community, but it is a sign of positive things in a community on which you can build community health, stability, and prosperity. We do not all have to grill hot dogs on Halloween. But if you can spend just a few minutes outside, creating a welcoming sense of community at your house, it will have results that cascade to others. And if we continue that attitude throughout the year, it will strengthen the roots of community and fix what ails rural places and America at large.

Many of our institutions may seem to be on fire. I am not saying we should let them burn, but if we keep our own local institutions from burning, that will have a much bigger impact. It starts on nights like Halloween and it starts by making your house а welcoming place in the community, no matter who happens to wander by.

James Decker is the Mayor of Stamford, Texas and the creator of the West of 98 website and the Rural Church and State and West of 98 podcasts. Contact James and subscribe to these essays at westof98.substack.com and subscribe to him wherever podcasts are found.

Beef, pork costs drive slight increase in grocery prices

By Shelby Shank **TFB** Field Editor

Prices at the grocery store experienced a marginal uptick of 0.1% in September, driven by increased costs of beef, pork and milk.

It was the smallest increase in the cost of eating at home since June, when grocery prices were unchanged from May, according the Bureau of Labor Statistics.



Birthday Party! Members of Robert Lee High School's FCCLA chapter recently visited Robert Lee Care Center to celebrate the residents with birthdays in October.

The overall Consumer Price Index (CPI) rose 0.4% in September, primarily influenced by heightened housing expenses and an increase in gasoline prices. T

Since September 2022,supermarket prices have climbed by 2.4%, an increase in line with historic food inflation.

The cost of eating at home has risen an average of 2.5% annually over the past 20 years, according to USDA's Economic Research Service. ERS suggests grocery prices will rise about 1.6% in 2024, well below that

20-year average.

The retail price of beef increased by 0.6% in September, following increases of 1.2% in August and 2.4% in July. Pork prices were up by 1.6% last month, following a 2.2%increase in August, and bacon prices rose by 4.8%

Egg prices had seen a prolonged decline, but that

ended in September when they increased 0.9%, but they remain 14.5% lower than a year ago. In 2022, egg prices increased 32% in the wake of a widespread avian flu outbreak.

Dairy prices increased by 0.1% in September as reductions in the cost of cheese and other dairy products offset a 1.4% increase in the cost of

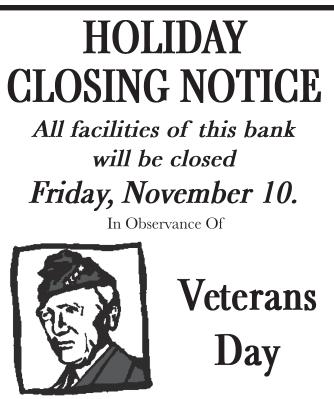
fluid milk.

The index for fruits and vegetables showed declines in the prices of apples, bananas, potatoes and lettuce. Those price decreases offset increases for oranges and tomatoes, as well as processed and frozen products.

The index for cereals and bakery products experienced a modest decline of 0.4%.

Please Pray for our Communities, Our County, Our State and Our Country





Please plan your banking requirements during regular banking hours to avoid any inconvenience.

Robert Lee State Bank

Member FDIC 453-2545 **Robert Lee, Texas**