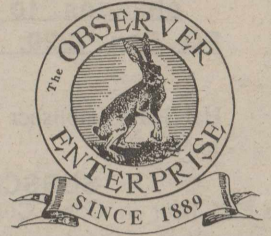


# THE OBSERVER/ ENTERPRISE



Serving Coke County

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

Vol. 107, No. 48

Friday, July 7, 1995

## Gazebo restoration completed in Bronte

Work has been completed on the restoration of the "Capital Gazebo" located near the historic Santa Fe Depot in Bronte.

Through the efforts of Senator Bill Sims, Representative Rob Junell and Royce Lee, the gazebo that once stood on the Capital grounds

was presented to the City of Bronte by a resolution of the Texas Legislature in 1991. Bronte was favored over the San Antonio Chamber of Commerce who also sought to acquire the historical structure.

Built in 1988, it was designed by renowned architect Charles Moore, to house the Sesquicentennial Birthday cake at the capital's birthday party. The 30-foot-high structure was valued at \$11,000.

Local citizens went to Austin, partially dismantled it, transported it to Bronte, and reassembled it at its present location.

After several years in the West Texas weather, it became obvious that the Gazebo needed some attention. Accepting the challenge of creating interest, raising funds, and engaging workmen, the women of the Sorosis Study Club took on the project.

Because of the strong financial support from many businesses and individuals, this small group of women has been able to complete this major project. In fact, plans are being made to place a permanent descriptive plaque at the Gazebo, since there are adequate funds to cover the cost.

The Sorosis Study Club of Bronte was organized in 1946 and is affiliated with the Texas Federation of Women's Clubs and the General Federation of Women's Clubs which is the largest organization of women volunteers in the world. Throughout the years, the local club has promoted many worthwhile community projects.

The members of the Sorosis Club have expressed their appreciation to all those who assisted in any way in this project.

### Harmon-Sparks to hold reunion

The Harmon-Sparks annual reunion will be held this Saturday, July 8, 1995, in the Large Rec Hall in Robert Lee. Friends and relatives bring a covered dish and join these families for lunch beginning at 12:00 noon. There will be lots of visiting in the afternoon.



The Capitol Gazebo at Bronte has recently been renovated in a project headed up by the Sorosis Club.

## Flags presented to WCCNH

Tony Graf, Coordinator Texas Area II - Veterans of Foreign Wars, and Ray Donaley, member of San Angelo V. F.W. Post were in Robert Lee July 4th to present a 3 X 5 Texas Flag and a 3 X 5 United States Flag to the West Coke County Nursing Home.

County Nursing Home This the 23rd day of June AD 1995.

Signed by George M. White FAIA - Architect of the Capitol The other certificate read: THE STATE OF TEXAS HOUSE OF REPRESENTATIVES

This certifies that the Texas Flag herewith presented to WEST COKE COUNTY NURSING HOME by Representative Robert Junell was flown at the Capitol of the Sovereign State of Texas March 2, 1995. In witness thereof and pursuant to the authority vested in me, I have hereunto set my hand and seal of office at Austin, Texas, this the 23rd day of June AD 1995. Signed by Robert Junell, Member of the Texas House of Representation.

These flags and certificates will be displayed and used in the WCCNH recreation room.

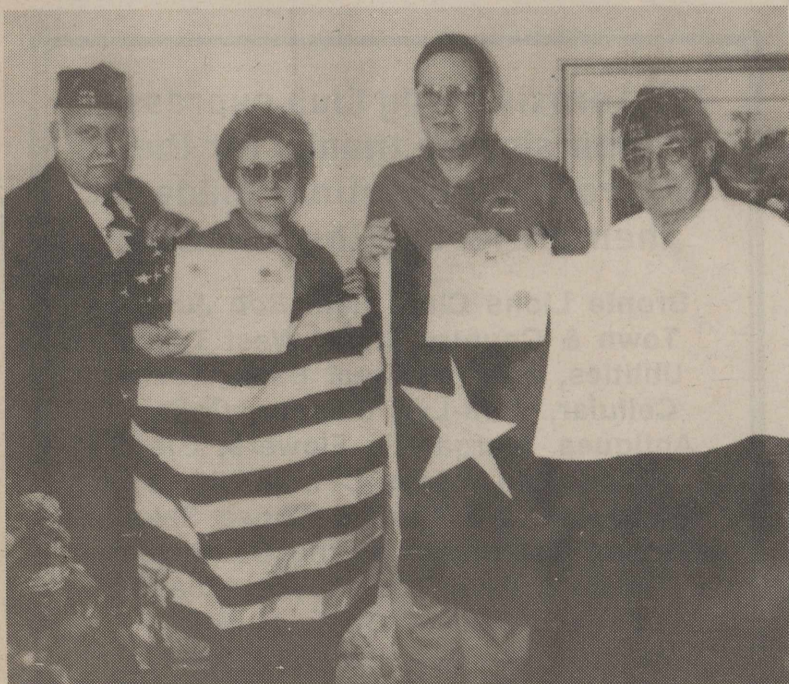
The V.F.W. Post in San Angelo has programs presented by Tony Graf available for Nursing Homes, Public Schools, and Organizations and at times may have flags they can present. Phone 915-655-6550.

Accepting the flags and certificates were Roger Alexander, WCCNH Administrator, and Iris Conner, WCCNH Acting Activity Director. Witnessing the presentation were Clea Timmons, WCCNH Receptionist and her husband, Cotton; Mrs. Ray (Alene) Donaley of San Angelo; WCCNH Board Member, Billy Gene Carwile; community members, Margaret Jones, Jeffie Roberts, and Reba Tabor.

The certificate read: THE FLAG OF THE UNITED STATES OF AMERICA

This is to certify that the accompanying flag was flown over the United States Capitol on October 20, 1994, at the request of the Honorable Lamar S. Smith, Member of Congress.

Presented to: West Coke



Iris Conner and Roger Alexander accept flags and certificates for the WCCNH from Tony Graf (l) and Ray Donaley (r).

## UPCOMING

### Attention 4-H'ers

County Record Books are due Monday, July 17, 1995. To receive a year pin and project medal you must turn in your Record Book. For more information you can call the Extension Office at 453-2461.

### Commodities

Food Commodities will be distributed on the second Friday, of the month, July 14th, 1995, at the Robert Lee Senior and Bronte Citizens Building. Distribution is from 8:00 am to 12:00 noon.

### Br. Methodist to hold VBS

The First United Methodist Church of Bronte will be holding Vacation Bible School for four Wednesday evenings. The start date will be on Wednesday, July 12 and each Wednesday after that until August 2.

The theme this year is entitled "Turnabout Paul" which helps children celebrate the daily turnabouts Jesus Christ works in each of our lives as we grow and learn his powerful love.

The time each Wednesday evening will be 7:00 pm to 8:30 pm for children entering Kindergarten through Sixth grade. Come and join the fun and invite a friend!

