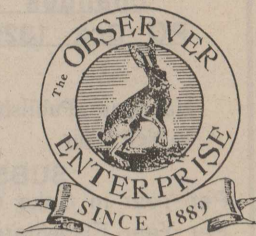


THE OBSERVER/ ENTERPRISE



Serving Coke County

(USPS 467-480)
(ISSN 8750-197X)

Vol. 106, No. 17

Friday, November 26, 1993

Br. EMS personnel needed

by Garry Bivins

The East Coke County Ambulance Service is in desperate need of day-time personnel. At the present time we have four people available on call during the day. This shortage of available personnel has been several months developing and we feel it is important to let the citizens of Bronte and the surrounding area know there is a problem.

Hopefully, by letting the public know, a solution can be found. What can be done to make more volunteer time available in the short term is for local employers with EMS personnel on their staff allow them to leave their job in case of an emergency. This will not be very often, because we do not have many runs during the day. Most of our runs are in the evenings, and we have people who are available at this time.

The long term plan is for people who would be available during the day, and the evening, to sign up and take the class to be offered in January. This can be done by contacting Jackie Corley at 473-7771 or Gwen Baker at 473-2201 or 473-2130.

We members of the ambulance service understand this would be a sacrifice on the employer's part, however, we

think this is a vital service to our community twenty-four hours a day, and would hate to see the service not being available during the day.

We hope you contact the Bronte Nursing Home Administrator and board members, the Bronte ISD Superintendent and School board members, the First National Bank CEO, and other employers that will allow their people to serve. The citizens of Coke County and the surrounding areas do appreciate the employers assisting the ambulance service, and the people of this area. The East Coke County Ambulance Service not only serves Bronte, but also the surrounding rural areas and we assist the West Coke County service, too.

There may be other solutions and we are certainly receptive to any and all. Your continued support for the East Coke County Ambulance Service is appreciated.

Miss Bronte Contest

All interested contestants for the Miss Bronte Contest are reminded that Friday, November 26, is entry deadline. Entry forms are available at Hall's Super Save.

RL to meet Hico at Early

The Regional Football Contest between the Robert Lee Steers and the Hico Tigers will be played Friday night, November 26, 1993, at 7:30 pm in Early, Texas. The Robert Lee Steers will be the visiting school at the ballgame. Ticket prices for the Regional ballgame will be \$4.00 for adults and \$3.00 for students.

The Robert Lee Steers ad-

vanced to the Regional competition by defeating the Petrolia Pirates Saturday in Stamford, Texas. The Hico Tigers advanced by defeating the Rising Star Wildcats.

The Steers and the coaching staff appreciated the large crowd at the Area football game and would like to welcome everybody to support the Steers Friday in Early, Texas.

REGIONAL CHAMPIONSHIP

Robert Lee Steers
Area Champions
vs.

Hico Tigers
at Early
Friday, Nov. 26
7:30 pm



A HAPPY THANKSGIVING TO ALL

Poehls says Hico resembles Steer club

Edward Poehls was doing what he knows and loves best Tuesday - coaching young people. He and his coaching staff are directing their efforts this week toward Robert Lee's Class 1-A Regional football matchup with the Hico Tigers in Early Friday at 7:30.

Poehls started out by saying how proud he was of his Steer squad Saturday in their area win against Petrolia - how they became a better team during the second half play. He said the mark of a good team is how they can adjust to another club during the course of the game. He ended by complimenting Petrolia (classic Ed Poehls) saying they were better than a 5-5 team but had a lot of bad luck, injuries, and frustrations during their season but had some good weapons.

"The Steers are a close-knit, hardworking, coachable bunch of young men," he said, and "it's hard to get their goat". They always play with lots of heart and determination; he pointed to the Vin-

cent boys as an example when they were cutting down Petrolia players twice their size.

Coach Poehls reported that in looking at Hico films, the Tigers resemble the Steers in many ways. They don't appear to be as large as many we have played but are faster. Their Senior quarterback does a good job of passing but needs time to throw and is a scrambler. They play good defense - a split defense like Robert Lee and are close to the Steers in basic formations. According to the coach, he was most impressed by their ball carriers' ability to evade tackles and read defenses to turn carries into good gains.

He observed, "We won't see any bad teams, regardless of records, at this stage. I think the community is excited and behind us all the way. I know we are looking forward to the game Friday. The weather news predic's a cold, cold night for fans, but I guarantee the ol' Steers won't no-

tice it. They will be concentrating on the job at hand."

"Christmas in Ole Bronte"

All the sights and sounds of the Holiday Season will come alive as "Christmas in Ole Bronte" is celebrated Saturday, December 4. Food and Craft Booths will open at 11:00 a.m. followed by shopping the quaint, historic town's restored buildings and businesses.

A Christmas Parade and visit from Santa Claus will occur at 3:00 p.m. in the downtown area. Local talent from the community will participate at 5:30 p.m. in a pageant to be presented in the historic Texas Theater building. Following the pageant, a "Holiday Buffet" will be served in the local school cafeteria. The event will be sponsored by the Bronte Area Chamber of Commerce, and more information can be obtained by calling 473-3601 or 473-3621.

THE OBSERVER/ENTERPRISE

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Per Year Elsewhere in Texas.....\$17.00
Per Year Outside of Texas.....\$20.00

Obituaries

Wollet

William B. "Bud" Wollet, 96, of Robert Lee passed away November 17, 1993 at the Heritage Oaks Estates Nursing Home in Ballinger where he had been a resident for two months.

Graveside services were Saturday, Nov. 20, at 10:30 am in the Robert Lee Cemetery with the Rev. Bill Frisbee officiating and arrangements by Shaffer Funeral Home.

He was born September 2, 1897 at Sedalia, MO to Daniel and Jane Fox Wollet. Though from a farm family, he became a shoe salesman, first in the wholesale business then as a retail salesman where he met Texie Callahan whom he married December 22, 1920 at Pawhuska, OK.

In 1924 he became employed by the Wolverine Gasoline Plant at Dillard, OK which later became Shell Oil Co. The couple lived in various Shell Oil Co. locations in Oklahoma and Texas before settling in Healdton, OK. In 1980, they moved to Robert Lee.

A long-time Methodist, he was a member of the Rexroat (OK) Methodist Church before moving to Healdton where he served for 15 years as secretary and treasurer.

He joined the McAlister Masonic Lodge in 1922, the Eastern Star of Wilson in 1923, and the Healdton Masonic Lodge in 1936 where he served as Worship Master and then secretary for 22 years and held the 32nd Degree, and a member of Scottish Rite Masonry since 1942 in which a life membership was conferred on him. In 1963, he was honored and elected to the Scottish Rite KCCH Order.

He is survived by his wife of 72 years, Texie Wollet of Robert Lee; daughters, Thelma and her husband, George Lomas, of Robert Lee; Zelma and her husband, C. R. Reed, of Dublin; Delores and her husband, Hilmar Goedecke, of Chino, CA; a daughter in law, Betty Wollet of Austin; 11 grandchildren; 24 great-grandchildren and 8 great-great-grandchildren, and many others who were proud to call him "Grandad".

He was preceded in death by one son, W. B. "Bud" Jr. Wollet in 1974.

Thomason

Olin Thomason, 89, of San Angelo died Thursday, Nov.

18, 1993, in a local hospital.

Graveside service was held at 2 pm Saturday, Nov. 20, in Robert Lee Cemetery with the Rev. Glenn Roenfeldt officiating. Arrangements were by Johnson's Funeral Home.

He was born April 15, 1904, in Coleman County and was a farmer.

Survivors include a brother, Glenn Thomason of San Angelo; a sister, Belva McCutchen of San Angelo and formerly of Robert Lee; and several nieces and nephews.

Renshaw

William Louis Renshaw, 81, of Bronte, passed from this life on November 19, 1993 at Medical Center Hospital in Odessa, Texas.

Funeral services were held Tuesday, November 23, at 10 a.m. at Central Baptist Church, Bronte with Rev. R. W. Blackmon officiating. Burial was in Fort Chadbourne Cemetery, with military rites, under direction of Shaffer Funeral home.

He was born in Pitcock, Texas on September 2, 1912. The family moved to Wingate in 1925.

