

Robert Lee Observer

Vol. 94, No. 36

Robert Lee, Coke County, Texas (76945), Friday, Mar. 9, 1984

Single Copy 25c

Steers defeated in regional play

By ROY IVEY

Robert Lee's boys basketball season ended Friday night at South Plains College in Levelland when the Steers fell to Sundown 50-42 in the first game of the Class B-Region I Tournament.

The loss capped a successful season that included the District 16-A championship and a 25-5 record under basketball coach Ed Poehls.

Neither the Steers nor Sundown played well in Robert Lee's final outing, according to Coach Poehls. "We shot 35 percent from the field -- six percentage points below our average," he said. "Our free throw shooting was also below average."

"We were way too passive," Poehls said. "We didn't take the ball to them enough."

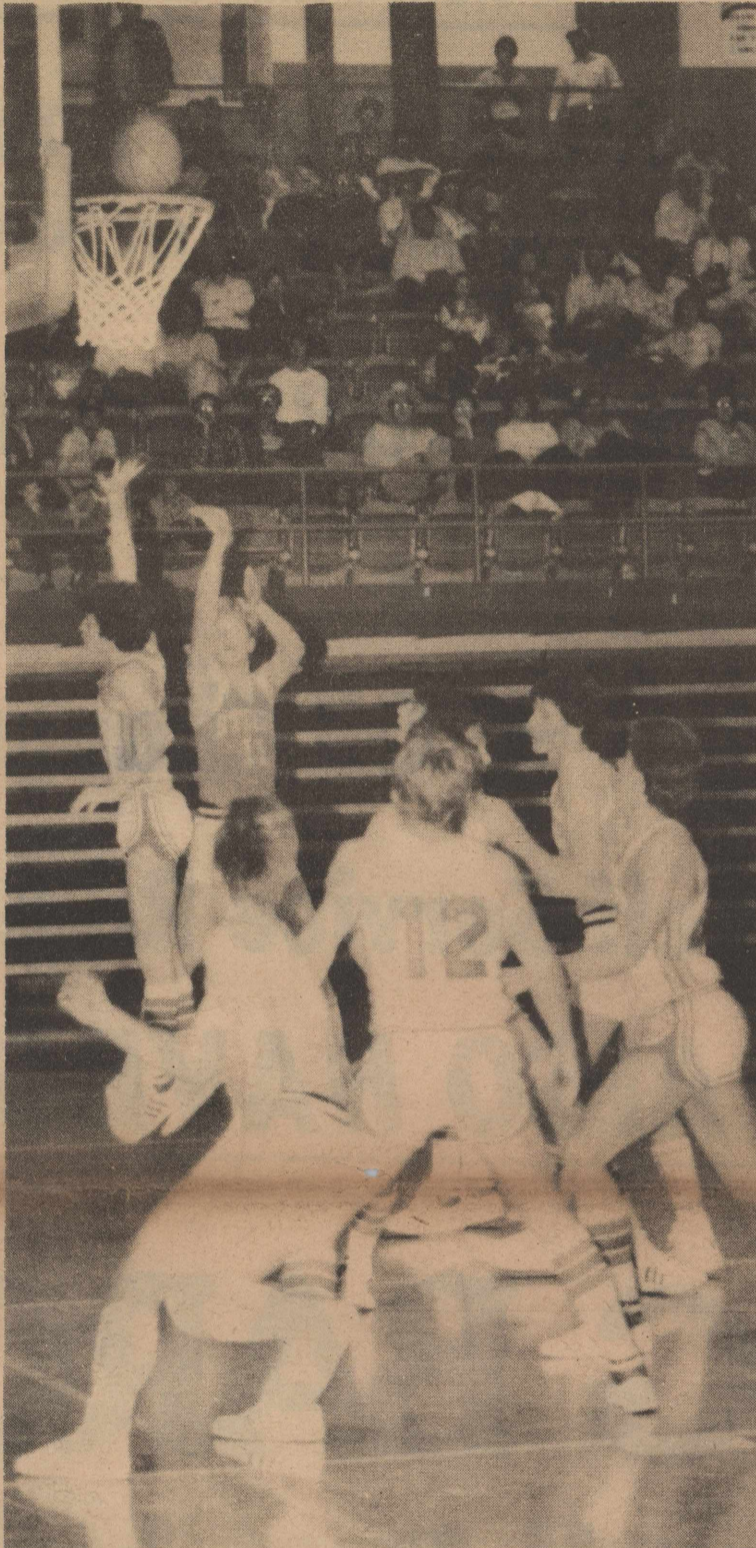
But Sundown had troubles of its own. "They had a lot of foul trouble and didn't do well in the second and fourth quarters," said Poehls. "We outscored them in the second and fourth." Sun-

down also outrebounded the Steers 24-10 as Jimmy Skinner led the Robert Lee effort with five.

The Steers ran into problems in the first and third periods. "Neither one of us scored in the first four minutes of the second half and then Sundown hit several in a row" said Poehls. "After that, they (Sundown) settled down." Robert Lee scored four points in the third quarter after going into halftime trailing 20-19 with a 13-point second-period effort.

Leading scorer for the Steers was Jimmy Skinner with 11 points and Kirby Rasco was close with 10. Bobby Boone hit eight, Eddie Hood and Greg Grim scored four each, Darryl Mulkey added three and Gary Palmer hit two points.

"I want to compliment the kids for their hard work and dedication throughout the season," said Poehls. "We also appreciate the parents' efforts and backing during the year."



KIRBY RASCO HITS basket for Robert Lee in the Steers' 50-42 loss to Sundown last weekend in

the regional basketball tournament.

Bivins, Gardner named to Child Welfare Board

The Coke County Commissioners Court met in a regular meeting March 5. The court was called to order by County Judge Aubrey Denman and the Pledge of Allegiance to the Flag was led by Commissioner Millican.