### TDHS changes office hours in county

In Bronte, the Texas Department of Human Services will no longer be at the Senior Citizen Center on Tuesday mornings. Instead, a representative will be there each Thursday afternoon.

In Robert Lee, the Texas Department of Human Services will no longer have a representative at the Senior Citizen Center on Tuesday afternoons. Instead, the representative will be in the conference room in the courthouse on Thursday mornings.

These changes will take effect beginning July 6, 1995.

### 1970 BHS Class Reunion planned

The Bronte High School Class of 1970 will hold their 25-year reunion on Saturday, July 15, 1995, at the Bronte Senior Citizens Building. Activities will begin at 1:00 pm. All parents, teachers, friends and families of class members are welcome to attend. Come read the class prophecy and compare notes with everyone!

A catered supper will be served at 6:30 pm. For more information, call Donna Scott at 473-2951.



**THE OBSERVER/ENTERPRISE**  
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 Jo Nell Blair Joan Davis

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

**Death Notices**

**Parsons**  
 L. D. Parsons, 79, of Sweetwater, died Thursday, June 29, 1995, at his residence.  
 Service was at 2 pm Saturday at McCoy Chapel of Memories with burial in Sweetwater Cemetery.  
 He was born April 26, 1916, in Nolan County and was a longtime resident. He retired from Santa Fe Railway after 37 years of service and was a member of the Lamar Street Baptist Church.  
 Survivors include his wife,

**Dunklin Reunion**  
 The Dunklins of Texas had their 18th Annual Reunion on Saturday, June 10, 1995 in La Rue, Texas. Each year a different family hosts the party and this year it was Byron Dunklin's children, Jack and Dan Dunklin.  
 Those in attendance were: Joy Thomas, Annie Rae and Bob Shuffield, Linda Dunklin and Matt Butler of Athens; Don Carolanne, Claire and Trent Brown, Morris and Neleta Campbell, all of Flint; Jeanice Phillips and Jan Speake of Malakof; Pauline Dunklin of Chandler; Jimmy Dan and Vicki Dunklin, and Mrs. Newbern of Jacksonville; Billy Joe and Diane Luckett of Bronte; and Jim and Lois Dunklin of Robert Lee. Also Paula and Roy Smith, Ralph and Pat Dunklin, Clessie Warren, Keith Dunklin and Erskin Bristow, all of La Rue. Elvia Swift of Sand Springs, Oklahoma, was also present.  
 Next year the reunion will be on Saturday, June 8, 1996, at the community center in La Rue, Texas, hosted by the children of Tom Dunklin who are Ralph Dunklin and Jeanice Phillips.

**Personal**  
 Helen Murtishaw visited in Natchitoches, Louisiana, last week with Sid and Ginger and grandson Dewey Lee Eubanks.  
 Highlight of her visit was attending the graduation ceremony for Ginger from the Practical Nursing Class of 1995 of the Natchitoches Technical Institute.  
 Ginger is working for Dr. John Harris as his office nurse.  
 On the way home she stopped in Cisco and visited with an uncle and aunt, W. F. and Odesa Collins.

Doris Parsons of Sweetwater; a daughter, Patricia Jones of Blackwell; three sons, Robert "Buzz" Parsons of Sweetwater, Rodney "Tinker" Parsons of Blackwell, and Reese Parsons of Mathis; fourteen grandchildren; and ten great-grandchildren.

**'95 Hickman Reunion**  
 The Ed Hickman Annual Reunion was held Saturday, July 1st, at Howard Johnson in San Angelo.  
 Those in attendance were: Ruth Sandusky and family - Judge, Camille Sandusky and grandson, Dan, Sam Sandusky of Hondo, Texas; Mary Snyder of Dumas, Texas; Gerald Sandusky, Willie Forman, of Bronte; Nancy Davey, Tammy and Clint Perner, of Ozona; Monica and Eddie Lewing and Aaron of Louisiana; Ed and Billie Hickman of Killeen; Bill, Kathy, Brian, and Alicia Hickman, Killeen; Johnnie and Virginia Hickman of Big Lake; Gina Hickman, Johnny Frank Hickman and sons, Kyle and John Hickman, of Midland; Jerry and Ashley Mead of Midland;

Anna Hickman - Fred (Pete) and Betty Hickman, Terry, Vivian, Jeremy, Jeffery, and J. J., of Fort Stockton; Holly Hickman and Austin Hickman of Irving; Frankie Beth Williams of Las Vegas, Nevada; Bill and Maville, Trey and Lee Anne Holmes of Odessa; Frances (Dean) Percifull, Dan and Matthew Percifull, Joel and Patty and Taylor Percifull, Pat and Annette and Megan Percifull, Buck, Kellye, Kelsy and Kaden, of Robert Lee; Mike, Marla, Jared, Jacob and Joseph of Sonora; Donnie, Dee Anna, Jon, Scott and Kara, of Bronte; Anthony Percifull, Donny, Theresa, Kristi, Kim and Laura Mauldin, Amy, Dustin and Collin Ford of Midland; Hadley and Geneva Richards of Robert Lee;  
 Ida Lou Oliphant of San Angelo and son, Mike Oliphant of Houston; Winnie Smith, Wayne and Marilyn Modgling, Joe Bob Warren, Rick Swain and daughter, all of San Angelo; Clancy and Chris Yarter of Kingsland, Texas.  
 The Hickman family has decided to move the reunion to Robert Lee next year. A time and date will be decided later. Everyone enjoyed a wonderful day of eating good food, visiting, swimming and fishing.



Sterling City High School Graduating "Class of 1928" members and their History teacher gathering for a recent reunion were (standing 1-r): Hazel Edwards Beam, Wanda Collins Becker, Edwina Bynum Cope, (seated) Doris Crawford Durham, teacher Gladys Kellis, and Lucile McWhorter Bryan.

