

# THE OBSERVER/ ENTERPRISE

Serving Coke County

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Friday, August 25, 1995

## Mourning dove season opens September 1st

A Texas tradition continues when the mourning dove season opens on Friday, September 1, in the Central Zone, of which Coke County is a part. The season will be open in our area through October 17, and the second part of the split season is set for December 26 - January 7, 1996.

Dove season serves as the warm-up for fall hunting and is a favorite of shotgunners. It's not because of the widespread success rate of the dove hunting. Any regular hunter can tell about ending the day without coming near his bag limit and left with a vest full of empties.

The good rains in late July and early August have matured weed seeds and standing feed so that observers have seen more birds than in the last few years when they have been more than a little scarce.

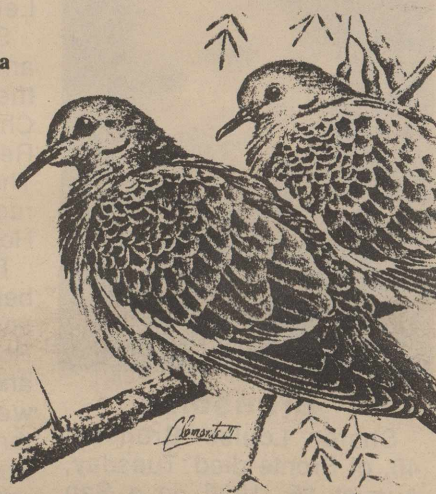
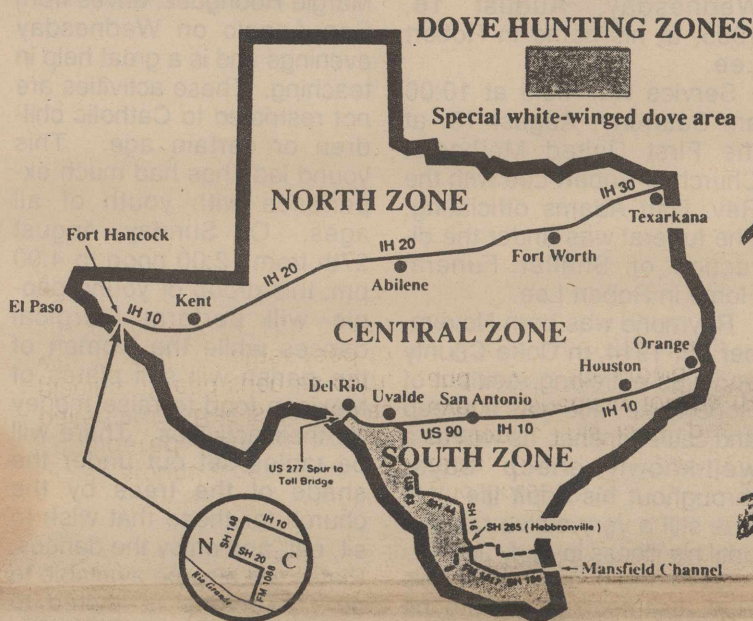
Dove hunting regulations remain the same as last year. Resident hunting licenses cost \$13.00, combination \$25.00 and special resident is \$6.00 (for anyone 65 or older and anyone under 17 years of age). Get your license now to avoid the lines. If you have seen any whitewing doves where you hunt or you plan to

hunt further south during the season, you need to purchase the \$7.00 whitewing dove stamp. The statewide dove bag limit remains 15 mourning, white-winged, and white-tipped doves in the aggregate including no more than 6 white-winged and 2 white-tipped doves per day. Shooting hours will remain one-half hour before sunrise to sunset.

Whitewings, which have distinctive white stripes across each wing, should not be confused with white-tipped doves, which are named for the white tip of the tail. Both are legal game species in Texas as are mourning doves, but whitetips most likely will be found south of a line from Corpus Christi to Laredo.

Good advice for any hunter is to stop at any place where sporting goods are sold and pick up free copies of the 1995-96 Texas Hunting Guide and the 1995-96 Texas Hunting Regulations for migratory birds (which includes doves). No matter how many times you read them, you will find information you didn't know.

One last reminder about dove hunting - migratory game birds cannot be hunted



over a baited area. Hunting doves around a deer feeder is considered hunting over a baited area. Bait is defined as placing of feed such as corn, wheat, salt, or other feed to lure game birds. The baited area is any area where feed has been placed or within ten days after all such feed has been completely removed. This regulation does not include areas where normal agricultural practices are being carried out, such as fields, livestock feeding, feed lots, etc.

### RL Extravaganza offers family fun

Make plans to spend Saturday, September 2, under the shade trees in the county park at Robert Lee. The West Coke County Community Development will sponsor its 6th annual Labor Day Extravaganza, an all-day family festival. Attractions will be games, contests, arts & crafts booths, the Rabbit Twister Chili and BBQ Cook-Off, and food, food, food. Several other activities are in the planning stage.

The event will run from early until late. A dance on the tennis courts will wrap up the day with music provided by Wagner Sound System. A nominal fee will be charged for the 8:00 to midnight dance.

It's not too late to sign up to play in the Beach Volleyball Tourney. Call Rosa Long at 453-2148 or Ruth Luna, 453-4742.

Doug Wilkes at 453-2819 will be in charge of the washer

and horseshoe pitching contests. Call him for more information. This is a popular event, especially for the men and boys in the crowd.

Good booth locations are available in the park or in the Rec. Hall. Call to reserve yours - Joan Davis, 453-2301; Debbie Wilkes, 453-2819; Billy Kelly, 453-2362; or Carol Hardaway, 453-2287.

The 1996 Project Graduation will operate a Basketball Shoot-Out on the tennis courts, and the Red Canyon Archery Club will be in the Mountain Creek Amphitheatre.

Bring a blanket or lawn chairs and plan to enjoy the food booths, too. Coke County Bass Club will cook fish and fries; the Lions Club will have burgers for the evening meal; the local PTA has chosen homemade ice cream; one individual is making hot tamales; and the WCCCD will sell soft drinks.

### Beet Armyworms - What to expect

Recently, there has been a tremendous infestation of Beet Armyworms around our area, with most of them concentrated in the cotton growing areas of Runnels, Tom Green and Concho counties. They are presently devastating the cotton, and in some cases, the milo crops in these areas. Sooner or later we will begin to see an infestation in Coke County. There are a few cases of armyworms in grazer fields beginning now around the Bronte area.

If armyworms begin to infest your grazer patches, the best thing to do is harvest immediately by baling or grazing. If you wait until you have a heavy load of worms, they will not only eat most of the forage, but can contaminate the leaves where livestock won't eat it.

For small grain producers, the Beet Armyworm can totally wipe out an early planted wheat crop, much like they are doing with the cotton. Right now the only sure cure is a heavy freeze which would lend to planting wheat later in the fall. They seem to prefer wheat over oats, but with the numbers we are seeing, I'm not sure oats would be safe. In plain English, if you sow wheat early for grazing, you are taking a gamble on the worms.

For more information, call Tommy Antilley, Coke County Extension Agent, at 453-2461.

### Meet the Steers night

Robert Lee All Sports Booster Club will host "Meet the Steers Night" Monday, August 28, at the football stadium. The event is set to kick-off at 7:00 pm. Hamburgers will be served; there will be no charge, but donations will be accepted.

Fans will get to meet the '95 Steers, as well as the cheerleaders, members of the band, and the Robert Lee Dogies. Be sure to attend and show your support to our young athletes.



Celebrating their 91st birthdays together at the Robert Lee Senior Citizens Center Wednesday were Texie Wollot (standing) and Edna Carlile. Cake was served and the traditional birthday song was enjoyed by all.

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**Obituaries**



**Brunson**

Sharon Louise Brunson, 40, of Bronte died Tuesday, August 15, 1995, in a San Angelo hospital.

Service was held at 3:00 pm Friday, August 17, at Central Baptist Church with burial in Fairview Cemetery. Arrangements were by Shaffer Funeral Home.

Sharon was born May 13, 1955, in Olney and had lived in Bronte since 1991. Sharon and William Rance Brunson were married April 20, 1990 in Lovington, New Mexico. She was employed by the Observer/Enterprise newspaper in Robert Lee and was the secretary for the Coke County Rodeo Association. She and her husband were involved in the ranching and trucking business.

She touched the lives of all who knew her. She loved her family and friends and had a special friendship with her animals. She always wanted to give and help others, expecting nothing in return. She was an angel on Earth and is now God's special angel.

Survivors include her husband, William Rance Brunson of Bronte; her mother, LouAnn Hyles of Graham; her father, William R. Moody of Graham; her grandmother, Lorene Abbott of Olney; two sons, Justin Blair of San Angelo and Brandon Blair of Wausau, Wisconsin; two daughters, Leia Lanier of Bronte and Nicole Redman of Snyder; a brother William F. Moody of Graham; a sister, Sandra Joyce of Graham; two grandchildren, Micayla and Tyler Redman of Snyder and two nieces, Lindsay and Kelsey Joyce of Graham.

**McCutchen**

Raymond McCutchen, 80, passed away at 9:10 am Wednesday, August 16, 1995, at his home in Robert Lee.

Service was held at 10:00 am Saturday, August 19, at the First United Methodist Church in Robert Lee with the Rev. Dan Adams officiating. The funeral was under the direction of Shaffer Funeral Home in Robert Lee.

Raymond was born November 20, 1914, in Coke County and was a lifelong resident of Robert Lee. He was a sheep and cattle rancher, as well as a well-known sheep buyer throughout his adult life. He was still a very active rancher until his illness in early July.

Raymond is survived by his wife, Kathleen, to whom he had been married 58 years. He is also survived by two daughters, Rhea Irish of Lubbock and her husband, Mike and Kathy Anderson of Goldthwaite and her husband, Chad; and one sister, Charlene Blair of Robert Lee. He is also survived by three grandchildren, Patrick and Becky Irish of Lubbock and Clayton Wray Anderson of Goldthwaite.

Pallbearers were Carlton Fields, Gary Hibbard, Walter Metcalf, Joe Hargrove, Joel Percifull, Pat Percifull, Don Fields, Bob Clark and Harry Perulis.

The family requests memorials be made to the First United Methodist Church Memorial Fund in Robert Lee. 04a-1tc

If you begin to live life looking for the God that is all around you, every moment becomes a prayer.

**Church initiates youth program**

Saint James Catholic Church in Bronte, located on the corner of North Washington and Trammel, has been at this location since 1963. The mission is small and unable to support a priest, therefore one is assigned to serve this small community church. At the present, the Rev. Louis Moeller, pastor of Saint Mary's Church in Ballinger, comes every Sunday at 5:00 pm and on days of obligation at times that do not conflict with other church services in Ballinger. In his absence, Deacon Henry Martinez officiates. Attendance is growing and there is more activity.

Two dedicated members, Mary and Margie Montez, are sponsoring a youth program. Though the group is still small, they work diligently and strive to instill in the youth moral and spiritual values. A young lady, Margie Rodriguez, drives from San Angelo on Wednesday evenings and is a great help in teaching. These activities are not restricted to Catholic children or certain age. This young lady has had much experience with youth of all ages. On Sunday, August 27th from 12:00 noon to 4:00 pm, this group of young people will perform liturgical dances while the women of the parish will sell plates of Mexican food to raise money for their activities. There will be tables set out under the shade of the trees by the church for those that wish to sit, eat, and enjoy the dances. Plates will also be available to go. Everyone is invited to come enjoy the Mexican dinner and visit the services.