After serving with the U. S. Army in England during WWII, Louis made his home with Oscar and Pearl Renshaw in Wingate and later in Bronte.

He is survived by a sister, Annie M. Stout of Albuquerque, New Mexico; a sister-in-law, Pearl Renshaw of Bronte; eight nieces and four nephews, including Jesse Renshaw Stout of Odessa and Gwendolyn Hash Bean of Chandler, Arizona. Several great-nieces and nephews including Sara Stout of Odessa. Several cousins also survived him.

Pallbearers were Bill Thomas, Bill Luckett, Edward Cumbie, Jack Corley, and James Tidwell, all of Bronte and Jim King of Wingate.

Give every man thy ear but few thy voice.
William Shakespeare

We Salute....

the Robert Lee Steers football team,
1993 Area Champions!
Good Luck at Regional!!

Sponsored by:
Cumbie's
Mercantile
Downtown Bronte

Clothing Drive

Do you have usable clothing which your family no longer needs, but that might still be of use to someone else? The Southside Church of Christ in Robert Lee is now collecting clothing for Medina Children's Home of Medina, Texas. Clothing may be dropped off in either of two donation boxes in the church parking lot across from the post office. Articles of clothing which are donated by the community will periodically be collected and sent to Medina Home. There, members of the Home's staff sorts through the clothing which has been received for items which can be used by its residents. Clothing which is not needed at Medina Home is sold to Texas Thrift Store of San Antonio. Benny Rogers, who serves on the Home's Development Board, is directing local efforts for the Clothing Drive and may be contacted at 453-2779 to answer any questions you might have.

Medina Children's Home, in operation since 1958, is licensed by the State of Texas to give permanent group-care to youngsters between the ages of 5 and 18. This child-care operation takes in dependent and neglected children who are referred by churches, families, courts, and the Department of Human Resources. The Home is under the oversight of a Board of Directors composed of various businessmen throughout Texas who are members of the Church of Christ. This board directs the Home in its policies and operations. Located in a beautiful valley in the heart of the Texas Hill Country on Highway 16 between Kerrville and Medina, visitors are always welcome to stop and to take a tour of facilities at Medina Children's Home.

Garringers new pastors at Victory Assembly

The Rev. and Mrs. Hervey W. Garringer have been named as new pastors of Victory Assembly of God Church in Robert Lee.

Rev. Garringer's pastoral experiences have included churches in Texas, California, and Montana. He has also worked as a missionary to the American Indians in Montana.

The Garringers have resided in Robert Lee for the past sixteen years. They have two married daughters, one in the Dallas area and the other in Eden, Texas.

Rev. Garringer has most recently been pastor of a church in Carlsbad, Texas. He and his wife welcome all their friends to come and visit with them in the services at Robert Lee.

Upcoming

Cowgirl to minister in Bronte

Christian cowgirl recording artist Crystal Lyons is coming to Bronte. Crystal was the 1986 Professional Women's Rodeo Association Rookie of the Year in Bareback Bronc and Bull Riding.

She will bring her own style of Christian ministry to the youth and adults of Bronte on Wednesday, Dec. 1, 7:00 pm at the Bronte High School Auditorium.

Admission is free, and everyone is encouraged to attend.

Decorating Contest

Find your extension cords and locate your ladder, because it's time to decorate for Christmas!

The house and yard decorating contest has become an important part of the Christmas Season in Bronte.

Out-of-town judges will make their rounds the weekend of December 18th, so be ready!

Chamber bucks will be awarded to the winners. Register at Bronte City Hall if you would like your decorations judged.

Big red bows will soon be showing up on Chamber of Commerce business doors. A sure sign that Christmas is on its way.

"Holiday Buffet"

Something new will be added to this year's "Christmas in Ole Bronte". A "Holiday Buffet" will be served in the Bronte School Cafeteria beginning at 6:30, Saturday, December 4th.

Sponsored by the Bronte Area Chamber of Commerce, the meal will begin a fund-raising campaign to build new billboards on the surrounding highways. Due to the high amount of traffic through Bronte on Hwy 277 and Hwy 158, the chamber hopes to erect signage enticing at least 10% of the traffic to stop, visit, and leave behind that all important tourist dollar!

Everyone is encouraged to attend this worthwhile event.

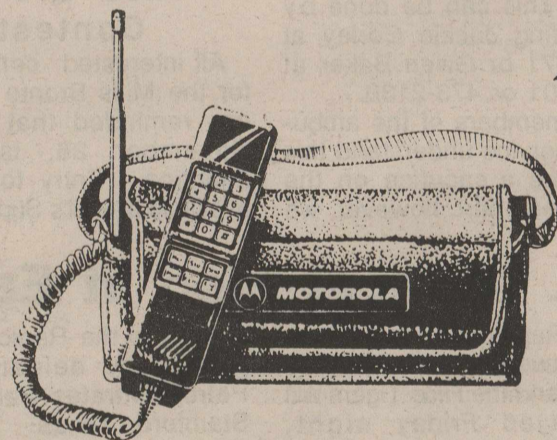
Estate planning seminar

There will be an Estate Planning Seminar sponsored by the Coke County Extension Planning Committee held at the Robert Lee Recreation Hall on Monday, November 29, beginning at 7:00 pm.

The seminar will be conducted by Dr. Wayne Hayenga, Extension Economist and Attorney, covering the basic components of wills, trusts, estate planning and other items to be considered to make sure your business and estate is handled according to your wishes.

It's A Grand CHRISTMAS

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Call Anytime.

Certain restrictions apply.

Myths abound concerning Thanksgiving

First Thanksgiving Facts

*The earliest Pilgrims had no buckles on their clothing.

*The Pilgrims wore more than black and gray clothing. They also wore yellow, red, purple and green.

*The first Thanksgiving dinner was held after an eight-hour church service in 1623.

*The first Thanksgiving dinner was held during the summer, not in November.

*The Berkeley Plantation in Virginia claims to be the site of the first Thanksgiving and officials say that the celebration happened a year before the Pilgrims set sail for Plymouth.

*Lobsters were considered poverty fare by the Pilgrims and therefore were not included in the first Thanksgiving menu.

Myths about the first Thanksgiving abound. The person to shred them and set the record straight is Jim Baker, director of research for the Plimouth Plantation just outside of Plymouth, site of the first successful English colony in New England.

Plimouth, which is how the Pilgrims spelled it originally, is a re-creation, begun in 1947, of the world of those hardy settlers.

At the plantation you can watch and chat with trained staff members who wear period costumes and talk with 17th century dialects. They'll cook for you, prepare cheese, bake in the outdoor ovens and answer almost any question about the good times and the hardships of the first settlers.

Research done by the staff about the first Thanksgiving show that buckles (liberally sprinkled on Pilgrim's garb in pictures depicting the feast) were not used as a decoration until the late 1700's.

Other erroneous conceptions found in many pictures recreating the era include long hair styles (women wore their hair pinned up underneath the coif instead), black garb, steeple hats, square white collars and cuffs and small aprons with pockets (actually the colors of clothing included yellow, red, purple and green as well as black and gray).

Another misconception is that 17th century cooking was bland, Baker said. Instead, spices came aboard the Mayflower. It wasn't unusual he said, for 17th century cooks to put nutmeg, mace, cinnamon and ginger into one dish.

The first Thanksgiving actually occurred in 1623, he said, when the Pilgrims went to church for eight hours and

then had a thanksgiving dinner because a rainfall had saved the colony's crops.

It was in the summer, not November. What we now call Thanksgiving was a 1621 celebration based on ancient English harvest festivals and probably took place in late September or early October.

Baker admitted that all of New England contributed to the modern version of Thanksgiving. And further down the East Coast, we find that Baker isn't the only one who dispels myths about the first Thanksgiving.

The Berkeley Plantation in Virginia claims to be the site of the first Thanksgiving and that it happened a year before the Pilgrims set sail for Plymouth.

According to the Virginia Department of Development, Capt. John Woodlief led his crew and passengers from England up a grassy slope along the James River in 1619, where they dropped to their knees as the captain directed the group in the New World's first service of Thanksgiving.

President John Kennedy, a native of Massachusetts, acknowledged this obscure fact, and so did President Abraham Lincoln, according to the state of Virginia.