**SCHS Class of '28 Reunion**  
 Five surviving 1928 graduates of Sterling City High School met in reunion at the Wilson Bryan Family recreation cottage known as "Bryan's Barn" one mile west of Robert Lee. The reunion was held Saturday, June 17, 1995, and the five attending considered it a fair number since it had been 67 years since their graduation.  
 The Class of 1928, the largest ever to graduate from Sterling City High School until 1995, has had regular reunions ever since and survivors vow to do so until only one is left. All future meetings are planned to be held at "The Bryan's Barn" so Lucile Bryan, former Class President, plans to be that last one in order to continue being hostess.  
 Eight of the eleven girls of the Class of 1928 are living of which five were present for the June 17 reunion. They are Edwina (Bynum) Cope, Sterling City; Hazel (Edwards) Beam, Fernandina Beach, Florida; Doris (Crawford) Durham, San Angelo; Wanda (Collins) Becker, San Angelo; and Lucile (McWhorter) Bryan, Robert Lee. Two of the original twelve boys are living, W. Y. Bengé of Sterling City and Audie Peays of Vacaville, California. Neither was present for the 1995 reunion.  
 Also present were Eloise Davis of Coahoma, wife of deceased class member Lawrence Davis; Ala B. (Collins) Davidson of San Angelo, class member of the

SCHS graduating class of 1929; Gladys Kellis, age 97, of Humboldt, Arizona, who was the History teacher of the Classes of 1928 and 1929; accompanying Mrs. Kellis were her grandson and wife, Jim and Joan Kellis and 3 year old great-grandson, Christopher Kellis, all of California; Rebecca Phy of Belton accompanied her mother, Doris Durham; and Wilson Bryan, co-host, husband of Lucile.  
 Jeffie Roberts of Robert Lee served as photographer and reporter for the reunion.  
 Even-numbered years have been the regular meeting times but was decided in 1992 to gather each year. The next is planned for June 15, 1996, at the "Bryan's Barn".  
 The three class members who were unable to attend were: Helen (Wade) Drake of Richland Hills; Avis (Askey)

Logan of Wylie; and Evelynne (Stamps) Murray of Houston.  
 Deceased class members remembered and missed are: Mary Stone, James Conger, Vernon Phillips, Truman Davis, Guinn Welch, Ross Welch, Worth Durham, James Rushing, Gladys (Copeland) Newcomb, and the class sponsor, Miss Johnnie Weyerts. The most recent loss was the death of Helen McCabe of Arvada, Colorado, on March 25, 1995.

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**Ranchland Restaurant**  
 will re-open  
 Friday, July 7th at 7:00 am.

Try our Friday Night Steak Special at \$8.49 per plate or our Catfish Special at \$6.99.

**The Sorosis Study Club expresses their sincere thanks for the generous contributions made for their project by the following:**

Bronte Lions Club, Rep. Rob Junell, Town & Country Store, West Texas Utilities, First National Bank, Texas Cellular, Joni-Lyn Factory, Celia's Antiques, Margaret's Flowers, Glenn Bivins Ins., Ways Co., Cumbie's Mercantile, D's Total E Eclipse Salon, General Telephone of the Southwest, Royce & Betty Lee, Royce & Jean Fancher, Bill & Diane Luckett, Martin & Pat Lee, James & Brenda Tidwell, Chester Wilson, and in honor of Senator Bill Sims.

You are invited to  
 90th Birthday Celebration  
 for  
 Willie B. Edmiaston  
 on Sunday, July 9,  
 1995, 2 pm - 4 pm  
 First United  
 Methodist Church  
 Bronte, Texas  
 No Gifts Please



### Students attend FB Citizenship Seminar

Attending the Texas Farm Bureau's 33rd annual Citizenship Seminar in San Angelo June 19-23 were Jennifer Parks and Misti Williams of Robert Lee High School.

Sponsored by the Coke-Sterling County Farm Bureau, they were among approximately 400 high school junior and senior students from over 150 counties across the state.

The purpose of the seminar is to provide the students with a better understanding of their American heritage and the capitalistic free enterprise system, according to Bobby Roberts, county Farm Bureau president.

Speakers at this year's seminar and their subjects were as follows:

Jack Jackson of Fort Worth, president of Jack Jackson & Associates, "Price of Free Enterprise" and Free Enterprise Principles/Projects"; Texas Farm Bureau President Bob Stallman of Columbus, "Farm Bureau - Your Host"; and Miss Texas Farm Bureau, Jennifer Johnson, "Farm Bureau Youth Activities".

Also Felix Livingston, Foundation for Economic Education, New York, "Economic Freedom and the Constitution" and "Private Property: Keystone of a Free Society"; Michael Broome of Charlotte, North Carolina, a motivational speaker, "You and America - Two Great Champions"; and Floy Lilley, Murchison Chair of Free Enterprise, Austin, "Dirty Air and Hot Air: What is the Lowdown?"; "Defend Property or be Some Thug's Property" and "Tragic Dog Babies - America's Chemophobia".

There was also a special presentation by Kurt Swanda from Fort Worth. The students were welcomed to the seminar by Dr. James Hindman, president of Angelo State University.

### Improved writing skills object of child study

Large improvements in school children's writing can be linked to the combination of inquiring thought and the study of children's literature, according to a Texas A&M University study.

During a 10-week study involving 275 children in grades one through eight, teachers used children's classics like "Charlotte's Web" and "Cinderella" as a basis for thinking and writing. Teaching techniques that resulted in significant increases in a student's writing include applying critical thinking such as forming conclusions or generalizations about the story.

The study, conducted by Texas A&M's Dr. Mark Sadoski, shows that by analyzing a story's plot, theme and character development, students were able to go beyond understanding the story. This thinking promoted longer and more elaborate compositions, says Sadoski, who is a professor of educational curriculum and instruction and principal investigator of the study.



Jennifer Parks (l) and Misti Williams attended the recent Farm Bureau Citizenship Seminar in San Angelo.

### Pageant News Backstage Chatter:

"Say, do you know Roger Alexander?"

"Sure! He's the administrator of the West Coke County Nursing Home and he plays George Cotton, a drunk Carry Nation brings to his knees in the Bar Scene. Why?"

"He has a solo in another scene called 'When I was but a Lad' and I just wondered if you'd ever heard him sing."

"Wouldn't exactly call what he does in the Bar singing, but the voice sounds pretty good. I bet he'll pull it off beautifully."

"Provided he doesn't get his characters switched and sing it as the drunk, huh!?"

"Wouldn't that be something!?"

"Speaking of the Bar Scene, that Leslie Smith is making a fine young Timmie!"

"I agree! His voice is strong enough to reach the audience, yet weak enough to be that of a frightened child."

"He's gonna play some real good Rabbit Twister Roles as he grows up in the play."

"As have many before him."

"True! Once the bug bites, we're hooked! Some of us even find a 'niche' and develop the same character over the years."

"That's right and we sure got a good one in the 'Head Hussy' herself, Ava Lou Davis!"

"Yeah and I'll tell you another one! Coe Lewis has literally immortalized that Rooster crow of her's in the 'Fight for the County Seat!'"

"Now ain't that the living truth!"

"Ole Coke County - Home of the Rabbit Twisters" will be Thursday, Friday, and Saturday, July 27th, 28th, and 29th at the Mountain Creek Amphitheatre in Robert Lee.

The Choir "Sing Out" starts at 8 pm. See you there!

### Personal

Carolyn Marcato, daughter of Mrs. Cecil Kemp, has been elected Vice President of the National Education and Media Association. This includes

the states of Maine, Rhode Island, Vermont, New Hampshire, Massachusetts, and Connecticut.

This summer Carolyn will take a computer course at Fairfield University. This course will be applied to her 3rd masters degree - advanced academic credits.

Carolyn is a graduate of Bronte High School.