An organ was donated years ago by Mr. and Mrs. Bob Blackwood, but there was no one to play it until the Sarrat family from Blackwood heard that there was a Catholic church in Bronte. Wanda Sarrat now shares her talent and her daughter, Bernadette, plays the guitar.

Spokesperson, Odalia Martinez, says that members of the First Baptist Church in Bronte have been encouraging and helpful with their spiritual bouquet. "We too, pray for all the Christian churches when we meet for Bible study on Thursday evenings. That is what Christianity is all about," she said.

A bone to the dog is not charity. Charity is the bone shared with the dog, when you are just as hungry as the dog.

**Death Notices**

**Ware**

Imogene Ware, 87, of Blackwell died Sunday, August 20, 1995, in Bronte Nursing Home.

Service was held at 10:00 am Tuesday, August 22, 1995, at the Blackwell Baptist Church with burial in Blackwell Cemetery. Arrangements were by McCoy Funeral Home.

She was born October 19, 1907, in Corsicana and had lived in Blackwell since 1910. She was a member of the Blackwell Baptist Church.

Survivors include two sisters, Bernice Ware of Blackwell and Ruth Ann Dickerson of Rico, Nevada; and several nieces and nephews.

**Walls**

Services for Nolia B. Walls, age 83, of Farwell were held Thursday, August 24, at Hamlin Memorial Methodist Church, Farwell. Rev. Beth Harrington, pastor, officiated.

Burial was in Muleshoe Memorial Park Cemetery. Mrs. Walls died Monday, August 21, 1995 in a Muleshoe hospital.

She was born December 27, 1911 in Bronte, Texas. She married Claude Lesley McShan December 23, 1929; he died June 10, 1973. She later married Arvil N. Walls, who died March 27, 1990.

**Ballinger "City-Wide" garage sale**

Ballinger is gearing up for its 3rd Annual "City-Wide" garage sale sponsored by the Ballinger Chamber of Commerce on September 16, 1995.

For more information please contact the Ballinger Chamber of Commerce at 365-5611 no later than September 9th.

Mrs. Walls moved from Muleshoe to Farwell in the early 1970's. She was a homemaker and a member of the Hamlin Memorial Methodist Church of Farwell.

Survivors include one daughter, Sally Anderson, of Farwell; one sister, Olga Whalen, of Crowley; five grandchildren and nine great grandchildren.

**Stenholm to host Funday Sept. 9**

Congressman Charlie Stenholm will host FUNDay on Saturday, September 9, 1995, at the Ericksdahl picnic grounds near Stamford. Festivities will begin at 4:30 pm following the Country Fair in downtown Stamford.

The annual event draws people from all over the vast 17th Congressional District as well as other parts of Texas. The program includes a barbecue, musical entertainment, and drawings for flags flown over the United States Capitol. The backdrop for the picnic will be the historic Bethel Lutheran Church, which was built by Swedish immigrants who settled in the area.

"I invite everyone to come and spend the day in Ericksdahl," said Stenholm. "Cindy and I look forward to FUNDay each year. It gives us a chance to meet new people and visit with old friends."

"FUNDay also allows me to introduce some of my colleagues in Congress to the people of the 17th District. This way they will understand the concerns of the people here as they consider important legislation back in Washington."

Tickets will be available at the gate. For more information, contact the Stenholm campaign office at 1-800-391-0704.

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Check all that apply:  License Application  Instructor Certification

Name: Last, First, Middle \_\_\_\_\_ Date of Birth: month/day/year \_\_\_\_\_

Driver License/State ID Number: \_\_\_\_\_ Sex: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 DL TX \_\_\_\_\_  Male \_\_\_\_\_  
 ID TX \_\_\_\_\_  Female \_\_\_\_\_ ft. in. \_\_\_\_\_ lbs.

Race:  American Indian or Alaskan Native  Black  Multi-Racial  
 Asian or Pacific Islander  White  Other

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ County: \_\_\_\_\_

Phone, Home (\_\_\_\_) \_\_\_\_\_ Business: (\_\_\_\_) \_\_\_\_\_

**Handgun apps available soon**

Texans seeking concealed handgun licenses may begin the application process September 1.

The DPS is gearing up by distributing application request cards and registering gun ranges.

Application request cards became available August 16 at all regional, district and sub-district DPS offices. The cards are free and may be picked up by individuals or by business owner for distribution to their customers. Photocopying them for further dissemination is permissible on any type of card stock or plain paper. Application request cards are not available from the DPS by mail.

Texans seeking permits should complete the request cards and send them to: Texas Department of Public Safety, CRS/Concealed

Handgun Licensing Unit, PO Box 15888, Austin, TX, 78761-5888. The DPS will then, beginning Sept. 1, mail application packets to requestors.

Also Sept. 1, concealed handgun program instructors certified by the DPS may begin offering the 10 to 15 hour classes which applicants must take to become licensed. Certificates, which indicate successful completion of those classes, must be forwarded to the above listed address along with completed application packets.

The DPS authorized course will consist of both classroom and firing range instruction. While shooting ranges are not subject to direct DPS regulation, owners or operators must register any facilities that will be used for this instruction.

The DPS immediately will begin registering ranges at no cost. Range owners and operators may call the DPS at 512-706-7293 or 512-706-7294 to request registration of their facilities. Then, the DPS will contact the owners and/or operators to complete the registration process.

**SBA disaster loans available**

Businesses in Coke, Reagan, Runnels, and Sterling Counties can apply now for disaster loan assistance from the U.S. Small Business Administration (SBA). Economic Injury Disaster Loans are available to eligible small businesses that suffered a substantial loss of income as a result of severe thunderstorms, flooding, hail and tornadoes which occurred May 28 through May 31, 1995. These loans are not intended to cover physical damages resulting from the storms. To obtain an application, interested businesses should call the SBA toll-free number, 1-800-366-6303 or TDD 817-267-4688, for the hearing impaired. The deadline for filing an application is March 31, 1996.

This disaster loan is a working capital loan that can help a business meet installments on long-term debt, accounts payable and overhead expenses that would have been met had the disaster not occurred. Refinancing a long-term debt, however, is not eligible under this loan program. The loan is designed for those businesses with substantial disaster-related needs

that will supplement monies the business owner can provide from other sources.

Loans are available for up to \$1,500,000 of actual disaster-related financial needs of the business. Interest rates are four percent (4%) and terms may extend to thirty (30) years, depending upon the repayment ability of the individual applicant. To qualify, businesses must be small by SBA size standards. Businesses that can meet their financial needs through other sources are not eligible. Farmers and ranchers are not eligible for these loans; however, they may be eligible for disaster assistance from other Federal agencies.

**LOOK WHO'S NEW Joseph Daniel Walsh**

Joseph Daniel Walsh was born on July 22, 1995 to Tom and Frances Walsh in Manassas, Virginia. He weighed 7 pounds, 1 ounce. Big brother Zachary is almost four years old. The family came to Bronte to visit with proud grandparents Harold and Patsy Dunn when J. D. was nine days old. They will be in Bronte until August 26, when Mommy has to go home and go back to work. Paternal grandparents are Jack and Jean Walsh of Cumberland, Maryland.

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 10 Lb. Bag - \$23.90

Family Pack Lean

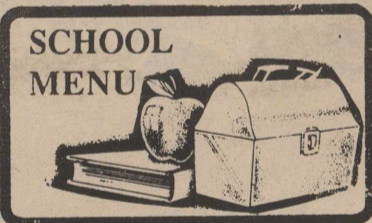
**Ground Chuck**  
**1.39**  
 Lb.  
 3 Lbs. or More

# ROBERT LEE SCHOOL NEWS

## RL school board minutes posted

The Robert Lee ISD school board met in regular session on August 17, 1995 with all members present. The following business was taken:

1. Minutes of previous meetings were approved, bills were paid, budget moves and amendments were approved.
2. The 1995-96 budget of \$2,367,088 revenue and \$2,335,005 expenditures, which is 8.31% increase, was approved. All for except Simpson, who abstained.
3. A bid for a lot in Bayview Estates which had previously been assigned to Robert Lee ISD for tax purposes was accepted. All for.
4. George Grim was appointed Integrated Pest Management Coordinator, and a Pest Management Policy Statement was approved. All for.
5. Supt. Hood distributed and explained the 1995 Accountability/Accreditation Ratings from the Texas Education Agency.
6. Supt. Hood proposed a 1995 tax rate of \$1.468 which is an increase from \$1.4463 in 1994. A homeowner of property appraised for \$40,000 will notice an increase of \$5.86 for 1995. The proposed rate will be considered for approval in September.
7. The board voted to nominate Teddy Millican to fill the vacancy of Garland Davis on the Coke County Appraisal District Board of Directors.



### SCHOOL MENU

#### Breakfast

- Monday, August 28**  
Orange Juice, Breakfast Bagel, Sliced Peaches, Milk
- Tuesday, August 29**  
Orange Juice, Blueberry Pancake w/ Sausage, Cold Cereal, Milk
- Wednesday, August 30**  
Orange Juice, Cinnamon Toast, Cold Cereal, Milk
- Thursday, August 31**  
Orange Juice, Donuts, Cold Cereal, Milk
- Friday, September 1**  
Orange Juice, Breakfast Pizza, Milk

#### Lunch

- Monday, August 28**  
Corndogs w/ Mustard, Tator Tots, Macaroni & Tomatoes, Milk
- Tuesday, August 29**  
Chicken Divan, Buttered Carrots, Buttered Rolls, Apple-sauce, Milk
- Wednesday, August 30**  
Fajitas, Refried Beans, Tossed Salad, Peaches, Milk
- Thursday, August 31**  
Barbecued Weiners, Potato Salad, English Peas, Buttered Rolls, Diced Pears, Milk
- Friday, September 1**  
Hamburgers, onions, pickles, lettuce, tomatoes, French Fries, Ice Cream, Milk

## RL FFA news

by Stacy Hendry

Korey Pitcock, Christy Hendry, and Kizzie Howell attended the Texas FFA State Convention in Lubbock, Texas, July 10-14. The students were accompanied by their sponsor, Mr. Jeff York. The group attended the convention for four days and enjoyed every minute!

Brandi Brosh, another member of the chapter, was selected for the Texas FFA All-State Choir. This is a very prestigious honor. She was selected from hundreds of applicants to participate in a fifty-member choir.

Anthony Wink and Christy Hendry received their Lone Star FFA Degrees. They had to go through three levels of judges to achieve this honor. The group enjoyed their trip to Lubbock and is looking forward to attending the convention next year, when it will be held in Houston.

## RLJH Cheerleaders elected

Robert Lee Junior High cheerleaders for the 1995-96 school year were elected Monday, August 21. Leading cheers for the Dogies this year will be Jamie Luna, head, Macy Hill, Melanie Johnson, Tiffany Copeland and Jennifer Hamilton.

## McCown competes on US Decathlon Team

This past weekend, RLHS ex-student Ron McCown was part of a USA Decathlon Team that defeated Canada in a dual meet in Windsor, Ontario.

There were four decathletes on each team, with the top three scores being used to determine the winning team. Ron had the second highest score for the USA Team. The USA had a three man total of 21,239 points to Canada's 20,477 points.