Back at Plimouth you discover that no exact record exists about the menu that 90 Indians and 50 Pilgrims ate on what most Americans consider to be the first festival.

It is known that Indians brought five deer and four me were sent fowling to get ducks, geese, turkeys and swans. Cod and sea bass were caught.

Lobsters, a luxury today, were so easy to get that the settlers didn't eat many of them for special occasions, viewing them as poverty fare and inappropriate, Baker said. Cranberries didn't appear on the table. They didn't show up until about 1650, Baker said, and cranberry sauce wasn't made for a while, because there was no sugar.

Corn, introduced to the Pilgrims by the Indians, was the primary grain. Another myth, Baker said, is that corn became so scarce that the Pilgrims were down to five grains of corn a day. Instead, it was a pint.

Forks sometim are in pictures of the first Thanksgiving. No way, said Baker.

John Winthrop, who became a Colonial governor,

brought the first fork over about 1630. Before that pioneers ate with knives and a few spoons. Because hands were used to serve the food and then to eat, a huge cloth napkin about three feet square and slung over one shoulder was important.

Trenchers, small square or round wooden plates, took the place of dinner plates. Sometimes two people shared one.

Meat, bread and beer - that was the food for the colonists, Baker said.

Children drank the brew, even babies just weaned. It is assumed that chickens, goats (for milk) and possibly pigs came on the Mayflower. Cattle, horses and sheep followed about 1624. Other items of interest about food in those days include:

*The term "vegetables" was not used in the early 1600's. Plants consumed then were known as sallet herbs, potherbs or roots. Potatoes were known only to botanists, and sweet potatoes enjoyed a mild popularity in England among the affluent. Later, these tuber vegetables were planted in the colonies.

*Although onions and milk probably were available, creamed onions weren't served, because there were no flour-thickened gravies and sauces. Bread crumbs or egg yolks sufficed as thickening agents.

*Tea and coffee weren't used in England, so the Pilgrims were unaware of these beverages.

*Native plants available to the Pilgrims included walnuts, chestnuts, grapes, plums, gooseberries, raspberries, wild cherries and strawberries, pumpkin, watercress, beans, squash, corn, crab apples, hickory nuts, currants, blueberries, Jerusalem artichokes and purslane.

*Seeds brought from England and planted in cottage gardens were parsnips, carrots, turnips, onions, cabbages, melons, radishes, beets and lettuce.

*Breads were of two types - skillet breads cooked by the fire or "risen" breads baked in outdoor ovens put together with clay and straw.

*A typical menu for a 17th Century lunch was chicken carbonado, grand sallet of watercress, stewed potatoes, buttered peascods, Kenelme Digbie's almond cake and Italian cream.

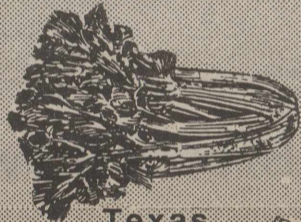
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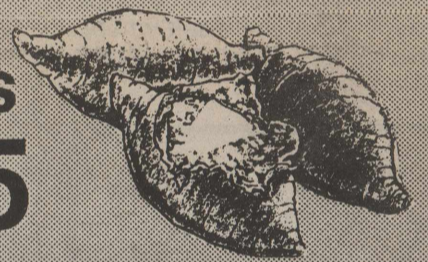
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Gold Medal Reg. or Unbleached Flour
5 Lb. Bag **.79**



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1/2 Gal. **2 / \$5**

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12 pk. 12 oz. cans **2.69**

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6 pk. 12 oz. cans **1.39**



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123 W. Main. Bronte 473-6791

Win **SANTA BUCKS** to be spent at any Robert Lee business. Enter West Coke County Community Development's **CHRISTMAS LIGHTING CONTEST** thru Thursday, December 9, 5:00 pm Details and free entries, City Hall

Personal

Mr. and Mrs. C. B. Barbee were in Las Vegas, Nevada recently where they attended a reunion of the Thirteenth Air Force 339th Fighter Squadron. Mr. Barbee serves as chaplain of the unit.

They were met by their son, Randy, of Los Angeles, California. They later accompanied him back to Los Angeles for several days of enjoyable sightseeing before returning home.

BRONTE SCHOOL NEWS

'93-'94 Longhorn Basketball Schedule

DATE	OPPONENT	SITE	TIME	TEAMS
Nov. 16 (Tues)	TBA			
Nov. 19 (Fri)	Coahoma	Here	4:00	JV&V Girls-JV&V Boys
Nov. 23 (Tues)	Eldorado	There	5:00	JV&V Girls-JV&V Boys
Nov. 30 (Tues)	Water Valley	There	4:00	JV&V Girls-JV&V Boys
Dec. 2,3,4	Irion County Tournament			
Dec. 7 (Tues)	Eldorado	Here	4:00	JV&V Girls-JV&V Boys
Dec. 9,10,11	Roscoe Tournament			
Dec. 13 (Mon)	Sterling City	There	5:00	JV&V Girls-JV&V Boys
Dec. 17 (Fri)	Merkel	There	4:00	JV&V Girls-JV&V Boys
Dec. 28,29,30	Hawley Tournament			
Jan. 4 (Tues)	Water Valley	Here	4:00	JV&V Girls-JV&V Boys
Jan. 7 (Fri)	Eden	There	6:30	V Girls - V Boys
Jan. 8 (Sat)	Bronte J.V. Tournament			
Jan. 11 (Tues)	Miles	Here	5:00	V Girls-JV&V Boys
Jan. 18 (Tues)	Eden	Here	4:00	JV&V Girls-JV&V Boys
*Jan. 21 (Fri)	Roby	There	4:00	JV&V Girls-JV&V Boys
*Jan. 25 (Tues)	Roscoe	There	4:00	JV&V Girls-JV&V Boys
Jan. 27,29	Forsan Tournament			
*Jan. 28 (Fri)	Robert Lee	Here	6:30	V Girls - V Boys
*Feb. 1 (Tues)	Roby	Here	4:00	JV&V Girls-JV&V Boys
*Feb. 4 (Fri)	Roscoe	Here	4:00	JV&V Girls-JV&V Boys
*Feb. 8 (Tues)	Robert Lee	There	4:00	JV&V Girls-JV&V Boys

*District Games

Boys Coach: Rocky Rawls

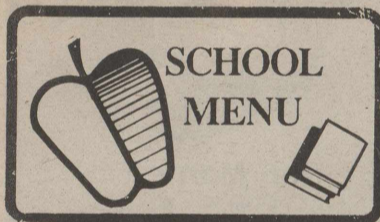
Principal: Scott Turner

Superintendent: Michael Hartman

Girls Coach: Kerry Lee

Personal

Helen Kirkland of Bronte was in Tulia last week where she visited her daughter, Gwen Brice.



Br. Breakfast Menu

Monday, Nov. 29
Cereal, Pineapple Tidbits, Toast, Milk.

Tuesday, Nov. 30
Blueberry Pancake & Sausage On A Stick, Grape Juice, Milk.

Wednesday, Dec. 1
Scrambled Eggs, Orange Juice, Biscuit, Milk.

Thursday, Dec. 2
Sausage, Apple Juice, Pancakes, Milk.

Friday, Dec. 3
Cereal, Banana, Toast, Milk.

Bronte Lunch Menu

Monday, Nov. 29
Chicken Nuggetsw/gravy, Creamed Potatoes, Sweet Peas, Pineapple Tidbits, Rolls, Milk.

Tuesday, Nov. 30
Frito Pie, Chili & Cheese, Buttered Corn, Tossed Salad, Fritos or Cornbread, Milk, Banana Pudding.

Wednesday, Dec. 1
Pigs in a Blanket, Tator Tots, Ranch Style Beans, Milk, Peanut Butter Cookies.

Thursday, Dec. 2
Spaghetti w/Meat Sauce, Tossed Salad, Banana, Bread Sticks, Milk, Jello w/whipped topping.

Friday, Dec. 3
Hamburgers, Lettuce, Tomato, Pickles, French Fries, Bun, Milk, Oatmeal Cookies.

Bronte news about hoops

On November 16 the Bronte Longhorns played Merkel here. The boys won the game 65-46.