Item one on the agenda was the appointment of Child Welfare Board members to fill the vacancies created by the resignation of Ron Exum and Leta Caston. Commissioner Newby motioned that Gary Bivins and Rodney Gardner be appointed to fill these vacancies. Commissioner Millican seconded and all voted in favor of these appointments.

Item II - The motion was made by Commissioner Tidwell and seconded by Commissioner Millican to participate in the establishment of the Juvenile Detention Center to be built in San Angelo, by paying to San Angelo an annual fee of \$600.00 plus approximately \$50 per day per person when Coke County uses the facility.

Item III - The motion was made

by Commissioner Luckett and it was seconded by Commissioner Newby that Coke County participate in the Women, Infants and Children (WIC) Supplemental Food Program which provides nutritious foods for pregnant and nursing women, infants and children up to the age of five years who qualify under this program. The vote was unanimous.

Item IV - A letter was read by Judge Denman concerning a grant which Coke County has applied for to update the airport board in Robert Lee and it was the desire of the Commissioners that plans proceed toward the securing of this grant in the amount of \$25,000.00.

Item V - The monthly reports of Tommy Antilley and Debbie Reber were presented for the courts review and they were approved on the motion of Commissioner Newby with Commissioner Luckett seconding the motion. All voted in favor of approval.

Item VI - The possibility of economizing on the electric bills, by placing a heat pump in the County Attorney's office to be used at night and on weekends instead of the present heating and cooling system was discussed. The County Attorney, Billy Helwig has offered to pay one-half of the cost of the heat pump which is estimated to cost approximately \$600.00 for a 13,000 BTU unit.

Commissioner Millican made the motion that the county purchase and install this unit with the County Attorney paying one-half the cost of the heat pump. The motion was seconded by Commissioner Luckett and all voted in the affirmative.

Five seek hospital posts

In the upcoming Hospital Directors elections, Bill Helwig, J.Q. Counts, George Brickey, M.L. (Pete) Smith and Barbara Chesney have filed to be placed on the ballot. They are running for the expired terms of T.M. Wylie Jr., Wayne McCabe and Steve Oleksiuk.

As of Wednesday morning, nothing has changed on the filings for the city and school elections.

Scouts holding Family Night

Robert Lee Boy Scout Troop 461 will have a Court of Honor and family night Monday at 7 p.m. in the Scout Hut at the County Park in Robert Lee.

Several members of Troop 461 will receive recognition for achievements in the Scouting program and the evening will also include an introduction to Scouting to prospective members.

Any boy who is now 11-years-old or will soon be is invited to

bring his parents to the Scout Hut to see what is available.

The evening will open with a wiener roast and that will be followed by a short discussion of the Scouting program by Scoutmaster Roy Ivey.

Highlight of the program will a candlelight ceremony in which badges of rank will be presented to boys reaching a higher level of proficiency in the Scouting program.

Sun blanks satellite TV beams

If a favorite show on a satellite cable channel blanks out in the afternoon, don't panic. It'll be back on in a minute.

Virginia Whybrew of C&H Services, which serves Coke County residents with cable television said that a letter received from Home Box Office subscription television explained why the TV has been going blank about 3:15 p.m.

According to HBO, it happens every spring and fall and is

caused by a natural phenomenon. The sun lines up with the communications satellite and earth receiving stations. That, combined with sunspot activity, causes the program to blank out.

The phenomenon, called a sun outage period, occurs from Mar. 3-12 beginning at approximately 3:15 p.m. every day and lasts from 1-12 minutes.

So, until March 12, "please stand by."

Girl Scout cookies ready for delivery

The cookies are here! The thirty-second annual Girl Scout Cookie Sale officially began Friday at 4:00 p.m. Brownies, Juniors, Cadettes and Senior Girl Scouts from the 16 counties in the West Texas Scout Council's jurisdiction will be out until March 24 selling cookies.

There are seven varieties of cookies offered this year. They are Thin Mints, Shortbread, Peanut Butter Sandwich, Peanut Butter Patties, Nutty Chocolate Chip, Caramel deLites, and Almond Fudge Creme.

The money earned from the Cookie Sale, the largest money-earning project of the Girl Scouts, has a three-fold purpose. For the Council, the money goes towards maintaining Council properties and facilities; Camp Boothe Oaks, The Girl Scout Camp located in Sweetwater. For girls within the Council: Cookie Currency may be used for Wider Opportunities, on both the national and international levels. And for troops, the money earned goes toward special projects and activities.

Mountain Creek ABC tourney held

The first ABC tourney of the 1984 golf season was played in nice weather last Sunday, one day before the snow changed all that.

Sponsored by the Mountain Creek Golf Club, entries numbered 30 players.

Ray Meacham, San Angelo, Mickey Pierce, Bronte, and Jackie Walker of Robert Lee fired a 66 to take 1st place.

Second place went to Randal Caussey, Wall, Ernest Ybarra, Robert Lee, and Zane Shipman of San Angelo who shot a 68.

Challenging them for a close third with 69 were Bob Morgan of San Angelo, Clarence Tinkler, San Angelo, and Tony Smith of Robert Lee.

Calvin Sparks, Sr., Johnny Koenig, and Carl Cummins of Robert Lee were the lucky winners in the golf ball drawing.

