



# The Klatter

Kiwanis Club of Lubbock, Texas 79408  
Kiwanian of the Year: Tim Upp

**Kiwanis:**  
Serving the Children  
of the World  
kiwaniscluboflubbock.org

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**57 Members A/O Mar. 5, 2020, 39 Members A/O May 5th. Lost 18!**

## Guest Speakers Last Week:

Dad **Keil Gauger**, sons **Brett** and **Zack**, and their cousin, started a **CBD** business when looking for a new way to diversify their ag operations. **Keil** said they started from an idea. After years of working in the agricultural industry, our **Caprock Family Farms** decided to embark on a new journey. Farming. Teaching. We've done it all. Growing plants and dealing with pain. That's what farming's taught us, and it's made us strong.

**CBD** (Cannabidiol) is a Phyto cannabinoid discovered in 1940. It is one of 113 identified cannabinoids in cannabis plants, along with tetrahydrocannabinol (THC), and 113 cannabidiols account for up to 40% of the plant's extract.

After trying it ourselves and experiencing its effects, we became curious about the growing industry. Guided by our ambitious children, we leaped into the unknown, and developed a 'full-spectrum' **CBD** (has nearly all 113 Phyto cannabinoids). Thru trial and error, we've developed excellent tasting **CBD**.

**CBD** is most commonly used to **treat chronic pain, anxiety, inflammation, and insomnia**. One study showed that **CBD** may relieve pain by affecting receptors of the endocannabinoid system, which helps regulate pain, mood, and memory, in addition to many other physiological and cognitive functions. There is little to no THC, which is what gives you the 'high'. Please visit us at [info@caprockfarms.com](mailto:info@caprockfarms.com), to inform yourself.

May 5, 2022

## Our First Flag Work Day was a Success:

**Last Saturday morning from 8-2:00**, our **collective efforts** assembled **200** new, light-weight flags for HEB and 7 Plains Capital Bank sites. **And**, we ran 16 washers short of replacing the last 8 worn-out flags. Want to **thank** the following Kiwanians & their *Helpers*: **Dianah Ascencio** & husband **Raul**, **Tom Andrews**, **Debby Conn**, **James Dugger**, **Cindy Ham**, **Russell Johnson** & son **Carter**, **Wayne Kohout**, **Paul Rostad**, **Tim Upp**, and **Mary Wallace**. Good sausage kolaches for brunch & pizza for lunch helped sustain us!

### Member Announcements:

**Wayne Kohout**, 10 Kiwanis Safety Vests ordered for flag volunteers!

**Jimmy Moore**,

**June 6-Memorial Golf Tournament**

**Ange Scott, TX Girls & Boys Ranch fund-raisers:**

**May 23** – Golf Tournament

**Aug. 18** – Sparkles & Spurs

**Mark your calendars!**

### Challenger Little League Games:

**Every Mon., Tues., Thurs. Fri. & Sat., April 18<sup>th</sup>-May 21<sup>st</sup> 6 & 7 pm.**

Games played at 26<sup>th</sup> & Nashville.

**Let's pick a date f/club to attend!**

Go online at [www.volunteerlubbock.org](http://www.volunteerlubbock.org), to familiarize yourselves with the website, and then look at our **Kiwanis Club site!**

**Our Klatter is Printed  
Bv First United Bank**

John Paul Batrice's



## Bits & Pieces

Dad and Grandpa jokes:

What did the zero say to the eight? Nice belt!

Why do seagulls live by the sea? Because if they lived by the bay, they'd be bagels!

Where do you learn to make banana splits? At sundae school!

Why did the banana go to the hospital? He was peeling really bad!

## Flag Route Captains/Co-Cpts and Volunteers:

**Route 1:** CPT: Cindy Ham-Trk., Russell Johnson-Trk., 3. Lisa John, 4. Tim Upp, 5. Mary Wallace, Alter. ?

**Route 2:** Co-Cpts: Tom Andrews, Steve Jones-Trk. 3. David Cook, 4. Ange Scott, 5. Paul Rostad-Trk. Alters. Jill Ramsey, Cheryl Jones.

**Route 3:** CPT: Wayne Kohout-Trlr., 2 David Campbell 3. Lequice Kohout 4. Walter Rinehart, Alt. Paige Kohout

**Route 4:** CPT: Sam Cross-Trk., 2. Tanya Calderon, 3. James Dugger, 4. ? Alter. ?

**Route 5:** CoCpts: Ron Dover-KiwTrk Gene Maxwell, 3. Tom Brown 4. Joel Howard, Alter. ?

**Route 6:** Co-Cpts: Dianah Ascencio-Trk, Reed Hitch, 3. Debbie Conn, 4. Jimmy Moore-Trk. Alter. Reese Hitch

**Route 7:** (HEB) Cpt: ? 2. David Mallard, Alter. ?

### Flag Days for your 2022 Calendar:

**Memorial Day**..... Monday, 5/30

**Flag Day**..... Tuesday, 6/14

**Independence Day**... Monday, 7/4

**Labor Day**..... Monday, 9/5

**Veterans' Day**..... Friday, 11/11

## TODAY

**Thur. May 5:** Dr. Robin Satterwhite, President, South Plains College

### ALSO...COMING SOON:

**Fri. May 6:** Board Meeting at Red Zone Café, Board Members mark your calendars and be there!

**Thur. May 12:** Mark Bills, Regional Director, TX Dept. of Agriculture