Robin Marcato, daughter of Carolyn, is employed by NBC Television, New York City in Corporate Communications. She has a degree in communication from Emerson in Boston, Massachusetts. Robin recently was a speech writer of a speech given by the C.E.O. of NBC.

### Coke County Rodeo

The annual Coke County Rodeo will be Friday and Saturday, July 21 and 22, at the Coke County Roping Arena in Bronte, Texas. Performances begin nightly at 8 pm with slack scheduled for 1 pm Saturday afternoon.

Age Divisions include 8 & Under, 9-12, 13-15, 16-18, and 19 & Over. Events slated are barrels, flag racing, pole bending, goat tying (hair pulling in the 8 & Under division), breakaway roping, ribbon roping, tiedown calf roping, and team roping.

Frontier Trophy Buckles will be presented to the all around boy and girl in each age division. Entry deadline is 10 pm, Monday, July 17.

A concession stand will be available serving barbecue sandwiches, chips, candy, and cold drinks.

For more information, contact (915)473-4004 or (915)473-3201.

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Boneless Bottom  
Round or  
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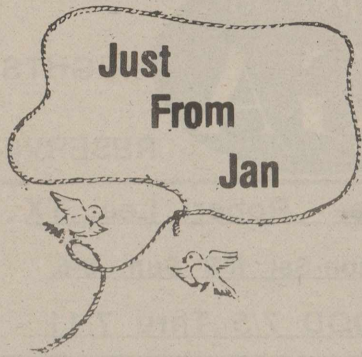
Center Cut  
**Pork Chops**  
Lb. **2.29**

Family Pack  
(3 lbs. or more)  
**Ground Chuck**  
Lb. **1.39**

Boneless  
**Chicken Tenders**  
Lb. **2.59**  
(10 Lb. Bag - \$23.90)  
Great For Fajitas!

Boneless Butterfly  
**Pork Chops**  
Lb. **3.29**  
(Great for the Grill)





by Jan Yanez  
Coke County  
Ext. Agent

**Fry now?  
Pay later!**

Getting too much sun can cause skin cancer. Skin cancer is the most common type of cancer. More than 700,000 people get it each year. When found early, most people with skin cancer can be cured. By far, the sun causes most skin cancers. However, other things can also cause it. Things like repeated exposure to x-rays and contact with chemicals like coal tar or arsenic.

How can you prevent skin cancer? The best way is to avoid the sun from 10:00 am to 3:00 pm when rays are the

**Personal**

Crystal and Lauren Hammerton of Houston spent 16 days with their grandparents, Bobby and Jeffie Roberts of Robert Lee. Others spending time with them were granddaughter, Kacee Roberts and nephew, Stewart Millican, both of Robert Lee.

Bobby and Jeffie took Crystal and Lauren home by way of Austin stopping to tour the State Capitol Building. After spending a few days with their daughter, Sheila, Jim, Crystal and Lauren, they celebrated their 41st Wedding Anniversary by continuing their trip.

Bobby and Jeffie stopped in Nacogdoches to locate a grave of an ancestor of Bobby's, John S. Roberts, a signer of the Texas Declaration of Independence.

Continuing on their trip, they traveled to Shreveport and Bossier City, Louisiana; Hope and Hot Springs, Arkansas; the beautiful Ouachita and Ozark Mountains; Branson, Missouri, seeing the famous Shoji Tabuchi Show and others, riding the "Ducks", and also visited in the home of Joe and Joyce Stephens, former residents of Robert Lee.

Driving on to Eureka Springs, Arkansas, they toured the city, attended a Country-Western Show (Donnie Sneed) and The Great Passion Play. Next stop was Oklahoma, visited LaRue Robertson (a former Robert Lee resident and classmate) on the telephone. Her Aunt Mildred Smith (recent resident of Robert Lee) had fallen and broken her hip and was in an Oklahoma City hospital. LaRue lives in Lindsay, Oklahoma.

They visited Jeffie's cousin and wife, Clifton and Carolyn Creech, in nearby Rush Springs, Oklahoma. They returned to Robert Lee after eight days.

There never was a good war or a bad peace.

-Benjamin Franklin

strongest. Cover up. When you are out in the sun, wear wide brimmed hats, longsleeved shirts, and pants. Don't forget to keep your neck covered. Use a sun-screen with a sun protection factor of 15. Sunscreen keeps out the harmful rays of the sun. Apply it at least 15-30 minutes before going in the sun. Put on more after swimming or sweating.

And remember these points to avoid skin cancer:

\*Beware of cloudy days. You can still get burned then.

\*The sun's rays can reach through three feet of water. So even though you may feel cool in the water, the sun can still burn you.

\*Watch out for the sun in wintertime. Snow reflects sunlight and that can burn you, too.

\*Don't use sunlamps, tanning parlors, or tanning pills. They can be just as harmful to your body as the sun.

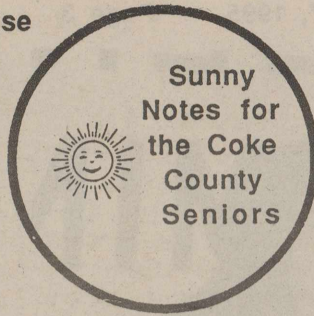
How can you tell if you have skin cancer? You can't tell for sure. Only your doctor can. See your doctor if a mole changes size, shape, or color. There is an unusual growth on your skin or if your skin changes color in certain spots. And be sure to see your doctor if a sore won't heal. Look at your skin. Check moles, spots, and birthmarks monthly. Getting too much sun causes other skin problems, such as red, scaly patches. These can also become cancer. See your doctor for this condition, too.

Who is likely to get skin cancer? People who sunburn easily, have fair skin, or have red or blond hair get skin cancer most often. It is less common in people with black or deep brown skin. However, anyone who spends a lot of time in the sun can get skin cancer. Ninety percent of skin cancers occur on the parts of the body not usually covered with clothing like the face, hands, forearms, and ears. People trying to get tans also get skin cancer on the shoulders, back, chest, or legs. Remember, protect yourself from the sun, and you will protect yourself from skin cancer.

**CLOUD SEEDING EVENT INFORMATION  
AS PERFORMED BY THE COLORADO RIVER  
MUNICIPAL WATER DISTRICT OVER COKE  
COUNTY, TEXAS FOR THE SEVEN DAY  
PERIOD ENDING JUNE 30, 1995**

On June 26, 1995, a cloud system was seeded beginning at 2:12 p.m. and ending at 2:48 p.m., CDT, over an area in northern Sterling County. Clouds moved east, southeast at 15 miles per hour into western Coke County. On June 28, 1995, a cloud system was seeded beginning at 7:50 p.m. and ending at 8:24 p.m., CDT, over an area in northern Sterling County. Clouds moved east at 10 miles per hour into northwestern Coke County.