Ron's best events were the high jump, in which he jumped 6' 9 3/4", and the 1500 meter run, which he won for the third consecutive meet with a time of 4:39.

**Gem of the Day:** Ad in local paper: "For sale: Complete set of Encyclopedia Britannica. Never used. My wife knows everything."

## RL Open House

The Robert Lee PTA will host an Open House at the school on Tuesday, August 29, 1995, from 6:30 - 7:30 pm. All parents are cordially invited to attend. Please take this opportunity to meet the staff of our school.

## Letter to the Editor

Dear Editor:

It is with great sadness that I must announce my departure from the Shamrock Clinic of Robert Lee. This move comes after much thought and prayer on my part. I will be going to a hospital-based clinic in East Texas that will offer me a different challenge. This move is based on many different factors and does not, or should it, reflect on my experiences at the Shamrock Clinic.

In my greater than 21 years as a Physician Assistant I can honestly say that my experiences in Coke County have been the best. The friendliness of the citizens, the loyalty of the patients and the support of your hospital board has been wonderful. There is no doubt in my mind that I will never experience the rewards that I have received working in this clinic. My patients have not been numbers nor statistics but have been my friends. This indeed is unique and can only be attributed to West Texas friendliness and small town loyalty. I will truly miss this and most likely long to return.

You may rest assured that Shannon West Texas Memorial Hospital will continue looking out for your medical care. There will be continued medical coverage at the Shamrock Clinic. Beginning on Monday, August 28, Dr. Ralph Simon will be in the clinic. Dr. Gregory C. Lind will continue to be available.

Again, I wish to thank all of you. Some have gone above and beyond to support me and I want you to know that I will not forget you and will be in continued touch. You know who you are. Sadly, I bid you farewell and may God bless you and Coke County.

Sincerely,  
David P. Dickensheets,  
PA-C

**A grownup is a child with layers on.**

Woody Harrelson



Cory Pitcock (l) and David Miracle check their calculations in "Surveyors on the Colorado" in the recent Ole Coke County Pageant.

## Heart conditions can be "quiet killers"

The most fearsome opponent for some young athletes is their heart condition.

Sudden death can occur in teenagers with heart disorders who appear perfectly normal but suffer heart failure during the stress of athletics.

Among the "quiet killers" of teenage athletes are:

\*Hypertrophic cardiomyopathy, a hereditary heart condition that thickens the left ventricle, which can impede blood flow and disturb heart rhythm.

\*Long Q-T syndrome, which results from irregularities in heart rhythm causing seizures, fainting, and death. In children, this heart condition rarely produces symptoms prior to sudden death.

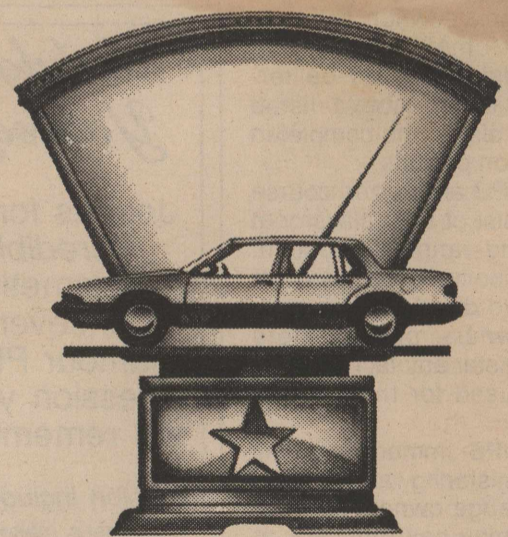
\*Wolff-Parkinson-White syndrome, which also results from abnormal heart rhythms.

Dr. Jeffrey Towbin, an associate professor of pediatrics and molecular genetics at Baylor College of Medicine in Houston, said parents and children need to be aware of a family history of heart disorders. "If we knew these kids were at risk, we could recommend therapies and possibly prevent them from participating in sports."

Many heart disorders can be detected in infancy through EKG readings and electrophysiological studies.

One of the misfortunes of our time is that in getting rid of false shame we have killed off so much real shame as well.

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## MEET THE

## STEERS NIGHT

Monday, August 28th - 7:00 pm

Robert Lee Football Stadium

Meet the Steers, Dogies, Cheerleaders and Members of The Stompin' Steer Band!

HAMBURGERS WILL BE SERVED

Donations accepted. Sponsored by Robert Lee All-Sports Boosters.



COUNTRY AGENTS  
NEWS

by Tommy Antilley  
Coke County Agent

Small grain  
management  
decisions

Small grain production in our area is risky at best, but with a few management decisions made correctly, chances of producing a good forage or grain crop can be enhanced.

There are several factors that will be unique for this year's crop. To start with, with the tremendous influx of Beet Armyworms in our area, chances of them moving to small grain fields is high, especially if your grain field is anywhere close to a cotton patch. Some worms are already moving into hay fields and other crops. The only way we can get rid of the worms definitely is to have a hard freeze. This means that any small grain crop planted early has a chance of being destroyed by the Beet Armyworm. They are not as likely to destroy oats as they are wheat. Another problem is availability of seed. With the short crop produced this past year, seed, if available, will be high priced. Also, the germination on seed caught this past year could be lower as the moisture conditions during harvest caused the seed to begin a breakdown of the sugars in the seed. If your seed has any sign of a bump on the end, the germination of this seed will be lowered, so you may want to sow a little more seed than normal.

Forage versus grain. If you are going strictly for grain production, you would be advised to wait until late Octo-

ber or early November to sow wheat. This will not only miss the armyworms hopefully, but also cause less tillering, which will allow for increased length of the head and heavier weights of the seed. For grain production you do not want a lot of tillering. If you want to produce forage, tillering early is a must, so earlier planting is required.

Fertility of small grains is very important. The only definite way to determine need for fertility is with a soil test, but there are some general rules of thumb that can be applied. First, if you are planting for grain only, again you don't want early tillering so apply only 30-40% of the nitrogen early and apply the rest in the spring with good moisture conditions to increase grain production. It will take 1.5-2.0 pounds of nitrogen to produce each bushel of grain. If you make 20 bushels of grain the crop will use 30-40 pounds of nitrogen from the soil. For forage production, 65-70% of the nitrogen should be applied at planting. Forage production will use 70 pounds of nitrogen per ton of forage produced. If phosphorous is applied, it should be placed in the root zone, as phosphorous moves very little in the soil (less than two inches in most soils). Deep applications of phosphorous have proven to be effective in tests in this area.

For additional information concerning small grain production, contact the County Agriculture Extension office at 453-2461.

Concho Realty  
welcomes Kennedy

Nell Kennedy, longtime Robert Lee resident, is now associated with Concho Realty. A member of Local, State, and National Realtors Association, she has been a real estate agent since 1986. She became a state-certified independent appraiser in July, 1994 and has had 8 years of experience in the field.

Mrs. Kennedy had previously been on staff with Jewell Real Estate for three years.

During her current association with Concho Realty, she will operate Kennedy Appraisals as an independent fee appraiser.

Surgery & smoking

Smokers who quit smoking - even temporarily -- heal faster from wounds and surgery according to a study at Baylor College of Medicine in Houston.

The privately funded clinical study used nicotine patches to measure the difference in blood flow in people who underwent hand surgery. As a result, researchers have been able to learn more about how nicotine from inhaled smoke affects nerves and constricts blood vessels leading to the incision.

"Each time nicotine entered the nervous system, blood flow was restricted at the site of the surgery," said Dr. David Netscher, an associate professor of plastic surgery at

Baylor. "The decrease in the amount of blood that flowed to the incision area was significant."

Insufficient blood flow can cause the skin to slough, a term used for improper healing and eventual death of the tissue. A skin graft may be necessary, and in some plastic surgery procedures where large amounts of skin are involved, the procedure must be redone. In some general surgery cases, the incision may have to be sutured again.

However, the restrictive effects of smoking on blood flow are short-lived. A smoker who ceases smoking when a wound or incision is made will see the risks for complications drop significantly.

"There is always a slight risk for failure in any surgical procedure," said Netscher. "Previous studies have confirmed that among smokers the failure rate is two and sometimes even three times greater than in non-smokers."

The reduction in blood flow to the wound site can be as high as 30-percent in the first few minutes after nicotine has traveled through the nervous system. After smoking a cigarette it takes an average of 25 minutes for nerves that constrict blood vessels to return to normal.

"We are telling surgeons to advise their patients who smoke to cease the activity as close to the surgery date and as long after surgery as possible," Netscher said.

Losing your  
balance?

As they age, people expect a slight loss of hearing or sight, but few foresee problems with balance.

"It's known as disequilibrium of aging," said Dr. Helen Cohen, an assistant professor of otorhinolaryngology at Baylor College of Medicine in Houston. "As they get older, people become less active, which can sometimes affect balance. They tend to walk unsteadily as if they've had too much to drink."

Disequilibrium of aging (DEA) is seen mostly in people older than 60. It may account for why some elderly people fall, which often leads to more serious complications.

As people age, Cohen said, "their hearing goes a little, their sight goes a little -- so why should their sense of balance be any different?"

"DEA occurs because the central nervous system begins losing cells. Things just don't work as efficiently," she said. "Sight, hearing and memory may also diminish."

About 20 percent of the population may have some type of disorder of the vestibular labyrinth, the system that monitors the positions and movement of the head before relaying the information to the brain. Cohen works on "retraining" her patients' balance. "It's difficult for them to find their center of balance, so we encourage walking. In therapy, we play games and do exercises, such as catching a ball, that retrain the vestibular system and the brain," she said. "We

teach them new ways to balance."

Cohen advises her patients, when walking for exercise, to:

- \* Move the head side to side to learn to maintain balance.

- \* Walk with a friend for company and safety.

- \* Walk in a well-lighted area.

- \* Wear comfortable walking shoes.

She recommends consulting a physician before starting an exercise program, especially if there are previous medical problems.

Since DEA can cause falls, Cohen suggests patients:

- \* Get rid of throw rugs.

- \* Wear flat rubber-soled shoes and bedroom slippers.

- \* Plug in night-lights where needed.

- \* Use sturdy handholds such as heavy furniture.

- \* Install grab bars in the bathtub or shower.

- \* Put a rubber mat or strips in the bathtub or shower.

- \* Use a bathmat with a non-skid backing on slippery floors.

"Just because you age doesn't mean you have to be off balance," Cohen said. "A combination of exercise, therapy and safety can greatly improve equilibrium."

American Heart Association  
Fighting Heart Disease and Stroke

AMERICAN HEART ASSOCIATION  
MEMORIALS & TRIBUTES

1-800-AHA-USA1

This space provided as a public service.  
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NOTICE OF FINDING OF NO SIGNIFICANT IMPACT ON THE ENVIRONMENT  
and  
NOTICE TO PUBLIC OF REQUEST FOR RELEASE OF FUNDS

City of Robert Lee  
PO Box 26  
Robert Lee, Texas 76945  
(915) 453-2831

TO ALL INTERESTED AGENCIES, GROUPS AND PERSONS:

Seventeen (17) days after this publication, the City of Robert Lee will request the Texas Department of Housing & Community Affairs to release Federal funds under Title I of the Housing & Community Development Act of 1974 (P.L. 93-383), as amended to be used for the following project:

Project Title: Water and Sewer System Improvements - 714729

Purpose of Project: The Texas Community Development Program project involves installation of 4,000 LF of sewer lines, manholes, 4,200 LF of water lines, gate valves, fire hydrants, and service connections.

