BSERVER/ NTERPRISE



Serving Coke County

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Friday, July 12, 1996

"Ole Coke County" set for July 25-27

"Ole Coke County, Home of the Rabbit Twisters" will be presented in Mountain Creek Amphitheatre, Robert Lee, Texas, the LAST FULL WEEKEND IN JULY (Thursday, Friday, and Saturday, July 25, 26, and 27, 1996).

RL passes watering ordinance

The City of Robert Lee held an emergency meeting on July 10, 1996. An ordinance was passed establishing watering restrictions and fines to be assessed. NO outdoor watering will be allowed on all days from the time of 10:00 am to 6:00 pm.

Any person violating this ordinance shall be subject to a fine of not more than \$200 for each violation.

Please be aware that the county courthouse and the golf course do not use the municipal water supply for outdoor watering.

See ordinance in this paper in the classified section for more details. This ordinance shall become effective one day after its publication.

Sponsored by the Coke County Pageant Association, Inc., and celebrating its 20th anniversary, the historical musical and drama involving approximately 75 county "Rabbit Twisters" or their descendents, depicts early years of exciting experiences of settlers in the county.

Pre-time "Choir Sing-out" begins at 8:00 pm. Production time is 8:30 pm.

For further information call

Bronte School to administer TAAS

The exit level TAAS (Texas Assessment of Academic Skills) test will be administered on Tuesday, Wednesday, and Thursday, July 16-18. Students who have failed one or more sections of the TAAS will be eligible to retake the test. The schedule is as follows: Tues., July 16 - Writing; Wed., July 17 - Math; Thurs., July 18 - Reading.

Students who will be taking the test need to report to the school on Monday, July 15, at 1:00 pm in the library to review for the test. Call Mrs. Mc-Cutchen at 473-2511 for more information.

or write: HC 34 Box 117, Robert Lee, Texas 76945 or phone 915-453-2957 or 453-2692.

Coke Co. meets candidate face-to-face

On Saturday, June 29, fifty Coke County citizens gathered at the Robert Lee City Park to meet Rudy Izzard. Izzard is the Republican candidate for U.S. Congress in the 17th district.

Everyone enjoyed hot dogs and iced tea while they individually met Rudy Izzard and his family. Izzard is a native of San Angelo and is presently a dentist and rancher in Ballinger.

Ballinger.
Izzard's goals include: term limits for Congress; balancing the federal budget by cutting wasteful spending; avoiding the raising of taxes; limiting the number of immigrants and benefits they receive.

The event was sponsored by the Coke County Republican Party. Jim Clendennen is the Coke County Chairman for the Izzard for Congress campaign.

Free clinic offered

A free blood pressure and blood sugar health clinic will be held Friday, July 19, at the Tennyson Post Office. The clinic will be held from 8:30 am until 10:30 am and is sponsored by the North Runnels Home Health Agency. A similar clinic is held the third Friday of every month. It is free to anyone regardless of age or income.

For additional information, please contact the Tennyson Post Office at 473-6002.

Central Bapt. Br. to hold VBS

Central Baptist Church in Bronte will hold Vacation Bible School July 15 - 19 from 9:00 am until 11:00 am. All children ages 4 to 6th grade in the area are encouraged to attend.

Meat Goat Sale

Coke County 4-H will sponsor a Meat Goat sale to be held Saturday, July 13, from 1:00-5:00 pm at the show barn in Robert Lee. Outstanding meat goat prospects will be sold from several county breeders.



Rudy Izzard

Area students make Tech honor roll

More than 3,300 Texas Tech University students qualified for academic honors lists at the end of the spring semester.

Students on the President's List earned a 4.0 (A) grade point average while enrolled in 12 or more semester hours of classwork. Students who earned 12 or more hours with a grade point average of 3.5 to 3.9 qualified for the Dean's List.

Area students making the honor rolls include the following: Judith Elaine Gibbs, a junior Communication Studies major from Robert Lee, appeared on the President's List and Lori Laraine Wink, a junior English major also from Robert Lee, appeared on the President's List.

Br. student makes ACU Dean's List

Eboni Marita Taylor of Bronte was named to the Dean's Honor Roll for the spring 1996 semester at Abilene Christian University.

To make the Honor Roll, a student must complete at least 12 semester hours for grades and earn 3.45 or higher grade point average.

Eboni is the daughter of Mr. and Mrs. Stover Taylor of Bronte.

- Upcoming -

SS rep. schedules July visit

Garland Gregg, representative for the San Angelo Social Security Office, has scheduled his July visits to Bronte and Robert Lee. He will be in Robert Lee in the Conference Room of the County Courthouse on Thursday, July 25, between 11:00 am and 11:30 am. He will be in Bronte at the Council Room of City Hall on Thursday also, between 1:30 pm and 2:00 pm.

Anyone who wants to file a claim for benefits, get information, or transact other business with the Social Security Administration may contact him at this time.

RL Athletic Physicals

Physicals for RL athletes will be given July 23-26 from 1-5 pm only at Shamrock Clinic in Robert Lee. The clinic is closed Thursday afternoons, so students should keep this in mind when scheduling appointments.

Physicals will be given free of charge during this week only. Please note: NO physicals will be given before 1:00 pm



At the Amarillo Golden Spread Classic, Ashlee Millican had the Champion Finewool and Champion Finewool Cross, and at the Belt Buckle Bonanza in Austin she exhibited the Champion Finewool and Reserve Finewool Cross.

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SUBSCRIPTION RATES

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Obituaries -



Beal

Zeddie D. Beal, 75, of Robert Lee, died Saturday, July 6, 1996 at his residence after a brief illness.

Funeral services were held at 2:00 pm Monday, July 8, 1996 at the Robert Lee Baptist Church. Burial followed in the Coleman City Cemetery, with services under the direction of Shaffer Funeral Home of Robert Lee.

Applicants being accepted to Service Academies

Congressman Charles W. Stenholm is currently accepting applications from young men and women who are interested in attending one of the United States Service Academies.

Eligible applicants will be at least 17, but not past their 22nd birthday, by July 1, 1997, and must have graduated from high school by that Competitive applicants will be in the top 20 percent of their class and have SAT scores above 500 Verbal and 550 Math, or ACT scores of 24 English and 25 Math. Involvement in extra-curricular activities, including school and community organizations and sports, as well as full or part-time employment is also in the applicant's favor.

Individuals who wish to attend the Air Force Academy at Colorado Springs, CO, the Military Academy at West Point, NY, the Naval Academy at Annapolis, MD or the Merchant Marine Academy at Kings Point, NY and who wish to serve as a commissioned officer are strongly encouraged to contact Jayne Schoonmaker in Congressman Stenholm's San Angelo office.

Zeddie was born March 3, 1921 in Silver Valley, Coleman County, Texas. He married Ruth Epperson on May 4, 1947 in Brownwood, Texas. He had been a resident of Silver for 15 years before moving to Robert Lee where he was a resident for 28 years. He was production superintendent of the Perkins-Protho Field at Silver before his retirement in 1987. He was a WWII Veteran, serving in the Army in the Quarter Master Re-Mount. He was a charter member of the Robert Lee-Silver Lions Club, having been a member of the Lions Club for forty years. He was also a member of the Robert Lee Baptist Church.