O. H. Ivie  
General Manager  
Colorado River Municipal Water District  
P.O. Box 869, Big Spring, Texas 79721



**Afternoon at the Movies**

Tuesday, July 11th, is our next afternoon at the movies. We will watch Forrest Gump. Movie starts at 1:00 pm and popcorn and drinks will be provided.

**Mini Health Check**

North Runnels Home Health will be at the Bronte Senior Center on Wednesday, July 12th at 10:30 am. They will take your blood pressure and check your blood sugars at no cost.

**Commodities**

Friday, July 14th is commodity day in Coke County. We have not been told what we will be receiving as of yet. Doors open at 8:00 am and Ballinger Home Health will be on hand to take your blood pressure free of charge.

**Hamburger Cookout  
a Success**

Thirty-four very full Senior Citizens plus a few guests left the Bronte Senior Center after our annual Hamburger Cookout last week. Brother Morris Johnson provided a music medley after dinner. If you missed it this year, chances are we will be doing it again next June.

**Menu for the Week**

**Monday, July 10**

Meat Loaf, Scalloped Potatoes, Broccoli, Wheat Bread, Oatmeal Raisin Cookies

**Wednesday, July 12**

Pork Chop Suey, Rice, Hot Roll, Waldorf Salad, Tapioca Pudding

**Friday, July 14**

Polish Sausage, French Bake Potatoes, Green Beans, Muffins, Blushing Pears

These programs are funded in part by the Area Agency on Aging, Concho Valley Council of Governments through grants from the Texas Department on Aging.

**Senate votes to  
let states repeal  
55 mph**

The U.S. Senate voted 65-35 to turn back to the states the right to set speed limits for automobiles. U.S. Senator Phil Gramm, R-Texas, supported the repeal of the 55-mile-per-hour national speed limit.

"Driving from long distances across Texas at 55 mph, two things happen. You either get discouraged and turn back, or you're going to get run over," joked Gramm,



A birthday party was held Friday, June 30th for Sheila Carver to celebrate her "40th" birthday. Party guests included Kay Torres, Ruth Robertson, Virginia Whybrew, Patsy Dunn, Carol Hardaway, Kim and Krystal Carver and Randy Murphy. The honoree was given several memorable gifts, such as a 2-foot birthday card stating "101 WAYS TO TELL YOU'RE OVER THE HILL", and a special birthday cake decorated for the occasion.

adding that he believed the Texas Legislature was fully capable of setting an appropriate speed limit in rural areas.

Current law sets national limits for all vehicles at 55 mph on most roads and 65 mph on rural interstates.

"It's illogical for politicians in traffic-congested Washington, D.C. to make a law that sets the same speed limit on a 100-mile stretch of the Texas Panhandle and a crowded Houston freeway," Gramm said.

The primary aim of the bill is to designate 159,886 miles of roads across the country - primarily interstates and main highways - as the National Highway System and provide

\$13 billion over two years to upgrade these roads. The measure has yet to be considered by the House.

Under a 1991 law, roughly \$440 million from the Highway Trust Fund is to be provided in each of 1996 and 1997 to help improve and maintain Texas Roads, if the National Highway System is officially designated by September 30 of this year.

In 1974, Congress set a national speed limit of 55 mph in an effort to conserve gasoline at the height of the Arab oil embargo. Congress approved a 65-mph speed limit for rural interstates in 1987, and extended it to four-lane highways in 1991, subject to state approval.

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Roy Blair, Agent  
Robert Lee  
824 Austin  
(915) 453-2380



### Potatoes rival broccoli in cancer-fighting antioxidants

When it comes to disarming disease causing agents in the body, potatoes pack a punch more powerful than many other vegetables.

New research has found that while vegetables such as bell pepper, onions and carrots remain valuable dietary sources of disease-preventing antioxidants, potatoes rank near the top of that category.

"We were surprised to find that potatoes are second only to broccoli in terms of antioxidant activity," said Dr. Creighton Miller, Texas Agricultural Experiment Station potato breeder. He said people should not only put potatoes on every plate, but should eat them skins and all.

Discovery of the potato's high antioxidant activity is reported in the current issue of the Journal of Food Science.

Miller, Experiment Station food scientist Dr. Luke Howard, and graduate student Mohamed Al-Saikhani were screening potatoes, looking especially at the pigments in yellow flesh varieties, when the high antioxidant activity was observed. That led them to compare the potato to several well-known antioxidant-high vegetables.

"This is important because there are so many oxidate activities in the body that contribute to cancer and heart disease," Howard said.

The oxidative activity - from naturally occurring metabolic process in the body and from exposure to pollution and smoking tobacco - produces 'free radicals' which destroy DNA in the body, thus opening the door for the development of diseases, Howard explained. Antioxidants slam cell doors shut in the face of the harmful free radicals.

"This research shows that in addition to eating lots of broccoli, we should include potatoes in the diet as well," Miller noted.

Lab results indicated that on a scale of 100, broccoli had an antioxidant value of almost 96, potatoes had about 69, carrots had 32, onions had 25 and bell peppers had 15. The greatest concentration of antioxidants in the potato was in the skin, Howard noted.

Preliminary studies by Miller and Howard point to patatin, the major water-soluble protein in potatoes, as being the possible source of the antioxidant activity.

"This shows another health attribute for potatoes," Miller said. "People tend to think of potatoes only as high in starch and carbohydrates."

Indeed, many people don't realize that one potato also contains half of the daily recommended amount of vitamin C and 750 milligrams of potassium, an element linked to the possible prevention of such ailments as stroke, he said. Potatoes also are high in dietary fiber and iron.

Yet even though the excellent nutritional value of potatoes may not be common knowledge, the fleshy tuber already is the fourth most important food crop in the world, only slightly behind rice, wheat and corn. Potatoes are

a much-loved food in the United States where annual per capita consumption is 125 pounds.

That, plus its \$2.5 billion value each year for U. S. potato farmers, underscores the importance of the antioxidant research finding.

The researchers plan to examine the effect of cooking on antioxidants as well as the influence of the environment on potato plants in the field, the variability of antioxidants among potato varieties, and genetic markers in potato varieties with the highest antioxidant activity. Miller said finding answers to these questions will help breeders develop an even more nutritious and health-promoting potato.

### Low-income Texans said to be big lottery player

A study by Texas A&M University researchers finds that the Texas State Lottery has the largest impact on Texans with the lowest incomes.

In a telephone poll of more than 1,000 Texas households, researchers found that low-income residents earn only 2 percent of all incomes in the state, but provide almost 10 percent of the lottery's revenue.

Minorities and the less-educated also spend a greater proportion of their income on the lottery, according to Dr. Donald R. Deere, associate professor of economics, and Dr. James Dyer, associate professor of political science, both at Texas A&M.

The researchers found that residents with a high school education spend an average of \$11.31 a month on the lottery. Those who have not completed high school spend \$8.74 and those with college degrees spend \$6.95.