Location of Project: Robert Lee, Coke County, Texas

Estimated Cost of Project: The project involves \$149,000.00 of TCDP funds and \$20,000.00 of local funds for a total project budget total of \$169,000.00.

FINDING OF NO SIGNIFICANT IMPACT

It has been determined that such request of funds will not constitute an action significantly affecting the quality of the human environment and accordingly Robert Lee has decided not to prepare an Environmental Impact Statement under the National Environmental Policy Act of 1969 (P.L. 91-190).

The reasons for such decision not to prepare such Statement are as follows:

- (1) There will be no negative impacts on the environment as a result of an activity or project undertaken with Texas Community Development Program funds;
- (2) Some increase in noise, dust or other nuisance levels may occur during the program; however, such disturbances will be temporary and will cease on the completion of the project;
- (3) None of the activities to be undertaken will affect any known local, state or national historic, architectural or archaeological resource presently listed, or potentially eligible for listing, in the National Register of Historical Places or in any state or local registry;
- (4) No impact is anticipated upon the floodplain or other flood hazard areas;
- (5) No effect is expected on protected or endangered wildlife or vegetation; and
- (6) No farmland will be taken from or otherwise adversely impacted.

An Environmental Review Record, which documents the environmental review of the project and more fully sets forth the reasons why such Statement is not required, has been completed by the City of Robert Lee. The Environmental Review Record is on file at the Robert Lee City Hall office and is available for public examination and copying, upon request, at the City Hall office during normal business hours.

Public Comments on Finding

All interested agencies, groups, and persons disagreeing with this decision are invited to submit written comments for consideration by the City of Robert Lee to the address as set forth above. Such written comments must be received at the address specified within sixteen (16) days after this publication. All such comments so received will be considered, and the City of Robert Lee will not request the release of Federal funds or take any administrative action on the within project prior to the date specified in the preceding sentence.

Release of Funds

Robert Lee will undertake the project described above with Texas Community Development Program funds from the Texas Department of Housing & Community Affairs (TDHCA) under Title I of the Housing and Community Development Act of 1974, as amended. The City of Robert Lee is certifying to the Texas Department of Housing & Community Affairs that Robert Lee and John Conley in his official capacity as Mayor, consent to accept the jurisdiction of the Federal courts if an action is brought to enforce responsibilities in relation to environmental assessments, decision-making, and action; and that these responsibilities have been satisfied. The legal effect of the certification is that upon its approval, Robert Lee may use the Texas Community Development Program funds, and the Texas Department of Housing & Community Affairs will have satisfied its responsibilities under the National Environmental Policy Act of 1969 and 24 CFR Part 58.75.

Objection to State Release of Funds

The Texas Department of Housing and Community Affairs will accept an objection to its approval of the release of funds and acceptance of the certification only if it is on one of the following bases: (a) that the certification was not in fact executed by the chief executive officer or other certifying officer of the Contractor approved by TDHCA; or (b) that the Contractor's Environmental Review Record for the project indicates omission for a required decision, finding, or step applicable to the project in the environmental review process. Objections must be prepared and submitted in accordance with the required procedure (24 CFR 58), and may be addressed to the Texas Department of Housing & Community Affairs, Texas Community Development Program, PO Box 13941, Austin, Texas 78711-3941.

Objections to the release of funds on bases other than those stated above will not be considered by the Texas Department of Housing & Community Affairs. No objection received later than thirty-three (33) days after this publication will be considered by the Texas Department of Housing & Community Affairs.

John Q. Conley, Mayor  
City of Robert Lee

Lane and Nancy Arthur Announce

The Opening of

ARTHUR & ARTHUR  
Attorneys at Law

For the General Practice of Law

No. 9 E. 6th Street (915) 453-2576  
Robert Lee, TX 76945

Licensed to Practice in all State Courts And in  
Federal Court (Northern & Western Districts)  
Not Certified By Texas Board of Legal Specialization

# BRONTE SCHOOL NEWS

## New Dismissal Times for Bronte Elementary

In order to coordinate dismissal times between elementary and high school, Bronte Elementary has devised a new student release time schedule. The new schedule, which went into effect Wednesday, August 23, is as follows:

K - 2 Release Time - 2:40 pm.  
3 - 6 Release Time - 3:40 pm.

This time schedule is a twenty minute deviation from the previous schedule, a necessary adjustment for the safety of the students and the convenience of the community.

Bus recess will be held for K-2 students from 2:40 - 3:40 pm. This recess is for students who ride the buses or for students waiting for older brothers or sisters to be released at 3:40. Other students are encouraged to leave campus and go home.

Parents are asked to make arrangements to pick up their children at the dismissal times mentioned. Please be advised that children left unattended who are not at bus recess are at risk.

## Letter to the Editor

Dear Editor:

At least one school board member is awake.

We want to thank her for pointing out our school's exemplary test scores. Congratulations to our hardwork-

ing, dedicated teachers in classrooms and tutorials. They, along with parents' help, deserve the credit. We hate to see the tutorial pay cut.

At least one of us has been at several board meetings, and if we aren't able to make it, we get copies of the minutes. In speaking with board members, we find that a couple of members are very open-minded and welcome our opinions. One member has called different ones of us several times throughout the past couple of years. But then, there are others that either can't or won't hear what you're trying to say, and get defensive before you ever get to the facts. Or, you get different answers from different members.

The Home Economics issue is a good example. We were told by administration and by a board member that it was being considered to replace the Home Ec. program and building with expanded computer classrooms. Then, a few days later, we were told an elementary teacher had been reassigned to that classroom and would be given "a couple of years" to finish the necessary courses. Our concern is not the teacher as a person, or as a teacher, or as your sister-in-law. Our concern is the group of students who go through a course that is playing catch up. Our students had that situation last year in Spanish, and in math the year before; that we tutored them through the extended substitute sessions. Personally, we hold every teacher up there in highest esteem. Maybe some of the confusion between different board members is because some members arrive anywhere from one to four hours after the meeting is supposed to start, or miss the meeting altogether.

We do know that experienced, fully qualified men applied for the principal job openings the past several years. The ones you hired lacked the necessary hours and experience, one is just now finishing up. While we wait for them to catch up and gain experience and maturity, our students have had cuss words screamed at them in the rooms and hallways of the school. There are plenty of adult and student witnesses. Yes, we are trying to teach our kids to respect authority, but once they've lost respect for someone it takes a long time to get it back.

Trying to get on the agenda has been impossible. We never could seem to meet all the requirements or survive the dissertations.

One of us couldn't go to the budget hearing. The ones of us that went can't come up with a word to describe it.

Unorganized? Uninformed? Unprofessional? Unbelievable? We should have polled the crowd as they left. Unfortunately, most seemed speechless.

A Bronte parent, taxpayer, and an ex-student

## ISE seeks host homes

International Student Exchange, Inc. (ISE), a non-profit organization operating under the auspices of the United States Information Agency, has been granted permission to place young people in host homes throughout the 50 states and closely supervise their progress throughout the school year.

In an unusual diplomatic move, the People's Republic of China is permitting individual travel for a group of high school students ages 15 to 18, who will be placed in American family homes for one school year. They will arrive in August 1995 and return in June 1996. ISE also has students from twenty-one other countries available.

Each of these students has been carefully selected and has had English language training. Their families are sending them here as goodwill ambassadors to learn about the American culture. They will be supplied with pocket money and full health insurance coverage while they are here.

ISE is looking for families that would enjoy hosting one of these boys or girls for ten months, providing only food, shelter and affection. All other expenses are paid by the student's natural families.

For further information call 1-800-233-4678, and an ISE representative will call with a list and description of the teenagers available for the next school year.

## Sore shoulders?

A sore shoulder in athletes may signal more than just tired muscles. It could be a rotator cuff injury.

The rotator cuff is a tendon that forms a circular joint where four muscles support and move the arm bone. If the cuff is damaged or torn, the top of the arm bone may press into the shoulder.

"People in their 50's and beyond are susceptible to this because of a lifetime of wear and tear on the shoulder," said Dr. Gerard Gabel, an orthopedic surgeon at Baylor College of Medicine.

Physical therapy can usually correct the problem, but sometimes surgery may be required to rebuild the cuff.

## Athletic shoes

Selecting the wrong athletic shoe can be the first step to injury during a workout.

"Each individual needs different types of support depending on the workout routine and physical makeup," said Dr. John Kozak, a sports medicine expert at Baylor College of Medicine in Houston.

The most important consideration when picking shoes is the type and amount of support the heel of the shoe provides. This area absorbs most of the shock during exercise.

Kozak suggests grasping a shoe with both hands at the front and the back, and then twisting the shoe. The less movement detected in the heel area means more support for the foot.

He says when trying on the shoe, pick one that feels firm in the heel and allows your toes to wiggle slightly.

## Sparrowgrass seeking poems

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 will also be considered for publication in *Treasured Poems of America*, a hardcover anthology. Prize winners will be announced November 30, 1995.

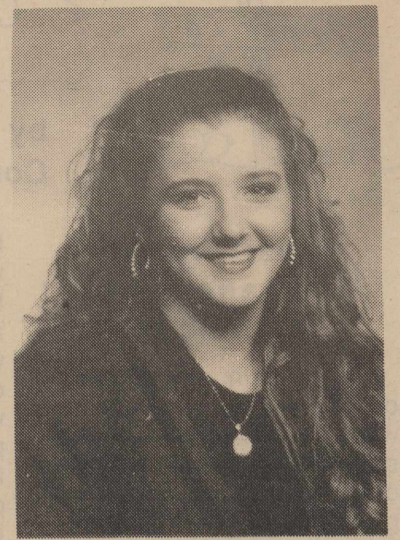
"Our contest is especially for new and unpublished poets seeking a forum that enables them to share their work," says Jerome P. Welch, Publisher. "We are looking for sincerity and originality in a wide variety of styles and themes. You do not have to be an experienced poet to enter or win."

Poems should be sent to Sparrowgrass Poetry Forum, Inc., Dept. J, 203 Diamond St., Sistersville, WV 26175.

**SUPPORT RESEARCH.**

It Works Wonders.

American Heart Association



Shelley Stewart

## Stewart earns degree

Shelley Stewart, of San Angelo, graduated from Angelo State University on Friday, August 18th. She received a Bachelor of Science degree in mathematics with a minor in psychology.

While attending Angelo State University, she has been a Carr Scholarship recipient and has been named to the Dean's List. She is a member of the Alpha Lambda Delta Honor Society and has been employed as a computer operator at Texas State Bank since March of 1992.

This fall, she will be attending the University of North Texas in Denton, where she will pursue a Master's degree in mathematics. She is the daughter of Jack and Becky Stewart, of San Angelo, and is the sister and sister-in-law of Kim Stewart Lee, and husband, Jeff, of Bronte.

## Shin splints

Shin splints, a common leg injury among joggers and other weekend athletes, can be prevented with proper stretching and cross training.

Shin splints are caused when muscle along the long bone in the leg does not expand enough to absorb the shock of a workout. "The shin bone absorbs the shock," said Dr. Donald Baxter, an orthopedic surgeon at Baylor College of Medicine in Houston.

Cross training--varying the type of workout activity--works different muscle groups and may help prevent shin splints.