Zeddie was preceded in death by his parents, A.H. and Bertie Beal and one brother, Cecil Beal.

Survivors include his wife, Ruth Beal of Robert Lee; one son, Lynn Beal and his wife Robbie of Odessa; one daughter, Debbie Hanna and her husband John of San Angelo; five grandchildren, Bethany Beal, Ashley Beal, Amanda Beal, and Colin Beal, all of Odessa, and Brandi Hanna of San Angelo.

Zeddie was also survived by three brothers, Eddie Beal of Coleman, Freddie Beal of Abilene, and Roland Beal of Coahoma, Texas; three sisters, Vadine Spivey of Tucson, Arizona, Rosella Beal and Inez Gunnels, both of Wichita Falls, Texas.

Nephews served as pallbearers.

49a-1tc

County Court posts dispositions

The following are dispositions filed as of June 18, 1996:

Jimmy Wayne Martin, Possession of Marijuana; Fine \$1,000; Probation 24 months; 40 hours community service; court costs \$155.

Connie Reyes, Theft: Property By Check; Fine \$200; jail time deferred 6 months; 24 hours community service; court costs \$155, plus restitution.

Mary Dostie, Theft: Property By Check; Fine \$200; court costs \$155; probation 6 months deferred.

The following are dispositions filed as of July 3, 1996: Rachel Montez Eubanks, Driving While Intoxicated, 1st; Fine \$600; jail time

30 days; probation 24 months; DWI school; 24 hours community service; court costs \$210.

June Arrests and Charges Filed

The following are arrests and charges filed for the month of June:

James Garland French, Driving While Intoxicated, 2nd (6-4-96)Ray Dela-Garza, Driving While Intoxicated, 1st (6-8-96)

Gary Bilbrey, Jr., Minor in Possession of Alcohol (6-8-Glenn 96) Roland Cate, Driving While Intoxicated, 1st (6-9-96)

Michael James Custer, Involuntary Manslaughter (6-18-96) Billie Ray Hollis, Public Intoxication (6-23-96)

Billie Ray Hollis, Class C Assault (6-23-96)

Shane Christian Burke, Public Intoxication (6-23-96)

Matthew Dean Hodges, Minor in Possession of Alcohol (6-25-96)

Belinda Vivian, Assault Class C (6-28-96)

District Court convenes

The 51st District Court has handed down the following dispositions as of June 24, 1996:

Brent David Jennings, Driving While Intoxicated; 1 year county jail, probated 1 year; \$1000 fine, court costs \$202.50.

GLENN-BIVINS INSURANCE Home, Auto, Life, and Health

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Bronte

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Tuesday - 9:00 am - 7:30 pm Wednesday - Friday - 9:00 am - 5:30 pm Saturday - 9:00 - 1:00 (after 1, by appointment only) Haircut (with shampoo) - \$7.00 Men's Cut - \$6.00

Perms - \$30.00 Acrylic Nails

453-4317

Don't Be a Pain in the Boat - wear your life jacket

Personal Flotation Device (PFD) is a ten dollar phrase for what most people know simply as a life jacket. Texas law requires a wearable PFD for each person on board regardless of boat length. Those under 13 years of age must wear a PFD while underway

All PFDs carried on board must be serviceable, readily accessible and of appropriate size for the intended wearer. Never keep any PFD under lock and key. Make certain your passengers always know the location of these important life saving devices.

Type I PFD (Offshore Lifejacket) - This device has the greatest required buoyancy and is designed to turn most unconscious persons in the water from a face down position to a vertical and slightly backward position (righting ability). Type I is a good choice if you plan to venture offshore or onto waters where chances of immediate rescue are slight.

Type II PFD (Near-Shore Lifejacket) - This is the most common PFD on boats today. This vest is designed to maintain the wearer in a vertical and slightly backward position (righting ability) and is available in a variety of

Type III PFD (Flotation Aide) - This PFD has about the same buoyancy as a Type II PFD but little or no righting ability. These devices are designed specifically for activities such as water skiing, fishing, and sailing.

Type V PFD (Special

Use Devices) - This is the newest PFD device with a minimum of 7 1/2 pounds of buoyancy which can be further inflated to 22 pounds of buoyancy by the wearer. Should you select this PFD, it is required to be worn at all times while aboard the boat.

Don't Be A Pain In The Boat - Tip #5

One of the primary focuses of the Texas Parks and Wildlife Department's boating safety initiative has been the prevention of boating while intoxicated (BWI). Game wardens say that drinking and boating can be more dangerous than drinking and driving.

Hours of exposure to the sun, wind, engine noise and vibrations can reduce the judgment and reaction time of a sober boat operator, according to the U.S. Coast Guard. Add alcohol to the equation, and the result can be dangerous.

BWI laws are strictly enforced in Texas. The first offense is a class B misdemeanor that may result in a sentence of up to six months in jail, a fine not to exceed \$1000, or both. A person with a blood alcohol level of .10 can be arrested for BWI.

Since the Texas Parks and Wildlife Department's 'saturation" patrols began on May 10, 62 BWI arrests have been made.

If you drink while you're boating or know someone who does, keep in mind that:

Balance is one of the first skills that alcohol affects. The motion of the boat may be enough to cause a boater who has been drinking to fall overboard.

* When the temperature of water entering the ears differs from normal body temperature, a person may feel disoriented. Alcohol may intensify the disorentation so much that a person whose head is beneath the water may swim down instead of up.

* Cold water shortens the time a person can hold his or her breath. Alcohol may decrease the time even more.

BOAT/U.S. estimates that alcohol is a factor in nearly one-half of all boating related

deaths.



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Pentecost-Zook exchange vows

Janet Pentecost and Robert Zook were united in marriage on the first day of June at the home of Mrs. Dixie Genini, Robert's grandmother, in Sonora, Texas. The Reverend Roy Lane of the First Evangelical Methodist Church of San Angelo officiated.

Janet is the daughter of Mr. and Mrs. James Pentecost of Robert Lee and granddaughter of Mr. and Mrs. Nolan Pentecost of Robert Lee and Mr. Bruce Knowlton of San Angelo.

Robert is the son of Mr. and Mrs. John Zook of Sonora and grandson of Mrs. Dixie Genini of Sonora and Mrs. Nancy Jones of Shelton, Washington.

The bride was given in marriage by her father. She wore a short sleeve white satin gown with a beaded bodice and a white bow in the back. Her white net veil, which was also worn by her mother, was floor length with a short train. The veil was accented and held in place with white satin roses. She carried a bouquet of white silk lilies with tiny pink roses scattered throughout. In keeping with the tradition of something old, the bride carried a handkerchief tucked into her bouquet that was carried by her mother in her wedding, her grandmother before her, and her greatgrandmother on her wedding day also. She wore a charm bracelet of a friend and diamond heart necklace that belonged to the groom's mother as something borrowed. A blue accented garter and new earrings completed the tradi-

tional accessories.
Rachel Pentecost, sister of the bride, served as the maid of honor. The bridesmaids included Stephanie Chandler of San Angelo, Shannon Chrisman of Eldorado, and Alice Schlachter of Poteet, Texas. They wore tea-length cotton/polyester gowns in rainbow colors of blue, green, pink, and purple. Each girl carried a single lily to match the colors of their dresses.

