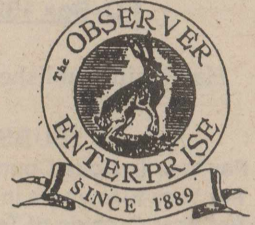


THE OBSERVER/ ENTERPRISE

Single Copy 35c



Serving Coke County

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

Vol. 109, No. 05

Friday, August 30, 1996

Annual Extravaganza set for Saturday

Plans are proceeding right along for a wonderful day in the park for the Extravaganza. Booths are being reserved for arts and crafts, cooks are calling for the Big Cusi Cook-Off, and Doug Wilkes has two rounds scheduled for the washers and horseshoes. Take a look at the schedule of events below:

Booths open at 9:00 am - you need to come check everything out; it's never too early to start on gift buying or neat things for the house.

Horseshoes and washers - morning and evening sessions; contact Doug Wilkes to enter.

Entertainment is as follows:
10:00 am - Shawn Barnes;
10:15 - Junior High

County receives rainfall

After a long, hot, dry summer Coke County finally received some much needed moisture. This is the first good, general rainfall the county has received in quite a long while and, as with most of the rest of the state, it was long overdue.

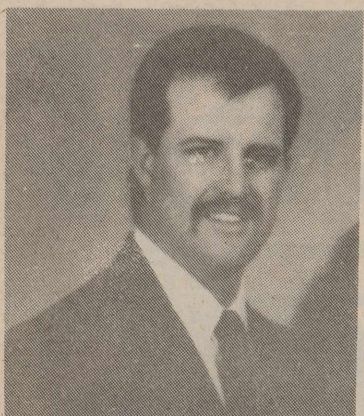
Folks in Bronte have reported amounts from 4 1/4" to 5 1/4" in the City proper.

Robert Lee proper did not fare quite as well, but residents have reported amounts from 2 3/4" to a little over 3".

Lake Spence residents received the most bounty from the rain. Reports for as much as 5 1/2" to a little over 6" have been recorded by folks in the Edith area.

Stephens receives promotion

The Farm Bureau Sales Department announces the appointment of Scott Stephens



Scott Stephens

cheerleaders; 10:30 am - Gospel Quartet - Mayor Nichols, Beth Heard, Beverly Burdett, and Gaylon Pitcock; 10:45 - High School cheerleaders; 11:00 am - Macy Hill; 11:30 am - Brandi Brosh; 12:00 - Melissa Smith; 12:30 - Joe Gonzales; 1:00 - Jennifer Schultz; 1:30 pm - Tara Gardner. We are so fortunate to have such outstanding local talent. Bring your lawn chair and enjoy the music.

All kinds of food and drinks will be available all day long.

The Cook-Off starts early. Come by and get in line to be a judge. Laura Crenshaw always needs judges and this is great fun, besides getting to eat some great food.

There will also be a

Br. receives HUD grant

Congressman Charlie Stenholm (D-Stamford) recently announced that the Bronte Housing Authority was awarded a grant of \$639,940 from the U.S. Department of Housing and Urban Development for the improvement and rehabilitation of the city's existing public housing for low-income families.

The funds, released under the auspices of the Comprehensive Improvement Assistance Program, are also intended to upgrade the management and operation of the facilities to assure continued availability of safe, affordable housing for low-income families well into the next century.

as agency manager for Bandera County. Scott has been agent for Coke-Sterling Counties since February, 1992. His appointment as agency manager will begin September 1, 1996.

Stephens' accomplishments during his career with Texas Farm Bureau Insurance Companies include: Master Agent, 1 year; Professional Agent, 2 years; Round Table, 3 years; All Star, 2 years; Pro Agent Holiday, 2 years; and Production Club, 3 years. Scott was a National Quality Award winner in 1994 and 1995.

volleyball tournament during the weekend. For more information, call Scott or Leigh Ann Stephens.

End the day with the dance on the tennis court, with music by Tim Waggnor.

Blackwell Homecoming

The Blackwell Homecoming is scheduled for Saturday, September 28, 1996. The game begins at 7:00 pm with a dance following, sponsored by the Blackwell Volunteer Fire Department. For more information, call B.I.S.D. at 915-282-2311.

Dove season opens Sunday

Most hunters are eagerly awaiting Sunday, September 1 when opening day for dove season arrives. Conditions locally have been prime for the season, as dove favor the hot, dry climate. The rainfall the county has experienced over the last week may make hunters feel a little less optimistic about hunting prospects, but as most West Texans know, weather is quick to change in this area.

A quick reminder - don't forget to pick up your hunting license. The TPWD has implemented electronic licensing this year, and as with any new program, there have been a few glitches. Hunters should have a driver's license and social security number with them when filing for a license.

Bag limits for dove will be 15 birds. The best source for finding out all about regs and other hunting related questions is the TPWD Outdoor Annual. They are available free of charge at most retailers furnishing licenses and hunting paraphernalia.

CCJJCC to meet

The Coke County Juvenile Justice Community Council will hold its regular meeting Tuesday, September 3, at 6:00 pm at the First United Methodist Church in Bronte.

The Board of Directors will meet at 7:00 pm that same evening. Anyone interested is urged to attend.



Football sig pages to start soon

Football season is right around the corner and accordingly, The Observer/Enterprise will begin calling on local businesses to help support our local teams on the football pages. This is a great way to show your support for our kids in their endeavors. If you would like to put your name on the sig page for either Bronte or Robert Lee, or both, just call, and we will be glad to add your name or business to the list. This page is not just for businesses. If you are a parent or grandparent or just a big fan, this is a great way to let the teams know you are behind them.

If we fail to call on you or your business, just give us a call at either office location and let us know how you would like to be listed.

