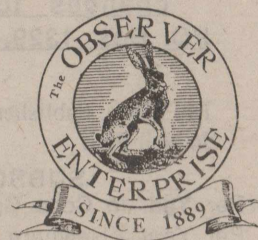


# THE OBSERVER/ ENTERPRISE

Serving Coke County

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

Vol. 107, No. 30

Friday, March 3, 1995

## RL races to regional

The Robert Lee Steers are for real. They trounced opponents in Bi-District and Area playoff games to win a trip to the Regional tourney in Abilene for the second time in two years. The Steers will meet the Miles Bulldogs at 3:00 pm Friday at the Hunt P.E. Center at McMurry University in Abilene.

Robert Lee's Steers defeated the Trent Gorillas Friday 82-48. The Steers took off in the first quarter outscoring Trent 14-4 and never looked back. Trent had a good scoring drive in the second, scoring 20 points, but the Steers were not to be outdone and dropped in 24 to keep the scoring out of reach for their opponent. The third and fourth quarters were more of the same with Robert Lee tipping in 44 points to Trent's 24.

Aaron Hood was high point man with 26 points for the night. Lee McCown scored 10 points, Eric Hood 9, Jeremy Vincent 7, Jason Key 6,

### 27-A All District Selections announced

District 27-A All District selections were recently released for the girls team. Five Coke County players were named to the team.

Shalon Waldrop, a sophomore from Robert Lee, was named MVP on the district team. Other All District selections from Robert Lee were: Jaclyn Waldrop, a junior, and Jennifer Scott, a sophomore. Maranda Wojtek, a junior, received Honorable Mention. Heather Millican, also a junior, was named to the defensive team. The Lady Steers finished their very successful basketball season last weekend in Abilene at the Regional tourney. They were defeated in the finals by Lipan.

Kim Hall, a sophomore from Bronte, was also named to the All District team. Jill Johnson, a senior for the Lady Horns, was another All District selection. Wendy Johnson, a junior, was named to the defensive team. The Lady Horns also competed in the Regional tourney in Abilene last weekend. They were defeated in the semi-finals by state-ranked Lipan.

Bart Goodman and Anthony Wink 5 each, Charles Hayes 4, Jason Wyatt 4, Jerrid Vincent and Koby Howell 3 each.

Tuesday night the Steers were on the road to Forsan attempting to defeat the Rankin Red Devils (27-4) for the Area Championship. Rankin's team has a reputation for fast break basketball, but the Steers beat them at their own game and defeated the Devils 99-72. The game was a close one in the first half with Rankin leading for a while in the first quarter, but Robert Lee took the reins over and went on a wild scoring drive ending the first quarter with a 23-12 lead. The Red Devils outscored Robert Lee in the fourth quarter by 1 point, but the ball game was all but over by that point and the game ended with Robert Lee advancing to the Regional Tourney for a shot at a state championship.

### Assistance available for home repairs

Applications for financial assistance to make repairs to existing homes in Bronte can be picked up at the Bronte City Hall during regular office hours until 5 pm March 15. Questions may be directed to Mrs. Pat Martindale at 915-473-3501.

The city of Bronte has received funds from the Texas Department of Housing and Community Affairs for home owners who need assistance. The assistance will be in the form of forgivable loans, not to be repaid by the applicant if they continue to own and occupy the home for five years. Applicants will be selected on pre-established qualifications and priorities by the City Council.

### Blackwell boys make All-District picks

The following members of the Blackwell High School Boys Basketball team were recently named to the District 28-A All-District list: Sophomore Nathan Hayes, Senior Jamie Dolan, and Senior Cody Wilkinson. Honorable mentions included Seniors Prentice Westbrook and Todd Smith.

## Regional Tourney Robert Lee Steers vs. Miles Bulldogs

Friday, March 3, 1995 - 3:00 pm  
Hunt P.E. Center - McMurry University - Abilene

## Upcoming

### CCJJCC to meet

On Monday, March 6th at 6:00 pm the Coke County Juvenile Justice Community Council will meet at Robert Lee State Bank for its regular monthly meeting. Joan Timmons, director of volunteer services, with the Texas Youth Commission (TYC) will be at this meeting. We encourage the public to attend. The CCJJCC meets the first Monday of each month at 6:00 pm. At present, we are alternating meeting sites between Bronte and Robert Lee.

### 4-H to sponsor Rabies Clinic

The Coke County 4-H clubs will be sponsoring a Rabies Vaccination Clinic Saturday, April 8, 1995 at the south end of the Show Barn. The clinic will be from 2:00 pm to 4:00 pm. A veterinarian will be in charge of the program.

### Gospel Singing scheduled

Central Baptist Church in Bronte will be the site for the monthly old-fashioned gospel singing. It will be held Sunday, March 6th from 2:00 - 4:00 pm. The public is cordially invited to attend this enjoyable time - whether as a participant or an observer.

### ECCHD to elect 2 directors

Two vacancies will be filled on the board of directors of the East Coke County Hospital District. Those whose two-year terms expire are Jane Cumbie and Charles Sonnenberg. LeDrew Arrott, Eddie Alexander, and Ed

Cumbie will remain on the panel.

Filing for a place on the ballot is by petition, available at the Bronte Nursing Home business office, Monday through Friday, 8-5. Each candidate must get ten qualified voters to sign their petition before filing with the secretary of the board. Petitions must be returned by 5 pm on March 22.

### Underground Water District Election

An election will be held on May 6, 1995 by the Coke County Underground Water Conservation District to fill the positions of three members on the board of directors whose terms expire.

Those whose terms expire are Wayne McCabe in Precinct 1, Otis Smith in Precinct 2, and Joe Ash who serves as Director at Large. All of those listed above intend to have their names on the ballot for the May election.

A Notice of Candidacy can be filed with the district by those who wish to have their name placed on the ballot. Forms for that purpose can be obtained from the water district office in Robert Lee. The deadline for filing to get one's name placed on the ballot is March 22, 1995.

### Trash rate raised

Due to increased costs, the Bronte City Council has adopted an Ordinance raising the rate for residential trash collection service to \$9.50. The rates for commercial service will also be increased. The effective date is the March 31, 1995, billing.

The cost to the City for trash

service was increased to \$9.25. An additional \$ .25 was added to cover the costs of the annual audit and billing.

The notice of the adoption of the Ordinance is published in the "Public Notice" section of this newspaper.

### TYC representative to be in RL

Joan Timmons of Austin, Director of Volunteer Services with the Texas Youth Commission, will be in Robert Lee March 6th, 6 pm, at the Robert Lee State Bank for the monthly meeting of the Coke County Juvenile Justice Community Council.

She has aided a number of volunteer councils to establish programs and projects in rehabilitation efforts in institutions, halfway houses, and residential programs. Ms. Timmons will also bring the volunteer organization information on volunteer conferences in the future to further aid members to help residents in the Coke County facility.

### 40+ Dance

The 40+ Dance will be held on the first Tuesday, March 7, at the Rec Hall in Robert Lee. Dancing begins at 7:30 and tickets are available at the door.

### Commodities

Food Commodities will be distributed on the second Friday of the month, March 10, at the Bronte and Robert Lee Senior Citizens buildings, beginning at 8 am and continuing until 12 noon.

The Runnels Home Health Care will offer free blood pressure checks in Robert Lee during the distribution.

**THE OBSERVER/ENTERPRISE**

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**STAFF**

Hal Spain, Publisher Sharon Brunson  
Jo Nell Blair Joan Davis

**SUBSCRIPTION RATES**

Per Year in Coke County.....\$15.00  
Per Year Elsewhere in Texas.....\$17.00  
Per Year Outside of Texas.....\$20.00

**Death Notices**

**Babb**

Boye "Smokey" Babb of Wingate died Thursday, February 23, 1995, in Water Valley.

Graveside service was Saturday in Westlawn Cemetery in Del Rio, directed by Del Rio Funeral Home.

He ranched in the Langtry area for 22 years and moved to Wingate in 1983.

Survivors include two daughters, Johnnie Lee Andrewson of Bronte and Annie May Bell Blair of Water Valley; two sons, Edwin Boye Babb of Alpine and Jack C. Babb of Barnhart; nine grandchildren; a great-grandchild; and nieces and nephews.

**Retirement planning more important than ever**

The concept of retirement is undergoing a radical change. A person approaching age 65 today has a life expectancy of 85. At the turn of the century, the average life expectancy was 47. Healthier lifestyles and medical advances are making it possible for older people to continue to be productive far longer.

One result is that retirement planning is becoming more important than ever if for no other reason than you have to plan for a longer period of time. It is becoming increasingly clear that the basis for a successful retirement is most often found in the level of planning that goes into the retirement decision. This means that the young worker needs to understand the role that Social Security, the company pension, and his own private initiatives should play in providing for retirement.

Since the Social Security program was launched in 1935, social planners have viewed retirement income as a three legged stool consisting of Social Security as one leg, private pensions as another, and savings and investments, including insurance, as a third. Social Security provides the anchor leg, the source of income guaranteed by government to everyone who works and pays Social Security taxes. The worker is supposed to use the other two to build up a level of income consistent with his or her lifestyle.

Most experts agree that people need about 80 percent of their pre-retirement

earnings to maintain their lifestyle in retirement. Social Security replaces about 42 percent of the income of workers with average lifetime earnings.

In the face of concerns about the future of Social Security, some people are suggesting that we rely more on private means and less on government programs. However, the record shows that left to their own devices, few people plan adequately for their retirement. Statistics show that Social Security is the only source of income for 14 percent of elderly beneficiaries and constitutes 90 percent or more of the income for another 26 percent. The National Academy of Social Insurance notes that "thinking about planning for retirement, knowing what one should do to save for retirement, and actually taking the steps to adequately save are three very different things. Only a little more than half of all people surveyed indicated that they were actively saving for retirement.

Also, fewer than 59 percent of all employees participate in an employer-sponsored pension plan.

Today, financial planners are telling people to diversify their retirement investments and start retirement planning early. These are essentially

the same messages Social Security guarantees one leg, you will need to actively and aggressively pursue the other two if you are going to maintain your standard of living in retirement.

Today, it's more important than ever for you to pay heed to this message if you hope to enjoy the benefits of a longer, healthier, and more productive life.