Jonathan Zook, brother of

Jonathan Zook, brother of the groom, served as the best man. Robert's groomsmen included Rick Lowrey of San Angelo, Tommy Thompson of Fort Stockton, and Victor Naranjo of Del Rio. The groomsmen wore "western style" tuxedos complete with boots and cowboy hats.

Daughters of the pastor, Rebekah Lane and Elizabeth Lane, served as flower girls. They wore yellw matching dresses. Travis Pentecost, brother of the bride, served as ring bearer. The ushers were Michael Pentecost, brother of the bride, and Joey Carta, cousin of the groom.

The ceremony was immedi-





Mr. and Mrs. Robert Zook

ately followed by a cake and punch reception in Mrs. Genini's yard. The bride's cake was three-tiered and accented with lilies and a cowboy bride and groom on top. The chocolate groom's cake was in the shape of two horseshoes. Cake and punch servers were Shereen Nafrawi of Abilene, Rachel Petron of San Antonio, and Kelly Muirhead of San Angelo. Brandy Bauldree, cousin of the groom, registered the guests.

Later that night, wedding guests attended a dance hosted by the parents of the groom. The band was Clearwater, and food and drink were provided for everyone's enjoyment.

After a wedding trip to Colorado, Janet and Robby are living in Sonora where Robby works for Louis Dreyfus Natural Gas, and Janet is working at The Sutton County Steakhouse.

Braids and Braces, no front teeth. A brown eyed girl at her Daddy's feet. We thought at first God had

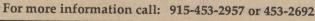
called her home. The angels came, but left alone.

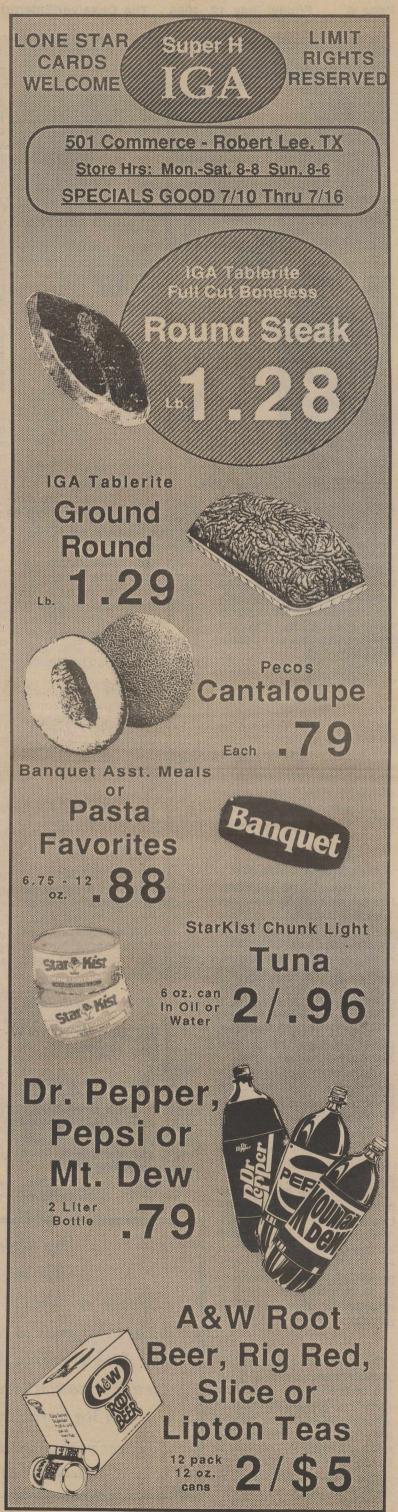
She seemed so fragile, so very

small. A Special Gift among us all. Now a young woman with a heart of gold, an inner person with her Mother's soul. You're a Gift from God, to Dad and Mom.

Happy Birthday Jonie! You're "21"!









Labenske and Mrs. Bill

Labenskes honored

Mr. and Mrs. Bill Labenske were honored at a golden wedding anniversary party on Saturday, June 29, 1996 by their daughter and family. The party was held at Central Baptist Church in Bronte. Guests were greeted by Bill and Maxine Labenske and Debbie and Bobby Ball.

Serving cake and punch were Mrs. Donald Pruitt, Mrs. Joe McCalman, Mrs. Dwain Pruitt and Mrs. Bill Johnson. Registering guests was Mrs. Noah Pruitt, Jr.

The table centerpieces were yellow roses and daisies. Also, on the first table was golden punch, white cake, mints and nuts. A second table held a chocolate cake

RL Ladies Auxiliary meets

The Robert Lee Volunteer Fire Department Auxiliary met Tuesday, June 25, at 7:00 pm in the EMS building. Those present were Lori Chambers, Katie Drennan, Lorrie Martin, Tammy Smith, and Barbara Sparks. Officers are: President - Lorrie Martin; Vice President - Barbara Sparks; Treasurer - Kay Torres; Reporter - Katie Drennan; and Secretary - Tammy Smith.

Discussion was held concerning the Firemen's Bake Sale on July 4th. Other fundraisers were discussed.

The next meeting is scheduled for July 23 at 7:00 pm in the EMS building.

Would you be interested in being a member of the Robert Lee Volunteer Fire Department Auxiliary? The Auxiliary was organized to assist the Fire Department in any way possible in case of emergency or disaster and to give financial and other support as requested by the department.

Any woman interested in assisting and promoting the fire department is eligible for membership in the Auxiliary. If you are interested in joining the Auxiliary or would like more information, please call Lorrie Martin (453-4500) or Barbara Sparks (453-2087 or 453-2516, days).

with coffee. Another table displayed plants and arrangements received by the honorees.

The last table displayed numerous cards received; also, a number of gifts received in the couple's shower fifty years ago. Among those was a quilt top given by Maxine's grandmother, Mrs. J.W. Warner and quilted by Maxine in 1993.

Guests were registered from San Angelo, Ozona, Norton, Sulphur Springs, Fairfield, Cypress, Carlsbad, Coppell, Dumas, Snyder, Midland, Ingram, and Bronte. Approximately eighty guests registered.

Hosts for the occasion were Bobby, Debbie, Matthew and Brooks Ball of Tulsa, OK.

Letter to the Editor

Enclosed find a check for the Enterprise another year as I look forward to it every week.

I wish there could be more news of the Bronte Nursing Home, as I have some good friends there.

> A Friend, Clairine McKown

the Editor

Dear Sir,

I am sending money for my paper - I like it. Just wish it was bigger or got it more often can't wait for Friday to get it to see what happened around Robert Lee and Bronte. Just keep up the good work.

> Thanks, Eura Royall

Homemaker Retirement bill passed

U.S. Senators Phil Gramm and Kay Bailey Hutchison are lauding a key Senate panel decision to establish Individual Retirement Accounts (IRA) for homemakers, calling it a victory for nearly 10 million middle-income women in

"Permitting homemakers to save their own money for a safe and secure retirement is long overdue," Gramm said. "I'm proud that we were able to gain a unanimous vote for the Homemaker IRA bill in the Finance Committee, and I look forward to working closely with Sen. Hutchison to gain final Senate approval. The sooner we make this bill a law, the better."