More than 100 attend musical

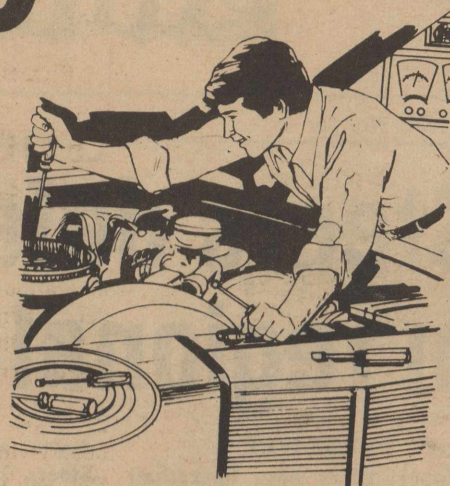
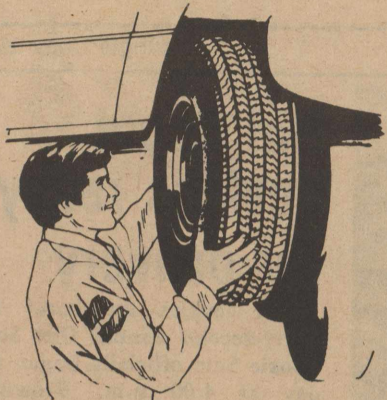
Well over 100 "listeners" turned out to pat their feet to Coke County country and western music last Thursday night at the new Rec Hall. The monthly musicals have been set up for the first Thursday of each month.

Last Thursday's get-together also combined a shower for Mr. and Mrs. Felix Dozier whose home burned on Feb. 8. The couple received a large number of lovely, useful gifts.

A big group of musicians, including Larry Spivey and his Country Jokers, were present to "pick and grin". Coke County has lots of musical talent and anyone wanting to perform is invited to bring their instruments (or come to sing) on April 5 at the new Rec Hall.

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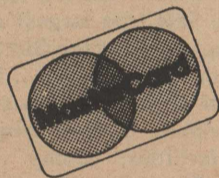
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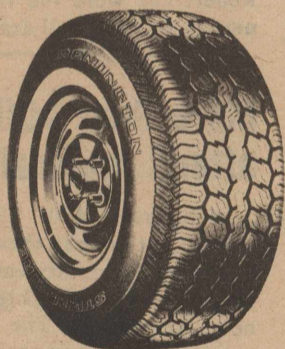
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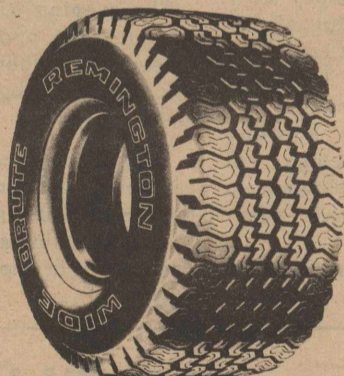
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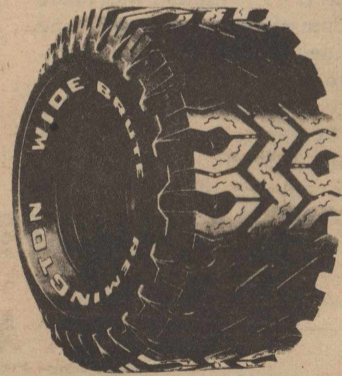
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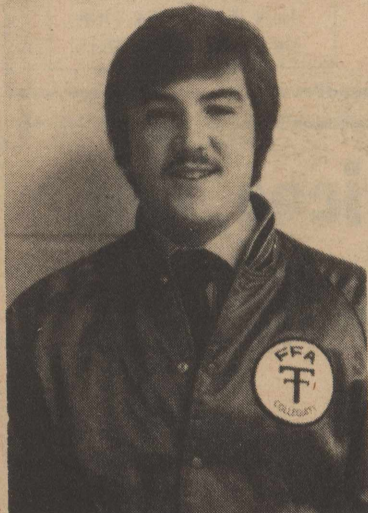
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P.O. BOX 127



Scot Long

Long makes TT dean's list

One hundred and sixty students in the College of Agricultural Sciences at Texas Tech University have made the Dean's List or President's List for the 1983 fall semester.

To make the dean's honor roll, students must complete a minimum of 12 semester hours with a gradepoint average of 3.5 or above on a 4.0 scale. The president's honor roll recognizes students who had a perfect 4.0 gradepoint average.

Students making the lists included Michael S. Long of Robert Lee on the Dean's List.

LETTER TO THE EDITOR

Dear Editor,

I am somewhat perplexed by allegations directed at our present County government in last week's Observer by a paid political advertisement.

During approximately the past 22 years, my father-in-law has been trying to teach me that "If you can't say something good about someone, then best not say anything at all."

I don't believe politics grant me the privilege to violate this principle. And, I for one believe the current Commissioners Court are doing, and have been doing a credible work. The same can be said for our City government.

Also, I join with the Citizens For Better Government in encouraging all qualified voters to come out and vote on election day April 7.

Sincerely,
 Bascom Chesney
 P.S. This letter is unsolicited.

Storage building hit

The Coke County Sheriff's Department reported a one-vehicle accident which occurred Saturday night in Robert Lee.

Kenneth Means of Bronte received minor injuries after he lost control of his vehicle at 17th and Bishop and hit a storage building.

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Sunbeam Cookies asst. flavors 18 oz. pkg. 69c

Austex Beef Stew 24 oz. can \$1.49

Sunshine Krispy Crackers 1 lb. box 89c

3 Ring quart can

Motor Oil 59c

Parade Cut Green Beans 303 size can 35c

Parade Sweet Peas 303 size can 43c

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Toilet Tissue 99c

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Diamond Paper Plates 40 ct. bag \$2.19

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Soil Conservation Service News

Joe Ash has recently completed the construction of a cross-fence and a pond for livestock and water on his ranch east of Bronte. Dividing the larger pasture will enable each pasture to be rested a part of the growing season each year. This will help grasses such as K.R. bluestem and sideoats grama develop strong root systems and produce more high quality forage. A good cover of grasses such as these help prevent soil erosion and allow more water to soak into the soil.

The pond is 18' deep and consists of about 5300 cubic yards of storage. These are a few of the practices Ash is applying in his land improvement program. Cost-share will be received on the pond as a part of an LTA contract through the ACP program.