Baxter suggests stretching the shin muscles by leaning against a wall with the palms of the hand flat, the arms at full extension. Then slowly fall forward to the chest moves to the wall. Hold and repeat 10 to 20 times before running.

Whenever you feel pain during a workout, that activity should be stopped, Baxter said.



### Breakfast

**Monday, August 28**  
Cereal, Toast, Pineapple Tidbits, Milk  
**Tuesday, August 29**  
Pancake w/ Sausage on stick, Grape Juice, Milk  
**Wednesday, August 30**  
Scrambled Eggs, Waffles, Orange Juice, Milk  
**Thursday, August 31**  
Sausage, Pancakes, Apple Juice, Milk  
**Friday, September 1**  
Cereal, Pop Tarts, Apple Sauce, Milk

### Lunch

**Monday, August 28**  
Hot Dog, Chili & Cheese, Tator Tots, Fruit Salad, Carrot & Celery Sticks, Milk  
**Tuesday, August 29**  
Chicken Nuggets w/ Gravy, Mashed Potatoes, Green Beans, Rolls, Milk, Pink Panther Cake  
**Wednesday, August 30**  
Soft Taco w/ Cheese, Refried Beans, Lettuce & Tomato, Milk, Lime & Pear Jello  
**Thursday, August 31**  
Chili Mac, Tossed Salad, Buttered Corn, Rolls, Milk, Peanut Butter Cookies  
**Friday, September 1**  
Chick-Fil-Lay Sandwich, Tator Tots, Pickle Chips, Apple, Milk, Ice Cream Cups

## El Rancho Restaurant

Mexican-American Food

Open Tues.-Sat. 11 am - 2 pm & 5-9 pm

Open Sunday 11 am - 2 pm

224 W. Main Bronte 473-2140

## River of Life Church

Invites you to be touched by the ministry of David Gardiner

Wednesday, September 6th, 7:00 pm  
at the Texas Theater, Bronte, Texas.  
David is an evangelist with a prophetic ministry who warmly displays the love of Jesus.

For more information call  
Pastor Eddie Sparks 915-473-5901



Margaret Brunson was the only Birthday Honoree for August at the Bronte Nursing Home. Mary Belle Hilliard provided entertainment for the party. Sponsor for the party was the New Beginners Sunday School Class from the First United Methodist Church in Bronte.

& Carol Andrews and two grandchildren, Elizabeth & Koby Andrews, of Throckmorton; also Andrea Klaumann and Melvina Floyd of San Angelo. A lot of picture taking and reminiscing went on. A good time was enjoyed by all. Everyone said they would do it again next year, hoping more of the cousins would be there. Murl Andrews is the oldest one of the generation left.

### MS Diagnostic Fund

The Multiple Sclerosis Association of America is sponsoring a new program designed to help those suspected of having MS receive proper and accurate diagnosis. Through the *MS Diagnostic Fund*, MSAA will pay for the expense of a magnetic resonance imaging (MRI) exam for uninsured and financially challenged individuals who qualify under program guidelines.

Attacks of multiple sclerosis, the most common neurological disorder of young adults, often produce scars or lesions on the brain and central nervous system. The MRI exam is a widely used diagnostic tool which allows evidence of such lesions to be directly visualized with a great deal of detail and precision. These test results combined with the description of symptoms such as blurry vision, numbness, and decreased mobility often allow neurologists to confirm the existence of MS. The cost of an MRI exam can range anywhere from \$400 to \$750, and multiple tests may be needed for accurate diagnosis.

"People who are suspected of having MS but cannot afford the latest advances in diagnostic testing are in an awful situation," said MSAA Director of Operations Dawn Human. "Their doctor needs the most accurate and detailed information in order to plan the most effective and aggressive treatment. Without a confirmed diagnosis, some patients are also ineligible for many assistive programs. Not to mention," she added, "the stress of not knowing what exactly is wrong and how it will affect their lives."

According to Human, the *MS Diagnostic Fund* is available on a first-come, first-serve basis to those who qualify. Applications forms are available by calling MSAA at 1-800-833-4672. Forms must be completed and submitted to MSAA by the applicant's neurologist.

## Cobbler Recipe Adds New Twist to Old Family Favorite



(DM)—California fresh apricots and cherries — the first fruits of summer — are available mid May through mid July. The season for these glorious harbingers of warm days ahead passes quickly, so get them while you can.

For a new twist on that old favorite, the cherry cobbler, we've added freshly sliced California apricots and a touch of grated orange peel. This **California Apricot-Cherry Cornmeal Cobbler**, easy and quick to prepare, enhances the flavor of both fruits. The addition of cornmeal to the traditional biscuit dough adds color and a crunchiness to the "cobbled" fruit cover.

### CALIFORNIA APRICOT-CHERRY CORNMEAL COBBLER

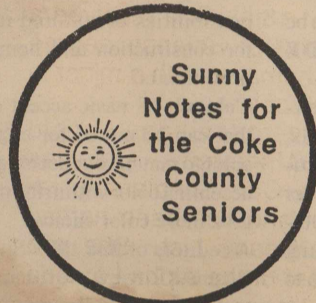
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|---|--|
| <b>Filling:</b>   | ½ cup yellow cornmeal                  |
| 3 cups sliced (1 pound whole) fresh California apricots   | 1½ tablespoons granulated sugar        |
| ½ cup granulated sugar                                    | 2 teaspoons baking powder              |
| 2 cups pitted (12 ounces whole) fresh California cherries | ¼ teaspoon salt                        |
| 1 tablespoon flour  | ½ teaspoon grated orange peel          |
| * * *   | 5 tablespoons unsalted butter, chilled |
|   | ¾ cup low-fat milk                     |
| <b>Cornmeal Biscuit Topping:</b>                          | 1 teaspoon granulated sugar            |
| 1 cup all-purpose flour                                   |  |

**FILLING:** Combine apricots and ½ cup sugar; set aside. Combine cherries and 1 tablespoon flour; set aside.

**CORNMEAL BISCUIT TOPPING:** In a large bowl combine dry ingredients; stir in orange peel. Cut in butter until mixture resembles coarse meal. Add milk; stir just to combine dry ingredients.

Combine fruit in 1½ quart baking dish; spoon batter over top (don't smooth the dough — you want the top to be bumpy and rough); sprinkle with 1 teaspoon sugar. Bake in a preheated 375 degree oven until golden brown, 25 to 30 minutes. Serve warm or at room temperature. Yield: 8 servings.

Nutrition information per serving: 255 calories, 9 g fat, 21 mg cholesterol, 205 mg sodium, 42 g carbohydrate, 3 g dietary fiber, 4 g protein, 1190 IU vitamin A, 8 mg vitamin C, 113 mg calcium, 2 mg iron, 309 mg potassium.



Sunny Notes for the Coke County Seniors

### Meals for the Week

- Monday, August 28**  
Winnie Wink, Cheese, Carrot & Raisin Salad, Turnip Greens, Wheat Bread, Pineapple
- Wednesday, August 30**  
Lima Beans & Ham, Cabbage Wedges, Wheat Bread, Cucumber & Onion Salad, Pumpkin Pie
- Friday, September 1**

Sweet & Sour Pork, Peas, Onion Slices, Cornbread, Peach Halves, Brownie w/ Nuts

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.

### Andrews family reunion

The Vernon & Ellen Andrews family enjoyed a reunion at the Bronte Senior Citizens Building Sunday, August 20. There were 22 present. Those were: Murl & Pearl Mae Andrews from Bronte; James Vernon, Judie, Richard, Bruce, and Justin Andrews of San Angelo; Frank E. Markwood, also of San Angelo; Tricia & Doug DuBois of Lexington, Ohio; Mitch & Gail Perry and Debbie Stout of Dallas; Bobbie & Rosa Tatum of Albany; Mamie Andrews Grey of Junction; Ed

### Notice of Public Hearing on Tax Increase

The BRONTE I.S.D. will hold a public hearing on a proposal to increase total tax revenues from properties on the tax roll in 1994 by 6.10 percent. Your individual taxes may increase at a greater or lesser rate, or even decrease, depending on the change in the taxable value of your property in relation to the change in taxable value of all other property.

The public hearing will be held on Tuesday, September 5, 1995 at 8:00 P.M. at Bronte School Library.

FOR the proposal: Steve Kelton, Ray Barnett, Andra Arrott, Jeff Schoenfield, Wayne Coalson, Kendall Gibbs, Ben Hambricht

AGAINST the proposal: None

PRESENT and not voting: None

ABSENT: None

The statement above shows the percentage increase the proposed rate represents over the effective tax rate that the unit published on Friday, August 4, 1995. The following table compares taxes on an average home in this taxing unit last year to taxes proposed on the average home this year. Again, your individual taxes may be higher or lower, depending on the taxable value of your property.

	LAST YEAR	THIS YEAR
Average home value	\$22,890	\$22,890
General exemptions available (amount available on the average home, not including senior citizen's or disabled person's exemptions)	\$10,000	\$10,000
Average taxable value	\$12,890	\$12,890
Tax rate (per \$100)	1.31750	1.31000
Tax	\$169.83	\$168.86

UNDER THIS PROPOSAL TAXES ON THE AVERAGE HOME WOULD DECREASE BY \$0.97 OR 0.57 PERCENT COMPARED WITH LAST YEAR'S TAXES. COMPARING TAX RATES WITHOUT ADJUSTING FOR CHANGES IN PROPERTY VALUE, THE TAX RATE WOULD DECREASE BY \$0.00750 PER \$100 OF TAXABLE VALUE OR 0.57 PERCENT COMPARED TO LAST YEAR'S TAX RATE. THESE TAX RATE FIGURES ARE NOT ADJUSTED FOR CHANGES IN THE TAXABLE VALUE OF PROPERTY.

### GLENN-BIVINS INSURANCE



Home, Auto, Life, and Health

123 W. Main Bronte 473-6791

### The Little Schoolhouse In Ballinger

is offering pre-school on Mondays, Wednesdays, and Fridays for children ages 3-5. Transportation will be provided.

Call Camille Sanders  
365-2913 - Daytime 365-5432 - Evenings

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"SINCE 1980"

**FRANK SANTELLANO - OWNER**

Radiators play an important part in the life and operation of an automobile, truck or industrial engine. If you do not have a properly operating cooling system, you'll soon find yourself out of commission.

In this area, the one to see to keep your radiator in first-class condition is **FRANCO'S RADIATOR & AUTO SERVICE**, located at 929 1/2 E. 19th in San Angelo, pick-up and delivery, phone 665-4009. These men are

experts in radiator flushing, recoring, rebuilding and repairing. Let them check your entire cooling system, pressure test your radiator and examine your heater core for leaks and proper flow. Fuel tank repairs along with water pump, and thermostat work is also provided by the friendly personnel. They have over 29 years experience in this field.

This is the time of year to have your radiator serviced and checked by these professionals.

Stop in soon and get your cooling system ready for trouble-free operation throughout the coming months. Same day service is also available in most cases.

Make **FRANCO'S RADIATOR & AUTO SERVICE** your complete radiator, fuel tank and water pump headquarters. **Open Monday through Saturday from 8:30 a.m. to 6 p.m. Se Habla Espanol. VISA, MasterCard and Discover accepted.**

**BART MANN JEWELERS**

**JACK MORGAN/BART MANN ORIGINALS**  
 SINCE 1969

**JACK MORGAN - OWNER & KATHY GLASS - MANAGER**

Throughout this area, **BART MANN JEWELERS**, celebrating their 26th year in September, is known as the leading firm for custom designed jewelry, and "home of concho pearl."