"It is obvious that work inside the home is every bit as important to our society as the work done outside the home," Hutchison said. "I do not think homemakers who chose to stay home and raise children should have the added disadvantage of retiring with less retirement security.'

The Senate Finance Committee last week approved the Homemaker IRA bill, authored by Hutchison and co-sponsored by Gramm, to permit deductible IRA contributions of up to \$2,000 for each spouse in a one-income family, the same amount allowed for two-income families. This means the average couple could accumulate \$150,000 more over the course of their lifetime.

Under current law, if both a husband and wife work outside the home, they are allowed to set aside \$2,000 each, a total of \$4,000 to their retirement nest egg each year. But if one spouse stays home to rear their children and manage the household, the couple is limited to a total tax deduction for IRA contributions of \$2,250 -- \$2,000 for the spouse who works outside and \$250 for the spouse who works in the home.

Gramm is a member of the Senate Finance Committee.

Letter to 48.881.10 Avoiding the Avoiding the

Weekends fly. Weekday afternoons crawl. You don't need your watch to know it's mid-afternoon, when postlunch slump hits offices everywhere. Time drags while your neavy nead bows closer to your desk.

But you don't have to feel like a lifeless sack of beans. To fight the afternoon blahs,

The Family of Mr. & Mrs.

Wilton & Nita (Varnadore) Scott invite all friends to come and celebrate their 50th Wedding Anniversary at the new Recreation Hall Saturday, July 13th beginning at noon.

Come eat with us and bring a covered dish. Meat will be provided.

Sue Thompson, senior dietitian at The Methodist Hospital's Institute for Preventive Medicine in Houston, sug-

* Eat a balanced meal as your best insurance against post-lunch slump. Carbohydrates - foods such as fruit, pasta, bread, and vegetables are great for quick energy, but won't work alone, unless you're prepared to graze all day. Their effects fade in about an hour. "A diet salad without protein will hardly last you till you get to your desk," Thompson says. So, mix in low-fat protein such as lean meat, yogurt, beans and cheese to keep you alert for as long as four hours.

* Eat a mini-meal - up to five a day - about every four to five

Limit high-sugar foods such as dessert or candy. "Sugar picks you up quickly, but drops you just as quickly,' Thompson says. "As with coffee, you may feel more tired after the surge of energy has worn off."

Cut the fat during and after lunch. A little fat used sparingly gives you staying power of up to six hours, she says. "A typically fatty lunch of a deluxe cheeseburger, french fries and a shake or dessert is so overloaded with fat that your body has to work hard to digest it. Your energy is diverted to the food load and leaves you feeling tired."

Save part of your lunch such as half a sandwich, fruit or fat-free yogurt - for mid-afternoon to provide energy till dinner.

Drink water. "A lot of times when you think you're hungry, you're actually thirsty," Thompson says.

Eat lightly, because bingeing will make you sluggish and sleepy.

Take a brisk walk. "Most people are energized after a good workout," she says.

Try to take a quick break outside or anywhere away from the office environment to energize a numbed brain. Relax by taking a few deep breaths or daydreaming about anything but work.

Says Thompson: "If every-

one took a 10-minute mini-vacation every day from their work, they'd really see re-

For more information about Methodist's services, call 713-790-3333.

Personal

Billy Joe and Diane Luckett celebrated the Fourth of July with a get together at the Box L Ranch with the Luckett Gang and friends.

An old fashioned Fourth of July picnic of hot dogs, apple pie, and a freezer of homemade ice cream was enjoyed by all.

No fireworks were set off due to the dry weather conditions.

Those present were: Billy Joe and Diane Luckett, Joey Luckett, Helen Murtishaw, Dewey Luckett, Elmer and Sue Beck, and Pat Martindale, all of Bronte; Joy and A.J. McDaniel of San Angelo; Jim and Lois Dunklin, Bill and Ruby Jones, and Dutch Brown, all of Robert Lee.

Personal

Randy Barbee recently flew from New York City to visit family and friends in Texas.

He was able to visit his brother Alan and family in Arlington, his sister Leah and family in Lubbock, and his parents, C.B. and Wanda Barbee in Bronte. He was also able to visit two critically ill uncles - one in Abilene and one in Amarillo.

He continued to enjoy family when he attended the Barbee family reunion held in Haskell. There were 51 in attendance there, with some traveling from as far away as Los Angeles.

One memorable visitation was with his 96-year old Grandmother Nelson in Weatherford.

His short stay was culminated by a visit with old friends, colleagues, and professional personnel in the metroplex area.

Since he was between productions, he returned to New York City where he is associated with the production of television film.

My husband said the family car isn't practical enough.





It seems we're now the proud owners of a 4-wheel drive truck!

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966TXA11T

Murphy enters Air Force

Randy Scott Murphy of Robert Lee, son of Mr. and Mrs. David McKelroy, recently enlisted in the Air Force's Delayed Enlistment Program (DEP), according to Ssgt. Andrew Sites, Air Force representative in San Angelo.

Airman Murphy will enter active duty October 10, 1996 and has selected the electronics career area for training after completing the Air Force's six-week basic training course.

According to Sergeant Sites, the delayed program is for qualified applicants who have reserved an Air Force job or received an Air Force assignment.

Murphy is a 1996 graduate of Robert Lee High School.

Personal

Saturday, June 22, 1996, the seventh annual Caraway Williams family reunion was held in the home of Mrs. Lillian Middleton of Robert Lee. Those present for the reunion were Mrs. Middleton's children, daughter Zelda Caraway Woodard and husband John of Robert Lee; Glovenia Caraway Snead and husband Jack, son Jim Caraway and daughter Anne Marie of Houston; sisters Calla Mae Williams Perkins and husband V.L. of Big Spring; Gene Williams Dickson and husband Guy of Clifton; brother R.M. Williams of Oklahoma City and his son John, wife Kim, and son Nathan of Edmond, Oklahoma. This was Nathan's first trip to Robert Lee. Ninemonth-old Nathan was also the youngest person present.

A delicious lunch of barbecue ribs and all the trimmings was served at noon. The afternoon was spent with lots of visiting and picture taking. All present said this was one of the best reunions they have had yet. All are looking forward to next year.

LOOK WHO'S NEW

Conrad Garrett Miller
Curtis and Lori Miller are
proud to announce the birth
of their son, Conrad Garrett,
born June 25 at 7:42 pm at
Shannon Hospital in San Angelo. He weighed 8 1/2

pounds and was 19 3/4 inches long.

Grandparents are Doris Robinson of San Angelo and Gerald and Linda Millican of Water Valley. Great-grandparents are Connie and Polly Millican of Robert Lee. Halfbrothers are Matt, age 11, and Ben, age 10.

Millican to attend FHA conference

Kannan Millican, a senior at Robert Lee High School, will be one of the 250 Texas delegates attending the 1996 Future Homemakers of America National Leadership Meeting, July 6-12, 1996 in St. Louis, Missouri. Representing more than 36,000 members of the Texas Association, she will be among 4,000 delegates throughout the nation attending the four day conference. The youthdeveloped meeting theme, "Imagine the Possibilities" will be carried out as the members are inspired to imagine endless possibilities

attainable by gaining "skills for life." Members will be encouraged to develop leadership skills, strengthen family values and increase community involvement. Sessions and activities during the week will include STAR (Students Taking Action with Recognition) event competition, inspiring speakers, updates on national programs, election of 1996national officers, introduction to a new national program, Families First, and a themed celebration at the conclusion of the meeting. Texas members will develop a plan of action for the state and implement it when returning to school in the fall. Students will also participate in competitive events during the week, as well as share success stories from Texas chapters. Sixty nine (69) students from Texas will participate in the STAR Events during the week and others will share success stories from Texas chapters.