Scoring for Bronte were, Brent Taylor 14 pts.; Shae Sanford 7 pts.; Jason Cooper 5 pts., 4 assists and 5 steals; Gary Bilbrey 4 pts. and 6 rebs., Jacob Golson 4 pts.; Courtney Shaffer 4 pts.; James Hambricht 5 pts., and Jay Parker 3 pts. and 4 assists.

On November 19 the Bronte Longhorns won their game against Coahoma after two overtimes. The score finally ended at 71-65.

Scoring for Bronte were, Brent Taylor 19 pts. and 7 rebs.; Gary Bilbrey 18 pts. and 13 rebs.; Jay Parker 10 pts.; Shae Sanford 8 pts., 6 rebs., and 3 steals, Jacob Golson 4 pts.; Courtney Shaffer 4 pts.; Nicholas Arrott 4 pts.; James Hambricht 2 pts., and Devlin Pierce 2 pts.

The Bronte Lady Longhorns opened their season here Friday against Coahoma. Bronte controlled the tip and Kim Hall reeled off six points before the Coahoma girls got untracked. After that, the 1st. quarter was a see-saw battle with Bronte leading 12-10 at the quarter's end.

The Coahoma girls came back in the second quarter and by half time were leading 24-19. The third and fourth quarter saw the Bronte girls begin to wear out and Coahoma poured it on in the fourth to pull away from the Lady Longhorns. The game ended with Coahoma winning 47-31.

Having just four days of practice Coach Lee was very pleased with the way his girls played. "Getting in shape is the big factor right now. After that we'll be able to play with people in the 4th quarter."

Leading in the scoring for the Lady Horns were: Cheryl Santos 10 pts. and 10 reb.; Jill Johnson 7 pts. and 3 reb.; Kim Hall 6 pts., Wendy Johnson 4 pts. and 6 reb.

How to Shoe a Turkey

In the years before the railroad, farmers annually walked their turkeys from Vermont to Boston markets. The largest turkey drive in Vermont's history, 10,000 birds, went from Wells River to Bellows Falls in 1824. A gobbler wearing a bell around his neck led the pack, and wagon trains carrying tons of grain followed.

The turkeys, raised in rocky pastures, were a hardy lot, but their feet needed extra protection to withstand the ten to twelve miles of daily travel over poor roads, wooden bridges, and frozen earth for three to four weeks. Thus, early on the day that flock was to join the drive, a farmer devised a way to give his turkeys their "walking shoes".

Women tended the turkeys while children fed a large fire under a huge kettle of bubbling pine tar. Meanwhile, the men loaded several lumber wagons with tubs of sand, drove a short distance, and spread the sand on the ground. Then others carried the kettles of boiling tar and spread it over the width of the road until it reached the sand. Once the tar was down, the boys prodded the turkeys toward it with long sticks, and the women lining the roadside shook their skirts and softly called, "Shew there". The turkeys stalked first through the tar, then through the sand, and emerged on the other end equipped with walking shoes for the long, difficult miles ahead.

Church of Christ Youth

The Bronte Church of Christ Youth Group met Sunday, November 14th, in the home of Danny and Roenna Thomas to bake pumpkin pies. Brent Taylor, Laura Thomas, James Hambricht, Angie Shults, Dustin Scott, and Chris Keller learned Jerita Taylor's special "easy" pie crust recipe and mixed up a total of 18 pumpkin pies to hand out to some very special Bronte residents in time for the Thanksgiving Holiday. John Driggers made an extra effort with his pie, as his first effort lacked a little - sugar!

Adults present during the creative cooking process were amazed with the youth's ingenuity and artistic accomplishments, especially with their crusts. For the information of any skeptics out there in Coke County, the youth of today are still capable of performing kitchen duties other than punching the buttons on a microwave. Brent Taylor surprised the ladies present with his pie, as he mixed his pie filling without the use of measuring utensils. "Just like grandma," he said. James Hambricht and Laura Thomas were particularly helpful when the group realized they hadn't made enough crusts by volunteering to whip out more crusts in quick order. The 18 pies and crusts were made ready in the relatively short time frame of one and a half hours. The baking took a little longer. Pie ingredients were supplied by the women of the church.

Refreshments were served and lots of fun was had by all present. The youth group meets monthly for fun and fellowship in the homes of its members. John Driggers is the group leader. All junior high and high school age members are encouraged to attend our December meeting in the home of Phillip and Martha Ratliff.

Turkey Shoot

The Dove Creek Volunteer Fire Department fundraiser Turkey Shoot will be held December 11 beginning at 10 am and continuing until dark. San Angelo Clay Bird Association will sponsor the shoot and hold it at their range located off Mertzon Hwy., 1/4 mile past 12 mile bridge, down Duncan Road two miles. Only 12 and 20 gauge may be used. Ammo will be provided and guns are available. Frozen turkeys and cash will be awarded to winners. For more information, call Ben Reeves, 915-949-9997.

The strength of a nation derives from the integrity of the home.

Confucius

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Bake a Holiday Tradition

Bake with your children this holiday season and share the magic of turning butter, flour and sugar into delectable cookies. Make baking a tradition to be enjoyed year after year.

Children's baking authority, Rena Coyle, author of **My First Baking Book**, shares these tips:

- Set aside uninterrupted time just for baking. Choose a recipe that's easy, one that you feel comfortable helping your child prepare.

- Don't expect perfection. Children are apt to be a little messy, their measuring techniques a little off. Concentrate on the meaning of the time together, not the details!

- Encourage creativity — there's no right or wrong way to shape or decorate a cookie; each cookie will be one of a kind.

- Use the best ingredients to ensure the best results. There's no substitute for real butter and fresh spices!

Buttery, spicy oatmeal Lollipop Cookies from the American Dairy Association have great kid appeal. These cookies on a stick can be decorated with colored sugar, sprinkles or jimmies prior to baking, or once cooled, with decorator icing and gels.

When time is short, bake the cookies in advance and decorate later. Butter adds to the keeping quality, ensuring delicious flavor even up to two weeks after baking. These cookies make great gifts too; kids will be proud to share something they've made and decorated.

Lollipop Cookies

Yield: 24

- | | |
|--------------------------------------|---------------------------------|
| 1 cup (2 sticks) butter | 1/2 teaspoon salt |
| 1 1/2 cups firmly packed brown sugar | 1/4 teaspoon baking soda |
| 2 eggs | 1/4 cup milk |
| 2 1/2 cups all-purpose flour | 2 1/2 cups quick oats, uncooked |
| 2 teaspoons baking powder | (not instant) |
| 1 teaspoon EACH: cinnamon, nutmeg | Wooden sticks |
| | Decorations, as desired |

Cream butter until creamy. Add sugar; beat until light and fluffy. Beat in eggs. Combine dry ingredients; add to creamed mixture alternately with milk. Stir in oats. Chill dough 1 to 2 hours for ease in handling. Preheat oven to 375°F. Roll dough into 1 1/2-inch diameter balls. Place about 3 inches apart on unbuttered cookie sheets. Insert wooden stick half way into each ball of dough. Dip a flat-bottomed glass in sugar; flatten cookies. Bake 13 to 15 minutes, or until golden. Cool slightly, then remove from cookie sheets and cool completely on wire racks. Decorate as desired. Store at room temperature in airtight container up to two weeks.



Holiday meal preparation

Hectic holiday meal preparations can increase the chances for food poisoning especially among young children, said an expert at the USDA's Children's Nutrition Research Center.

"Children are vulnerable because their intestinal tract and immune system are not fully developed," said Dr. Kathleen Motil, an assistant professor of pediatrics at Baylor College of Medicine in Houston. "They may have less resistance to the bacteria that causes food-borne illnesses."

The severity of the illness varies from person to person. Symptoms include stomach cramps, nausea, diarrhea and vomiting and, in some cases fever. Symptoms can appear anywhere from two to 36 hours after eating and last several days.

When children become ill, parents should make sure they are given plenty to drink to prevent dehydration.

"Oral rehydrating solutions, available in most pharmacies, are better for toddlers and pre-school age children because they contain appropriate concentrations of salts (electrolytes) that maintain their body fluids," she said.

Alert your physician if you suspect that your child may be suffering from food poisoning since a young child's condition can deteriorate quickly.

To safeguard holiday feasts, Dr. Corinne Montandon, CNRC nutritionist and assistant professor of pediatrics at Baylor provides the following food safety tips:

- *Buy quality foods. Check expiration dates carefully.

