by using all the letters in the word WANT in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.



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Date	Time	Opponent	Location
Sat. Feb. 18th	W 14-9	Tulia	HOME
		Dalhart	AWAY
Fri./Sat. Mar. 3rd & 4th	TBA	Pampa Tournament	AWAY
Tues. Mar. 7th	4:00 p.m.	Booker*	HOME
Sat. Mar. 11th	12:00 p.m.	Memphis*	AWAY
Tues. Mar. 14th	4:00 p.m.	West Texas*	HOME
Sat. Mar. 18th	1:00 p.m.	Gruver*	AWAY
Tues. Mar. 21st	4:00 p.m.	Clarendon*	HOME
Sat. Mar. 25th	12:00 p.m.	Follett*	AWAY
Tues. Mar. 28th	4:00 p.m.	Sanford-Fritch*	HOME
Fri. Mar. 31st	4:00 p.m.	Booker*	AWAY
Tues. Apr. 4th	4:00 p.m.	Memphis*	HOME
Sat. Apr. 8th	12:00 p.m.	West Texas*	AWAY
Tues. Apr. 11th	4:00 p.m.	Gruver*	HOME
Fri. Apr. 14th	12:00 p.m.	Clarendon*	AWAY
Tues. Apr. 18th	4:00 p.m.	Follett*	HOME
Sat. Apr. 22nd	12:00 p.m.	Sanford-Fritch*	AWAY

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