Future Homemakers of America is a vocational student organization for home economics education students in junior and senior high schools. This youth-centered organization is the only vocational organization that has the family as its central focus and is an integral part of the home economics curriculum.

Red Canyon Gun Club hosts match

The Red Canyon Gun Club held a smallbore hunter pistol match Sunday, July 7, 1996.

Richard Johnson of Robert Lee started the match with a broken hammer spring on his first shot for record. After borrowing Ken Green's gun to finish his bank of 100 meter Rams, he changed out his broken gun for a spare gun and finished the match with the high overall score.

With the temperature well over the 100 degree mark, all shooters posted some good scores. Results are as follows:

High Overall: Richard Johnson, Robert Lee; 2nd: Al Leggett, Odessa; 3rd: James Tennison, Robert Lee. Class Winners

1st AAA: James Tennison; 2nd AAA: Bill McNutt, Mt. Home, Texas; 3rd AAA: Howard Droll, San Angelo.

1st AA: Al Leggett, Odessa; 2nd AA: Doug Randel, Big Spring; 3rd AA: Ken Green, Robert Lee.

1st A: Cecil Hogg, Junction.

1st B: Tom Delaney, Odessa; 2nd B: Irvin Wikander, Robert Lee; 3rd B: Linda Randel, Big Spring.

In the open sight match, High Overall was Howard Droll of San Angelo, 2nd place was Ken Green, and 3rd place was Tom Delaney. Open Sight Class Winners:

1st AA: Ken Green; 2nd AA: Tom Delaney; 3rd AA: Richard Johnson.

Cecil Hogg earned a 5-in-arow pin on pigs. Al Leggett earned a 5-in-a-row pin on turkeys.

Personal

A birthday surprise for C.B. Barbee was planned and carried out by Leah Rosson and Alan Barbee. occasion was the 75th birthday of their father on July 5th. Leah, Jesse, Rob, and Caleb arrived unexpectedly, then Kerry and Anna Rosson completed that family. The following day Alan, Cara, Nelson, Caitlyn, and Alyssa Barbee arrived. C.B. was indeed surprised and pleased to have help in celebrating this milestone.

SBA to hold orientation

The U.S. Small Business Administration (SBA) will hold an 8 (a) Orientation session for socially and economically disadvantaged business concerns who are interested in receiving business development assistance through the Agency's 8 (a) program. The orientation meeting will be Monday, July 15, at 1:00 pm at the Small Business Development Center (SBDC), 648 East Highway 80, Abilene,

The Minority Enterprise Development Program focuses on developing socially and economically disadvantaged businesses through the use of all the resources available to the SBA and its sister

agencies. The objective of the program is to assist eligible companies to develop the skills and infrastructure necessary to thrive in the mainstream economy. In collaboration with other federal agencies, the program offers participants management and technical assistance and access to capital that will help them grow.

More than half of all federal procurement to socially and economically disadvantaged firms is achieved through the SBA's 8 (a) program. SBA's Lubbock District awarded over \$6.4 million to approved 8 (a) firms during Fiscal Year 1995.

Persons interested in attending this orientation session should call Vicky Norton at 806-743-7642 or SBA's toll-free number, 1-800-676-1005.



A stroke can change your life forever

The Robert Lee Observer (now called The Observer/Enterprise) is the oldest continuous business institution in Coke County.

WINK INSURANCE AGENCY



Home*Auto Life*Commercial

715 Austin - 453-4551

ROBERT LEE STATE BANK STATEMENT OF CONDITION

RESOURCES

	June 30, 1996	June 30, 1995
Loans and Discounts	\$14,167,117.51	\$13,351,367.32
C. D.'s Purchased	.00	97,000.00
U. S. Bonds	6,192,547.82	6,645,950.88
U. S. Government Agency	3,261,749.76	2,585,660.87
Municipal Bonds	3,581,059.37	3,373,742.96
Other Bonds	3,594,016.90	3,047,565.58
Federal Funds Sold	2,475,000.00	1,450,000.00
Banking House	480,779.01	490,828.14
Furniture and Fixtures	61,198.74	75,320,11
Cash and Exchange	menta,148,542.37	1,340,619.21
Other Assets	905,475.89	635,727.59
	\$35,867,487.37	\$33,093,782.66
	LIABILITIES	Alice orders - Miles
Capital Stock	\$ 200,000.00	\$ 200,000.00
Surplus	1,000,000.00	800,000.00
Undivided Profits	2,470,446.21	2,564,602.40
Other Liabilities	1,265,872.61	473,454.81
Deposits	30,931,168.55	29,055,725.45
	\$35,867,487.37	\$33,093,782.66
	OFFICERS	

OFFICERS

William H. Allen, President
Stephen J. Myers, Executive Vice-President
D'Ann Eubanks, Senior Vice-President

Cathy McGinley, Vice-President & Cashier Pansy Bloodworth, Vice-President Dee Anna Harmon, Assistant Vice-President

DIRECTORS

William H. Allen

James Clendennen Peggy Davis

Wayne McCabe Stephen J. Myers

621 AUSTIN P.O. BOX 549, ROBERT LEE, TEXAS 76945 MEMBER FDIC (915) 453-2545



LASSIFIED.

CLASSIFIED **ADVERTISING RATES**

1st. Insertion... 20c Per Word (\$3.00 Minimum) 2nd. and Subsequent

Insertions... 16c Per Word (\$2.50 Minimum)

> Additional 50c for Blind Ads

Cards/Thanks...

20c Per Word

Legal Notices... 25c Per Word

COPY DEADLINE

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

FOR SALE

FOR SALE

Oak Creek Lake 1979 14 x 52 Melody mobile home. Two bedroom, 1 bath, furnished. Tin roof covering mobile home and large concrete carport. Big dish satellite receiver. Nice - must see. \$39,500. Call 915-473-2003 or 806-745-1172.

49B-2tc

FOR SALE

7 quart Mirromatic pressure canner; like new, 473-3472. 49B-1tp

MUST SEE! this 3 BR, 1 bath metal roof & siding and carport. NEW LISTING:

3 BR, 2 bath, brick, lots of room, central H/A, fenced yard/carport.

CORNER LOT with 2 mobile homes, covered patio and parking, ideal for the fisherman or hunter!

PRICE REDUCED on this 2 BR, 2 bath home at Edith; built-in kitchen appliances, lots of amenities.

CALL NELL AT JEWELL REAL ESTATE 658-7549 OR

453-4355

49-4tc

NORDIC TRAC with monitor, \$225. 453-2909.