- *Do not defrost a frozen turkey at room temperature. Bacteria can multiply to disease-causing levels before the turkey is completely thawed. Instead, place it in its original wrapper on a tray or in a pan, and let it gradually defrost in the refrigerator. Follow the manufacturer's instructions if meat or poultry is to be thawed in the microwave.

- *Be aware of the dangers of "cross contamination". Avoid transferring bacteria by washing hands, utensils and work surfaces with hot soapy water. Uncooked poultry or meat should not come in contact with other foods.

- *Cook turkey until thermometer inserted into bird registers 180 degrees F to 185 degrees F. Juices should run clear.

- *Consider cooking the stuffing separately. Flavor the cavity with onion, celery and herbs. If you prefer to cook the dressing in the bird, mix dressing and stuff turkey loosely just before putting it in the oven. As soon as the turkey is cooked, remove the dressing.

- *To prevent bacterial growth, keep hot foods above 140 degrees F and cold foods below 40 degrees F.

- *Foods containing dairy products, mayonnaise, or eggs should be refrigerated until served. That includes salads, pumpkin or cream-type pies, cakes with cream cheese or cooked icings and eggnog.

- *If children help out in the kitchen, discourage them from tasting cookie dough or other goodies that contain raw eggs.

The risk of food poisoning does not end after food is cooked, so treat leftovers with care.

Never leave perishable food out on the table or counter for more than two hours. It is best to promptly refrigerate or freeze leftovers in small, shallow containers for quick cooling.

Use leftover turkey within three to four days or freeze for up to one month. Do not keep dressing and gravy for longer than two days and bring gravy to a boil before serving.

Food harboring harmful bacteria does not necessarily have an odor or spoiled appearance. Remember the adage: "When in doubt, throw it out".

Community Thanksgiving

There was an estimated crowd of at least 225 members of the Bronte community and their guests in attendance at the annual Community Thanksgiving Program that took place this year where the Church of Christ meets. Elmer Beck, minister for the First Methodist Church of Bronte, was the featured speaker and all the churches of Bronte participated in a praise of thanksgiving for God's blessings in our lives.

Following the program, the ladies of the congregation served a popular fare of sausage balls, cheese dips and cookies. Everyone certainly seemed to appreciate the refreshments and the opportunity to visit with friends and neighbors.

Personal

Don Treet of Rialto, California visited relatives Friday in Bronte, including visits with aunts, Mrs. Ella Pruitt and Mrs. Murl Andrews and husband, and his cousins.

Euterpean Club

The Euterpean Club of Blackwell met November 18th at the Fellowship Hall, Methodist Church in Blackwell. Recipes were prepared from the West Texas Utilities Holiday Delights 1993 cookbook, by members and the class of Lori Griffin, Home Economics teacher, Blackwell High School. The program was given by club president Bobbie Varnadore. She gave a brief history on pecans and various ways to prepare them. She had many lovely packages and decorated baskets to show how to give pecans as gifts. All attending were presented with a cookbook

from Barrett Pecans. Mrs. Varnadore had recipes from her cookbook for everyone to sample. Hostesses were Laura Seale and Elsie Harvell. They served hot punch from a beautifully decorated table with silver appointments.

Members attending were: Bobbie Varnadore, Laura Seale, Elsie Harvell, Emma Lee Lanier, Mary Lee, Juanita McRorey, Esther Smith, Gracie Spence, Margaret Stout, Sue Sweet, Myrle Thompson, and Rosemary Ten Eyck.

Special guests, Lori Griffin and her class that prepared the recipes and other welcome guests from Blackwell were present.

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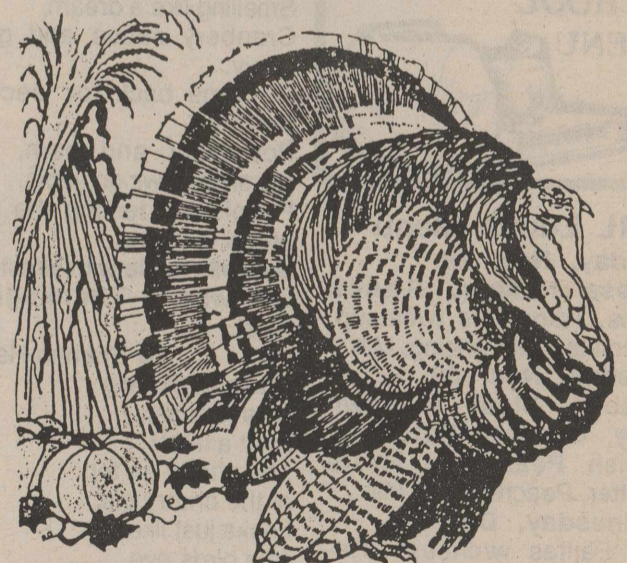
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Happy Thanksgiving!



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ROBERT LEE SCHOOL NEWS

Steers take area championship, 28-0

by Bill Burns

The Steers traveled to Stamford last Saturday and met Petrolia to decide the Area Championship. The Steers overpowered and also ran around the Pirates to take the game 28 - 0. The Steers will meet Hico for the Regional game next week. The Steers are healthy and seem more determined each week.

1st Quarter

Petrolia received the opening kick and on the first play from scrimmage their running back broke loose for a good gain but a holding call nullified the play. Petrolia couldn't move the ball and had to punt. The Steers took over at Petrolia's 30 yard line and quickly moved in for a touchdown with Scot Millican going the last 18 yards. Millican was then good on the extra point kick.

2nd Quarter

Lee McCown intercepted a Petrolia pass for the Steers. The Steers could not move the ball and had to punt. Petrolia roughed John Williams on the play and Robert Lee got an automatic first down. The Steers then put together a scoring drive with Millican going the last 29 yards. Millican was good on the extra point kick. Tray Taylor recovered a fumble for the Steers.

3rd Quarter

There was no scoring this quarter. McCown gained 42 yards and Millican gained 30 yards. Petrolia was held to two yards. Williams had a punt for 33 yards, and Dean Burns recovered a fumble.

4th Quarter

Joe Blair threw a 10 yard touchdown pass to McCown and Millican kicked the extra point. Petrolia could not gain any momentum as the Steer defense was swarming the Pirates backs. Dean Burns stripped the quarterback of

the ball and Anthony Wink picked it up and went four yards for the touchdown. Millican was perfect on the extra point kick. Eric Hood intercepted a pass, Jonathan Tor-

res recovered a fumble and Daniel Hayes came up with an interception.

A job well done Steers!!! Good Luck At Regional.

Thanksgiving Poems

Mrs. Davis' 4th grade Reading class

Thanksgiving
Fall leaves
From Apple trees
Family pride,
That reaches
To the sky
The turkey
And the roast,
And the cranberry
Supreme!

by Bobbie Sparks

Thanksgiving,
by Brady W. Bolding

Roses are red,
Violets are perky.
It's Thanksgiving Day,
When Pilgrims
shoot turkey.
Turkey is luscious,
So don't rush us.
Gravy and cranberry
makes me feel merry.

Thanksgiving
Turkey, dressing and lots of
treats,
Pumpkin pie beside the
sweets.

Different kinds of yummy
meat,
When it's done it's time to eat.

And cranberry sauce with lots
of cream,
Maybe I'm just having a dream.
by Jamie Chesshir

Pilgrims
Thoughtful, thankful
Sailed, landed, visited
With strong hearts built a
colony
New Americans
by Jodee Helwig

Thanksgiving
Tall tables piled high,
With turkey and pie,
Pumpkin and chocolate
cream,
Smelling like a dream,
Cranberry sauce and giblet
gravy,
I'll come back for seconds
maybe,
Pot roast and ham, and
marshmallows on yams,
People are testing the corn-
bread dressing,
and rolls made with yeast,
OH, what a Thanksgiving
feast.

by Shanna Hendrix

Thanksgiving
Lots to feast,
what a treat!
The cherry on top
of the cherry pie,
Looks just like a
little birds eye.

All the family will be there
Now we can say
our Thanksgiving

prayer.

by Kelley Long

**Thanksgiving
Celebration**
Our Thanksgiving
Celebration is ready
What a sensation!
The turkey is yummy
And so delightful to my tum-
my.