With their large selection of loose pearls, stones and settings, you'll be sure to find that very special gift for that extra special person. They are located at 105 South Irving in San Angelo, phone 653-2902.

These jewelers offer professional services such as repairs, stone setting, custom design work, and many other services. Mark

**Lerch and Kathy Glass** are 5th generation gold smiths, to insure quality in your new jewelry! Let the designers at **BART MANN JEWELERS** help you in creating you one-of-a-kind piece of jewelry that's sure to add that personal touch that will warm the heart and put a sparkle in the eye. These craftsmen will design and fashion your new piece of jewelry in their own shop using either their gold, pearls, or stones or bring your own.

Come in and see their beautiful array of *concho pearls, sapphires, emeralds, rubies,* and, of course, the every enchanting *diamonds.*

So for the best in quality custom jewelry, expert repair, accurate appraisals, and personalized service, stop by **BART MANN JEWELERS** today. Yes, they are a full service jewelry store.

The editors of this 1995 Summer Business Review are very pleased to be able to recommend this outstanding jeweler to all of our readers. **Open Monday through Saturday from 9:30 a.m. to 5:15 p.m. Major credit card are accepted.**

**HUERTA CONSTRUCTION**

**MARY & AMADO HUERTA - OWNERS**

Building a home is a difficult business. There are many decisions to be made and you want to get the absolute most for your money in today's tough, competitive market. One way to be sure of getting the proper sanitation equipment is to contact the professionals at **HUERTA CONSTRUCTION** in San Angelo at 7787 North Valley Drive, phone 658-3928, where some of the finest septic tank systems anywhere come from!

They also specialize in **grease traps** and offer a **back hoe and dump truck service.**

Featuring **below ground septic tanks**, this well known firm will outfit you with the model which best suits your individual needs and requirements. All of their units are approved by local sanitation authorities and **meet all applicable health codes.** **HUERTA CONSTRUCTION** also specializes in **repairing and installation** of the systems they

sell and their quality work has won them the admiration of leading contractors and homeowners alike.

You're welcome at any time to discuss your septic tank needs with their trained estimator who can give you a free estimate.

The writers of this 1995 Summer Business Review suggest that you'll be in better hands when you deal with his respected, licensed and bonded company for complete septic tank needs.

**VEHICLE ACCESSORIES & SUPPLY**

**SHAWN SPICER - MANAGER**

Attention pickup truck and suburban owners! If you'd like to customize your truck or suburban for work or recreation or just want to enhance its appearance, **VEHICLE ACCESSORIES & SUPPLY** can be of help. They're located at 3320 Arden Road in San Angelo, phone 944-9428 or toll free 1-800-588-5464. Stop by and see their large showroom. They feature the largest selection of aftermarket truck accessories in West Texas. **VEHICLE ACCESSORIES & SUPPLY** offers *bug shields, bedmats, bed*

*liners, fiberglass running boards, chrome and pipe grill guards and bumpers, fiberglass sleeper and camper shells, tool boxes, headache racks and hundreds of other accessories.* Installation of accessories can be done by them.

Whether your truck is American or foreign with long bed or short bed, **VEHICLE ACCESSORIES & SUPPLY** has the accessories to fit your custom specifications. The staff at **VEHICLE ACCESSORIES & SUPPLY** will be glad to offer helpful sug-

gestions on customizing your truck based on their years of experience. For attractive and durable truck toppers, sleepers, bedliners and a complete line of accessories for your pickup truck of suburban, we suggest you see the pros at **VEHICLE ACCESSORIES & SUPPLY.** The staff would like to say thank you for your patronage and support. **Open Monday through Friday 8 a.m. to 5:30 p.m. and Saturday 8 a.m. to 2 p.m., accepting MasterCard, VISA, and Discover.**

**CONCHO BIKE SHOP**

**RANDALL SMITH - OWNER**

Why should you go to **CONCHO BIKE SHOP** to buy a simple lawn mower? Quality, selection, and service after the sale! Lawn equipment is an investment whether you are buying a walking mower, power mower or a garden tractor. Spend your money wisely by seeing the specialists at **CONCHO BIKE SHOP**, located at 2015 Austin in San Angelo, phone 665-7373. They are your authorized dealer for durable lines of quality outdoor lawn care products...**HONDA,**

**TORO, SNAPPER, TROY-BILT** roto tillers and **STIHL** chain saws and power tools, even power blowers and brush cutters.

Look over their selection of mowers, tillers, tractors, gas/electric trimmers and edgers. They feature quality products that you can depend upon year after year. **CONCHO BIKE SHOP** can also handle any of your maintenance needs, and their repairmen are experts in their field. Be a smart buyer. Purchase your

lawn equipment from a company that sells the best and services what they sell. In this area, the people to see are **CONCHO BIKE SHOP**

With bicycles for family, trail or racing along with clothing and accessories, select a name brand bicycle from **CONCHO BIKE SHOP** today. **Open Monday through Friday from 8 a.m. to 6 p.m. and Saturday 8 a.m. to 3 p.m. All major credit cards accepted.** For lawn equipment or bicycles, sales, service and parts...**CONCHO BIKE SHOP.**

**CASA DE MARBLE**

**TED BEAN - OWNER**

If you've been admiring the beauty of marble but were not sure if you could afford it, let the experts at **CASA DE MARBLE** in San Angelo at 624 S. Irving Street, phone 658-4741, explain the many practical, reasonable priced uses for **CULTURED MARBLE** accenting.

For *sinks, tub and shower enclosures, garden style bath tubs and showers, whirlpool accessories, vanities, coffee tables, end tables, accent tables, windowsills* and other custom marble products, this is the only place you need to go. Full service

installation of all products can be obtained from **CASA DE MARBLE.**

Marble is one of the most desirable of all building materials, and for good reason: *It's beautiful, lasts forever and requires little or no maintenance!* Outstanding examples of stunning marble construction date back to ancient times.

Cultured or synthetic marble makes more an more sense. It's the practical way to get the beauty and strength of real marble at a fraction of the cost. Isn't it about time for you to check into the

possibilities of cultured marble for construction and home improvements?

**Colors?** 68 basic accent colors that can be mixed for a custom color to match your decor, a swirl accenting color within the marble give more color choices.

As editors of this 1995 Summer Business Review, we recommend you contact **Ted Bean at CASA DE MARBLE** and find out **EVERYTHING** about man's answer to nature's beauty... **CULTURED MARBLE. Open 8 a.m. to 5:30 p.m., Monday through Friday.**

**HOUSEHOLD EXTERMINATORS**

**CHARLES SCOTT HARRIS - OWNER**

For expert pest control, many homeowners and businessmen have come to rely on **HOUSEHOLD EXTERMINATORS**, located in San Angelo at 1919 A Junius, phone toll free 1-800-270-8673 or 944-0828. Here, only the pests get a bad deal. Various pests do major damage in this country every year. Once you've contracted with **HOUSEHOLD EXTERMINATORS**,

you pest control problems will be a thing of the past. They are familiar with all facets of the exterminating business. Regardless of whether you're troubled by *scorpions, mice, silverfish, spiders, ants, fleas or roaches*, these professionals can handle the job quickly and economically. They are fully licensed, Texas license No. PCL 2750, and offer monthly service as well as one

time calls for your convenience. By using the latest scientific methods, they have earned for themselves an excellent reputation among homeowners and businesses throughout the entire area. If you have been bothered by pests, call **HOUSEHOLD EXTERMINATORS** toll free 1-800-270-8673 for maximum satisfaction at a reasonable price.



**Range Safety**

Almost from the time they can walk and talk, children are warned about the potential dangers of hot kitchen ranges, but another serious kitchen hazard—range tipping—is seldom considered.

As a matter of fact, most people are simply unaware that free-standing ranges will tip forward if too much pressure or weight is placed on the open oven door. This can result in injury by the tipping range, and scalds and burns caused by hot pans and cooking foods falling from the range top.

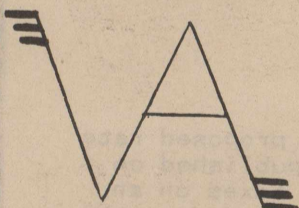
While anyone can be a victim of a tipped range, Whirlpool home economists point out that small children and elderly persons are especially vulnerable to accidental range tipping.

Their caution: never lean on an open oven door. This applies particularly to older people who may have difficulty stooping or bending. Children

should be taught never to use an open oven door as a seat or stepping stool.

You should check to see whether your range is installed with an anti-tipping device that secures it to the floor or wall to prevent tipping. All new free-standing and slide-in ranges sold in America today must include such a device. If yours is an older unit it may not be so equipped.

Anti-tip devices are made available free of charge by Whirlpool to owners of older Whirlpool brand gas and electric ranges. Just call the Whirlpool Consumer Assistance Center, toll-free, at 1-800-253-1301.





**Check SS benefits if working**

Working beneficiaries whose benefit amounts depend on the earnings estimate they provided Social Security on the annual earnings report they filed last April should be sure to review their earnings to see if they have changed. If so, the change should be reported to Social Security immediately, according to Franklin H. Upp, Social Security manager in San Angelo.

"Because it is difficult to estimate exact earnings for the year, we encourage beneficiaries who work to call us to adjust their estimated earnings if they get a raise, work overtime, or otherwise increase their income," Upp stated.

Every year about a million people receive more money from Social Security than they were entitled to receive as a result of unanticipated earnings. Most of these overpayments occurred because beneficiaries who work while drawing benefits earned more than they had estimated and their income exceeded Social Security's annual limits. The annual limits for 1995 are \$8,160 for persons under age 65, and \$11,280 for persons between 65-69. If you are still working at age 70, the earnings limits do not apply so you no longer have to report your earnings to Social Security.

It's easy to report excess earnings and other events that would cause you to be overpaid. Visit the nearest Social Security office or call us

on our toll-free number, 1-800-772-1213, business days between 7:00 am and 7:00 pm.

**Cancer Prevention**

Cancer is one of those topics that most people want to avoid. But avoid it now and it may haunt you later.

Many West Texans would argue that cancer rates seem to be high in this part of the state. Too many people die each year from the disease. Early detection, finding out right away that a cancer is growing, gives you the best chance of being cured. The American Cancer Society has developed seven warning signs for the detection of cancer:

1. Change in bowel or bladder habits.
2. A sore that does not heal.
3. Unusual bleeding or discharge.
4. Thickening or lump in breast or elsewhere.
5. Indigestion or difficulty in swallowing.
6. Obvious change in wart or mole.
7. Nagging cough or hoarseness.

However, it is important to know that cancer doesn't al-

ways give a warning. Other activities can be undertaken to prevent the disease from occurring. These activities include eating more high fiber foods and foods rich in Vitamins A and C. Avoid foods high in fat and if you drink alcohol, do so only in moderation. Don't smoke or use tobacco products. Protect yourself from the sun by wearing a hat and putting on sunscreen with a SPF (sun protection factor) of 15 or higher.

The American Cancer Society estimates 92 percent of the people who die from cancer would have lived if the disease had been found early. That is 92 percent of the mothers, fathers, daughters, sons, grandmothers, grandfathers, and friends who might be alive today.