49-1tp

HOUSE FOR SALE

By owner. Brick, 3 BR, 2 bath, 2-car attached garage; central heating/air; ceiling fans; interior freshly painted; new carpet throughout; new ceramic tile floors in kitchen and bathrooms; new roof; fenced yard. Owner financing. 219 Zero St., Robert Lee. 453-2080. 48-tnc

BRONTE

Price Reduced - super nice 3 bdrm/2 bath home, fans, carport. Very large home - 3 baths.

> ROBERT LEE CONVENIENTLY LOCATED

across street from school. 3 bedroom/ 1 1/2 bath. \$39,995

Retirement home with separate guest quarters. Immaculate, beautiful landscaping plus country living. Call for details.

Elaine Lee 453-2995

Call for details.



COUCH AND BUFFET FOR SALE.

See & 310 Lombard, Bronte. 473-3211. 49B-1tp

FOR SALE 1977 DODGE VAN New motor, runs good, good tires. 473-2125.

'73 BASS BOAT,

70 HP Evinrude, 41 lb. thrust trolling motor, Eagle Fishfinder, works good, \$1500. Sparks Burdett, 453-2887.

45-tnc

49B-1tc

HOME FOR SALE 608 17th St. West, Robert Lee. \$29,000 cash. Must Realty One, 214-546hurry. 8218

49-2tc

BOAT FOR SALE

14-foot Glasspar with 50 HP Johnson motor, tilt trailer, glass curved windshield, new gas tank hattery fire extinguisher, carpet, life jackets. REAL NICE. \$900 firm. 473-

49B-1tc

FOR SALE TO HIGHEST BIDDER

Two above ground gasoline storage tanks. Will sell together or separate. Each tanks holds approximately 4000 gallons, and have 1/3 hp submersible red jacket pumps. Also, two dispenser pumps, one is dual. Please call 453-2834 for appointment to inspect equipment. All bids must be received by July 15,1996. Purchaser must move equipment. Reply to: "Tanks"

PO Box 192

Silver, Texas 76949

46-4tc

HILLCREST ADDITION

3 bedroom, 2 bath home in lovely location. Double carport, fenced backyard with pecan trees, dog run and out Priced in the buildings. \$40s!!!

> 3 BEDROOM 1 BATH HOME

on corner lot. Neat as a pin with white vinyl siding. Hardwood floors. Great starter home or rental HILLCREST LOCATION. \$20s!!!

BLACKWELL, TX Convenient to Oak Creek Lake. 7 acres with 2 bedroom 1 bath cottage. Fenced and crossfenced. Priced in the \$30s!!!

160 ACRES

"Hard to find" Coke County land! West of Robert Lee on Hwy. 158. Rough & rugged. Secluded. CHOICE HUNT-

> GOOD LOCATION TO START

family-owned business on road to lake. 3 bdrm., 2 bath farm house; station needs TLC, has possibilities. Only \$35,900 for both! Call Marla @ 653-4535 or 453-2834, realtor.

CONCHO REALTY 1886 Pecos, #4 San Angelo, TX 76901 Becky Clendennen Maria Bloodworth

(915) 653-4535 Office (315) 453-4748 Home (915) 453-2834 Home 49a-1tc

3 BEDROOM HOUSE in Bronte for salc. \$18,000. For more information, call 473-2019.

45B-tnc

HOUSE FOR SALE 3BR, 1BA, storage building, double carport, large fenced back yard, corner lot close to school. Must see to appreciate. 453-2381.

49-tnc

FOR RENT

ONE OR TWO BEDROOM **APARTMENTS** FOR RENT

Taking applications Mon., Wed., and Fri., 9 am - 3 pm. Housing Authority of Robert Lee, 170 N. Bishop, 453-2912. Equal Housing Opportunity.

16a-EOW

TRAILER HOMES FOR RENT

2 and 3 bedrooms. Call 453-4659 (Bob Wells).

GARAGE SALES

YARD SALE Saturday, 8-? Corner of 6th & Colorado St., Robert Lee.

GARAGE SALE

Sat., July 13, 8 am-? East 6th & San Angelo Highway, Robert Lee. Little bit of everything!

49-1tc

GARAGE SALE Sanco Road, Robert Lee. Bicycles, what-nots, clothes and lots of goodies. Saturday only, 8-?

49-1tp

GARAGE SALE

515 S. State, Bronte. Saturday, July 13, 8-?? Freezer, furniture, clothes, baby bed,

49B-1tp

GARAGE SALE 112 West Jackson, Bronte. Saturday, July 13, 9 am - ? 49B-1tp

HELP WANTED

BRONTE ISD IS ACCEPTING APPLICATIONS

for an elementary computer lab aide. Computer experience needed. Contact Rick Howell, elementary principal, 915-473-2511, or PO Box 670, Bronte, Texas 76933. 49B-2tc

> FULL TIME EVENING COOK

competitive wages plus travel pay, paid holidays, vacations, health card furnished; experience preferred but no necessary. Apply in person: Bronte Nursing Home, 900 South State St., Bronte Texas. EEO 49b-1tc

> NO EXPERIENCE NEEDED

\$500/\$900 weekly potential. Process mortgage refunds in your area. Part or full time. Call 1-216-233-4209, EXT. 218 (24 hrs.) 49-4tp

APPLICATIONS ARE NOW BEING TAKEN

for housekeeping positions at West Coke County Nursing Home. No experience necessary, will train. Hours, 8 am -4 pm on a 4-on/2-off shift. Apply at reception desk and ask for Johnny Elam. EOE 49a-2tc

CONSERVATION JOBS: Wildlife positions \$16,000-\$35,000/yr. Clerical, Security, Game Warden, etc. No experience. For info. 219-769-8301, Ext. WTX 771; 8 am - 8 pm, Sun. - Fri.

47-4tp

"AVON" REPRESENTATIVES NEEDED!

\$100-\$1500+/MO, door-to-door required. IND/SALES/REP, 800-236-0041.

47-4tp

MISC

"TEXAS BEST" **DEFLOODING &** CARPET CLEANING

Free estimates San Angelo - 944-0010 Bronte - 473-6603

PK'S TYPING SERVICE Letters - resumes - term pa-Peggy Kemp, 453-

49-2tp

LAW OFFICE OF RUSSELL ASH

21 East Sixth, Robert Lee. First & third Fridays or by appointment. (800) 837-9996 or (915) 453-2809. certified by the Texas Board of Legal Specialization.)

Johnson's Water Well Service

Home Ranch Windmills & Pumps 24 HR. SERVICE

658-6039 or 655-0379 1-800-797-6039

PERSON WANTED

to own and operate retail candy shop in Robert Lee area. Low investment. For information call Mrs. Burden's Gourmet Candy Company, Dallas, TX (214) 991-8239. 48-2tp

DEPENDABLE CHRISTIAN MOTHER

would like to clean 2-3 homes in Bronte. References available. Call Angie, 473-3600.

49B-3tc

McDONALD CUSTOM FARMING & HAY BALING

Round Bales Square Bales J.D. McDONALD

(915) 282-2208

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

WINDOW UNITS

39B-tnc

Serviced & Repaired

Donnie's Appliance 915-453-2188

NEW LIFE FOR CHRIST CHURCH will be selling menudo Friday, July 12, 5-7 pm at 214 N. Jefferson, Bronte.

49B-1tc

ATTENTION STRIPER FISHERMEN

Live & Frozen Shad for sale. Come by 18th & Euel (rock house), Robert Lee or call 453-4794.