I crunch and I munch this
Turkey for my lunch and when
It's gone oh my I think
I'll eat some pie.

by Andrea Dee Ann Griffin

Thanksgiving
by Adam A. Cates

Thanksgiving
Fantastic, yummy
Feasting, roasting, playing
Time to remember the Pil-
grims
Turkey Day!

A Turkey named Goon
There once was
a turkey named Goon,
Who thought he lived
On the moon.
He jumped and hopped
without any use.
One day that turkey
Named Goon who
thought he lived
on the moon made
a mistake and
met his Thanksgiving
doom!

by Rachelle Milis

Turkey
Large, birdlike
Flutters, gobbles, flees
Festive treat for a feast
Thanksgiving
by Trichelle Gray

Turkey
Yummy, plump,
strutted, flew, gobbled
the plump turkey gobbled
while he flew.
Mammal
by Bret B.

You know technology
has passed you by when
you have a power out-
age and nothing you
own is blinking.



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A trip down memory lane

Ava Lou Davis of Robert Lee took a trip down Memory Lane recently in Yazoo City, Miss. She attended a family reunion of the descendents of Robert J. Hanna. The reunion was held at the local VFW Hall. About 75 family members attended. There was a wonderful array of food and entertainment, picture taking, and catching up on family history. Bill and Carmen Dews of Shreveport, LA a niece and nephew of Ava's were in charge of the entertainment. They presented each one with a family album. Ava Lou was married to Vincent Hanna in 1947 and they had two sons, Jerome and Vincent. Ava enjoyed visiting the old familiar landmarks she remembered while there. Robert J. Hanna, her late father-in-law, had operated an old Lum & Abner type store for over 50 years. Ava was sad to see that it had been torn down and a new brick building constructed. Ava visited the old family cemetery at Fletcher's Chapel, where she observed that the trees were beautiful with the Spanish Moss hanging from them.

She was amazed by the modern cotton pickers at Greenwood, Miss., in the Delta, that could pick four rows at a time. She saw them stack the cotton, to make them into modules. They covered them with a tarp and left them in the field. Later they were brought to the gin. Ava saw them putting the module under a large pipe at the gin and pulling the cotton up through the pipe by a suction. The scenery was beautiful with the trees turn-

ing their fall colors.

Ava was a guest of Rev. and Mrs. Sonny Bradshaw at a seafood buffet at Jackson. Sonny is a cousin and also pastor of the First Baptist Church of Flora, Miss.

She also visited relatives in Yazoo City, Clinton, Greenwood, Jackson, and Minden, LA. Interesting sights were the gambling casinos on the river boats at Vicksburg and a lot of Antebellum homes on the tour. Ava was brought home by four of her sisters-in-law, Mrs. Nellie Ziglar, Vera McMichael, and June Arrender, of Yazoo City, Miss and Castello Harville of Minden, LA.

She reported she had a wonderful time and is looking forward to returning next year.

Steer Pep Rally

The pep rally for the Regional Football game between the Robert Lee Steers and the Hico Tigers will be at 2:00 pm Wednesday in the High School Gym. The cheerleaders would like to invite all the community members to the pep rally. A gym full of Robert Lee Steer fans would get the Steers started on the road to victory. If you can't make the pep rally Wednesday, the Steers would like for you to join in a send-off Friday afternoon at 3:30 pm on the Bronte Hwy. The cheerleaders would like to see the Bronte Hwy lined with Steer fans making noise and supporting the Steers.

Lord, where we are wrong, make us willing to change; where we are right, make us easy to live with.

The Rev. Peter Marshall

Warmest wishes for a bountiful and Happy Thanksgiving.



Please attend our Christmas Open House
Friday, December 3
10:00 am - 2:00 pm



Robert Lee State Bank

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SCHOOL MENU



RL Lunch Menu

Monday, Nov. 29
Cheese Nachos, Ranch Beans, Tator Tots w/catsup, Chocolate Cake w/icing, Milk
Tuesday, Nov. 30
Salisbury Steak w/brown gravy, Cheesy Potatoes, English Peas, Hot Rolls w/butter, Peach Slices, Milk
Wednesday, Dec. 1
Beef Fajitas w/cheese, Re-fried Beans, Lettuce/Tomato Salad, Tortilla, Applecrisp, Milk
Thursday, Dec. 2
Chicken Nuggets w/gravy, Cream Potatoes, Green Beans, Hot Rolls w/butter, Applesauce, Milk
Friday, Dec. 3
Hot Dogs w/chili & cheese, Corn, Hashbrowns, Applesauce Cake, Milk

ROBERT LEE STEERS FOOTBALL

1993 AREA CHAMPIONS

Regional Championship

Friday, November 26

7:30 PM EARLY

ROBERT LEE STEERS VS. Hico Tigers

- J&B Lumber & Hardware
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- Community Development
- Bell Auto Parts
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- Dave & Betty Hughes
- S&S Printing and Supplies
- Bruce & Fran Sonnenberg
- Ranchland Restaurant
- James & Brenda Tidwell

1993 RLHS Football Schedule

DATE	OPPONENT	SITE	TIME	SCORE
August 26	Open			
Sept. 3	Miles	Here	8:00	43 8
Sept. 10	Water Valley	There	8:00	27 0
Sept. 16	Snyder JV	Here	6:00	49 0
Sept. 24	Garden City	There	8:00	12 8
Oct. 1**	Irion County	Here	7:30	53 12
Oct. 8*	Bronte	There	7:30	15 14
Oct. 15*	Forsan	There	7:30	25 8
Oct. 22*	Sterling City	Here	7:30	37 0
Oct. 29*	Roscoe	There	7:30	14 14
Nov. 5*	Roby	Here	7:30	51 6
Nov. 12***	Eden	Winters	7:30	42 7
Nov. 20***	Petrolia	Stamford	2:00	28 0

**Homecoming

*District

*** Play-off



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- Key Feed Store
- The Flower Sak
- Rhonda Hood & Judy Blair
- PCR Feed Lot
- Waldon & Judy Millican
- C&W One Stop #14
- Shaffer Monument Company
- Robert Lee-Silver Lions Club
- The Best Connection
- The Wayland Drennan's
- Observer/Enterprise
- Glenn-Bivins Insurance
- Marilyn, Garry, Shalon & Mary
- The Carousel Fashions & Gifts
- Becky, Leigh Ann, Brenda, & Teri

Coach Peoples
Coach Rangelolph

Rob Mill
Tray Taylor
Steve Dunn
Coach Blair
Coach [unclear]

Ross Torres
Daryl Calder
Stanley Oleksiuk
Gene Cepeland
Mike Pentecost

James Tennison
TSP
Coach McLain
Querry [unclear]
Charlottesville
Adam Morgan
Bobby Jorgonia
Jason Javarez

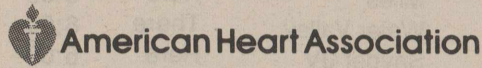
Kush [unclear]
James P. [unclear]
James [unclear]
Fred Wojtek

Wayne Hayes
Anthony [unclear]
Jason [unclear]
Eric Hood
Blay Payne
Chad [unclear]

Jeremy Vincent
Jeremy Burns
Scott Millican
Coach Bolding
Harley Wagner

David [unclear]
Judd Pitecock
John Williams
David [unclear]
Casey [unclear]
Coach White
David [unclear]
Millian

HELP YOUR HEART RECIPES



This recipe is intended to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day — not for each food or recipe.

Roast Turkey

- | | |
|--|---------------------------------------|
| 1 turkey (about 12 pounds) | 1 medium onion, chopped |
| 1/2 teaspoon freshly ground black pepper | 2 carrots, chopped |
| 1/2 teaspoon poultry seasoning | 1/3 cup chopped fresh parsley |
| 3 stalks celery, chopped | 1/4 cup acceptable margarine, melted* |

Thaw turkey if necessary; remove parts from cavities. Rinse and pat dry. Preheat oven to 425° F.

Sprinkle pepper and poultry seasoning inside body cavity of turkey. Place vegetables and parsley inside cavity. Truss. Place on a rack in a roasting pan. Place meat thermometer in thigh, making sure tip does not rest against bone. Brush bird with melted margarine. Bake 15 minutes and then reduce heat to 325° F. Cook turkey, basting often, until meat thermometer reaches 185° F. Turkey should rest 15 to 20 minutes before it is carved. Remove skin before eating.