**WTU files rate review as previously announced**

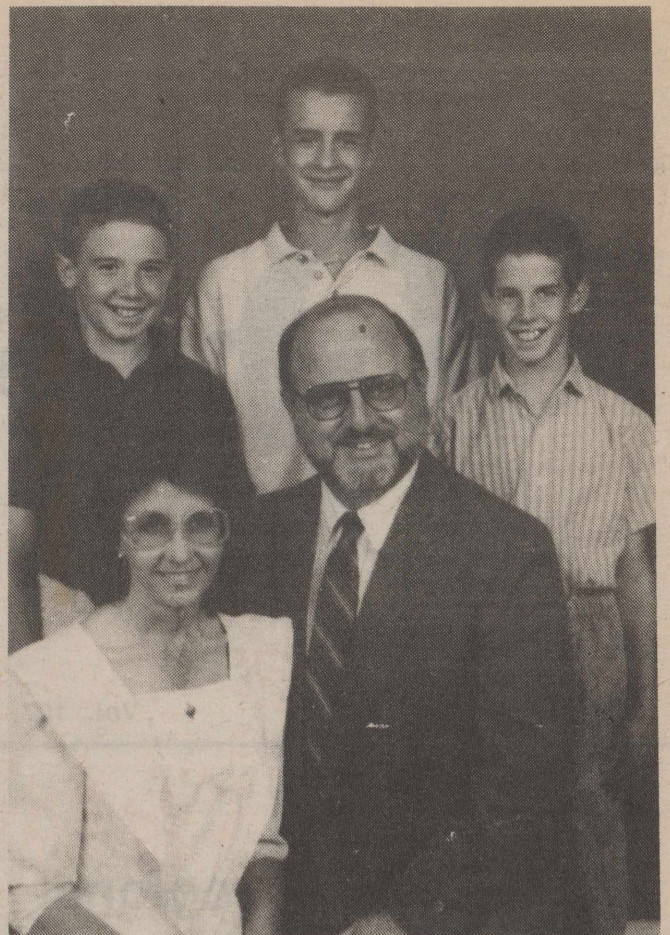
West Texas Utilities Company (WTU) will file a rate review with the Public Utility Commission of Texas in Austin, as previously announced by the company last August. A similar filing will also be made with several of the cities WTU serves.

After performing a study on the cost of providing service, WTU determined that a \$14.6 million increase was fully justified. If approved, such an increase would be spread over WTU's 52,000 square-mile customer service territory. The average bill for a typical residential customer could increase by \$7, based on the average usage of 1,000 kwh per month.

In a separate action, WTU announced a settlement offer to parties in the proceeding that could continue a base rate revenue reduction of \$5.9 million. Under the settlement proposal, the bill for a typical residential customer could be \$1 to \$2 less per month than their bill under the current permanent rates. The company established a period until April 17, 1995, to consider this settlement.

"As part of the proposal that would position WTU for the future, we are introducing new pricing structures to help us attract and retain business in West Texas," said Billy Kelly, area manager.

Under WTU's proposal, new pricing structures would result in some customers experiencing an overall rate decrease greater than the current interim reduction of 3.25 percent. At the same time, some customers would experience



**First Baptist Church of Bronte welcomed their new pastor and his family Sunday, February 26th - Brother Morris Johnson, his wife, Judy, and their sons, Dustin, a sophomore, Kevin, an eighth grader, and Eric, a sixth grader.**

an overall rate decrease of less than 3.25 percent. But, with the exception of standby customers, no customer would see their overall rates increase above rates in effect prior to October 1. However, WTU said it won't know what the final outcome will be until after the conclusion of either a settlement or hearings in Austin.

WTU's base rate have not increased since 1987. Since that time, the Consumer Price Index has increased 34.2 percent, while consumer goods such as automobiles have increased 62.6 percent and postage stamps have gone up 44.5 percent.

"WTU has a mutual interest with our cities in seeing West Texas grow and prosper. Because of our continuing competitive initiative, we have presented a proposal to maintain the overall base rate revenue at the reduced level of 3.25 percent," said Kelly.

"We believe this proposal will ensure continuing economic growth and prosperity in West Texas," Kelly added.

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**NOTICE OF PUBLIC HEARING**

The City of Robert Lee will hold a public hearing on Monday, March 06, 1995 at 6:00 pm at City Hall in compliance with the City's Planning/Capacity Building Contract Number 702194.

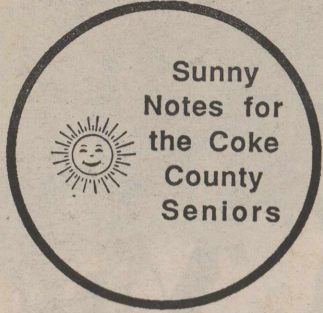
Planning documents will be available for review at the hearing. The documents include the following planning elements: basic planning activities, economic planning study, street study system, water and wastewater systems, storm drainage, capital improvements and zoning ordinance.

The purpose of the meeting is to allow citizens an opportunity to review and discuss the above activities in accordance with the contract's citizens participation requirement.

The City encourages citizens to participate in the review of the planning studies.

Citizens unable to attend this meeting may submit their views to Ms. Kay Torres, Secretary at City Hall.

Handicapped individuals that wish to attend this meeting should contact City Hall to arrange for assistance.



**Sunny Notes for the Coke County Seniors**

**Afternoon at the Movies**

Thursday, March 8th, we will show "Sleeping Beauty" at the Bronte Senior Center. Movie begins at 1:00 with soda and popcorn served during the movie.

**Commodities in March**

Friday, March 10th, doors will open at 8:00 am to distribute commodities, at the Bronte Senior Center. Hopefully, Ballinger Home Health will be here to check your blood pressure.

**Health Check**

An agency will be at the Bronte Senior Center on Wednesday, March 8th to check your blood pressure. This will take place about 10:30. There is no charge for this Health Check.

**Menu for the Week**

**Monday, Mar. 6**

Salisbury Steak, Brown Gravy, Potatoes, Broccoli, Hot Roll, Fruit Jello

**Wednesday, Mar. 8**

Bar-B-Q Chicken, Blackeye Peas, Beets, Cornbread, Pears, Peanut Butter Cookies

**Friday, Mar. 10**

Burrito with Chili and Cheese, Pinto Beans, Jalapeno, Cabbage, Carrots, Pear/Jello

**Lenten Luncheon**

The First United Methodist Church of Bronte will be having Lenten Luncheon each Wednesday during the Lenten Season, March 8th through April 12th. The community is invited to come and join us at 12:00 o'clock. You are asked to bring a covered dish or a salad for the luncheon.

The ministers of the Bronte Churches will bring a short devotional each Wednesday, and other guest pastors will be speakers. John Driggers, the minister of the Bronte Church of Christ, will bring the message on March 8th.

**Square Dance scheduled**

The Happy Hart's Square Dance Club will host their monthly dance on Saturday, March 4th at the Bronte Community Building. The dance begins at 8:00 pm. Visitors are welcome. Not only have they been busy with their weekly lessons, members of the club have danced at the Bronte Nursing Home and the West Coke County Nursing Home in Robert Lee. Saturday, February 25th, sixteen went to Winters for their monthly dance.

**Br. Band Boosters meeting**

Bronte Band Boosters will hold their regular monthly meeting, Monday, March 6th at 8:00 pm in the band hall. All parents and other band supporters are urged to attend this important meeting.

**'64 Study Club**

Thirteen members and three guests of Robert Lee's '64 Study Club went to San Angelo Friday, February 24, for their annual "Night Out On The Town." The group "ate out," then attended the production of DRIVING MISS DAISY, a very interesting story by Alfred Uhry.

The consensus of opinions was that it was a very good presentation - even more enjoyable than the movie of the same play. Though all three characters performed well, most of the group agreed that Michael Parks, who played the driver, was the most outstanding.

Club members look forward to performances at Angelo Civic Theatre annually.



Bronte Nursing Home has named Della Rodriguez Employee of the Month for February.

**-- The Hornets' Nest --**

**Blackwell Hornets 1995 High School Track Schedule**

Saturday, March 4 - Stanton  
Saturday, March 11 - Irion County

Friday, March 24 - Garden City  
Saturday, April 1 - Roscoe

Friday, April 7 - Panther Creek  
Thursday, April 13 - District (Borden County)

Friday, April 21 - Regional Qualifier (TBA)

Thurs/Fri, April 28-29 - Regional (Abilene)

Friday, May 5 - State Qualifier (TBA)

Thur/Fri, May 12-13 - State (Austin)

**Lunch Menu**

**Monday, March 6**

Pigs n' Blanket, Tator Tots, Green Beans, Okra, Fruit, Salad, Milk

**Tuesday, March 7**

Spaghetti, Corn, Pull-apart Bread, Pears, Salad, Milk

**Wednesday, March 8**

Barbeque on a Bun, Cream Potatoes, English Peas, Green Beans, Applesauce, Salad, Milk

**Thursday, March 9**

Turkey PinWheels, Cream

Potatoes, Broccoli, Corn, Fruit, Salad, Milk

**Friday, March 10**

Texas Nachos, Corn, Fruit, Salad, Milk

**School Beat**

by Connie Sawyer

The TAAS Writing test will be held on Tuesday, March 7, for grades 4 and 8, and for exit level.

The TAAS Reading test will be held on Wednesday, March 8, only for exit level.

On Thursday, March 9, the TAAS Math test will be taken for the exit level.

The monthly School Board meeting will be held on Thursday, March 9, in the Board Room at the school.

Monday, March 13, marks the start of Spring Break. School will resume on Monday, March 20.

**Blackwell Junior High Track Schedule**

Saturday, March 11 - Irion County

Thursday, March 23 - Roscoe

Friday, March 31 - Roscoe

Thursday, April 6 - District (Roscoe)

SHANNON

**HEALTH NOTES**

**It Is Not In Your Genes**

If you smoke and get lung cancer, do not blame your genes. Conversely, a smoker who believes he will not get lung cancer because his parents smoked and did not get it, may be committing a fatal mistake.

So says Dr. Miles Braun, of the National Cancer Institute. Braun is one of the researchers whose study of nearly seven hundred male twins who smoked and died of lung cancer appeared in the medical journal *Lancet* (8-13). The overwhelming majority of their twin brothers, most of whom also smoked and would be genetically close, did not die of lung cancer. An official of the American Cancer Society cautions that one study cannot prove genes are not linked to lung cancer.

The biggest risk factor in lung cancer is not genetics, but rather whether you smoke. It is estimated that one hundred fifty-three thousand men and women in the United States will die from lung cancer this year.

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IGA  
**Orange Juice**  
12 oz. can **.79**

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# BRONTE SCHOOL NEWS

## Br. Elementary Honor roll

The following students at Bronte elementary were recognized for their achievements in the fourth six weeks.

### First Grade

First grade participated in the Electronic Bookshelf voluntary reading program this six weeks. The class passed quizzes over 103 books for a total of 143 points.

**Electronic Bookshelf Awards:** given to students earning 10 or more points. Cheyenne Webb - 25 points, 20 books; Lindsey Butler - 19 points, 13 books; Rebecca Rawlings - 18 points, 15 books; Jaylon Saunders earned 17 points, 10 books; Riley Coalson - 15 points, 9 books; Meagan Rosenquist - 12 points, 8 books; Mary Beth Smith - 10 points, 6 books. **SRA Reading Award -** Bailey Saunders, rose level.