P00000 BULLDOG Carpet Cleaning & Repair Reasonable Rates. Call Dan, 949-8352, leave message.

ELECTRICIAN

Installation/Service 40 years experience 915-453-2909

Bobby Kemp

OWN YOUR OWN apparel or shoe store, choose: Jean/Sportswear, Bridal, Lingerie, Westernwear, Ladies', Men's, Large Sizes, Infant/Preteen, Petite,

(cont'd. next page)

Dancewear/Aerobic, Maternity, or Accessories store. Over 2.000 name brands. \$26,900 to \$38,900: inventory, training, fixtures, grand opening, etc. Can open in 15 days. Mr. Loughlin (612) 888-6555.

49-1tp

CARD OF THANKS

SINCERE APPRECIATION

for your calls, cards, memorials, food, visits, thoughts and prayers during the loss of our loved one, Timmy.

Judy Williams & family 49-1tc

THE RLVFD AUXILIARY would like to thank everyone for their support at the 4th of July Firemen's Bake Sale.

49a-1tc

OUR FRIENDS MAKE US FEEL SO LOVED

in the stressful times during Jack's cancer surgery and recovery. Thank you for the prayers, cards, phone calls and food. We especially appreciate Randy and Cindy Bessent for their trip to Dallas to support us during the surgery. The care and concern means so much to us as Jack goes through the recovery and healing process.

Thank You, Jack and Nina Brewer 49-1tp

THANK YOU SO VERY MUCH

all of the kind expressions of sympathy shown during the illness and loss of our loved one. The cards, visits, flowers, food, memorials and prayers meant so much to us. Your love and concern at this time will always be remembered and sincerely appreciated.

The family of Hurlin Lee 49B-1tc

NOTICES

ORDINANCE NO. 1066

An ordinance establishing restrictions on water usage; defining terms; creating offenses; providing exceptions; providing a severability clause; providing penalties; providing effective dates.

BE IT ORDAINED BY THE OUNCIL OF THE CITY OF ROBERT LEE, TEXAS:

SECTION 1. RESTRICTIONS ON WATER USAGE:

It shall be unlawful for any person, corporation, or association (hereinafter referred to as "user") whether residential. governmental, commercial, or industrial, to intentionally, knowingly, recklessly or negligently use, suffer, cause, permit, or allow to be used, water drawn or flowing directly or indirectly, from the municipal water supply of the City of Robert Lee, Texas, for the purpose of outside watering of grass, trees, shrubs, gardens, and flowers at any time other than the hours specified below. Use of sprinklers, sprinkler systems, or any other type of watering device for such purpose, including, but

not limited to hoses, is allowed only during the hours and on the days stated below.

(a) No user shall water grass, trees, shrubs, gardens, and flowers from and between the hours of 10 o'clock am to 6 o'clock pm every day.

(b) Users shall be allowed to water grass, trees, shrubs, gardens, and flowers each day from and between the hours of 6 o'clock pm to 10 o'clock am.

SECTION 2. EXCEPTION:

The following exception to enforcement of the above state hours for watering shall be allowed: Contractors, plumbers, or homeowners working on their own systems, may install, test and repair sprinkler systems during the prohibited hours.

SECTION 3. WASTE OF WATER:

It shall be unlawful for any person, corporation, or association, whether residential, governmental, commercial, or industrial, to intentionally, knowingly, recklessly, negligently or wantonly, cause, suffer, permit, or allow the waste of water. For the purpose of this Ordinance "waste" is defined as causing, permitting, or allowing the flow of water, whether from private well or city main, to run into any sanitary or storm sewer; or on any street, alley, road or highway; or upon lands of another person or upon public lands, without first having obtained the maximum degree of beneficial use thereof. For the purpose of this Ordinance, the term "maximum degree of beneficial use thereof" is defined and shall be construed to mean, the use of water means and by methods of conservation so that only that amount of water as is actually and necessarily required for a specific purpose be used by the consumer or inhabitant.

SECTION 4. PENALTY:

Any person violating any of the provisions of Section 1 or Section 3 of this Ordinance shall be guilty of a misdemeanor and upon conviction shall be fined not more than \$200.00 for each violation.

SECTION 5. SEVERABILITY: The terms and provisions of this Ordinance shall be

deemed to be severable in that if any portion of this Ordinance shall be declared to be invalid, the same shall not affect the validity of the other provisions of this Ordinance.

SECTION 6. EFFECTIVE DATES:

Sections 1 and 3 of this Ordinance shall be in force from the day after publication of this Ordinance in the Observer/Enterprise, a public newspaper of the City of Robert Lee, TX, through October 1st of 1996, and in 1997 succeeding years thereafter, from June 1st of each year through October 1st of the same year.

Kelly Nichols, Mayor Attest: Kay Torres, City Secretary 49-1tc

THE UPPER COLORADO RIVER AUTHORITY

for the State of Texas is requesting proposals from qualified vendors to serve as a depository for the River Authority for a two-year period commencing no later than September 1, 1996 and ending August 31, 1998 or until a successor depository is named. RFP packets will be available on July 12, 1996. Contact Ellen Groth at 915-655-0565. Proposals are due by August 12, 1996, at 10:00

49a-2tc

BRONTE ISD BOARD OF TRUSTEES

will adopt a budget for the 1996-97 fiscal year pursuant to Chapter 44 Section 44.004 of the Texas Code at a special meeting July 23, 1996, 7:00 pm in the board room.

49B-1tc

BRONTE ISD IS ACCEPTING BIDS

on the following: Teachers' Supplies, Food Service Products, Athletic Supplies, and Janitorial and Maintenance Supplies.

48B-2tc

Political Calendar The Observer/Enterprise

has been authorized to make the following announcements for the political offices in Coke County. Each candidate or the campaign treasurer has paid for his or her

announcement. All political advertising, announcements, and printing is cash in advance.

COKE COUNTY SHERIFF Mike Harris

COKE COUNTY COMMISSIONER PRECINCT 3 Pat Percifull

COKE COUNTY COMMISSIONER PRECINCT 1 Paul Burns

COKE COUNTY ATTORNEY

Lane Arthur **COKE COUNTY** CONSTABLE PRECINCT 2

William "Keith" Fletcher

Head colds and flying

Head colds can be a problem when traveling by airplane, even in the summer. Flying results in stopped-up ears for many travelers, and those with colds may suffer even more.

In fact, people with severe head colds may want to consider postponing their flights, said Dr. James H. Runnels of the Travel Medicine Service at Baylor College of Medicine in Houston. This is especially true if there is a high fever or sinus pain or if the traveler is a child.

But, if the flight must be made, decongestants and/or nasal sprays can be helpful if used before take-off, Runnels said. For long flights, he suggests timing the decongestant dosage so that it can be taken an hour before landing.

Nasal sprays are most effective if taken immediately prior to landing.



by Jan Yanez Coke County Ext. Agent

Working at home

Many people who are unable to work outside their homes turn to work-at-home opportunities to supplement their income.

Unfortunately, most of these offers should be viewed with a great amount of

skepticism.