Makes 12 servings.

* Select margarines that have no more than 2 grams of saturated fat per tablespoon.

Nutrient Analysis per Serving

500 Calories	214 mg Cholesterol	6 g Saturated Fat
75 g Protein	246 mg Sodium	5 g Polyunsaturated Fat
0 g Carbohydrate	20 g Total Fat	6 g Monounsaturated Fat

This Help Your Heart Recipe is from the *American Heart Association Cookbook, Fifth Edition*, American Heart Association. Published by Times Books, A Division of Random House, Inc. 1973, 1975, 1979, 1984, 1991.

RL Girls Basketball

Friday, Nov. 19, Robert Lee's girls basketball team was narrowly defeated by Hawley, 53-50. High scorer for the Lady Steers was freshman, Shalon Waldrop, who racked up 16 points. Also scoring for Robert Lee was sophomore, Jaclyn Waldrop with 13 points; Rachel Pentecost, 8; Elaine Gibbs, 4; Wendy McPeck, 4; Kim Carver, 3; and Jennifer Scott, 2.

The Junior Varsity girls were also defeated by Hawley, 35 to 22. Tiffany Bruning was the high point scorer with 6 points. Next in line for scoring was Brandi Brosh with 5 points; Heather Nichols contributed 4, Patricia Minjarez 2; Amanda Sanders 2; Kannan Millican 2; and Meagan Hill 1.

RL Jr. High B'ball

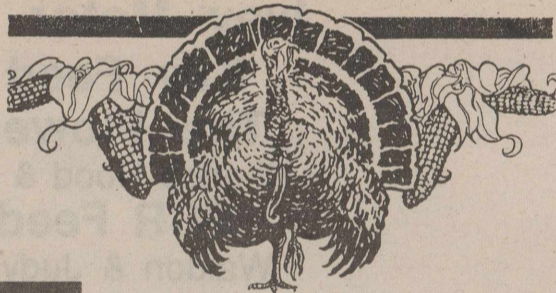
The Robert Lee junior varsity girls played the Water Valley Wildcats in Robert Lee, Monday, Nov. 15. The Wildcats squeaked by the Robert Lee girls 22 to 21. Bree Bolding put up 8 points, while Amanda Brock scored 6, Marie Eads 5, and Samantha Padgett 2.

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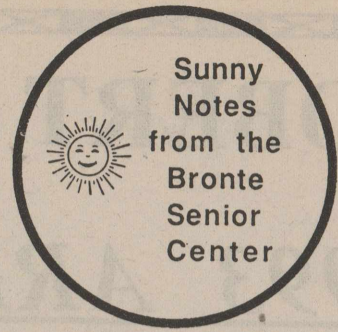
453-2911

O & A

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Schedule for December
Thursday, Dec. 2: Armchair Adventure, 1p.m. Christmas movie at the Bronte Senior Center.

Saturday, Dec. 4: Christmas in Ole Bronte. Baked goods and quilt display at the Texas Theatre.

Tuesday, Dec. 7: Make a gift day 1 p.m. Make a gift for our nursing home residents at the Bronte Senior Center.

Friday, Dec. 10: Commodities & Blood Pressure 8:00 a.m. at the Bronte Senior Center. Retired and senior volunteer Christmas party at Trinity Lutheran Church 3:00 to 4:30 p.m. San Angelo. Rural public transportation van will be going.

Thursday, Dec. 16: Quilters Christmas party (time and location to be determined).

Friday, Dec. 24: Bronte Center closed.

Wednesday, Dec. 29: Advisory Council meeting, 1 p.m. at the Bronte Senior Center.

Thursday, Dec. 30: Potluck luncheon & dominoes. Doors open at 9:00 a.m. for dominoes, luncheon at 11:30.

Meals for the Week
Monday, Nov. 29
Franks, pork & beans, turnips, cornbread, peach half.

Wednesday, Dec. 1
Baked pork chop, mashed potatoes, carrots, hot roll, peach cobbler.

Friday, Dec. 3
Burrito with chili, pinto beans, jalapeno, cabbage & carrot slaw, pear half in jello.

LOOK WHO'S NEW!

Ky Allen Wrinkle

Kerry and Tammie Wrinkle of Vernon were delighted with the arrival of their first child, a son, Ky Allen Wrinkle. He was born November 17 at Wichita General Hospital in Wichita Falls. He weighed 7 lb. 9 oz. and measured 21 1/4 inches long when he arrived.

Ky's grandparents are Phelan Wrinkle and Bob Wrinkle, both of Robert Lee, and John and Carole Milner of Vernon. Mrs. Ruth Milner of Vernon, Mrs. Evaline Wrinkle of Sulphur Springs, and Jesse and Valeria Parker of Bronte are his great-grandparents.

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SHANNON

HEALTH NOTES

Female Athlete Triad

While exercise is considered beneficial to women of all ages, the pressure to succeed in sports may cause some young women to develop three associated disorders now called "the female athlete triad." Achieving or maintaining an unrealistically low weight through food restriction and exercise may result in an eating disorder, amenorrhea, and osteoporosis.

Dr. Kimberly K. Yeager, of San Diego State University School of Public Health, reported to the American College of Sports Medicine that the triad of disorders has been observed for decades by coaches, parents, and athletes, but only recently has medical literature connected them. She says one study of female college coaches, who participated in a variety of sports, found nearly one-third showed disordered eating patterns.

Dr. Aurelia Nattiv, of the University of California at Los Angeles, says we need to dispel the myth that peak athletic performance is associated with low body fat. She says there is no evidence for this in women, but there is evidence that dieting can hurt performance, as well as the body itself.

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Beef Boneless
Loin Strip
Steak
Lb. **2.99**

Boneless Bottom
Round Steak Lb. **1.99**

Hickory Ridge Sliced
Bacon 1 Lb. pkg. **1.19**

Boneless Rump
or Bottom

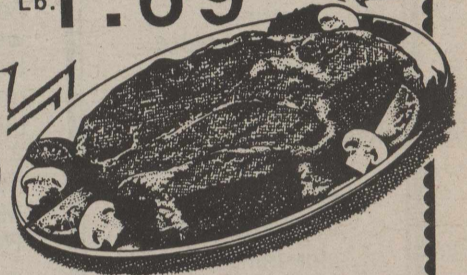
Round
Roast
Lb. **1.69**

Extra Lean Beef
Cube Steak Lb. **2.89**

Swift Market Sliced
Bologna Lb. **1.59**

Shurfresh
Hot Dogs 12 oz. pkg. **2/\$1**

Eckrich Market Sliced
Spiced Luncheon Lb. **1.29**



Carnation Sweetened Condensed Milk 14 oz. can .99	Carnation Evaporated Milk 12 oz. can .59
Crisco Vegetable Oil 64 oz. 2.99	Parade Apple Juice 64 oz. Bottle 1.69
Parade Powdered or Brown Sugar 2 Lb. bag .99	Zesta Saltines 16 oz. Box .99

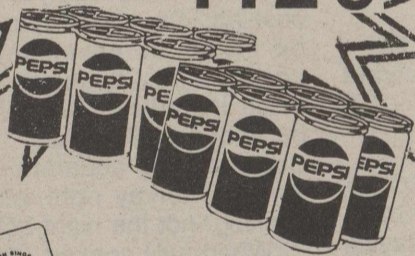
Pilgrim's Pride Fryer
Drumsticks 5 Lb. Bag **1.99**