**All A Awards:** Lindsey Butler, C.T. Lloyd, Rebecca Rawlings, Meagan Rosenquist, Bailey Saunders, Jaylon Saunders, Cheyenne Webb.

**Responsibility Award -** Rebecca Rawlings

**Citizenship Awards:** Riley Coalson, Curtis Moore, Rebecca Rawlings, Meagan

Rosenquist, Bailey Saunders, Jamie Vivian, Cheyenne Webb, Tara Thomas.

**Perfect Attendance:** Sarah Basquez, B.J. Bilbrey, Lindsey Butler, Riley Coalson, Lillian McMullan, Rebecca Rawlings, Bailey Saunders, Jaylon Saunders, Mary Beth Smith, Cheyenne Webb, Zachary White, Tara Thomas.

### Second Grade

#### Lisa Dyess

**All A's:** Nicholas Flores, Iliana Green, Garrett Jackson, Ashley McCutchen.

**Good Handwriting:** Ashley McCutchen, Terence Scott  
**Electronic Bookshelf - Outstanding Achievement:** Ashley McCutchen

**Perfect Attendance:** Kinlee Hoyt, Nicholas Flores, Iliana Green, Jesse Herold, Garrett Jackson, Vanessa Lange, Terence Scott, Ashley Wilcox.

#### Lisa Turner

**All A's:** Monica DeLaGarza, Blaine Dyess, Romana Hoover, Calli Johnson, Cody Moore.

**Good Handwriting:** Cody Moore

**Perfect Attendance:** Monica DeLa Garza, Blaine Dyess, Romana Hoover, Calli Johnson, Cody Moore, Ryan Martinez, Tonia Thomas, Stephen Tomes.

### Third Grade

#### Mrs. Bessent

**Perfect Attendance:** Roy Lee Flores, Cody Lee, Justin Moore, Heidi Randazzo, Todd Thomas, Ashley Torres.

**Citizenship:** Heidi Randazzo, Tyson Baker, Brittany Eldred.

**All A's:** Heidi Randazzo

**Math Wizard:** Tyson Baker, Josh Eubanks, Ashley Torres.  
**Electronic Bookshelf:** Roy Lee Flores, Todd Thomas, Ashley Torres.

**Handwriting:** Jesse Rodriguez, Tyson Baker.

**Math Award:** Sheena Head

#### Mrs. Poehls

**Citizenship:** Ashley Denton, Kendra Graves, Joseph Israel, Kendra Lambert.

**Handwriting:** Ashley Denton, Britney McCutchen.

**Electronic Bookshelf Reading Awards:** Ashley Denton, Kendra Graves, Richard Hoover, Britney McCutchen, Natalee Reed.

**Outstanding Student 4th Six Weeks:** Casey McKee

**Perfect Attendance:** Kanah Coalson, Ashley Denton, Garrett Fiveash, Brandon Hall, Richard Hoover, Joseph Is-

rael, Kendra Lambert, Britney McCutchen, Casey McKee, Natalee Reed, Chase Williams.

#### Mrs. Arrott

### Fourth Grade

**All A's:** Charlie Bettis, Jenna Herold, Kayla Hilliard

**All A/B's:** Sampson Booker, Michael Johnson

**Attendance:** Charlie Bettis, Cody Blaylock, Sam Booker, Lyndon Butler, Jenna Herold, Kayla Hilliard, Michael Johnson, Lindsey Williams

**Reading - electronic bookshelf:** Michael Johnson - 10 points, Kayla Hilliard - 24 points, Jenna Herold - 9 points, Lyndon Butler - 6 points, Cody Blaylock - 14 points, Charlie Bettis - 28 points

**Handwriting:** Cody Blaylock

**Most Improved:** Charlie Bettis

**Citizenship:** Jenna Herold

**Mrs. Blair**

**Fourth Grade**

**All A's:** Joel Webb, Sal Randazzo, Jonathan Tomes

**All A/B's:** James Graves

**Math Wizards:** Sal Randazzo-Division, Miranda Thomason-Mixed Operations

**EBS Award:** James Graves - 47 points, Brandye McCarty - 8 points, Kyli McGinnis - 3 points, Sal Randazzo - 15 points, Miranda Thomason - 29 points, Jonathan Tomes - 18 points, Joel Webb - 42 points

**Perfect Attendance:** Amanda Cox, James Graves, Kyli McGinnis, Brandye McCarty, Sal Randazzo, Jonathan Tomes, Joel Webb

**Fifth Grade**

**All A's:** Lacy Schoenfield

**All A/B's:** Chrissie Counts, Lorenzo DeLaGarza, Steve Eldred, Anthony Flores, Katy Frazee, Morgan McCutchen, Natasha Reed, Joey Rhodes

**Perfect Attendance:** Gene Butts, Cassandra Casares, Chrissie Counts, Lorenzo DeLaGarza, Steve Eldred, Anthony Flores, Katy Frazee, James Green, Chrissie Israel, Morgan McCutchen, Brandon Poehls, Natasha Reed, Lacy Schoenfield, Callie Walker, Lauren Williams

**Reading Awards:** Chrissie Counts, Katy Frazee, Morgan McCutchen, Natasha Reed,



A luncheon was recently held to honor the straight A elementary students for the fourth six weeks in Bronte.

Joey Rhodes, Lacy Schoenfield

**Citizenship Award:** Cassandra Casares, Lorenzo DeLaGarza

**Spelling Award:** Katy Frazee, James Green, Morgan McCutchen

**KRBC Weather 101 Awards:** Lacy Schoenfield, James Green

**Mrs. Lee**

**Sixth Grade**

**All A's:** Heather Duncan, Ryan McCorkle, Brooke McCutchen, Tessie McMullan, Crystal Moore, Heather Randazzo, Jade Richards, Josh Schoenfield

**All A/B's:** Kala Arrott, Brandon Gibbs, Angie Harrell, Jesse McClure, Kara Sefcik, Kara Thompson, Henry White

**Perfect Attendance:** Kala Arrott, Amanda Bowie, Justin DeLaCerde, Heather Duncan, Kasey Elam, Anthony Gibbs, Jesse McClure, Ryan McCorkle, Brooke McCutchen, Crystal Moore, Heather Randazzo, Jade Richards, Rosa Rodriguez, Josh Schoenfield, Kara Sefcik, Kara Thompson, Shannon VanVleck, Henry White

**Reading Awards:** Amanda Bowie, Josh Schoenfield, Shannon VanVleck

**Math Awards:** Rosa Rodriguez, Henry White

**Citizenship Award:** Ryan McCorkle, Kara Thompson

**Overall Academic Improvement:** Kasey Elam, Jesse McClure



## SCHOOL MENU

### Breakfast Menu

**Monday, Mar. 6**

Cereal, Diced Peaches, Toast, Milk

**Tuesday, Mar. 7**

French Toast, Mixed Fruit, Milk

**Wednesday, Mar. 8**

Scrambled Eggs, Apple Juice, Toast, Milk

**Thursday, Mar. 9**

Sausage, Orange Juice, Biscuit, Milk

**Friday, Mar. 10**

Cereal, Grape Juice, Blueberry Muffins, Milk

### Lunch Menu

**Monday, Mar. 6**

Pizza, Buttered Corn, Tossed Salad, Mixed Fruit, Milk

**Tuesday, Mar. 7**

Chicken Fried Steak with Gravy, Creamed Potatoes, Diced Peas, Green Beans, Rolls, Milk

**Wednesday, Mar. 8**

Corn Dogs, Macaroni and Cheese, Pork and Beans, Apple, Milk, Brownies

**Thursday, Mar. 9**

Spud Day, Chili and Cheese, Baked Potato, Tossed Salad, Crackers, Milk, Pink Panther Cake

**Friday, Mar. 10**

Chick Fil Lay Sandwich, Cole Slaw, Ranch Style Beans, French Fries, Bun, Milk, Ice Cream Cups

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**Public Notice**  
The Bronte exchange has petitioned for Expanded Toll-Free Local Calling to the San Angelo exchange.

Within the next 30 days GTE will mail ballots to all customers in the Bronte exchange. After marking the ballot, customers should sign their name and return the ballot to the Public Utility Commission of Texas. A stamped self addressed envelope will be provided with the ballot.

Expanded Toll-Free Local Calling will allow customers in the Bronte exchange to call and be called by customers in the San Angelo exchange. If approved, all subscribers in the Bronte exchange will be charged an additional monthly per line charge up to \$3.50 for residence and \$7.00 for business. This charge is in addition to your local exchange service rates, and will apply until GTE's next general rate case, at which time all service rates are subject to change. These charges are the maximum that can be charged regardless of the number of exchanges that are approved by the voters in the Bronte exchange.

Expanded Toll-Free Local Calling will be granted to each exchange with a "Yes" vote from 70% of the people who actually return their ballots. Exchanges that fail to receive a 70% "Yes" vote will not be added to the local calling scope. If all exchanges fail to meet the requirements of the ballot, service will not change and customers will not be billed an additional monthly fee.

The Public Utility Commission has assigned this matter Project Number 13761. Interested persons should direct any comments that they may have about the petition to the Public Utility Commission, 7800 Shoal Creek Boulevard, Suite 400N, Austin, Texas 78757, or they may call the Public Utility Commission Information office at (512)458-0256 or (512)458-0221, teletypewriter for the deaf.

### Aviso Publico

La área telefónica de Bronte ha solicitado el Servicio de Expansion de Llamadas Locales sin costo de larga distancia con la área de San Angelo.

En los próximos 30 días, GTE le enviará por correo boletas a todos los clientes de la área de Bronte. Después de marcar la boleta los clientes deben firmar y regresar la boleta a la Comisión de Servicios Públicos de Texas (Public Utility Commission of Texas). Junto con la boleta estara incluido un sobre con estampilla y dirección de retorno.

El Servicio de Expansión de Llamadas Locales sin costos de larga distancia le permitirá a los clientes de la área de Bronte llamar y ser llamado por la área de San Angelo como si fueran llamadas locales. Si se aprueba la solicitud, todos los clientes de la área de Bronte tendrán que pagar una cuota adicional, por línea, de hasta \$3.50 para líneas residenciales y \$7.00 para líneas comerciales. Este cargo mandatorio es adicional a su tarifa de servicio telefónica básico, y se aplicará hasta el próximo caso general de tarifa de la compañía telefónica. En tal fecha, todas las tarifas de servicio podrían cambiar. Estos cargos son el máximo que pueden cobrarse sin tomar en cuenta el numero de áreas que sean aprobadas por los votantes en la área telefónica de Bronte.