For more information about what you can do to prevent or detect cancer, check with your health care provider. In addition, the Texas Tech University Health Sciences Center has placed a resource of free cancer prevention information for Coke County residents at the Bronte Senior Center.



**The Greatest Thing Since Sliced Bread**

No matter how you slice it, our free Consumer Information Catalog is great food for thought.

The Catalog dishes up more than 200 free and low-cost government booklets on subjects you can really sink your teeth into — such as staying healthy, eating right, finding a job, getting federal benefits, using credit, buying a home, helping your kids, taking care of your car, and much, much more.

To get your free copy, send your name and address to:

**Consumer Information Center  
Department GT  
Pueblo, Colorado 81009**



A public service of this publication and the Consumer Information Center of the U.S. General Services Administration

**HALL'S SUPER SAVE FOODS**  
120 W. MAIN BRONTE 473-2065  
FOOD STAMPS WELCOME  
OPEN 7 DAYS A WEEK  
MON.-SAT. 7:30 AM-9 PM  
SUN. 8 AM-8 PM



**JUMBO PACK  
Leg Quarters**  
LB. **.39**



**RED SEEDLESS  
Grapes**  
LB. **.68**



**SHURSAVING  
HOMOGENIZED  
Milk**  
GAL. JUG **1.99**



**OWENS REG. OR  
HOT PORK  
Sausage**  
2 LB. ROLL **2.97**

ALL TYPES  
**Coca-Cola  
or 7-Up**  
6 pk. 12 oz. cans **1.69**



**FREEZER PACK - \$59**  
*All Freezer Packs are Cut, Wrapped & Frozen Fresh*  
3-2 Lb. Cube Steak, 3-2 Lb. Pork Chops, 2-3 Lb. Boneless Roast, 5-2 Lb. Ground Chuck, 2-2 Lb. Boneless Skinless Fryer Breast

**FREEZER PACK - \$39**  
4-1 1/2 Lb. Sirloin Steaks, 4-2 Lb. Ground Chuck, 3-2 Lb. Country Style Pork Ribs, 2-2 Lb. Split Fryer Breast

**FREEZER PACK**  
**A WEEK OF MEAT FOR ONLY \$25.00**  
2 Lbs. Split Fryer Breast - 2 Lbs. Extra Lean Cube Steak -  
3 Lbs. Boneless Roast - 2 Lbs. Lean Ground Chuck -  
3 Lbs. Sirloin Steak - 2 Lbs. Pork Chops

SHURSAVING  
WHITE 2-PLY  
**Paper Towels**  
Reg. Roll **.39**



FAMILY SIZE LIPTON  
**Tea Bags** 48 ct. Box **2.49**

JEWEL GREEN  
**Limes** **10/\$1**

PEELED MINI  
**Carrots** 1 Lb. Bag **.98**

REGULAR, UNSCENTED OR WITH BLEACH  
**Ultra Tide** 42-47 oz. Box **2.99**



**PARKER PLUMBING**  
Residential-Commercial  
All Types Plumbing Repair

- \*New Construction
- \*Remodeling
- \*Fixtures
- \*Sewer Service

Licensed Master Plumber  
473-2131 Bronte



**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  
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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**

**\*\*EXTRA NICE\*\***  
\$1,100 down, \$185 per  
month buys 3 bdrm, 2 bth  
16x80 mobile home with  
many extras; including wood  
siding, comp roof. 10%  
down, 9.9% APR, 240  
months. Call Bill 800-456-  
8944 or 520-5850.

04a-1tc

**FOR SALE**

used Frigidaire refrigerator,  
Roper electric stove, Maytag  
washer. Margaret Martin, 107  
Parkwood, Bronte.

03-2tc

**10 HP JOHNSON**

boat motor. Good condition.  
Manual start. \$350. 453-2562

03-2tp

**\$165.00 MONTHLY**

buys 3 bd 2 bth mobile home.  
New carpet. New appliances.  
5% down, 180 months, 11.25  
APR. Call 915-520-5850 OR  
800-456-8944.

04a-1tc

**FOR SALE**

**Robert Lee**

**SUPER NICE CABIN**, fur-  
nished. Lots of room. Call to-  
day.

**ARROWHEAD POINT** a  
stone's throw from water's  
edge. 3 bdrm., 2 bath home  
on approx. 2 acres. Get de-  
tails and let's look.

**Elaine Lee  
453-2995**



**Lee  
Associates**  
EQUAL HOUSING  
OPPORTUNITY  
**453-2226**

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

**CLASSIFIED.**

**2 COVERED  
MOBILE HOMES**  
on 3 corner lots in Robert  
Lee. Central heat and air.  
Covered patio and parking, 3  
storage buildings, fenced,  
fruit trees. 915-453-2223,  
leave message.

03-2tp

**BEAUTIFUL CUSTOM  
ORDERED HOME**  
came in wrong color carpet.  
Must sell now. Call 800-456-  
8944.

04a-1tc

**BLACK LAB-AKITA  
PUPPIES**  
for sale. Smart, gentle with  
children, great guard dogs.  
473-7302.

04B-2tp

**\$1,995 CASH BUYS**  
used mobile home. Call 570-  
4774.

04a-1tc

**COME JOIN US**  
for a celebration of St. James  
youth. Sunday, August 27,  
1995 from 12 noon until 4:00  
pm at St. James Catholic  
Church on Washington St. in  
Bronte. Mexican dinner,  
dessert, and drink - \$5.00  
(adult), child (8 & under) -  
\$3.00. Entertainment by  
church youth, directed by  
Margie Rodriguez.

04B-1tc

**WINDOW UNITS**  
Donnie's Appliance, 453-  
2188.

51-ttc

**\$3,700 CASH BUYS**  
mobile home. Call 520-5850  
OR 800-456-8944.

04a-1tc

**GARAGE SALES**

**GARAGE SALE**  
413 3rd. Street, Robert Lee.  
Saturday, August 26, 8:00 -  
2:00.

04-1tc

**STILL CLEANING  
HOUSE SALE**  
Saturday, 8:00 am - 3:00 pm.  
802 W. 11th, Robert Lee.

04-1tc

**YARD SALE**  
Saturday, August 26. 405  
NW Railroad, Bronte. China  
cabinet, couch w/sleeper,  
upright freezer, children's  
clothes, etc. Ricky Royall.

04-1tc

**GARAGE SALE**  
821 Euel, Robert Lee. Satur-  
day only, August 26. Baby  
clothes, children and wom-  
en's clothes. Misc. items.

04-1tc

**MISC**

**AVON - Representa-  
tives needed!**  
NO DOOR-TO-DOOR RE-  
QUIRED, potential \$100-  
1200+ monthly, independent  
representative, 1-800-236-  
0041.

02-4tp

**POSTAL JOBS**  
Start \$12.08/hr. For exam  
and application info. call (219)  
769-8301 ext. TX 771, 8:00  
am - 8:00 pm, Sun. - Fri.

04-4tp

**IF YOU HAVE BEEN  
TURNED DOWN**  
for a mobile home loan let me  
help. 570-4774.

04a-1tc

**HOUSE AND  
OFFICE CLEANING**  
Also ironing. Honest, de-  
pendable, reasonable. Ref-  
erences. Kathy Melton, 453-  
4610.

04-2tp

**CASH FOR**  
your mobile home. Call 570-  
4774.

04a-1tc

**BEACH VOLLEYBALL  
TOURNEY**  
Enter now for the Sept. 2 La-  
bor Day Extravaganza, county  
park, Robert Lee. For entry  
fee, more info, call 915-453-  
2641, 453-4742, or 453-  
2148.

02a-3tc

**WANTED**  
Part-time tractor driver.  
Someone to help farm 400  
acres. Call 453-4312.

03-2tc

**"TEXAS BEST" CARPET  
CLEANING AND FLOOD  
RESTORATION**  
Serving all Coke County for  
carpet cleaning, fire and water  
damage. Call toll free 1-800-  
473-2807 or 473-6603,  
Bronte. Free estimates.

01B-ttc

**DANCE**  
on the tennis courts to Wagn-  
er Sound System, Saturday  
night, Sept. 2, till midnight,  
Robert Lee. \$2 admission, no  
alcohol. West Coke County  
Community Development

03a-3tc

**TEXTRONICS**  
TV, VCR, Microwave  
Oven Repairs & Fence  
Charger Repair

1705 Hutchings - Ballinger  
365-5934 or 1-800-310-8398

We make service calls to the  
following towns &  
surrounding areas within 50  
miles of Ballinger: Blackwell,  
Bronte, Miles, Paint Rock,  
Robert Lee, Rowena

**MCDONALD  
CUSTOM FARMING  
& HAY BALING**  
Round Bales  
Square Bales  
J.D. McDonald  
(915) 282-2208

**Johnson's  
Water Well  
Service**  
Farm  
Ranch Home  
Windmills & Pumps  
24 HR. SERVICE  
658-6039 or 655-0379  
1-800-797-6039

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

21b-ttc

**LABOR DAY  
EXTRAVAGANZA**  
West Coke County  
Community Development's  
6th annual all-day festival,  
Saturday, Sept. 2, Robert  
Lee. Reserve your booth  
now for food, display, or Arts  
& Crafts. For more info, call  
915-453-2362, 453-2433,  
453-2287, 453-4625. Both  
indoor or outdoor under trees  
available.

02a-3tc

**Toni Rainwater**  
Is Now At  
**Hair With Patience**  
Hair - Nails  
453-4734 - Robert Lee

**JOB OPPORTUNITY:**  
Looking for self-motivated,  
hardworking individuals with  
some knowledge/experience  
in agriculture, who like being  
outdoors. \$5.50/hr. An appli-  
cation can be obtained at 106  
N. 13th Street in Ballinger or  
call (915)365-2543. Send  
Application to : Texas Boll  
Weevil Eradication Program,  
106 N. 13th St., Ballinger,  
Texas 76821.

50B-6tc

**WILL DO FENCE WORK,**  
yard work, minor mechanic  
work. Call 473-2109.

03B-4tp

**CARD OF THANKS**

**THERE ARE TOO MANY  
PEOPLE TO THANK**  
for all the help they gave my  
son and his wife and children  
after their house burned, but I  
want you to know how much  
we appreciate it. If we can  
help any person any way,  
please let us know.

Wayne & Janet Rhodes  
and family  
473-2070

04B-1tc

**TO ALL WHO SENT**  
cards, flowers, or took time  
out of your day to call during  
the loss of our sister, we  
would like to express our sin-  
cere thanks. Your kind ex-  
pressions of sympathy were  
deeply appreciated.

The Family of  
Edwina Ross Wilkerson

04-1tc

**WE'D LIKE TO THANK**  
each of you personally that  
has helped us during our time  
of loss and sorrow, but there  
are so many of you. The out-  
pouring of love and sympathy  
was tremendous. So, to each  
of you that sent flowers,  
cards, food, or helped in any  
way, we send our deepest  
thanks.

The Family of Robert I. Brown

04-1tp

**NOTICES**

**NOTICE OF  
BUDGET HEARING**  
On this the 7th of August  
A.D. 1995 it appearing to the  
Commissioners' Court of  
Coke County, Texas, that  
House Bill 768, Chapter 206,

Section 12 of the General  
Laws of the State of Texas,  
requires that the Commis-  
sioners' Court in each county  
shall, each year, provide for a  
public hearing on the County  
Budget.