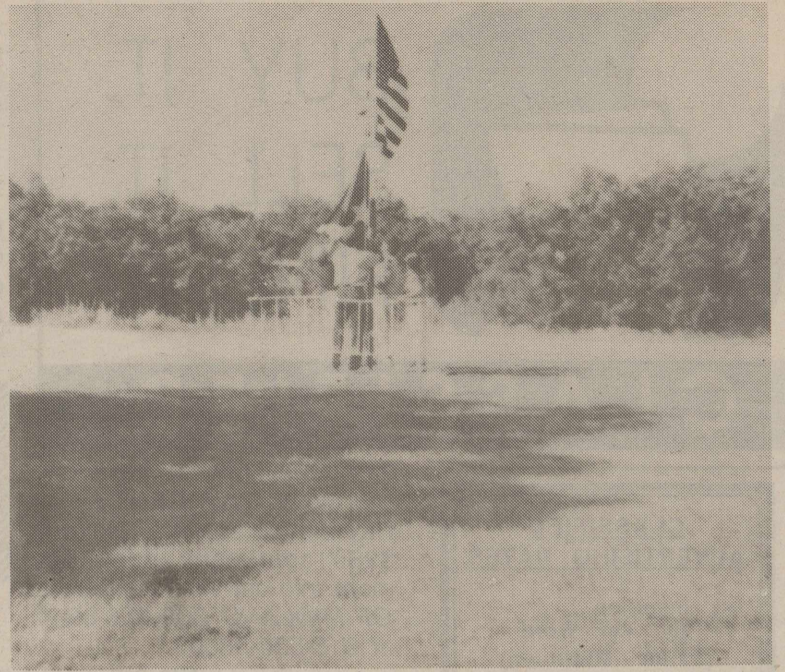
College-educated players spend only one-fourth of one percent of their income on the lottery, compared to nearly two-thirds of one percent for those with a high school education. Yet those who have not finished high school spend slightly more than one percent of their salaries on gambling.

### WCCNH celebrates 4th

The West Coke County Nursing Home enjoyed a festive July 4th Celebration.

Residents and guests were welcomed by Iris Conner followed by an invocation by Roger Alexander. A Color Guard made up of local Boy Scouts raised the United States and Texas flags. Billy Kelly and Gary Sam Williams led the Pledge of Allegiance. Music for the program was rendered by Sharon Bloodworth and Steven Alexander.

The patriotic program was followed by a delicious watermelon feast.



Boy Scout Color Guard raises flags on July 4th at WCCNH.

### Poems wanted for contest

Sparrowgrass Poetry Forum is offering a grand prize of \$500 in its new "Distinguished Poet Awards" poetry contest. Thirty-four other cash awards are also being offered. The contest is free to enter. Anthology purchase may be required to ensure publication, but is not required to enter or win the contest.

Poets may enter one poem only, 20 lines or less, on any subject, in any poetic style. Contest closes September 30, 1995, but poets are encouraged to submit their work as soon as possible, since poems entered in the contest also will be considered for publication in **Treasured Poems of America**, a hardcover anthology. Prize winners will be announced November 30, 1995.

"Our contest is especially for new and unpublished poets seeking a forum that enables them to share their work," says Jerome P. Welch, Publisher. "We are looking for sincerity and originality in a wide variety of styles and themes. You do not have to be an experienced poet to enter or win."

Poems should be sent to Sparrowgrass Poetry Forum, Inc., Dept. J, 203 Diamond Street, Sistersville, West Virginia 26175.

### Roll-over convincer to buckle up

For years Texans have been told that buckling up can save their lives. Now they are about to be shown.

With the use of a "roll-over convincer," the Texas Agriculture Extension Service and the Texas Department of Transportation are demonstrating how people can be tossed about or even thrown from a motor vehicle in a roll-over crash when they are not wearing their safety belts.

"In the convincer, which is a pickup cab mounted on a trailer, dummies representing an adult and a young child are placed in the vehicle without seat belts to illustrate what happens to occupants when they are not belted," said

Janie Harris, Extension passenger safety specialists, based at Texas A&M University.

Typically, the dummies flop and fly about - sometimes out the windows - as the cab is rolled over on a mechanical pivot.

"The dummies are then buckled in and the machine is operated again to demonstrate how the occupants are held in position during the roll-over crash," Harris said.

County Extension agents, law enforcement officers and traffic safety specialists can use the convincer at health fairs, county fairs, automobile shows, and other events to demonstrate seat belt safety, she said. The reality of what actually happens to people who do not use their safety belts is made more visible with the roll-over device.

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**GARAGE SALES**

**ROBERT LEE  
BAPTIST YOUTH  
GARAGE SALE**  
Saturday, July 8th, 8 am-12  
noon at 221 E. 7th Street,  
Robert Lee.  
48-1tc

**GARAGE SALE**  
Friday, July 7 & Saturday, July  
8, 8 am - 5 pm. 210 S. Wash-  
ington, Bronte. All kinds of  
GOOD junk! Lots of good  
school clothes - some brand  
new!  
48B-1tc

**GARAGE SALE**  
Saturday, July 8th, 8 am - ???  
Cookstove, washing machine,  
tools, miscellaneous. 224  
West Oliver, Bronte.  
48B-1tp

**FIRST UNITED  
METHODIST YOUTH**  
are having a yard sale Satur-  
day, July 8th. Various items  
such as child and adult cloth-  
ing and household items.  
Starts at 7:00 am at vacant lot  
next to Methodist Church,  
Robert Lee.  
48-1tc

**6 FAMILY  
GARAGE SALE**  
Saturday, July 8, 8-? 1017  
Commerce, Robert Lee (near  
Y going toward Bronte).  
Clothing (infant, children's,  
adult), toys, bicycle, dishes,  
miscellaneous household  
items, etc.!  
48-1tp

**LARGE THREE FAMILY  
GARAGE SALE**  
Friday-Sunday, July 7-9, 9 am  
- ??? Furniture, king size wa-  
terbed, bikes, skis, guns,  
knives, dishes, tools, clothes,  
full set 1977 World Book  
encyclopedias. SOMETHING  
FOR EVERYONE!! 403 N.  
Plano, Blackwell.  
48B-1tc

**GARAGE SALE**  
Children Clothes, Toys, and  
Other Items. At the Keith Mc-  
Cutchen residence West of  
Bronte. Saturday, July 8th, 8  
am - 5 pm.  
48b-1tc

**Attitude helps  
to heal**

Dying of cancer, one wom-  
an was grateful for time to  
share memories with her chil-  
dren. Another patient saw  
chemotherapy as a chance to  
make friends with the nurses  
she'd never have met other-  
wise.

Calling them Pollyannas or  
call them naive - but they're  
likely to live longer.