El Servicio de Expansión de Llamadas Locales sin costo de larga distancia sera otorgado a cada área con el voto "SI" de 70% de las personas que actualmente regresen la boleta. Las áreas que fallen no seran añadidas a su área de llamadas locales. Si todas las áreas fallan el voto, su servicio no cambiara y no se le cobrara el costo adicional mensual.

La Comisión de Servicios Públicos de Texas ha asignado a este asunto el Número de Proyecto 13761. Las personas interesadas deben dirigir sus comentarios o/ preguntas sobre la solicitud a la Comisión de Servicios Públicos, 7800 Shoal Creek Boulevard, Suite 400N, Austin, Texas 78757, o pueden llamar a las Oficinas de Información de la Comisión de Servicios Públicos, al 512-458-0256, o 512-458-0221 (teletipo para sordomudos).

**Bronte FHA recognized**

Future Homemakers of America, spanning five decades, will celebrate its 50th anniversary during the 1994-1995 school year. The Bronte Chapter of Future Homemakers of America attended the Region II Conference in San Angelo, Texas on February 24-25, 1995. The chapter members were among approximately 1200 delegates attending the two-day conference. The youth developed theme, "Rewind to '45-Fast Forward to '95 with FHA/HERO" was carried out through workshops and general sessions where members discovered ways to become actively involved in issues facing today's youth. Issues addressed at the meeting were: Dating, Gang Violence, Drunk Driving, Teen Parents, and other exciting topics.

The Bronte Chapter of Future Homemakers of America was recognized by the Texas Association as a Champions Chapter at the regional conference. To become a Champions Chapter the local organization must take the Champions Challenge to increase membership by 5, affiliate 100% of the students in a home economics class, affiliate 100 or more new members, affiliate a new chapter or assist in starting a chapter in another school or program. The Bronte Chapter became a Champions Chapter by increasing its members over 60% to 53 members. The President of the Bronte Chapter is Joni Barrett and the Advisor is Julie Massey.

Future Homemakers of America is a dynamic youth organization that has the family as its central focus. Future Homemakers of America is considered the "best kept secret." Many people have the opinion that home economics is only cooking and sewing, but in fact, the leadership and life skills gained by teens through FHA can and will be beneficial for many years to come.

**Br. Elementary Open House**

The Bronte Elementary will be having their Open House on Tuesday March 7, 1995. The classrooms will open at 6:00 pm - 7:00 pm. The Open House will be in coordination with Texas Public School Week.

Following the Open House the Bronte PTA will hold their March meeting in the auditorium, starting at 7:00 pm. The Sorosis Club will be honoring all students participating in all UIL activities from elementary to high school. There will be some students performing their events. A short business meeting will follow the presentations. Please make an effort to come and support our children in this program.

Following the PTA meeting there will be Chapter One meeting.

**Br. "A" Honor roll banquet**

The fourth six weeks "A" Honor Roll banquet was held Tuesday, February 28, 1995. Twenty two guests enjoyed a delicious meal at El Rancho Restaurant sponsored by Triangle P Development. Fifteen of these guests were Bronte elementary students. They were being honored for their high levels of achievement. These students were: Charlie Bettis, Jenna Herold, Kayla Hilliard, Salvador Randazzo, Jonathan Tomes, Joel Webb, Lacy Schoenfield, Heather Duncan, Ryan McCorkle, Brooke McCutchen, Tessie McMullan, Crystal Moore, Heather Randazzo, Jade Richards, and Josh Schoenfield.

In the school auditorium, Terry Myers, elementary principal, gave the welcome to begin the program. Then Pat Lee, fifth grade teacher, read a meditation, "In Praise of Learning", with audience participation responses.

Next the honorees signed the Principal's List during a candlelighting ceremony. It was conducted by Marty Blair, fourth grade teacher; Linda Arrott, fourth grade teacher; Pat Lee; and Heather Lee, sixth grade teacher.

Then Terry Myers handed out certificates to each student. He was assisted by Jeff Schoenfield, a school board member.

Finally, Paul Gothard, retired school administrator, spoke to the group. He emphasized that the students, the school, and the family should all be partners and set goals, to ensure the success of the student.

**Project Graduation '95**

Senior parents met Wednesday, February 22 in the home of Danny and Roenna Thomas to discuss Project Graduation '95. Frances Pierce and Patsy Dunn will be heading the food committee and Donnie and Deanna Thompson will co-chair decorations. The ongoing fund raisers - pennants and phone books were discussed. The group will be checking on another fund raiser for March. All senior parents are encouraged to attend the next meeting Thursday, March 23 at 8 in the home of Harold and Patsy Dunn.

**A wise man changes his mind, a fool never will.**

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**Bronte Honor Roll**

The following Bronte High School and Junior High School students made the A Honor Roll for the 4th Six Weeks:

**7th Grade** - Andy Blair and George Tomes

**10th Grade** - Joy King and Felicia Beam

The following students qualified for the A/B Honor Roll for the 4th Six Weeks:

**7th Grade** - Josh Butts, Jake Graves, Lennie England, Jerrod McClure, Blake McKee  
**8th Grade** - Nicole Butts, Bonnie Delaughter, Brandy Denton, Rod Harrell, Cody Harris, Stacie McKee, Kim Perry, Jimmy Soto  
**9th Grade** - Cara Barnett,

Courtney Beam, Sommer Beck, Michael Martinez, Michael Sallee, Miranda Scott, Angela Shults

**10th Grade** - Kale Beck, Kelly Freeman, Kim Hall, Jodie Hilliard, Drew Peterson, Shelly Sims, Laura Stevens

**11th Grade** - Nicholas Arrott, Katie Collins, Cody Holland, Wendy Johnson, Stephanie Martinez, Cory Robinson, Clint Scott, Gary Walker

**12th Grade** - Clint Brasher, Lindsey Burwick, Gina Clayton, Mandy Dunn, James Hambright, Micah Hoyt, Christy McKinney, Laura Thomas

**Thomas served as ASU representative**

John Thomas served as one of the six Angelo State University representatives at the 1995 meeting of Student Government Associations at Texas A & M February 18th-20th.

COSGA held workshops, had round table discussions, and provided motivational speakers for around 300 students representing 80 United States universities.

The ASU group received several helpful ideas for improving their organization.

John has held a position on the Student Senate for the past two years and currently serves as Sports Committee chairman. John will be graduating this May with a BBA in Marketing.

John is a Bronte High School graduate and the son of Dan and Roenna Thomas.

**Methodist Women meet**

Thirteen United Methodist Women (UMW) of First United Methodist Church of Robert Lee met February 22 at Fellowship Hall. An important item considered was the selection of a new name for the organization. Since a new circle has been organized and named UMW Satellite Circle, the original group needs to have a circle name to differentiate it.

A committee reported research to find names of famous female Bible Characters. "Dorcas," whose story is told in Acts, Chapter 9 was the name chosen by the group. The organization henceforth will called be, "UMW Dorcas Circle."

The program of the day was presented by Dianne Simpson. It was the first of two programs related to: "America's Children: Poorest in the Land of Plenty." A film was viewed which showed deplorable conditions under which many children of all ages in numerous ethnic became aware that various family situations can and do exist in all communities, even their own, which are not even detected or reported. Ways of recognizing and finding solutions for those problems were discussed. No matter what or who is to blame for failure to properly protect children, it is the children who suffer most.

**LOOK WHO'S NEW**

**Mason Blaine Hoyt**

Danny and Micah Hoyt of Bronte are pleased to announce the arrival of their son, Mason Blaine Hoyt, who was born on January 7, 1995, at Shannon Women's and Children's Center in San Angelo. Mason weighed 7 pounds, 8 ounces and 19 1/2 inches long.

Grandparents are Andra and Mike Arrott and Lavirl and Jimmy Hoyt, all of Bronte. Great-grandparents are Bobbie and LeDrew Arrott, L'Dean and Eileen Haynes, and Dick and Marjorie Cooper, all of Bronte, and Adelle Bailey of Tye. Great-great grandmothers are Marie Arrott and Mamie Parker, both of Bronte, Opal Tomlinson of San Angelo, and Carrie Patton of Tye.



SEE WHAT TAKES SHAPE.

EXERCISE.

American Heart Association

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March 1995

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**KELLER**  
6' Aluminum Stepladder  
Lightweight household ladder with 3" side rails and fold-up paint tray. 19142

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**7<sup>97</sup> EA.**  
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**4<sup>88</sup>**  
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One coat coverage. Washable. No fading. Custom colors available. 15766

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# ROBERT LEE SCHOOL NEWS

## Lady Steers lose in finals

The Lady Steers were in Abilene last weekend seeking a trip to the State tourney later this month. It wasn't to be for the young team this year, but the girls did advance to the finals in the tourney. They were defeated by a group of girls from state-ranked Lipan. Robert Lee's girls did an outstanding job against some very good teams in the tourney.

Friday afternoon the Ladies defeated Water Valley in the quarter-finals 58-43. Robert Lee took the lead at the end of the first half 27-25. The Ladies kept the pressure on in the second half and defeated the 'Cats to advance to the semi-final game where they would meet Brock. High pointer in the game was Jennifer Scott with 22 points. Others scoring in the win were Shalon Waldrop with 17, Jaclyn Waldrop with 14, Tiffany Bruning and Maranda Wojtek 2 each, and Heather Millican 1.

Saturday morning Robert Lee took on Brock in the semi-final matchup. The game was nip and tuck, but Robert Lee held on and pulled out a 50-46 win. Jennifer Scott again took high point honors with 19 points. Shalon Waldrop scored 12, Jacob Waldrop 10, Heather

The finals game of tourney was held Saturday night and tension was high. The Ladies

started the game well and held the lead for a while, but the quickness of the Lipan team was just too much for the girls to overcome as they fell 60-38. Robert Lee was down 20-37 at the end of the first half. The third quarter saw the Ladies executing excellent defensive play allowing Lipan to score only 5 points for the entire quarter. However, the Ladies couldn't get their shots to fall in and only managed to add 10 points to their score. Lipan took off again in the fourth and scored 18 points to Robert Lee's 8. Shalon Waldrop scored 15 points in the game, Jennifer Scott 10, Jaclyn Waldrop 7, Heather Millican 4, and Maranda Wojtek 2.

The Ladies should come back next year as strong or stronger than this year as they will not lose any starting players on the team.

## Seat Belt Safety

by Trish Minjarez

The Robert Lee FHA designated last week as Safety Belt Awareness week. During this time they displayed several interesting procedures. First, the FHA members took a survey at school to see how many students wore their seatbelts. The outcome was low, and this inspired the FHA students to work hard to get their point across to fellow students. Several of the FHA members announced their R-LITE, which encouraged the use of seatbelts.