Have you been looking for a way to reduce your feed bills? Mary Colvin of Blackwell has what she believes to be an answer. "You need to have the right number of cows for your place, and move them between pastures", says Mary. She adds that "my cows do better, and the grasses have a chance to grow. When my grass has a chance to grow, that's cheap feed."

Mary has been operating a one-herd two-pasture switch back system for many years now. The result is evident as you look around. Native, high quality grasses such as blue grama,

plains bristlegrass, and sideoats grama can still be found; as can blue panic, an introduced grass easily grazed out. Mary is not without feed bills, she has protein blocks available almost year round and feeds hay and supplement as needed to make it through the winter months. However, says Mary, my cheapest way is to keep my numbers low enough for grass to grow. She adds "paying for feed is as much work as putting the stuff out."

Many benefits can be achieved with a rotational grazing system. Contact our conservation district representative for further information.

TSTI offers course series

Texas State Technical Institute, in conjunction with the American College of Real Estate, begins its second series of courses, Saturday, February 25.

Real Estate 101 (Principles of Real Estate I) will be offered again this weekend. The thirty hour course costs \$155 and will be completed in two weekend sessions.

Other core courses will be offered throughout the spring, all of which will apply to the 180 hours required to apply for a real estate salesperson's license.

Each course costs \$155 and is taught in weekend sessions. All classes are taught by qualified brokers and attorneys.

For a complete catalog and course schedule, contact the Office of Special Projects at (915) 235-8441, ext. 287.

Mrs. Vowell services Mar. 4

Funeral services were held for Mrs. Viva Roberts Vowell on Sunday, March 4, at the Northside Church of Christ, with J.C. Wallace officiating. Burial followed in the Robert Lee Cemetery, directed by Shaffer Funeral Home.

Mrs. Vowell, 87, died at 3:35 p.m. Friday, March 2, in the West Coke County Hospital.

She was born at Stockdale Aug. 22, 1896, the daughter of Fatima Jane and Merritt Stroud. The family moved to Robert Lee when Mrs. Vowell was very young and engaged in stock farming south of the Colorado River. She attended Robert Lee Schools.

She was married to Eddie Roberts on Feb. 4, 1921 in Robert Lee, where she taught school for a number of years. Later she managed hotels in Ozona and Odessa.

Mrs. Vowell was preceded in death by her husband, Eddie Roberts, one daughter, Luda Clark, and one son, Burl Stroud Roberts.

Survivors include one daughter, Wilma Scott, of Bronte; 7 grandchildren; 8 great-grandchildren; and a number of nieces and nephews.

Grandsons serving as pallbearers for the services included Don Reichenaw, H.C. Reichenaw, Ray Caldwell, Steve Hines, Tommy Bennett, and Eddie Clark.

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Notice of Rate Change Request

General Telephone Company of the Southwest, in accordance with the Rules of the Public Utility Commission of Texas, hereby gives notice of the Company's intent to implement a new schedule of rates in Texas, effective March 28, 1984.

The proposed changes in rates will affect all the Company's 829,291 Texas customers who represent all customer classes, and are designed to increase the Company's gross intrastate revenues by \$84,777,000, or approximately 13.34 percent annually.

Persons who wish to intervene or otherwise participate in these proceedings should notify the Commission as soon as possible. A request to intervene, participate or for further information should be mailed to the Public Utility Commission of Texas, 7800 Shoal Creek Boulevard, Suite 400N, Austin, Texas 78757. Further information may also be obtained by calling the Public Utility Commission Consumer Affairs Division at (512) 458-0223, (512) 458-0227, or (512) 458-0221 teletypewriter for the deaf.

A complete set of revised rate schedules has been filed with the Public Utility Commission at Austin, Texas, and is available for public inspection in each of the Company's Business Offices in the State of Texas. A summary of the Company's rate filing has also been sent to the Mayor's office of each affected Municipality.

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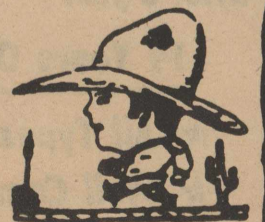
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Lake Spence Fishing News

PAINT CREEK MARINA

Winners of February contest:

Black Bass

1st, Ronald Shoulter, 5 lb. 11 oz., (\$50.00); 2nd Corlis Kirkland, 4 lb. 4 oz.; 3rd Roy Karr, 4 lb. 1 oz.

Striped Bass

1st Arley Barnett, 21 lb. 11 oz. (\$50.00); 2nd Doyle Graham, 17 lb. 9 oz.; 3rd Arlene Hopper, 17 lb.

Also: Darryl Sorey, Odessa, 5 strippers, (largest 11 lb. 7 oz.).

Johanna Lawrence, Odessa, 1 black bass, 6 lb. 6 oz.

Claude Fowler and Jack Hunt, Carlsbad, N.M., 4 strippers, total weight 28 lb. 14 oz.

Gary Payne, Odessa, 1 striper, 7 lb.

Mike Conley, San Angelo, 6 black bass, (largest 4 lb. 8 oz.), total weight 13 lb. 5 oz.

Shirley Braden, Garden City, 1 striper, 9 lb. 15 oz.

Bill Faith, Abilene, 1 small mouth bass, 4 lb. 5 oz.

Doug Watts, Monahans, 3 black bass, largest 6 lb. 15 oz., total weight 16 lb. 13 oz.

Keith Rainer (7 yrs. old), Odessa, 1 black bass, 6 lb. 2 oz.

Jimmy Teston, San Angelo, 2 strippers, 9 lb. 11 oz. and 6 lb. 1 oz.

A.V. Greenroyal, Amarillo, 1 striper, 16 lb. 9 oz.

Jean Kennedy, Big Spring, 1 striper, 20 lb. 4 oz.

Donal Barner, Odessa, 1 striper, 12 lb. 10 oz.