"A positive attitude some-  
times is the difference be-  
tween getting well and not  
getting well," says Philip Mc-  
Carthy, MD, an oncologist-  
hematologist at The  
Methodist Hospital in Hous-  
ton, whose daily post over-  
seeing bone marrow trans-  
plant unit has allowed him  
countless opportunities to  
witness the differences in  
healing optimist and pes-  
simists.

Optimists stay positive and  
expect the best outcome re-  
gardless of their limitations.  
Pessimists, on the other  
hand, assume the worst will  
happen and that they are  
powerless to alter their fate.  
They're wrong.

McCarthy and other  
Methodist physicians and  
nurses attest that patients  
who arm themselves with op-  
timism are better able to bat-  
tle illness and strengthen their  
immune system. Those who  
surrender to pessimism often  
find that their minds - and  
bodies - turn against them.

That attitude affects illness  
has been acknowledged na-  
tionally. Using standardized  
psychological tests to distin-  
guish the optimist from the  
pessimist, doctors have  
shown a distinct connection  
between healing and frame of  
mind.

Witness:  
-State of mind was found to  
be a better predictor of death  
than damage to the heart,  
artery blockage, cholesterol  
levels, or blood pressure, a  
recent University of Minneso-  
ta study of 122 men found.  
Of the 25 most pessimistic  
men, 21 died within eight  
years. Of the 25 most opti-  
mistic, only six died.

-Optimists are more likely to  
survive after the diagnosis of  
heart disease, revealed a re-  
cent Duke University study of  
1,719 men and women who  
underwent heart catheriza-

tion, a common procedure  
used to check the arteries for  
clogging. Twelve percent of  
those pessimistic about re-  
covering died, compared to  
only 5 percent of those who  
were hopeful.

-Another study found the  
more pessimistic men from  
Harvard classes of 1939  
through 1944 more likely to  
have had a serious chronic  
disease such as arteriosclero-  
sis by age 45.

As Methodist's acting chief  
of hematology and oncology,  
Garrett R. Lynch, MD, sees a  
range of attitudes in people  
dealing with serious illness.  
The futility that pessimists en-  
vision, he says, often be-  
comes a self-fulfilling prophe-  
cy.

"They won't seek all the op-  
tions," says Lynch. "They  
won't want to put up with the  
side effects of a treatment that  
can cure them."

While Mari Rude, a cancer  
nurse specialist at Methodist,  
hasn't conducted formal re-  
search, experience has  
shown her that positive  
thinkers also seem to suffer  
less than pessimists while un-  
dergoing treatment.

"Cancer patients who auto-  
matically assume doom and  
gloom seem to have more  
side effects from chemother-  
apy or radiation," Rude says.  
"They're slower to recover  
from surgery, and they aren't  
able to go on with their normal  
lifestyles."

How easy is it for health  
professionals to distinguish  
the cheerful from the gloomy?

An optimist approaches an  
illness differently from the  
start, says Rude, and you  
usually can tell from the ques-  
tions they ask.

"Optimists ask when they  
can return to their normal ac-  
tivities, how long their recov-  
ery will be and how they can  
best manage side effects so  
they won't be limited," Rude  
says. "Pessimists focus on  
how they'll suffer rather than  
how they can cope. They  
usually talk about how weak  
they're going to be."


So is it possible to harness  
pessimism and get a better  
grip on the reins of health?

Unfortunately, our attitude  
to life is formed in childhood  
and difficult to alter.

"You can't suddenly change  
a person's personality be-  
cause they've come down  
with a serious illness," Rude  
says, "but you can recom-  
mend that pessimists seek  
therapy and look to friends  
and family for support."

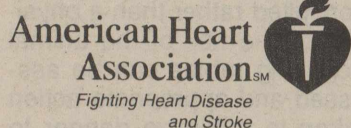
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## Help Your Heart Recipes

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.

### Baked Catfish

- |   |   |
|---|---|
| Vegetable oil spray   | 2 tablespoons acceptable margarine,* melted |
| 2 pounds catfish fillets (6 pieces)   | 2 tablespoons chopped fresh parsley         |
| 3/4 cup low-fat buttermilk  | Garnish:                                    |
| 1/4 teaspoon salt   | 6 lemon wedges                              |
| 1/4 teaspoon hot pepper sauce   |   |
| 3 ounces (about 30) cholesterol-free, low-saturated fat, low-sodium wheat crackers, crushed |   |

Preheat oven to 400°F. Lightly spray a baking dish with vegetable oil. Rinse fish and pat dry. Set aside.

Combine buttermilk, salt and hot pepper sauce in a small shallow dish. Place cracker crumbs on a plate. Dip fillets first in buttermilk, then in crumbs, taking care to coat evenly.

Place fillets in prepared baking dish. Drizzle 1 teaspoon margarine over each fillet. Bake uncovered 15 to 20 minutes, or until fish flakes with fork.

Arrange fish on warmed serving platter and sprinkle with chopped parsley. Garnish with lemon wedges. Serves 6

\*Select margarine with liquid oil as the first ingredient and no more than 2 gm of saturated fat per tablespoon.

### Nutrient Analysis per Serving

299 kcal	Calories	95 mg	Cholesterol	3 gm	Saturated Fat
35 gm	Protein	356 mg	Sodium	3 gm	Polyunsaturated Fat
10 gm	Carbohydrate	12 gm	Total Fat	5 gm	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.

### Emergency farm loan apps being accepted

Applications for emergency farm loans for losses caused by adverse weather conditions are being accepted at the Farmers Home Administration (FmHA) office located in San Angelo, Texas, FmHA County Supervisor Paul Cline said.

Coke, Irion, Reagan, Sterling and Tom Green counties are among the ones in Texas recently named as eligible for loans to cover part of actual production losses resulting from severe thunderstorms, flooding, hail and tornadoes, which occurred on May 28, 1995, through May 31, 1995.

Paul S. Cline said farmers may be eligible for loans of up to 80 percent of their actual losses or the operating loan needed to continue in business or \$500,000, whichever is less. For farmers unable to obtain credit from private commercial lenders, the interest rate is 3.75 percent.

As a general rule, a farmer must have suffered at least a 30 percent loss of production to be eligible for an FmHA emergency loan. Farmers participating in the PIK or Federal Crop Insurance programs will have to figure in proceeds from those programs in determining their loss.

Applications for loans under this emergency designation

will be accepted until February 13, 1996, but farmers should apply as soon as possible. Delays in applying could create backlogs in processing and possibly over into the new farming season.

FmHA is a credit agency of the U. S. Department of Agriculture. It is authorized to provide disaster emergency loans to recognized farmers who work at and rely on farming for a substantial part of their living. Eligibility is extended to individual farmers who are U. S. citizens and to farming partnerships, corporations or cooperatives in which U. S. citizens hold a majority interest.

The FmHA office in San Angelo is located at 3514 Devonian Drive and is open from 8 am to 12 noon and 1 pm to 5 pm Monday through Friday.