The FHA members also decided to make separate presentations for elementary, Junior High and High School, and for the children who attend Story Hour at the Coke County Library. These presentations stressed the importance of wearing safety belts every time a person gets into a car. In the end the FHA members' hard work definitely payed off. Another survey was taken and a donut was given to everyone who wore their seatbelt to school. The outcome showed that more people were wearing their seatbelts. These FHA members were pleased to make such a great impression and they encourage everyone to buckle up.

Your worst humiliation is only someone else's momentary entertainment.

## RL FHA attends Regional Conference

by Rachel Shook

February 24 and 25 was a successful weekend for Robert Lee FHA. The Regional FHA meet was held in San Angelo at Lakeview and Central High Schools. Kannan Millican competed for a regional office and placed as Vice-President of Projects. Jennifer Parks and Meagan Hill competed in a Chapter Service Project on Seat Belt Safety and placed third. Rachel Shook competed in an Illustrated Talk Event on Peer Pressure and placed sixth. They will all be competing on the state level in Fort Worth April 28 and 29. Others attending were Dustin Clendennen, Gilbert Torres, Dona Bell, Cameron Cook, Rodney Rhodes, Bobby Longoria, Claudia Olguin, Soyla Barrera, Joey Barrett, and Daryl Calder.

These students attended a leadership workshop, and a dance. The students were sponsored by the FHA advisor, Mrs. Sheri Millican. A good time was had by all.

## FHA News

by Cameron Cook

FHA Week came and went during the week of February 13-17, 1995. Many people participated in the activities of the week. Winners of the contests received a gift certificate from Piccadilly's Pizza and C&W for two slices of pizza and a 20 ounce beverage. Results are as follows:

Crazy Day - Jamie Carmichael

Flashback Day - Stacy Hendry (50's), David Millican and Amanda Cunningham (60's), Carrie Emert (70's)

Dress-up Day - Katrina Rodriguez and Cameron Cook

Also a special participation prize of a small pizza and a 20 ounce beverage went to Cameron Cook.

Men often mistake notoriety for fame, and would rather be remarked for their vices and follies than not to be noticed at all!

-Harry Truman

The only way to entertain some folks is to listen to them.

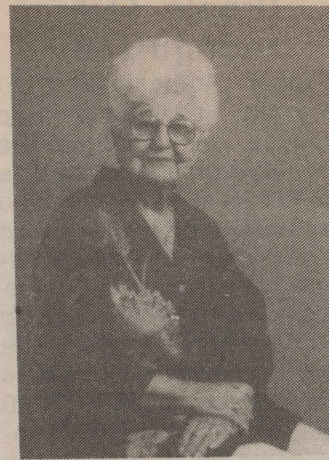
-Kin Hubbard

## Thyfault celebrates 90th

Under Colorado's sunny skies and mid a host of friendly guests, Pauline Coalson Thyfault, a retired school teacher of 50 years and world traveler, celebrated her 90th birthday. Saturday, February 18th in the beautiful reception room at the Immanuel Baptist Church, 1725 West Mulberry Street in Fort Collins she received 135 guests. Out-of-state guests attending were Barbara Woodford from West Virginia and Mrs. Freda Monroe and Laverne Williams from Blackwell and Comanche, Texas.

In this spacious and attractive reception room, Pauline and Felix Thyfault, along with her son, Derwood Coalson of Wellington and daughter, Yvonne McElwain of Boulder who hosted the celebration, received and welcomed guests from two until four pm. Tammy Johnson exhibited fine talent in arranging and placing many bouquets of flowers which decorated the entire room. Assisted by Ida Mae Smith and Dorothy Hill of Ft. Collins, guests were ushered to a table of various nuts and tiny pieces of fresh fruits. Then from a second table, displaying a huge center piece of beautiful shades of pink roses, visitors chose pieces of cake from huge ones. The first was designed with a greeting saying, "Happy Birthday, Pauline" and on the second, "90 years of Living and Giving". Tall pink candles graced each end of the table from silver antique holders, which were Pauline's graduation gifts from Sweetwater, Texas High School in 1924. They were given by Willie I. Tubb from Silver, Texas, her very first Sweetheart! Guests chose coffee or hot fruit punch. Then Paula Vogelberg, Pauline's granddaughter from Colorado Springs, said final good-byes to all guests. One-hundred year old Nan Ligette was the oldest guest attending this celebration and Lauren Lynch, one year old, was the youngest. She is Pauline's great-granddaughter.

Pauline, a world traveler and retired teacher who taught in



Pauline Coalson Thyfault

Texas, Alaska, and Europe, admitted to her many friends, that she had enjoyed a most unusual period life. She had lived from horse and buggy days to life in open space, adding that she had loved every bit of it!

On Friday night just preceding this reception in Boulder, Yvonne McElwain (Pauline's daughter) hosted a family dinner. After a delicious meal was concluded, she presented Pauline with a personal copy of an unusual book titled "My Favorite Story About Pauline is..." followed below with her 1945 picture. All these stories were in form of letters about Pauline from friends all over Texas and Colorado.

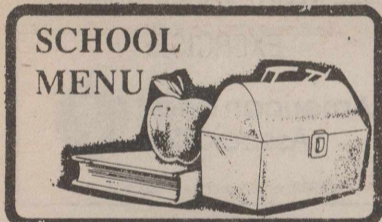
## LOOK WHO'S NEW

Dawson Turney Brisbin

Big sister Briana Michelle Brisbin is proud to announce the arrival of her new baby brother, Dawson Turney Brisbin. The new little cowboy was born Saturday, February 25th at 10:08 am in Shannon Hospital in San Angelo. He weighed in at 6 pounds 12 ounces and was 20 inches long. Beaming parents are Jeff and Jana Brisbin of Robert Lee.

Pleased as punch grandparents are Bob and Beverly Ragsdale of Bronte and A. B. and Florine Brisbin of Temple. Great-Grandmothers are Drexel Ragsdale of Bronte and Mary Watson of San Angelo.

Admit your errors before someone else exaggerates them.



## SCHOOL MENU

### Breakfast Menu

#### Monday, Mar. 6

Breakfast Pizza, Orange Juice, Milk

#### Tuesday, Mar. 7

Blueberry Pancake and Sausage on a Stick with Syrup, Apple Juice, Milk

#### Wednesday, Mar. 8

Buttered Toast with Jelly, Cold Cereal, Orange Juice, Milk

#### Thursday, Mar. 9

Breakfast Bagel, Apple Juice, Milk

#### Friday, Mar. 10

Cinnamon Toast, Cold Cereal, Orange Juice, Milk

### Lunch Menu

#### Monday, Mar. 6

Meat and Cheese Nachos, Chili Beans, Tator Tots, Milk

#### Tuesday, Mar. 7

Chicken Nuggets with Gravy, Creamed Potatoes, Sweet Peas, Hot Rolls, Milk

#### Wednesday, Mar. 8

Ham and Cheese Sandwich, French Fries, Lettuce, Tomatoes, Pickles, Gingerbread, Milk

#### Thursday, Mar. 9

Barbecue Weiners, Potato Salad, Ranch Beans, Hot Rolls, Peanut Butter Supreme, Milk

#### Friday, Mar. 10

Sloppy Joes, Pickles, French Fries, Fruit, Milk

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## Benefit Dance

Featuring

## La Promesa & High Noon

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Robert Lee Rec Hall

Admission: \$5.00 per person

Children under 12 years - \$2.00

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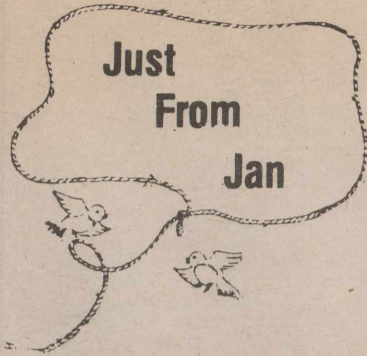
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by Jan Yanez  
Coke County  
Ext. Agent

### Avoid Too Much Sodium and High Blood Pressure

About one in four Americans has elevated blood pressure. Because it often produces no symptoms, blood pressure should be checked regularly for early diagnosis. High blood pressure increases the risk of heart attack, stroke and kidney disease.

Too much sodium in the diet may aggravate high blood pressure once it exists. Thus, limiting dietary sodium is often an important part of treatment, only with exercise, weight reduction (if appropriate), and medication.

We cannot predict who will develop high blood pressure, but we know that many Americans eat much more sodium than they actually need.

Four out of ten adults are trying to cut down on salt or sodium. Consider reducing your sodium intake.

#### What is Sodium?

Sodium is a mineral that occurs naturally in some foods and is added to many foods and beverages. Most of the sodium in the American diet comes from table salt, which is 40 percent sodium and 60 percent chloride. One teaspoon of salt contains about 2,000 milligrams of sodium.

#### Why is Sodium Important?

Sodium attracts water into the blood vessels and helps maintain normal blood volume and blood pressure. Sodium is also needed for the normal function of nerves and muscles.

#### How Much Sodium Do I Need?

Although some sodium is essential to your health, you need very little. The National Research Council of the National Academy of Sciences suggests that a "safe and adequate" range of sodium intake per day is about 1,100 to 3,300 milligrams for adults. This is well below the amount that most American adults consume.

#### Where is Sodium Found in My Diet?

Sodium is in many foods you eat. It may occur naturally in a food or be added during processing, cooking, or at the table. Most sodium added during processing comes from salt, but other ingredients and additives used by manufacturers contain sodium as well. Salt is second only to sugar in amount added by manufacturers to the foods Americans eat.

Foods that provide significant amounts of sodium in the diets of Americans (excluding sodium added during cooking or at the table) include bread and bakery products, cured and processed meats, canned vegetables, and milk products, especially many cheeses. Estimating the actual sodium content of diets is

difficult because of the variable amount of sodium people add to foods during cooking and at the table.

#### What's That Sodium DOING There?

Most of the sodium in processed foods is added to preserve and/or flavor them. Salt is the major source added to these foods. It is added to most canned and some frozen vegetables, smoked and cured meats, pickles, and sauerkraut. Salt is used in most cheeses, sauces, soups, salad dressings, and in many breakfast cereals.

#### How Can I Cut Down on Sodium?

\*Be a label reader. Look for information on the sodium content. Learn to recognize all of the sodium-containing ingredients.

\*When shopping for lower sodium foods, fresh is usually best. Fresh fruits, vegetables, meats, and unprocessed grains are generally low in sodium.

\*Try the low- or reduced-sodium products that are now available. Shop carefully, though. These products can be more expensive. Make sure the reduction in sodium justifies the added cost.

\*Plan meals that contain less sodium. Try new recipes that use less salt and sodium-containing ingredients. Adjust your own recipes by reducing such ingredients a little at a time. Don't be fooled by recipes that have little or no salt but call for soups, bouillon cubes or condiments that do.