Parade Light
Corn Syrup
32 oz. Bottle **.99**

Kleenex
Bath Tissue
4 roll pkg. **.89**

Lay's
Potato Chips 6 oz. Bag **.89**

Pepsi Cola
6 pk. 12 oz. cans **1.29**



Duncan Hines
Cake Mixes
18.5 oz. Box **.79**



Kraft Miracle Whip
Salad Dressing
32 oz. Jar **1.99**



Bounty
Paper Towels
roll **.79**



Parade Medium
Eggs doz. **.59**

Gandy's
Egg Nog qt. **1.19**

Gandy's 8 oz.
Whipping Cream **2/\$1**

Sunny Delight
Citrus Punch 64 oz. **1.19**

Gold Medal
Flour
5 Lb. Bag **.79**



Shurfine Pitted
Olives
6 oz. can **.89**



Parade
Marshmallow Creme
7 oz. Jar **.69**

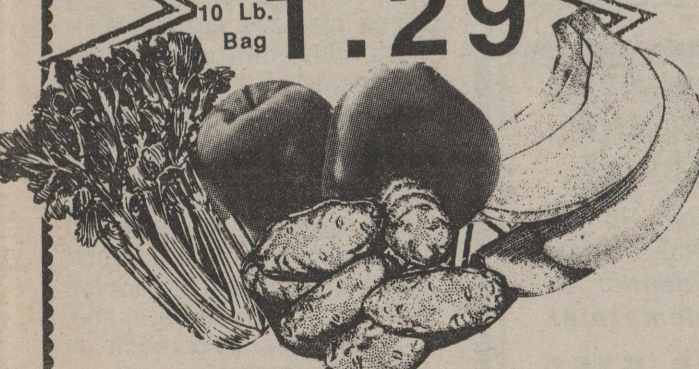


Ultra
Gain
98 oz. **4.99**

Folger's
Coffee
13 oz. can **3/\$5**



Russet
Potatoes
10 Lb. Bag **1.29**



FRESH PRODUCE

Bananas 3 Lbs. **/\$1**

Washington Fancy Red Delicious
Apples Lb. **.49**

East Texas
Yams Lb. **.39**

Large Stalk
Celery **.39**

FROZEN FOOD

Gandy's
Ice Cream 5 qt. Bucket **4.59**

Parade 8 oz. Bowl
Whipped Topping **2/.99**

Parade Asst. Flavors
Pizza 7 oz. **.69**

Prices Good 11/25 Thru 12/1
FOOD STAMPS WELCOME

Page applications available

Congressman Stenholm has announced that high school sophomores interested in serving as congressional pages for the 1994-95 school year can now apply to his office in Abilene.

The opportunity to serve as a congressional page is open to students who reside in the 17th Congressional District, will be juniors in September 1994, and have a "B" average in four major courses, excluding electives.

"The Congressional Page Program provides young people with a unique opportunity to learn how the Congress works, and to observe representative government firsthand," said Stenholm.

Pages perform a variety of duties, including delivery of

Winters Area Chamber of Commerce

The Winters Area Chamber of Commerce will hold their annual Christmas Parade on Saturday, December 4, 1993, at 2:30 pm. The theme for this year's parade is "The Story of Christmas Past".

The Miss Sno Queen pageant will be celebrating its 20th anniversary. The Chamber has invited all 20 past Sno Queens to participate in the parade. The parade will also feature beautiful Winters High School girls who will compete for the title Miss Sno Queen 1994.

The winner of the Sno Queen contest will be announced at the 2nd annual Christmas ball. Terry Sneed & Up the Creek will perform for everyone's dancing and entertainment pleasures. This year's Ball will be held in the Elementary School Activity Building from 8:00 pm -12 midnight. Tickets are on sale now at the Chamber office or at the door that night.

Anyone interested in registering for the Parade, entering the Sno Queen contest, or purchasing tickets for the Christmas Ball may contact the Winters Area Chamber of Commerce, 118 West Dale, Winters, Texas 79567 (915) 754-5210.

Personal

O. W., "Trey" Davis, III, grandson of Mrs. Millie Davis of Robert Lee and the late Orville Davis, recently visited with his grandmother and other local relatives. Trey has completed submarine training with the United States Navy and was en route from Groton, Connecticut to San Diego, California where he will be assigned to a submarine.

Personal

Mr. and Mrs. Sid Eubanks of Natchitoches, La. are visiting their parents in Bronte. They are Mr. and Mrs. Sid Eubanks and Mrs. Helen Murtishaw.

Personal

Tod Strickland has been home visiting with family and friends. He has been enjoying visiting before he has to leave for San Francisco. Tod is now employed by Genentech Pharmaceutical as an instrumentation technician.

small packages or correspondence within the Capitol complex, taking messages to members, and answering the telephones. A monthly salary covers basic expenses.

School plays a prominent role in the lives of the pages, and they study a junior level curriculum at the U. S. Capitol Page School in the Library of Congress. Students are expected to maintain at least a "B" average.

Pages live in dormitories located on the capitol grounds, and are supervised while in their quarters which are guarded by Capitol Hill Police 24-hours-a-day.

Congressman Stenholm will not be the page's employer, nor will he have daily contact with the page. Pages answer directly to the Director of Page Services.

The deadline to apply for a page position is January 15, 1994. Applications will be forwarded to a selection committee who will notify finalists by February 22, 1994. Interviews will be conducted in Abilene on March 19, 1994, and pages will be selected on that date.

Application forms and additional information are available from the congressman's Abilene office at (915) 673-7221.

New AIDS Drugs

Two drugs that researchers hope will prevent the transmission of the AIDS virus during pregnancy are being tested at Baylor College of Medicine in Houston and other top U. S. medical schools.

Intravenous immunoglobulin (IVIG) and a derivative of that drug called HIVIG, will be given to 300 pregnant women who are positive for the AIDS virus. The two year study will be conducted at 30 medical centers.

"All of the pregnant women are already receiving AZT, the current treatment of choice for AIDS," said Dr. William T. Shearer, a professor of pediatrics at Baylor and head of pediatric allergy/immunology services at Texas Children's Hospital.

One group will receive IVIG, which has already been proven in recent studies to reduce the number of secondary bacterial and viral infections in children with AIDS," he said. "The other group will receive HIVIG, an altered version of IVIG that has had a special protein added."

Shearer says that there is suggestive evidence that women who have high amounts of antibodies against HIV have fewer HIV-infected children.



(DM)—One-dish meals, appreciated by generations of good cooks for their ease of preparation and economy, are seeing a well-deserved resurgence in popularity. In "Skillet Turkey with Bows," ground turkey or chicken is combined with items often found in the pantry and freezer—onions, stewed tomatoes, bow tie pasta and frozen Italian green beans. The secret to this hearty meal with an Italian accent is the seasoning. Naturally-brewed Kikkoman Soy Sauce imparts a distinctive, rich flavor, while unifying the other ingredients into a deliciously balanced and robust entree. Taking less than an hour to make, all you need to complete this satisfying meal are crunchy bread sticks.

SKILLET TURKEY WITH BOWS

- | | |
|------------------------------------|--|
| 3/4 pound ground turkey or chicken | 1 1/4 teaspoons dried basil, crumbled |
| 1 medium onion, chopped | 2 1/2 cups uncooked bow tie macaroni |
| 1/4 teaspoon garlic powder | 1 package (9 oz.) frozen Italian green beans |
| 1 can (14 1/2 oz.) stewed tomatoes | |
| 1/4 cup Kikkoman Soy Sauce | |

Cook turkey with onion and garlic powder in large skillet with cover over medium-high heat, breaking up large chunks. Stir in tomatoes, soy sauce, basil and 1 1/4 cups water; cover and bring to boil. Stir in macaroni; cover and return to boil. Reduce heat; simmer 15 minutes, stirring once. Stir in green beans; cover and return to boil. Reduce heat and simmer 10 to 12 minutes longer, or until macaroni and beans are tender, stirring occasionally. Makes 4 servings.

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1993 AREA CHAMPIONS



The 1993 Robert Lee Steers squad includes (back row, l-r) Coach Kurt White, Korey Pitcock, Bart Goodman, Judd Pitcock, John Williams, Joe Blair, Lee McCown, Wayne Hayes, Anthony Wink, Coach Bobby Bolding, Dean Burns, Athletic Director and Head Coach Ed Poehls, (middle row, l-r) Coach Sid McCown, Chad Goodman, Tray Taylor, Aaron Hood, Scot Millican, Eric Hood, Adam Morgan, Jeremy Fluhmann, Blake Payne, James Tennison, Coach Jimmy Randolph, (front row, l-r) Ross Torres, Cameron Cook, Jerrid Vincent, Jonathan Torres, Charles Hayes, Marc Owen, Jeremy Vincent, Jason Wyatt, Casey Antilley, and Fred Wojtek.

*Good Luck in
the Regional
Championship Game!*