### Local rides in tour

A big percentage of long-distance bike riders finished a 2-day tour Sunday evening. The Ride from the Border tour covered 230 miles, from Del Rio to San Angelo. Riders from across Texas participated with a few out of state making the trip. Over 300 bikers were entered with participation being more of a factor than a contest of time.

Ride coordinator Don Ickels said the tour encountered few problems. Rest stops and lunch stops were available with lots of support vehicles close-by, especially in the

more isolated areas.

The Ride from the Border actually stemmed from a benefit for SAFE Kids Coalition in San Angelo. Approximately 30 sponsors from area towns, including Robert Lee, joined in support for the benefit.

Randy Bessent of Robert Lee, who has participated in a number of long-distance tours over the last few years, was a participant and assisted coordinators.

About 35 health care professionals and other businesses and individuals make up the SAFE Kids Coalition in an awareness effort against preventable childhood injuries.

### Lake E. V. Spence Water temperature 79 degrees

Paint Creek Marina  
Janice Foshee - Midland, reeled in a 5 lb. 10 oz. black bass.

Cleta Knippa - Odessa, snagged a 22 inch striper on a top water lure.

Eddie Isbell - Sterling City, reeled in 2 stripers weighing 11 lbs. 15 oz. and 12 lbs. 14 oz.

Josh Brown and Terry Brown - Odessa, caught 3 stripers weighing 10 1/2, 10, and 8 lbs.

Joe Crawford and Carole Presscott - Odessa, reeled in 8 stripers weighing a total of 40 lbs.

Jay Chesnut - Midland, snagged a 6 lb. striper baiting out with live perch.



Here's a handy sign for your garage sale!

Call The Observer/Enterprise with your Garage Sale Ad. Deadline is 5 pm each Tuesday.

Robert Lee  
453-2433

Bronte  
473-2001

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- 93 Ranger XLT Low Miles \$8,448
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- 94 Dodge Spirit Low Miles \$8,998
- 93 Astro Van All Wheel Drive \$12,995
- 92 GMC Ex. Cab SLE \$11,995
- 93 Dodge Caravan Emerald \$13,295
- 93 Ply. Voyager Loaded \$13,750
- 94 Dodge 3/4 T. SLT Cummins TD \$19,995

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- 82 Honda 400 CC M/C Automatic \$995

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**Rabies**

A young raccoon enters a local back yard and sits complacently under a tree during the early hours of a summer evening. Noticing that the raccoon appears docile, the concerned home owner offers it food and water.

In the middle of the night, a rancher hears his dogs viciously fighting. Once outside, his flashlight shines in the eyes of a fox, which promptly seeks cover underneath the pick up truck.

What did these two animals have in common? Both were rabid, and both were capable of transmitting the disease to pets and humans.

What should you do if you or your animal is exposed to a potentially rabid animal? To help local residents answer this question, the Texas Department of Health established the Rabies Response Center in San Angelo. Dr. Jane Mahlow, a veterinarian at the Center, offers this advice on what to do if you are bitten by an animal.

1. Secure the animal so it can be tested. If it is necessary to kill the animal, do not destroy the head. Rabies can only be diagnosed in brain tissue.

2. Thoroughly wash the wound. Many times, immediate cleansing will effectively remove the virus and prevent rabies.

3. Report the bite to proper authorities, usually the animal control or sheriff's department. They can help determine whether rabies treatment will be necessary.

4. Consult a physician. In addition to rabies, tetanus and general infections must be considered.

If determined necessary, post-exposure treatment is available. If administered shortly after the bite incident, the treatment is very effective in preventing rabies in humans. Although the injections are neither as painful or as numerous as the treatment in the past, the cost usually runs between \$1,000 - \$1,500 per person. That price does not include non-tangible costs such as time off work, hiring a baby sitter, etc. Without treatment, rabies is invariably fatal. The virus attacks the nervous system, resulting in headache, disorientation, salivation, extreme reactions to light and sound and, within 2-6 days, death.

According to Dr. Mahlow, avoiding exposure to rabid animals is far more desirable than undergoing treatment. "Rabies post-exposure treatment involves injecting a foreign protein into the body. Anytime a foreign substance is administered, there is the potential for reactions, some of which may be severe. Rabies post-exposure treatment is not something to be taken lightly," she said.

Dr. Mahlow added that many exposures to rabid animals can be prevented by using common sense. "First, leave wildlife alone. Although an injured or orphaned raccoon will pull at one's heartstrings, resist the urge to touch it. A raccoon that appears gentle and unafraid of humans is exactly the one that may have lost its natural instincts due to rabies infection of the brain.

Foxes and bobcats, on the other hand, tend to be highly aggressive and dangerous. Rabid wildlife may appear in unusual settings, including urban areas," she said.

"Second, form a protective barrier between your family and rabies in wildlife by vaccinating your pets against rabies every year. Although many people say they can't afford the \$5 or \$10 per shot, particularly if they have many animals, the cost of the vaccination is cheap compared to post-exposure treatment, or worse, the cost of a human life. In today's environment, not vaccinating your pet is like playing Russian roulette," Dr. Mahlow warned.

People are most likely to acquire the disease from pets. Even though wildlife forms the largest reservoir for the virus in the Concho Valley and surrounding areas, a rabid dog or cat is ten times as likely as a wild animal to expose to a human to rabies. The danger to people occurs when the unvaccinated pet encounters a rabid wild animal and then brings the virus into the home where pets come in close

contact with family members. Animals are capable of transmitting the virus before they show any symptoms.

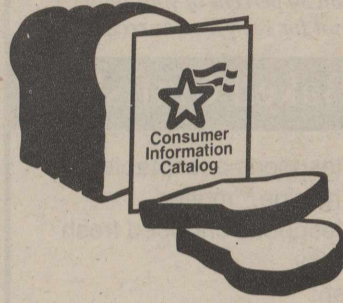
Dr. Mahlow also suggests that all horses and livestock that are in close contact with humans be vaccinated, including show and dairy animals. Traditionally, only veterinarians were allowed to administer rabies vaccine. However, horse and livestock owners can now vaccinate their own animals. A new Texas law allows veterinarians to sell the vaccine for use in horses and livestock, providing a veterinarian-client-patient relationship exists. By law, dogs and cats must still be vaccinated by a licensed veterinarian.

No reliable treatment exists for pets or livestock that have been exposed to a rabid animal. However, annual rabies vaccinations are a very effective means of disease prevention and are required by state law for dogs and cats. If a domestic animal (vaccinated or unvaccinated) is bitten by another animal, the same steps should be followed as for humans, ex-

cept a veterinarian should be consulted rather than a physician. The risk of the animal acquiring rabies can be assessed and appropriate action taken to minimize danger to the family.

Rabies control specialists at the newly established Texas Department of Health Rabies

Response Center are available for group or individual consultations on bite avoidance and rabies prevention. For further information or to schedule a speaking engagement, public health officials can be reached at the center by calling 915-944-9545.



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