\*Experiment with spices and herbs as seasonings.

Use spices and herbs as seasonings.

\*Cut back on salt used in cooking pasta, rice, noodles, and hot cereals.

\*Make your own condiments, dressings, and sauces and keep sodium-containing ingredients at a minimum.

\*Taste your food before you salt it. If, after tasting your food, you must salt it, try one shake instead of two.

\*Limit the commercial condiments (such as catsup and mustard), dressings, and sauces you add to your food.

\*Moderate your selection of high-sodium foods. But be sensible. It's the total amount of sodium in your diet that counts. Eating high-sodium foods occasionally need not be a problem.

\*Fresh, frozen, and canned fruits and fruit juices are low in sodium. Most canned vegetables, vegetable juices, and frozen vegetables with sauce are higher in sodium than fresh or frozen ones cooked without added salt.

\*A serving of milk or yogurt is lower in sodium than most natural cheeses, which vary widely in their sodium content. Process cheeses, cheese foods, and cheese spreads contain more sodium than natural cheeses. Cottage cheese falls somewhere between natural and process cheese.

\*Most fresh meats, poultry, and fish are low in sodium. Canned poultry and fish are higher. Most cured and processed meats such as hot dogs, sausage, and luncheon meats are even higher in sodium because sodium is used during processing to preserve them.

\*Most "convenience" foods are quite high in sodium. Frozen dinners and combination dishes, canned soups, and dehydrated mixes for soups, sauces, and salad dressings contain a lot of sodium. Condiments such as soy sauce, catsup, mustard, tatar sauce, chili sauce, and

pickles and olives are also high in sodium.

\*Many low- or reduced-sodium foods are appearing on supermarket shelves as alternatives to those processed with salt and other sodium-containing ingredients. Check the label for the sodium content of these foods.

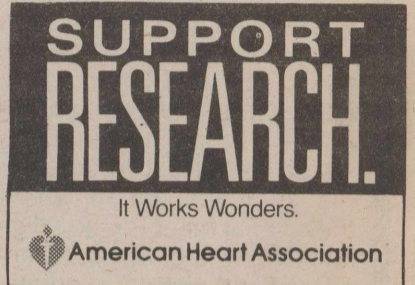
Remember that the foods you prepare can contain less sodium than commercially prepared ones. When you make foods from scratch, you can control how much sodium you add.

#### Personal

Les and Bonita Copeland and Oleta Braswell visited in the home of Eddie and Carolyn Braswell at College Station Saturday and Sunday. They went to hear the Brazos Valley Chorale pop concert Saturday night. Carolyn is a singing member of the Chorale and had gotten their guests tickets for the special event. The program was presented in the College Station Hilton Ballroom. Music from Broadway favorites, familiar past popular and patriotic songs made up the program.

Everyone enjoyed the concert. The men never lost interest in this particular program of songs!

Carolyn and Eddie have recently moved into a new home they've built in a new sub-division outside College Station East City limits. The Coke Countians got a grand tour of Eddie's new barn, his recently laid out garden spot as well as the new house. They have deer and bird feeders scattered over their five acres, and enjoy seeing the game and other wildlife in their backyard. Carolyn and Bonita had a fun time playing in her new music room where she has two pianos, an organ and an electronic keyboard. Carolyn and Bonita are sisters and Oleta is Eddie's mother.



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Robert Lee  
824 Austin  
(915) 453-2380

**RoadRoamer**  
CELLULAR NETWORK

Snyder  
2403 W. 25th St.  
(915) 573-2424

Sweetwater  
1901 Bristol  
(915) 235-4377

# Got Too Much Of A Good Thing?



## Try A Relocation Program Through The Classifieds.

The **O**BSERVER/  
**E**NTERPRISE  
*Serving Coke County*

**453-2433**  
**ROBERT LEE**

**473-2001**  
**BRONTE**



473-2065

473-2065

473-2065

# Hall's Super Save

**OPEN**  
**7 Days a Week**

**STORE HOURS**  
Mon.-Sat. --7:30 am to 8 pm  
Sunday -- 8 am to 7 pm

OF BRONTE

FOOD STAMPS WELCOME

Lean Beef **Ground Cube Steak** Lb. **2.49**

Shurfresh Sliced **Bacon** 12 oz. **.59**

Beef **Chuck Brisket** Lb. **1.19**

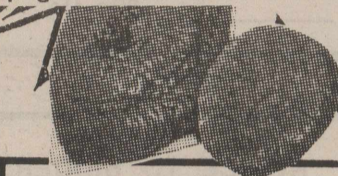
Veribest **Corn Dogs** 20 ct. Box **2.99**

Market Made **Pork Sausage** Lb. **.99**

10-1 Lb. or 5-2 Lb. pkgs.

Market Trim **Brisket** Lb. **1.99**

Armour **Chicken Nuggets** 2 1/2 Lb. Bag **2.99**



Hunt's <b>Ketchup</b> 24 oz. Squeeze Bottle <b>.99</b>	Texsun Pink <b>Grapefruit Juice</b> 46 oz. <b>1.29</b>
Del Monte <b>Mixed Vegetables</b> 14 1/2 oz. can <b>2/.89</b>	Ultra <b>Tide</b> 98-110 oz. <b>6.99</b>
Fla-Vor Aid <b>Drink Mix</b> .15 oz. pouch <b>10/\$1</b>	Parade Sliced <b>Dill Pickles</b> 32 oz. <b>.99</b>

Louis Rich **Ground Turkey** 1 Lb. **.89**

Veribest Market Sliced <b>Spiced Luncheon</b> Lb. <b>.99</b>	Hofmeister Market Sliced <b>Cooked Ham</b> Lb. <b>1.99</b>
---	---

Town Talk **Hamburger or Hot Dog Buns** **2/\$1**

**Dr. Pepper or Pepsi Cola**

6 pk. 12 oz. cans **1.79**



Crisco **Vegetable Oil**



48 oz. **1.99**

Charmin **Bath Tissue**



4 roll pkg. **.89**

Shurfine **Chili**

15 oz. can **.89**

Dishwashing Liquid **Dawn**  
32 oz. **1.79**

Mrs. Butterworth's **Syrup**  
24 oz. **2.69**

**Movie Rentals Available**

Shurfresh **Sour Cream** 16 oz. ctn. **.79**

Del Monte **Tomato Sauce**  
8 oz. can **4/\$1**

Nabisco Original Premium **Saltine Crackers**  
16 oz. **1.29**

Shurfresh **Cottage Cheese** 24 oz. **1.59**

Shurfresh **Cream Cheese** 8 oz. Box **.49**

Kraft 12 oz. **American Singles** **1.99**

Red Delicious

**Apples**  
Lb. **.39**



## FRESH PRODUCE

Medium **Bell Peppers** 4/\$1  
Fresh **Broccoli** Bunch **.99**  
Fresh **Carrots** 1 Lb. Bag **4/\$1**  
Fresh **Tomatoes** Lb. **.79**

## FROZEN FOOD

Gandy's **Ice Cream** 5 qt. Bucket **4.59**  
Budget Fish Stick or Pasta & Chicken **3/\$1**  
T.V. **Dinners** **3/\$1**  
Shurfine **Fried Chicken** 25 oz. Box **2.99**

Prices Good 3/2 Thru 3/8  
FOOD STAMPS WELCOME



**BUY IT.  
SELL IT.  
FIND IT.**

**CLASSIFIED.**

**CLASSIFIED  
ADVERTISING RATES**

1st. Insertion...  
20c Per Word  
(\$3.00 Minimum)

2nd. and Subsequent  
Insertions...  
16c Per Word  
(\$2.50 Minimum)

Additional 50c  
for Blind Ads

Cards/Thanks...  
20c Per Word

Legal Notices...  
25c Per Word

**COPY DEADLINE**

Class Ads...5 pm Tues.  
Display Ads...5 pm Tues.  
Classified Ads & Cards of  
Thanks are payable in  
ADVANCE unless customer  
carries regular account.

**FOR SALE**

**FOR SALE**  
On corner lot in Bronte, 3  
bedroom, 1 bath, frame  
house. Central heat and air.  
Well insulated. Dishwasher,  
washer and dryer  
connections. Appointment  
Please. Call 915-473-2007.  
29B-4tp

**FREE SPRING GIFT**  
with purchase of any two  
Merle Norman Cosmetic  
products. While supply lasts.  
Merle Norman Studio, Robert  
Lee.  
30a-1tc

**FOR SALE**  
One lot, N. Wood St., Bronte  
with all trailer hook-ups.  
\$2000. 282-4901 or 473-  
5741.  
27B-4tc

**HOUSE FOR SALE**  
by owner, 4 bedroom, 2 bath,  
total electric. 1121 Eucl,  
Robert Lee, call 453-2580.  
13-tnc

**FOR SALE**

**Robert Lee**

**ALL THE EXTRAS,**  
3 bedroom, 2 bath, corner lot.  
Call today.

**LAKE PROPERTY**  
**HOME:** 2 years old, 3 bed-  
room, 2 bath.

**Large home plus more!**  
New to market, call for details.




**453-2226**

**Elaine Lee**  
453-2995

**FOR SALE**

**3 BR HOUSE, 2 BA,** central  
heat & air, numerous extras,  
well-kept, large corner lot,  
trees, sprinkler system,  
garage, patio, and storage  
buildings. Price reduced.