Acting by virtue of the order  
of the Commissioners' Court  
of Coke County, Texas, made  
this 7th day of August 1995  
notice is hereby given that a  
public hearing will be held on  
the Budget of Coke County,  
Texas as prepared for the year  
1996.

The hearing will be at 8:30  
am Monday, September 18th,  
1995 at the courthouse in  
Robert Lee, Texas at which  
time any taxpayer of Coke  
County, Texas, shall have the  
right to be present, participate  
in, and present oral or written  
comments in said hearing.  
A copy of said proposed  
budget is available for inspec-  
tion by the public at the of-  
fices of the County Judge,  
County Auditor, or County  
Clerk in the courthouse at  
Robert Lee, Texas.

**GIVEN UNDER MY  
HAND AND SEAL OF  
OFFICE** this 7th day of Au-  
gust, 1995.

Jackie Walker  
County Judge  
Coke County, Texas

04a-1tc

**EL RANCHERO  
RESTAURANT**  
will be closed on Sundays  
beginning August 20th

03B-2tc

**PUBLIC NOTICE**  
Notice is hereby given of an  
Open Budget Hearing for  
West Coke County Hospital  
District. The hearing will be  
held September 5, 1995 at  
6:00 pm in the Nursing Home  
Board Room.

04a-1tc

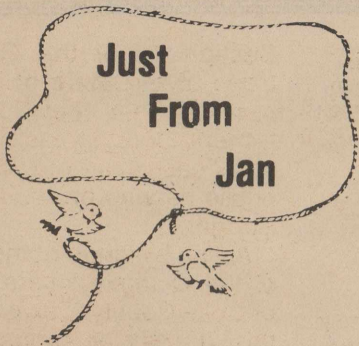
**PUBLIC NOTICE**  
Notice is hereby given that a  
Budget Hearing will be held at  
6:45 pm on September 7,  
1995, in the City Hall, Bronte,  
Texas.  
The Budget for the City of  
Bronte for the fiscal year Oc-  
tober 1, 1995, to September  
30, 1996 will be adopted.

The public is invited to at-  
tend and participate in these  
proceedings.

Pat Martindale  
City Secretary  
03B-2tc

**Asthmatics  
can exercise**  
Exercise-induced asthma  
doesn't have to be a barrier to  
sports participation, said Dr.  
Dan K. Seilheimer, an associ-  
ate professor of pediatrics at  
Baylor College of Medicine in  
Houston.

To minimize such an asthma  
attack: "Avoid "high asthmo-  
genic" sports such as long-  
distance running, bicycling,  
basketball, soccer, rugby, ice  
hockey, ice skating, and  
cross-country skiing. "Try in-  
door water sports, outdoor  
water sports in warm humid  
climates, tennis, handball,  
racquetball, gymnastics,  
karate, wrestling, golf, foot-  
ball, and baseball. "Switch to  
indoor physical activities dur-  
ing high-pollen seasons. "Ask a physician for medica-  
tions that help prevent asthma  
attacks, and keep an inhaler  
close by during exercise in  
case an asthma attack occurs.



by Jan Yanez  
Coke County  
Ext. Agent

### Anger: Choices & Control

Anger is an emotion that can have a lot of consequences both good and bad.

What is anger? Anger is a highly charged emotional state that affects your physical state. Blood pressure may rise, heart rate may increase, tears may flow. Some people feel nervous and frightened by anger; others may feel stimulated and alive. Anger can mean a loss of self control.

What causes anger? There are those "things" or inanimate objects that can trigger anger: for example, the vending machine that "took the money" but did not give you your item or the pet that got in your way. Just because these "things" are not responsible, does not keep a person from becoming angry at them.

Then there are the habits and ways of other people. These habits may have nothing to do with how decent or nice a person is, but they can get to you. In fact, a lot of anger in families and between couples is spent on trying to change another's habits. Generally, anger has little effect.

A third set of causes include injustices, things that are really wrong but also things that should or ought to have been a certain way. For example, a person may get angry because a sales clerk should

have known that I was next in line when they waited on another, come late customer.

Then there is stupidity - both of ourselves and others. This can make a person very angry! Other causes include cheaters, insults and being put down or condescension. Unfortunately, we do not usually reserve our anger for the most serious issues.

A person's anger can be different depending on the situation or the people involved. Most people express anger more freely at home and with those that accept them than in public or at work with their boss. A person's interpretation of a situation affects their response. People have choices when it comes to being angry. Some people use the excuse that "she made me mad" or blame anger as an uncontrollable emotion. This view is based on irrational beliefs that relieve the angry person from taking responsibility for his or her anger. This type of anger response can become abusive.

Taking control of anger through rational thinking give a person choices about what to do with angry feelings and how to express them in order to accomplish a goal. You must understand your anger first; identify the events or people that trigger anger. Was it worth getting angry over? Did the level of your anger fit with the effect of the event? The old saying, "Don't cry over spilled milk" exempli-

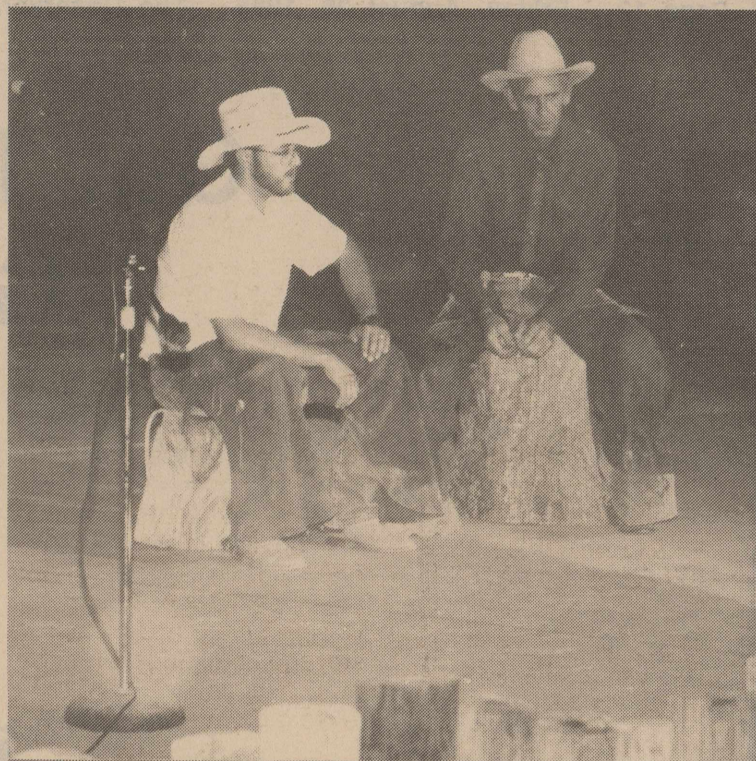
fies this point. How long did you stay angry? Were you over it instantly or are you still mad? What did you do? Pout, scream, silence, kick the dog?

Try some of these choices for controlling anger: \*Set a goal. \*Review your beliefs about the triggers to your anger. \*Question the rationality of each belief. \*Be realistic. \*Do not rely on "should of, could of, what if's". \*Work on a rational and undistorted approach to situations. \*Modify your expectations. \*Develop anger management skills. \*Use humor to keep things in perspective, this is useful in most anger provoking situations. \*Empathize by "seeing" yourself in the others position.

Anger can create a sense of being "out" of control. By understanding their own anger, a person can develop control over this emotion. Understanding requires mental effort but the payoff will be an enhanced level of self-esteem.

### FCE Members Attend Camp

District 7 Family Community Education members attended day camp on August 17th at the Texas 4-H Center in Brownwood. Eighty-five members throughout District 7 attended this annual event. The theme this year was "Squaw Pow Wow." Opening exercise was presented by the Concho County FCE members. All members participated in the Indian Snake dance ceremony. The day was filled with members attending the Cultural Arts events. Members enjoyed making corn husk dolls and beaded jewelry. Those members attending from Coke County were Marie Arrott, Virginia Boatright and agent Jan Yanez.



Doing some figuring in "Buyin' and Sellin'", a scene from Ole Coke County Pageant, is Clay Bloodworth (l) and Bruce Sonnenberg.



Bobby Blaylock (l) and Bruce Sonnenberg are "Buyin' and Sellin'" in the 1995 edition of Ole Coke County Pageant.



### Summer Refreshers

Whether you're relaxing poolside or having friends over for a backyard barbecue, you'll find these recipes—Sparkling Sangria and Apple-Grape Cooler—light, refreshing and delicious. Because these drinks are made with sugar-free iced tea mix, they taste sweet without all the calories from sugar.

The sangria is especially great for entertaining. This fun, easy-to-make recipe blends mandarin orange flavored tea with white grape juice, seltzer, and slices of fresh apple, lemon and lime and their natural juices.

The Apple-Grape Cooler recipe uses lemon flavored tea as a base and adds apple and white grape juices for a smooth, fruity tasting drink. Make it in a thermos and take it along on a summer picnic or a long bike ride. If you're sensitive to caffeine or are simply trying to limit your caffeine intake, this recipe calls for a decaffeinated iced tea mix. (If caffeine isn't a concern, the recipe is equally tasty in the regular lemon variety).

These cool, fat-free drinks will replenish your thirst without adding to your waistline. So, indulge. Healthy doesn't have to be boring.

To send for your free recipe brochure, mail your name, address and ZIP code to: Refresh Body & Mind, P.O. Box 1100, Grand Rapids, MN 55754-1100.

Taste Tested Recipes from The Lipton Kitchens. Lipton is a registered trademark of the Thomas J. Lipton Co. NutraSweet is a registered trademark of the NutraSweet Co. for its brand of sweetening ingredient.

- Sparkling Sangria**  
1/2 cup Lipton Sugar-Free Mandarin Orange Flavored Tea Mix sweetened with NutraSweet  
1 cup white grape juice  
1 bottle (33.8 oz.) seltzer  
1 apple, cored and chopped  
1 lemon, cut lengthwise in half, then sliced  
1 lime, sliced, then each slice cut into quarters

In large pitcher, blend mandarin orange iced tea mix and grape juice. Stir in fruit, then seltzer. Serve over ice. Makes about 6 (1-cup) servings.

**Nutrition Information Per Serving:** Calories 50, Total Fat 0g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrate 15g, Protein 1g.

- Apple-Grape Cooler**  
1/2 cup Lipton Sugar-Free Decaffeinated Lemon Flavored Iced Tea Mix sweetened with NutraSweet

3-1/4 cups water  
3-1/4 cups apple juice, chilled  
3/4 cup white grape juice, chilled  
In 2-quart thermos or insulated container, combine all ingredients. Serve with ice. Makes about 8 (1-cup) servings.

**Nutrition Information Per Serving:** Calories 70, Total Fat 0g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrate 16g, Protein 0g.

## Notice of Vote on Tax Rate

The East Coke County Hospital District conducted a public hearing on a proposal to increase your property taxes by 8.0% percent on August 21, 1995.

The East Coke County Hospital District Board of Directors is scheduled to vote on the tax rate at a public meeting to be held on Monday, August 31, 1995 at 6:00 P.M. in the Board Meeting Room.

# Got Too Much Of A Good Thing?



## Try A Relocation Program Through The Classifieds.

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