GAS & GRUB #2

Mark Brunson, 1 black bass, 4 lb. 4 oz.

John Blair, Lubbock, 1 black bass, 5 lb. 4 oz.

West Coke Hospital News

West Coke County Hospital District reports the following the admissions and dismissals.

Feb. 28: Verna McDorman admitted and no dismissals.

Feb. 29: Zella Walker admitted. Verna McDorman, Ronda Wojtek and Joe Mackey dismissed. Ronald Walton expired.

March 1: No admissions or dismissals.

March 2: No admissions and Viva Vowell expired.

March 3: No admissions or dismissals.

March 4: No admissions or dismissals.

March 5: Virginia Haley admitted and no dismissals.

Bilbrey scores 221 in shooting

Kerri Bilbrey fired a 221 in three position shooting, Sunday, March 4, 1984 at Coke County rifle range.

Other junior shooters had good scores in Kneeling and Prone position. In prone: Warren Brasher 75, Jeff Cole 74, Brent McPeck 67, Stephen Epperson 45, Stevie Oleksiuk 44, Jody Brasher 44, and Jason Wink 41.

In Kneeling: Warren Brasher 52, Jeff Cole 31 and Brent McPeck 20.

The mourning is over for the death of Triangle Grocery & Bait. We have taken our black arm bands off.

Now we are rejoicing at the birth of a new business to be known as **CIRCLE R**. We plan to open for business on **MONDAY, MARCH 12, 1984** and hope you will come by and see what we have to offer.

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In addition to this, we will have one commodity which will be given away to each customer every time you come in and still have plenty left for the next day — this will be **SERVICE & COURTESY.**

The first few days, coffee is free, so come by and have a cup.

We'll treat you so many ways, you are bound to like one of them.

CIRCLE R

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COPY MACHINE available at Mountain Creek Lodge, 20c per copy, 7:30 a.m.-10:00 p.m. 29-tnc

I DO SAW SHARPENING of all kinds. B.F. Elkins. Call 453-2789, Robert Lee, Tx. 31-tnc

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HOUSE FOR SALE: Two bedroom, one bath garage and storage building, two lots located at 213 West 9th, very reasonable, call 453-2237 between 7:30 a.m.-5:30 p.m. 29-tnc

FIREWOOD FOR SALE - Mesquite, split, delivered, and stacked. \$65.00 per cord. 453-2467 or 944-7296. 20-tnc

STARTING IN MAY, I will keep children in my home. Call Celeste Service, 453-2663 or 453-2851 after 6 p.m. 32-tnc

MOWER TUNE-UP - Overhaul and sale. 205 West 17th thru alley. 453-2494 31-tnc

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WILL DO CUSTOM Plowing. Call Darrel Pitcock, 453-2038. 33-tnc

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The Observer has been authorized to announce the candidacy of the persons listed below for the office and the elections indicated.

DEMOCRATIC PRIMARY
MAY 5, 1984

FOR U.S. CONGRESSMAN
17TH DISTRICT
Charles Stenholm
(Re-election)

FOR STATE REPRESENTATIVE
66TH DISTRICT
Dick Burnett
(Re-election)

FOR DISTRICT ATTORNEY
51ST JUDICIAL DISTRICT
Gerald Fohn
(Re-election)

FOR SHERIFF
COKE COUNTY, TEXAS
Marshall Millican
(Re-election)

FOR COUNTY TAX ASSESSOR
AND COLLECTOR
Maurine Vosburg

FOR COMMISSIONER
PRECINCT 1
Robert Wink
George Newby
(Re-election)

FOR COMMISSIONER
PRECINCT 3
Finis Harmon
Finis Millican
(Re-election)

LEASING NICE 2 Bedroom unit near Hospital and Schools. New carpet, vinyl and plumbing. \$200 mo. water paid. 508 W. 9th. 655-0370. 34-tnc

WANTED: LVN and Office Clerk for Dr. Tim McGuinness' office in Robert Lee. Some office skills and knowledge of filing insurance necessary. Applications can be picked up at the business office at West Coke Co. Hospital. 34-tnc

NEED RESPONSIBLE ADULT or couple to stay with elderly couple one or two weekends each month. For information call 453-2034 or 453-2685 after 5:00. 34-tnc

FOR SALE

2 bedroom, 1 bath, furnished house, on 50x140 ft. corner lot, enclosed by chain link fence, with metal storage buildings.

3 Br. brick, 2 full bath, back yard enclosed with chain link fence, choice location, scenic view with well established yard.

Country home on 4 1/2 acres, 9 rooms, 3 full baths, 2500 sq. ft. floor space plus carport and 12'x38' covered patio. Lots of fruit trees and out building.

3 bedroom, 1 bath, with storm cellar, located on Highway 158. Lg. older house on lg. corner lot.

760 sq. ft. house, less than 1 yr. old, located Bay View Addition near Lake Spence, available furnished or unfurnished.

ADAMS LAND & REALTY CO.
Phone 453-2723 or 453-2721
655-9429 34-tnc

FOR SALE: 1980 gray Pontiac Phoenix, front wheel drive, automatic transmission. Call 453-2102. 36-2xc

NEW HOMES, additions, remodeling, kitchens, carports, porches. All types construction. Cantrell Construction, 378-4401 or 378-2181. 36-2tp

CARD OF THANKS

Words can never express the thanks and appreciation we owe this community since the loss of our home and belongings on Feb. 8. With grateful hearts we extend our humble thanks to the Robert Lee and Bronte Fire Departments who risked their lives, our kind neighbors for their help, the community that offered gifts, clothing, and money, and to the wonderful musicians who arranged and played for our shower. We are thankful to live in a community where people care for one another.