**MOBILE HOME** on 4 lots in  
Robert Lee.

**3 LOTS** on east side Hwy.  
158

**BRICK 3 BR/2 BATH,** lo-  
cated on large lot, double car-  
port and storage building.  
Make offer.



**ADAMS LAND &  
REALTY CO.**

Phone 453-2723  
Elsie Adams 453-2757  
Randy Mueller  
453-2386

**BIG SCREEN TV**

For Sale - Responsible party  
to take on small monthly  
payments. **GOOD CREDIT A  
MUST.** CALL 1-800-398-  
3970.  
28-4tp

**HOME FOR SALE**

near Juvenile Justice Center  
in Bronte. 2 or 3 BR/1 BA,  
shaded, carport, central heat  
and air, fireplace, 653-7019.  
08-tnc

**'83 XL RANGER PICKUP**  
Air, heat, good tires, battery in  
good condition. Call 473-  
7681. 323 State Street,  
Bronte.  
30B-1tc

**TOP QUALITY**

Yearling Brangus and  
Charolais bulls. Raised in  
Coke and Tom Green  
counties. Kelso Ranches,  
Bronte and Christoval, Texas.  
915-473-6971.  
30B-2tc

**HOUSE FOR SALE**

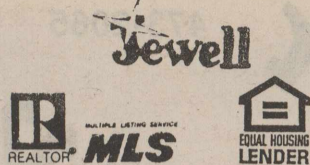
By owner. 302 W. 15th,  
Robert Lee. 3 bedroom, 1 1/2  
bath, close to school. Call  
453-4307 after 4 pm.  
23-tnc

**\*NO CREDIT CHECK\***

\$6,000 equity buys a 3 br - 2  
bth, Cameo doublewide  
mobile home. Only 76 pay-  
ments left. 1-800-456-8944.  
30a-1tc

**CARPET**

Five rooms brown with  
padding - good condition. 6  
blue venetian blinds almost  
new, 473-7681, 323 State  
Street, Bronte.  
30B-1tc



**Nell Kennedy**

Bus. 1-800-221-7464  
Res. 915/453-4355

**Edith Estates**

View of Lake from balcony. 2  
BR/2Bath/rural water

**Custom Shop**

w/Hwy frontage, too many ex-  
tras to list- call for details

**Priced Reduced**

Owner Says Sell! 25 acres at  
Lake Spence Estates

**New Listing**

Comfortable 2 or 3 BR 2 Bath  
w/ carport and storage

**Owner Will Carry**

Downtown Lots

**Superb Location**

Overland Trail. 3BR 2B Brick  
Fireplace-Built Ins-Privacy  
Fence  
30a-2tc

**\$159.94 PER MONTH**  
buys a totally remodeled 3 bd  
- 2 bth mobile home. Hard-  
board siding, new central a/c,  
new carpet, all kitchen appli-  
ances, skirting and more. 10%  
down, 180 months, 12.25%  
APR. Call 1-800-456-8944 or  
1-915-520-5850.  
30a-1tc

**SMOKE FREE -  
PET FREE**

in Bronte. Brick home, 2  
Bedroom, den or 3 Bedroom,  
2 bath on 4 1/2 lots, storm  
windows, 2 separate central  
heat and air units, all or part of  
house can be heated and  
cooled. Utility room, formal  
living and dining rooms,  
breakfast room, built in china  
cabinet, 10 closets. Extras  
include large bearing pecan  
trees, sprinkler system,  
cistern, cement cellar has  
cross ventilation, double  
garage, metal storage  
building, over 2400 square  
feet in house. Appointment  
Please. Call 915-473-2007.  
29B-4tp

**FOR RENT**

**HOUSE FOR RENT**

2 bedroom house in Robert  
Lee. Call Bill Casey at 453-  
4382 or Hank Baker at 453-  
2765.  
29-tnc

**GARAGE SALES**

**GARAGE SALE**

Saturday, March 4th, 8 to 12.  
202 E. 5th, Robert Lee,  
Texas.  
30-1TP

**MISC**

228-100  
453-2711 before 5:30 p.m.  
453-2775, if no answer call  
rotary sewer line cleaning,  
repairs and service, power  
Repair Service - Mobile home  
**LES GRAY'S AA-1**

**Classifieds**

**DEER LEASE WANTED:**  
Prefer 5 year lease with  
option. Camp house desired.  
5 experienced adult hunters  
will maintain and respect your  
ranch and treat as their own.  
References available. Call  
903-567-2669.  
29B-2tp

**MOBILE HOME WANTED**  
12 or 14 wide, 50-60 ft. long.  
Call collect 915-332-5642.  
Odessa.  
30-2tc

**WANT TO BUY**

one to twenty acres in or near  
Bronte with access to city  
water, suitable for home  
building. Call 214-727-4254.  
28-3tp

**DEER LEASE WANTED**  
for responsible Christian  
adult. Small to medium lease,  
3 to 4 people. Call Buddy  
(713) 492-6776.  
29-4tc

**Johnson's  
Water Well  
Service**  
Farm  
Ranch Home  
Windmills & Pumps  
24 HR. SERVICE  
658-6039  
OR  
655-0379

**D & L DOZER SERVICE**  
Larry Spivey, Owner-Opera-  
tor. PO Box 160, Bronte, TX.  
Phone (Oak Creek Lake) 915-  
743-2577.  
21b-tnc

**"TEXAS BEST"  
CARPET CLEANING**  
professional service, truck  
mounted cleaning system.  
Serving all Coke County. Call  
toll free 1-800-473-2807 or  
473-2807, Bronte. Free esti-  
mates.  
49-tnc

*Responsible Child  
Care in My Home.*

**Monday-Friday.  
Non-Smoker.  
Call Tammy for  
more information,  
leave message at  
453-4344.**

**TEN EXPERIENCED,**  
reliable hunters looking for  
long-term deer/turkey lease.  
Please call Glen Cummings at  
1-800-658-2660, 9:00 am -  
4:00 pm.  
29-3tc

**CARD OF THANKS**

Dear Lady Longhorn Fans,  
We, the basketball team,  
appreciate all of your support  
that you have given us. We  
also appreciate everything  
you have done for us. Thanks  
for being behind us through  
the good and the bad. We  
just wanted to tell ya'll how  
much you all mean to us. If it  
weren't for ya'll we probably  
wouldn't have gotten where  
we did. Once again, thanks  
for everything ya'll have ever  
done. We look forward to an-  
other great and successful  
year!!  
Love,  
The Lady Longhorn  
Basketball Team  
30B-1tc

We, the 1994-95 Robert  
Lee Lady Steers, would like to  
take this opportunity to thank  
all of our fans for their support  
during our 1994-95 season.  
This support and backing  
helped to make this year a  
huge success. Also, to ev-  
eryone who attended the Re-  
gional Tournament and all of  
our play-off games a very  
special thank you. You gave  
of your time and of yourself to  
drive many miles to watch.  
Thank you again.

The 1994-95 Lady Steers -  
Jaclyn Waldrop, Patricia  
Minjarez, Maranda Wojtek,  
Cynthia Abalos, Heather  
Millican, Kannan Millican,  
Jennifer Scott, Kizzie Howell,  
Shalon Waldrop, Tiffany  
Bruning, Rachel Shook,  
Lynlee Owen, Coach Jimmy  
Randolph  
30a-1tc

**NOTICES**

**NOTICE TO BIDDERS**  
Notice is hereby given that  
Coke County Commissioner's  
Court will receive bids in the  
office of County Clerk until  
9:00 am Monday, March 20,  
1995 for the following:

One used heavy duty  
dumper truck not older than  
1980 models  
Budd wheels  
11 x 24.5 tubeless tires  
38000 rear ends Torsion  
Bar

Gross suspension weight  
around 49,000

7 speed transmission  
Oval fuel tanks - No less  
than 75 gallons each  
12 to 14 yard dump. bed  
with air tail gate latch

For further information con-  
tract Paul Burns, Coke County  
Commissioner Precinct #1,  
Robert Lee, Texas. Coke  
County reserves the right to  
reject any and all bids and  
waives any technicality.

Stover Taylor, County Auditor  
Coke County, Texas  
30a-2tc

**WEST COKE COUNTY  
HOSPITAL DISTRICT**  
announces the opening of  
filing for the position of Direc-  
tor. Two positions, of two  
years each, will be elected in  
May to begin in June.  
Petitions for placement on the  
ballot are available in the Ad-  
ministrator's Office at the West  
Coke County Nursing Home.  
Petitions must be turned in by  
March 22, 1995 to the Ad-  
ministrator's office.  
30a-2tc

**BRONTE ISD IS  
ACCEPTING BIDS**  
on an all weather long jump  
runway and high jump apron.  
For specifications call Keith  
McCutchen, Bronte ISD, 915-  
473-2511. Bids will be  
opened at the regular board  
meeting March 9 at 7:30 pm.  
30B-1tc

**NOTICE OF PUBLIC  
MEETING TO DISCUSS  
POSSIBLE FREEWAY  
ROUTE CONNECTING  
LUBBOCK AND  
INTERSTATE 10  
(BETWEEN FORT  
STOCKTON AND  
JUNCTION)**  
The Texas Department of  
Transportation (TxDOT) is  
initiating studies to identify  
possible freeway routes  
between Lubbock, beginning  
at the terminus point of  
Interstate Highway 27, and

## NOTICES

terminating at points along Interstate Highway 10 between Fort Stockton and Junction. The study will also identify possible freeway routes located north of Interstate Highway 40 to the Texas state line commencing at Interstate Highway 27 in Amarillo. TxDOT will conduct a public meeting on Wednesday, March 22, 1995 starting at 7:00 pm with public input beginning at 7:30 pm, at the Holiday Inn Convention Center located at 441 Rio Concho Drive in San Angelo for the purpose of discussing the route study and soliciting input from citizens and other concerned groups. TxDOT will also conduct an open house at the same location from 4:00 pm to 7:00 pm to answer questions and provide assistance.

All interested citizens are invited to attend and participate in this meeting and/or open house.

Written comments will be accepted through April 1, 1995 and should be addressed to:

Walter G. McCullough  
District Engineer  
Texas Department of  
Transportation  
4502 Knickerbocker Road  
San Angelo, TX 76904

Persons interested in attending the meeting who have special communication or accommodation needs are encouraged to contact the District Public Information Officer at (915) 947-9205 or

944-1501. Requests should be made no later than two days prior to the meeting. TxDOT will make every reasonable effort to accommodate these needs.  
29a-2tc

### THE BOARD OF DIRECTORS

of West Coke County Hospital District is proud to announce the completion of the Annual Survey, of the Nursing Home, by the Texas Department of Human Services. This unscheduled survey is designed to assist the Nursing Home in providing good quality care to the residents.

After three days, the Survey Team was very complimentary of the care that is provided to residents at WCCNH. The Board of Directors would like to say congratulations to all of the staff of WCCNH.

30a-1tc

### RN NEEDED FOR WEEKEND DAYS Relief of DON.

Susie Spitzer, RN/DON  
West Coke County Nursing Home, Robert Lee, Texas  
915-453-2511, EOE.

29a-2tc

### LEGAL NOTICE Selection of County Depository

Notice is hereby given that the Commissioners' Court of Coke County, Texas, will, at its regular April Term, 1995, select a County Depositor of and for public funds of Coke County, Texas, for the years 1995 and 1996. Also included in the public funds are trust funds in the hands of the

County and District Clerks. The applications will conform to the provisions of the County Depository Law, Articles 2544 to 2558A inclusive, Revised Civil Statutes of the State of Texas; the rules and regulations of the Board of Governors of the Federal Deposit Insurance Corporation; and the requirements of the Coke County Commissioners' Court.

Any banking corporation, association or individual banker of Coke County, Texas, desiring to be designated and/or selected as such Depository shall make and deliver to the County Judge of Coke County, Texas, an application applying for such funds stating the amount of paid capital stock and permanent surplus of said bank, together with a statement showing the financial condition of said bank at the date of said application, which shall be delivered to the County Judge of Coke County, Texas, on or before 9:00 o'clock a.m. on the first day of regular April Term, 1995, of the Commissioners' Court of Coke County, Texas, the same being on or before 9:00 o'clock a.m. April 10th, 1995.