For example, a typical envelope stuffing plan begins with an ad placed in a newspaper or magazine. The ad promises that you can earn a great deal of money by stuffing envelopes in your own home. Anyone who responds to this ad receives a notice that a fee of \$10 to \$50 is required for an explanation of the envelope stuffing plan. Those who send the fee are told to place a newspaper ad at their expense similar to the one to which they responded. They are promised a percentage of the fees that are sent in response to their ad. Typically, the expense of the ad eats up any profit. The only one who profits is the unscrupulous perpetrator of the scheme.

Some enterprising schemers have devised a new way to get your money. The compile lists of all the work-athome schemes they find in magazines and newspapers and then place an ad to sell the lists in booklet form. There is no guarantee that the listed businesses are legitimate. Many are no longer in

Search begins for 4-H alumni

When you ask people what football legend Don Meredith and actress Sissy Spacek have in common, the most frequent answer is that they are both famous. What's also unique is that they are both former Texas 4-H members.

The Texas 4-H Foundation and the Texas Agricultural Extension Service, at Texas A&M University are conducting a "4-H Heritage Search" to find as many former 4-H members and friends as possible to join The 4-H Friends and Alumni Association of Texas. The search continues through December 31, 1996.

"The 4-H Friends and Alumni Association of Texas is being established to identify alumni and eventually help strengthen the ongoing Texas 4-H Youth and Development Program," said Bonnie McGee, assistant to the Extension director. "Over the years, alumni have shown support for 4-H in various ways, contributing time, skills, services and dollars."

The new organization allows people to continue their support and enables members to help "today's youth develop such key attributes as leadership, commitment, responsibility, self-confidence and communication skills," McGee added.

business. The booklet usually sells for between \$29 and \$39 and is of questionable

Consumers who are interested in work-at-home programs should take precautions against fraudulent schemes. If a work-at-home program is legitimate, the sponsor should provide upfront information on what is involved at no cost. Protect yourself by asking what tasks you will be required to perform, whether you will be paid a salary or commission and who will pay you. The answers to these questions may help you weed out the fraudulent schemes and help prevent the loss of your time and money.

Practice control in food portions

If you need a forklift rather than a fork to eat all the food on your plate, it is probably time to practice portion con-

The key to weight control might very well be on the plate in front of you.

"Many frustrated dieters cannot understand why they are not losing or maintaining their weight when they eat healthy foods," says Sue Thompson, a registered dietitian at the Methodist Hospital's Institute for Preventive Medicine in Houston. "They are simply eating too much of a good thing - people have forgotten that the amount of healthy food they consume counts too."

It is no wonder that our judgment about appropriate serving sizes is skewed. One only needs to look at some favorite food stops to see the problem. Consider the signs reading, "All You Can Eat Buffets" for \$3.99; 32 ounce Big Gulps and grocery stores that sell muffins resembling miniature birthday cakes.

Consumers are used to finding big food on their plates and they are the ones to blame for this increasing

phenomena.

"There is the perception in America that bigger is better. And as we requested more for our money, restaurants and grocery stores met the demand," says Thompson. "However, there are some simple ways to keep our daily portions in control."

Thompson offers these tips: *Learn to visualize reasonable servings. Scale down you mental images of reasonable helpings. Portions served on airplanes are closer to what we should be eating. A single serving of meat is the size of a cassette tape or a deck of cards. An

The largest concentration of bats in the world is found in Bracken Cave, San Antonio.

SS faces long-term problems

The Social Security trust funds are solvent for more than three decades into the future, according to the 1996 Annual Board of Trustees Report.

The Board of Trustees is required by law to report annually to Congress on the current and estimated future financial condition of the Old Age and Survivors Insurance (OASI) and Disability Insurance (DI) Trust Funds. The report uses annually updated economic and demographic assumptions, reflecting the nation's most recent experience and best available research. The 1996 report reflects little change from the Board of Trustees reports for

The 1996 report shows that income to the combined retirement, survivors, and disability trust funds amounted to \$400 billion in calendar year 1995, and expenditures were \$340 billion. The combined trust fund assets thus increased by \$60 billion, and at the end of December stood at \$500 billion.

the past two years.

The report also states that the combined trust funds are expected to grow until 2019, and then to decline until they would be exhausted in 2029. Both of these dates are one vear sooner than estimated in the 1995 Annual Report of the Board of Trustees.

Commissioner Chater has noted, however, that contrary to what many people believe, Social Security would not be "broke" in 2029. The Social Security system will continue to receive payroll taxes enough to cover 77 percent of the full benefit costs at that

"While there are long-range financing problems for Social Security," Commissioner Chater said, "there is also ample time to discuss alternatives and to find a resolution

AKC offers free kit for summer travelers

The American Kennel Club is offering a FREE travel kit for the many families who will be traveling this summer. It is filled with helpful hints and travel tips that assist dog owners in preparing and planning for packing up the family dog, plus some important suggestions for boarding your dog in a kennel. The kit offers sound advice for traveling with your canine companion and should be helpful in making summer excursions pleasant for both you and your dog! Some useful tips include:

You must provide the airline with a certificate of health from your vet to travel with your dog by plane.

* Feed your dog one-third his normal amount the day of travel to reduce the chance of motion sickness.

When choosing a kennel, make sure it is clean and orderly. Ask the kennel proprietor to see all the areas where your dog will be kept.

order a free copy of AKC's Travel Kit, write to AKC, 5580 Centerview Drive, Raleigh, North Carolina 27606, call 919-233-9767.

that has the full support of the American people.

The 1996 trustees report on the status of the Medicare trust funds was less favorable. It estimated depletion of the Hospital Insurance (HI) trust fund will occur in the year 2001, based on the most probable economic and demographic assumptions. This is one year earlier than had been forecast by the trustees last year.

To address the short-term financial problems facing the HI trust fund, the trustees recommended the earliest possible enactment of legislation to reduce growth in HI program costs and to extend the date of exhaustion of the HI trust fund.

For longer-term Medicare financing problems, the trustees recommended the establishment of a national advisory group on Medicare reform to develop proposals.

Six people serve on the Social Security and Medicare Board of Trustees: the Secretary of the Treasury,

FAMILY PACK FRESH

Ground Beet

PREFERRED TRIM BONELESS

Chuck Roast

WENS REG. OR HOT

Sausage & Biscuits

PREFERRED TRIM BONELESS

Chuck Steak

Stew Meat

Sliced Bacon Lower

12 OZ. PKG.

\$249

\$439

Robert Rubin; the Secretary of Labor, Robert Reich; the Secretary of Health and Human Services, Donna Shalala; the Commissioner of Social Security, Shirley Chater; and two members appointed by the President and confirmed by the Senate to represent the public, Stephen Kellison and Marilyn Moon.

Ground

OWENS REG. OR HOT

Breakfast

Sausage

57 69

Owens)

12 OZ. 99¢

\$599

\$749

Owens

Sausage

Meat Bologna

Hams

WILSON 1 3/4 LB. SLICED OR 2 LB. CHUNK JUST FOR US BONELESS

MARKET CUT RED RIND LONGHORN
Cheddar Cheese

2 LB. ROLL

Texas Lotto Tickets

Visa & MasterCard Accepted

We Accept the Lone Star Card









473-2065

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

Sun. 8:00 am - 8:00 pm

MEMBER STO