Felix and Birdie Dozier 36-1tc

FOR SALE: full size mattress, box springs, and headboard; vanity with mirror. 453-2012 36-1tp

FOR SALE: 3 BR 1 1/2 bath, single carport Brick Home. Call 453-2445. 36-4x

Gas 'n' Grub

Bargain Priced Gasoline
Soft Ice Cream & Slushes
Fountain Drinks & Sandwiches
Groceries - Bait & Tackle
Car & Boat Wash



Grocery

Home of the Brisket Sandwich
Self Serve Gas
Complete Line of Groceries
Weekly Grocery Specials
Save Energy - Shop at Home
Fishing Supplies & Bait
Sundries
Robert Lee, Texas



Dr Pepper

6-Pak CANS

\$1.29

Fri-Sat-Sun ONLY

WALKER'S INCOME TAX SERVICE

YEAR ROUND TAX SERVICE

Office Hours 9 to 5 or By Appointment
Monday Through Friday

Located at Mountain Creek Lodge Office

Phone 453-2516 or 453-2668

Robert Lee, Texas

FOR SALE: washer and dryer, good condition. Both \$100.00. 473-2051 10-2xcBP

FOR SALE: Sears Kenmore washer and dryer, good condition \$75 for pair. Call 473-7641 after 1:00. 10-t1cBP

REQUEST FOR PROPOSALS

Coke County is seeking engineering services for its Texas Community Development Program. Project activities include expansion and rehabilitation of the County showbarn and improvements to two County swimming pools. Proposed services shall include project design, construction supervision, and final inspection of the project. Proposals should include a past history of working on similar types of projects and a proposed scope of services. Proposals should be submitted to Coke County Judge Aubrey Z. Denman, County Courthouse, Robert Lee, Texas 76945 by March 15, 1984 at 5:00 p.m. 36-1xcBP

FOR SALE: 3 bedroom, 2 bath, 1200 sq. ft. brick home. 1 year old. Carpet throughout, total electric, all new appliances, dishwasher, washer, dryer, stove, refrigerator. Call 453-2102. 36BP-2xc

1978 CHEVROLET Custom Deluxe, 5/8 ton, automatic. Good condition. 453-2202. bp35-3tp

J&B BAR-B-QUE

Open 10am-7pm

7 Days a Week

214 E. First St.

Robert Lee, Texas

FOR RENT: Small home with highway frontage, fenced yard. Also suitable for business. Phone 473-5841. 9-t2cBP

FOR SALE: Heavy duty utility trailer 16' long, tandem axle. Phone 282-3342, Blackwell. 9-T4cBP

MILLER LIQUID FEED Service. James Miller, 473-7271. 46-tfc-bp

HAMLIN'S CABINET SHOP
Ph. 453-2750 - Robert Lee
Bp18-tnc

RANDY PARKER
Back-Hoe Service
Dump Truck
Oilfield work, Septic Tank, Etc.
473-2641, Bronte
34-BP-TNC.

FOR SALE - 1977 2 door Pontiac. 453-2545. 31-bpTNC

STEEL STORAGE BUILDINGS 8x8 1/2 x 20 ideal grain storage. 473-7271, James Miller.

INCOME TAX SERVICE

LOUVENIA REES
Please phone for
appointment - 915-473-3851

FOR SALE - 14 by 84 Three bedroom Windsor Mobile Home furnished, central heat and air, built in microwave oven. Stereo system, dishwasher and garbage disposal and many other extras, also includes the underpinning and covered front porch. 453-2203. 32BP-tnc

Taking Applications
For Mature Employee
for Full Time-Part Time
NIGHTS-WEEKENDS
HOLIDAYS
Contact Butch Davis
Cracker Barrel
Grocery
Robert Lee, Tx.
No phone calls
Must be bondable

JANITORIAL SERVICES - Clean offices and homes. Call or contact Ramona Bennett, 473-6551 or call 473-5571 after 5 p.m. Monday through Friday. 8-tncBP

HOUSE FOR SALE: 1100 sq. ft. 3 bedroom, 1 1/2 bath, 1 city lot. Assume monthly payments of \$146.50 per month. Assumable \$10,000 note. Owners equity \$7,000. Contact Bill Helwig, 453-2712 or 453-2001. 33-4tcBP

ATTENTION! Contrary to popular belief Dr. Mitchel Wess and Dr. Marc Babin are still practicing Optometry in Ballinger. We are here to serve your vision care needs. Appointments are preferred. **Grindstaff Building, Ballinger, Texas** Phone 365-2732. 33-3tc

347 acres in Coke County- 130 in cultivation; fenced and cross-fenced. 2 good stock tanks with fish. Lots of game. 1/2 minerals. 473-6181 after 5. 7-tncBP

ALL TYPES home & mobile home service and repair, including air conditioning, heating and plumbing. Also will do carpentry and painting. Loyd or Johnny Sevier, 453-2377. bp30-tnc

MOORE DIRT CONTRACTOR, Bronte, Tex. Phone 473-3474. We do caliche and dirt work, septic systems, build and repair caliche roads. 6tncBP

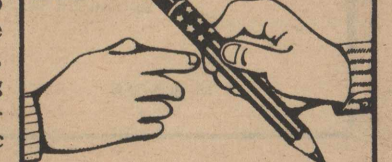
FOR SALE - 2 bedroom, corner lot, good location, new carpet and paint. Priced for quick sale. Call Robert Lee, 453-2567. 32-tncBP

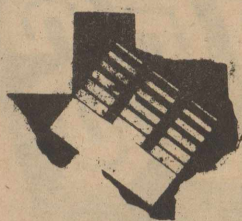
UNFURNISHED APARTMENT for rent. Call Ben Bessent, 453-2632 or 453-2492. 36-tnc

OWN YOUR OWN Jean-Sports-wear, Ladies Apparel, Combination, Accessories, Large Size store. National brands: Jordache, Chic, Lee, Levi, Vanderbilt, Izod, Gunne Sax, Esprit, Brittanica, Calvin Klein, Sergio Valente, Evan Picone, Claiborne, Members Only, Bill Blass, Organically Grown, Healthtex, 300 others. \$7,900 to \$24,900, inventory, airfare, training, fixtures, grand opening, etc. Mr. Loughlin (612) 888-6555. 36-1tp

VITA

... is the Volunteer Income Tax Assistance program. Its volunteers may be able to help you to complete your tax return. Check with your local IRS office for details.