Said application shall also be accompanied by a certified check for not less than one-half (1/2) of one per cent (1%) of Coke County's revenue for the year 1995, as a guarantee of the good faith of the part of said bank, corporation, or individual banker, that if said bank, association or individual banker is accepted and/or bonds provided therefore by law.

Said application, so filed with County Judge of Coke County, Texas, and prepared as required by the laws of the State of Texas, will be considered by the Commissioners' Court of Coke County, Texas at 9:00 o'clock a.m., April 10th, 1995, and a County Depository selected in accordance with the above referred to laws and all other laws of the State of Texas covering such matters.

Application forms are available in the office of County Judge and shall be used by all interested parties. The Commissioners' Court reserves the right to reject any and all applications received.

Stover Taylor, County Auditor  
Coke County, Texas  
30a-2tc

### FULL TIME LVN Weekends, unusual schedule with alot of time off.

Susie Spitzer, RN/DON  
West Coke County Nursing Home, Robert Lee, TX  
915-453-2511, EOE.  
29a-2tc

### BRONTE ISD IS ACCEPTING BIDS

for a metal computer building. For specifications call Michael Hartman, Superintendent, 915-473-2511. Bids will be opened at the regular board meeting March 9 at 7:30 pm.  
30B-1tc

### ORDINANCE #287 AMENDMENT TO ORDINANCE #274

ORDINANCE #274 of the City of Bronte, Texas, is hereby amended as to Section G and Section I to read as follows:

### SECTION G COLLECTION CHARGES

(a) Premises used for private residences, single or double unit apartment houses, single mobile home sites and/or locations, shall be charged \$9.50 per family unit as to occupied residences, apartments, and units.

(b) Premises used for commercial business, and/or public purposes not receiving sanitation container service as described herein shall be charged \$10.50 per month for 1 through 7 containers per week. The charge for 8 through 14 containers per week shall to \$14.00 per month.

### SECTION I CONTAINERIZED SANITATION SYSTEM:

(1) After the effective date of this ordinance, certain public, private, business and/or commercial locations and sites, including private residences shall be designated by the authorized agent of the City of Bronte to receive sanitation container system service for the removal of garbage and trash under the rates and rules herein-after set forth. Pursuant to the sanitation container system services, the City of Bronte will furnish a container or containers to be used in the collection and/or removal of garbage and trash. The following formula shall be used as to the fees charged for garbage and/or trash hauling, to-wit:

Charges for one pickup per week: Container size - Rate  
2 yd. - \$42.47  
3 yd. - \$57.54  
4 yd. - \$67.48  
6 yd. - \$90.44  
Extra Pickups:  
2 yard - \$19.00  
3 yard - \$23.00  
4 yard - \$27.25  
6 yard - \$35.75

IT IS FURTHER ORDAINED that said Amendment shall be effective as of the March 31, 1995 billing.

Passed and approved this 9th day of February, 1995.

ATTEST: Pat Martindale,  
City of Bronte, City Secretary  
APPROVED: Martin Lee,  
Mayor

30B-1tc

### 1 CNA DAYS 2 CNA EVENINGS

Susie Spitzer, RN/DON  
West Coke County Nursing Home, Robert Lee, TX  
915-453-2511, EOE.  
29a-2tc

### NOTICE OF PUBLIC HEARING

The City of Bronte will hold a public hearing on Thursday, March 9, 1995 at 6:30 pm at City Hall in compliance with the City's Planning/Capacity Building Contract Number 702034.

Planning documents will be available for review at the hearing. The documents include the following planning elements: base map, population, housing, land use, water and wastewater systems, drainage and capital improvements.

The purpose of the meeting is to allow citizens an opportunity to review and discuss the above activities in accordance with the contract's citizens participation requirement.

The city encourages citizens to participate in the review of

the planning studies. Citizens unable to attend this meeting may submit their views to Pat Martindale, Secretary at City Hall. Handicapped individuals that wish to attend this meeting should contact City Hall to arrange for assistance.

30B-1tc

### Children and food choices

Children should learn there are no "bad" foods, only bad eating habits, says a nutritionist at the USDA's Children's Nutrition Research Center.

Instead of banning certain foods, parents can teach their children to make wise food choices by including them in menu planning, grocery shopping and meal preparation.

"It involves more effort but parents should think of it as an investment in their children's health," said Dr. Corinne Montandon, an assistant professor of pediatrics at Baylor College of Medicine.

Montandon said meal planning does not have to be an elaborate undertaking. "Begin by offering your children healthy choices: 'Do you want chicken or fish, broccoli or green beans, custard or fruit?'," she said.

"Challenge them to come up with their own suggestions and try to honor as many as possible," she added.

Montandon encourages parents to use the new USDA Food Guide Pyramid when menu planning.

"The food pyramid outlines what to eat each day and helps children visualize the food groups," she said. Eventually, children will become more involved in planning their snacks, many family meals and even weekly menus.

Once the menu had been planned and a shopping list completed children are ready for a trip to the grocery store, where they can help pick out vegetables and fruits, whole-grain breads and cereals and their favorite yogurts. Choosing groceries with your children is a good way to discuss which foods are healthy and why, Montandon said.

When selecting prepackaged or canned products, parents can set an example by reading labels.

"Children will soon learn that labels provide information that can help make healthy choices. Labels will tell them the amount of fat, salt and sugar in a product as well as serving size and number of calories," she said.

Montandon believes children are more likely to try new foods if they have had a hand in preparing them.

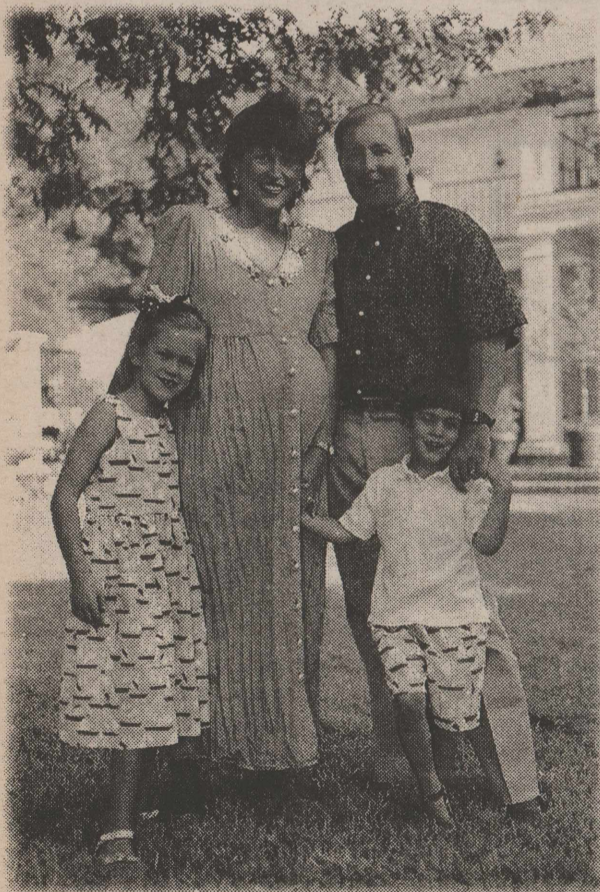
It is important to match a child's ability to the task, she said. Toddlers can pour pre-measured ingredients into a bowl and wash vegetables, while pre-schoolers can stir ingredients, toss salads and snap beans. Older children can peel vegetables and prepare many easy-to-follow recipes.

"Eating patterns are established early in life. If we teach our children to value good nutrition and make wise food choices, they will enjoy a lifetime of healthy eating," Montandon said.

Stork Club The Women's Center Chase Children's Center THE MALE CONNECTION

## A Family Affair

ANGELO COMMUNITY HOSPITAL



"We make a lot of decisions in our lives and we've decided to have another baby. We've also decided to use Angelo Community Hospital again."

-- Alan and Heidi Curry, Allison & Sterling San Angelo

Only The Best

For more information about Angelo Community's A Family Affair program or for information concerning our Stork Club, contact The Women's Center at 947-6130.



ANGELO COMMUNITY HOSPITAL  
3501 Knickerbocker • San Angelo

Southwestern Bell Is Offering "21st Century" Technology...AGAIN!

# BEWARE OF MONOPOLIES BEARING GIFTS!

## Southwestern Bell Telephone Is Making Big Promises To Keep Its Monopoly.

Five years ago, Southwestern Bell made a deal with the Texas Public Utility Commission: the PUC would postpone rate hearings and loosen regulation if Bell would upgrade telecommunications technology around the state. This deal did not work! Southwestern Bell's profits are close to tops in the nation...but Texas ranks close to the bottom in advanced telephone technology. Now Bell is at the Texas Legislature with yet another deal: to invest \$1 billion in overdue improvements, but only if its earnings are kept under wraps, competition stalled, and regulation further diluted. It's time to give the Bell monopoly a wake-up call; **it's time to give consumers and businesses alike a choice in local telephone service**; and it's time to open the information superhighway in Texas to fair competition. If you own a phone, use a computer, subscribe to a newspaper or watch television, the telecommunications debate in the Texas Legislature will dramatically affect you and your family. Make your voice heard in Austin above the promises of Southwestern Bell's powerful monopoly.

### Send Your State Legislators A Message-Now!

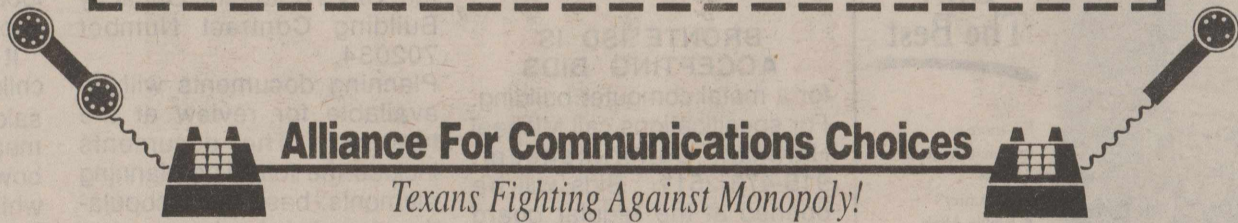
I want fair competition in local telephone service.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE ( ) \_\_\_\_\_ FAX ( ) \_\_\_\_\_ INTERNET ( ) \_\_\_\_\_

MAIL OR FAX TO : ALLIANCE FOR COMMUNICATIONS CHOICES  
 P.O. BOX 684611 . AUSTIN, TEXAS 78768-4611 FAX 800-919-2001 INTERNET # alliance @ i-link.net



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