HOME ECONOMICS

by

Debbie Reber
County Extension Agent

Fitness - it's the buzz word of the 1980's. It seems that everywhere we hear the advice to exercise, shape up, trim down or keep fit. In the past decade physical fitness has become a high priority goal for countless Texans, young and old, male and female. But in spite of the growing emphasis on exercise and diet, fitness is a goal few people achieve.

How many of us have begun exercise programs at one time or another in our lives? Did our commitment to maintain the exercise last and develop into a healthy habit? Or after losing a few pounds and inches or when the seasons changed or you began to work later did your motivation to exercise regularly just seem to fade away? If so, you're not alone. It's a problem many people experience. How can we deal with the desire to exercise regularly and make it a lifetime habit? Let's consider some guidelines that should help to make fitness a habit that will be hard to break.

Have you ever experienced the "lead in your feet" syndrome? You're trying to convince yourself that you want to be playing tennis or jogging but your feet won't move! You've probably forgotten to warm up! All fitness programs should include 5 to 10 minutes of warm up exercises before the actual work out or training period. Then following your exercise session a 5 to 10 minute cool down lets your body gradually return to normal and helps prevent muscle cramps and sudden dizziness.

In general, the more strenuous the fitness activity the longer and more vigorous the warm up period should be. A warm up period helps to raise body temperature and make the muscles and joints more flexible so they move more easily. It decreases the likelihood of straining or pulling a cold stiff muscle. A good rule of thumb is to use the main principal body joints through their full range of motion. (Refer to Hand-out 1)

Stretching exercises should be done slowly and deliberately allowing the muscles to relax and let go. Vigorous bouncing, bobbing and pulling in an attempt to stretch out tight muscles defeats your purpose. It confuses the muscles by sending out conflicting messages. When doing stretching exercises (for example: bending or twisting at the waist or touching your toes) more slowly; when the first sign of tension occurs, hold that position for several seconds, then relax. Repeat the exercise several times.

The next phase of an exercise program after warm up is called the training period. It's important here to remember that the key to any physical fitness program is to plan a reasonable schedule. Begin slowly, gradually building up endurance and speed. Always avoid overdoing it! If you do too much too soon, your muscles will become sore and there is a possibility of injury. And if your muscles ache the next day, you're not going to want to exercise. Don't set expectations too high for yourself

at the beginning or you'll become discouraged and discontinue your new routine altogether.

Although it's important to push harder as you progress, improvements should be made one step at a time. Muscle cells grow just so fast. Your circulation and breathing capacity will improve just so quickly. Let your body set the pace. If you want to make physical activity a part of your life, make your experiences enjoyable.

The third and last phase of an exercise program is the cool down. This allows the body muscles to relax. Cooling down is really just warming up in reverse. It gently returns your body to a less active state, helps prevent muscle cramps and sudden dizziness. The best way to cool down is to simply slow down your activity. For example, if you've been jogging, walk for a few minutes; if you've been swimming slow down your pace through the water. Or you could do some of the stretching exercises included in handout 1 to cool down. About 5 to 10 minutes should be devoted to cool down. You know you have cooled down enough when your heart rate is back to within 20 to 30 beats of your resting heart rate.

SHAPE UP SENSIBLY exercise classes will be taught in the Old Recreation Building from 5:15 to 6:00 Tuesday and Thursday afternoon through March and April. The first class will be March 8. Please call the Extension Office to register.

ANGELO HOUSE MOVERS
FOR YOUR HOUSE MOVING NEEDS

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DEAN ELKINS
949-3495

JOHNNY HIBBS
944-9232

2920 North Bryant Blvd. San Angelo, TX.

Come Join Us At
THE RED BARN
in Bronte Friday 5 p.m.-8 p.m.

Mexican Special

\$3.75

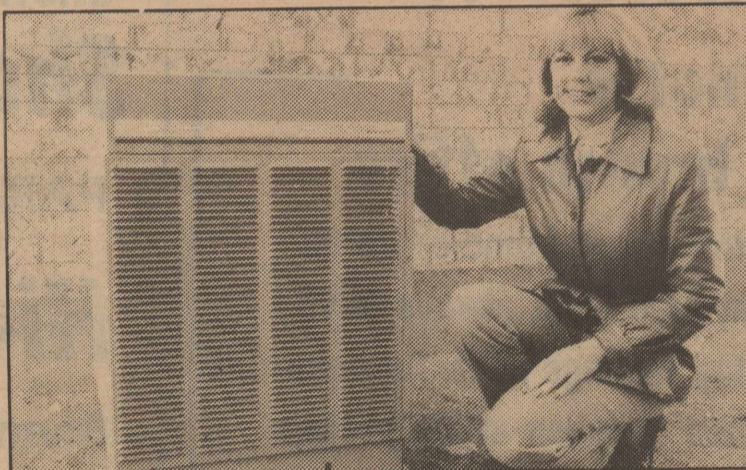
or

All You Can Eat For

\$4.50

Tea or Coffee Included

**The most efficient,
the most economical
heating and cooling
system for your
home.**



**THE
Electric heat pump.**

It's part of "the plan" — the Energy Saving Plan

THE ELECTRIC HEAT PUMP: It can save you money on your home energy bills. And when it's used along with other WTU-recommended energy conservation measures according to the ENERGY SAVING PLAN, you can save even more. WTU will pay YOU money when your home meets all the E.S.P. requirements that ensure your home to be energy efficient. That's where the ELECTRIC HEAT PUMP comes in — it's part of "the plan" because it's the *most* efficient system for heating and cooling. During the winter it removes heat from the outside air and pumps it into your home. In the summer it reverses the process and becomes an air conditioner, so you get even comfort year-round. CALL YOUR LOCAL WTU OFFICE OR A FACTORY-TRAINED ELECTRIC HEAT PUMP DEALER TODAY TO FIND OUT MORE ABOUT SAVING ENERGY AND MONEY ON YOUR HOME ELECTRIC BILLS.

WEST TEXAS UTILITIES COMPANY



A Member of The Central and South West System

Remember, REDDY supplies the energy — but only YOU can use it wisely!

San Angelo's Bazaar

NOW OPEN
MINI-MALL

THURSDAY-FRIDAY-SATURDAY-SUNDAY

9 AM to 6 PM

BOOTHS \$100 PER MONTH

Flea Market

SATURDAY & SUNDAY

10 AM - 6 PM

BOOTHS \$16.00

AND UP PER WEEKEND

1500 NORTH CHADBOURNE
SAN ANGELO, TX.

658-6638

WE INVITE YOU

TO BE WITH US FOR WORSHIP AND STUDY
AT ALL THESE SERVICES

SUNDAYS: 10 a.m. and 6 p.m. - WEDNESDAYS: 7:30 p.m.

NORTHSIDE CHURCH OF CHRIST
CHADBOURNE AND W. 9th

ROBERT LEE, TEXAS

Hereford in Sun Oil commercial

Doug Herford, son of Mr. and Mrs. James Herford of Robert Lee, appeared in a Sun Company advertisement shown on all three major television networks on February 20 during the Iowa Caucus news specials.

Sun Company is beginning a new advertising campaign that will feature Sun employees.

Doug is working on the off-shore platforms after transferring there from the Silver Gas Plant last November. The commercials

took two days to film and he can be recognized in the fast moving activities in which he appears by the headset he is wearing.

The 30-second ads will run a total of 164 times on all three major networks during their coverage of major election events, including primaries, conventions, election night, and the inauguration.

The first ads of the three-year, \$20 million campaign were shot in the Santa Barbara Channel off the coast of Ventura, California.

Doug said the filming and the appearing in the commercial was an interesting and exciting experience.

Lees celebrate 50th anniversary

Mr. and Mrs. Steve Lee of 3117 Webster St. in San Angelo were honored last Friday evening on the occasion of their 50th Wedding Anniversary. Their children hosted a family dinner at Zentner's Daughter's Steak House.

Mae J. Stilwell was married to Steve G. Lee Feb. 24, 1934 in Tucumcari, N.M. The couple moved to Texas in 1945. Mr. Lee was engaged in oil field work as a driller and pumper until his retirement from Tucker Drilling Company in 1975.

Mr. and Mrs. Lee lived in Robert Lee for several years in the '50's. Most of their children were born here and they attended Robert Lee Schools. They moved to San Angelo in 1957.

Mrs. Lee's hobbies are sewing, quilting, and painting. Mr. Lee is enjoying his retirement fishing and hunting.

Their children are Wilbert Lee, Bobby Lee, both of Dinuba, CA., Billy Lee of Grand Prairie, Thomas Lee, Eddie Lee, and Jewel Yarbrough.

Blood Pressure Clinic Saturday

Our monthly free Blood Pressure Clinic will be held Saturday, March 10, from 10 a.m. until 1 p.m., at the West Texas Utilities building. Called the "silent killer", high blood pressure often projects symptoms of other diseases before its detection. Many don't realize they are having problems until damage is done. Keep yours checked regularly!

Sunday, March 11 will mark a training session for our group from 2-5 p.m.

The next regular board meeting will be held at the Ranch House at 6:30 p.m.

Our group still has Corn Gold Sausage for sale. This good lean sausage is in pre-formed patties for your convenience. See any of the EMT's.

Ambulance runs number 22 for the year.

---Nita Schnabel

WE'RE A BANK.....

not a
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As a home-owned, home-operated independent bank, you always have access to top management. No decisions are postponed because of out-of-town control. You'll find our people are friendly and anxious to please. We want to serve you in every way possible because we want to grow.

Try our bank.

You'll like the way we do business.

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WORSHIP WITH US AT

Southside Church of Christ

BIBLE STUDY...10:00 a.m. EVENING WORSHIP 7 p.m.
WORSHIP.....11:00 a.m. WED. BIBLE STUDY 7 p.m.

-THE FRIENDLY CHURCH-
WHERE THE BIBLE IS TAUGHT

SHOP & SAVE VALUES

GLADIOLA

5# Bag

Flour

\$1.09

VAN CAMP HOMINY

15 oz. can 2/63c

Van Camp Pork & Beans

300 can 43c

Hunts

8 oz. can

Tomato Sauce

5/\$1.00

Krafts Grape Jelly or Jam

2# Jar \$1.19

PARADE SWEET PEAS

303 can 2/89c

Peter Pan Peanut Butter

18 oz. jar \$1.59

Chicken of the Sea

green label 6 oz. can

Tuna

79c

Parade Dressing asst. flavors

16 oz. btl. 49c

Fireside Sweetie Pie Snacks

12 oz. box 89c

Keebler Club Crackers

1# box \$1.19

Snowdrift

3# can

Shortening

\$2.29

PARADE DOG FOOD

15 oz. can 23c

Hi-Dri Towels

big roll 59c

Banner Bathroom Tissue

4 roll pkg. 95c

Super Suds Detergent

giant box \$1.19

Shedds Spread

3# Tub

Soft Oleo

\$1.79

PARADE BISCUITS

2/43c

Round Steak

lb. \$2.29

SLICED SLAB BACON

lb. \$1.29

BAKER'S Groc. & Mkt.