Br. to vote on expanding ELC

The Bronte City Council has been asked to request that an election be held to add three cities to the Expanded Toll-Free Local Calling. Currently, residents can make local calls to San Angelo, Ballinger, and Sterling City.

Bronte can add three exchanges at no increase in the monthly fee.

Citizens are asked to give input as to which cities would be placed on the ballot by contacting the City Hall at 473-3501.

Tennyson community meeting

The Tennyson community meeting has been rescheduled for Saturday, September 7, at 6:30 pm. There will be a weiner and marshmallow roast and cookies. Bring enough for your family.

Labor Day Closings

The city halls and post offices in Bronte and Robert Lee will be closed Monday, September 2, in observance of Labor Day. Also closed will be Bronte and Robert Lee banks, the courthouse, and the Observer/Enterprise.

Historical Society to meet

The San Angelo Genealogical and Historical Society will meet Tuesday, September 3, 1996 at 7:30 pm in the fellowship hall of the Church of Christ, 901 North Main, San Angelo.

Billye Scattergood, a long time member of the Society, will give a program entitled "Researching Your Family History". She has taught genealogy classes and for many years was editor of *Stalkin' Kin*, the quarterly publication of the Society.

Meetings are held the first Tuesday of each month. Visitors are always welcome.

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

Mountain Creek Dam problems publicized by Hal Spain

At the request of Upper Colorado River Authority President Patti Ivey, members of the Robert Lee City Council and a representative of the Observer/Enterprise attended the regular monthly meeting of the UCRA, held in San Angelo on August 27.

At the meeting, Mrs. Ivey discussed receiving a letter dated August 8, 1996, from the Texas Natural Resource Conservation Commission (TNRCC). The letter referred to a comprehensive study made of the Mountain Creek Dam in 1979. Using this study as a guidepost, the TNRCC had determined that the "spillway of the dam is inadequate for a maximum flood" and "the dam should be modified to correct the deficiencies". Notice was given to the UCRA and Robert Lee City Council that a plan of action for modification should be forwarded to the TNRCC within sixty (60) days, or the matter would be turned over to TNRCC's Enforcement Division.

Mrs. Ivey discussed the ownership of the dam at the meeting, stating that the UCRA owns Mountain Creek Dam, with the city of Robert Lee paying a monthly fee to operate the facility. It was also

CRMWD lake report

A new lake record was set August 5, 1996, on O.H. Ivie Reservoir, when Mike Stuard of Valera, Texas, pulled in a 28" channel cat that weighed 10.28 pounds. Stuard's record-setting cat is a great plug for his business - he operates Mr. Whisker's Fishing Guide Service. Stuard's catch beats a 7.75 pound channel cat that Charlie Tunal of Midland pulled in March 30, 1995.

The recorded elevation for Ivie Reservoir on Monday, Aug. 19, was 1541.25 feet. Surface temperature was 78 degrees F., while the lake's bottom temperature was 63.1 degrees F.

Fishing conditions remained similar to last week's report. Catfish continued to hit trotlines set at the main lake. Channel and blue catfish also were biting well over baited holes. Night fishing with minnows was still best for catching crappie at the main lake, ridges, and around brushy areas.

Most bass were found at the main lake. Plastic worms proved favorable for the black bass and smallmouth bass. White bass went for small spinners and crank baits.

pointed out that Mountain Creek Lake provided only a small percentage of drinking water for the city. However, the quality of water in the lake is far better than that from Spence, and residents much prefer water from Mountain Creek, when it is available. It was also discussed that the TNRCC directive might also affect Mountain Creek Amphitheatre.

Estimated repairs to the dam were said to approach \$1 million, a figure that is beyond the reach of the city's limited capacity to pay. The cost of dredging the lake is similarly excessive.

Fred Teagarten with SK Engineering discussed the study with the group, pointing out that the study used figures which include such inconceivable amounts of rainfall as "29 inches in 24 hours". He stated that if that situation developed, "everything else downstream would have washed away by the time the dam breaks". He concluded his remarks by referring to the study as "bureaucracy run amok".

The committee decided to respond to the TNRCC with a letter detailing when the information requested would be provided, and what steps will be taken to remedy the problem. UCRA will also set a date to tour the facility with TNRCC officials and RL City Council members.

Attending the meeting from Robert Lee were Mayor Kelly Nichols and Mayor Pro-tem Beth Prather, as well as UCRA President Patti Ivey and board member Jeffie Roberts, UCRA board member Dorris Sonnenberg of Bronte, and newspaper representative Hal Spain.

Sheep Referendum comes to second vote

On October 1, 1996, the Department of Agriculture will conduct a second referendum on the sheep and wool promotion, research, education, and information order. This referendum is being carried out under the authority of the sheep promotion, research, and information act of 1994. The order will go into effect if it is approved in this referendum by sheep producers and feeders, and importers of sheep and sheep products. If the order is approved, it will become final, and a nationwide program will go into effect to collect assessments from the sheep and wool industry to carry out research and promotion activities to benefit the industry.

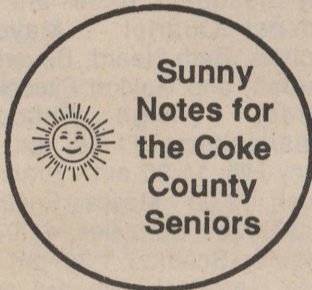
A referendum on this same issue was conducted February 6, 1996, but the Secretary determined that the results were invalid because the procedures were applied incorrectly and inconsistently.

In-person voting will take place in the County CES Offices on October 1, 1996. Voters who wish to vote absentee may request an absentee ballot from the County CES Office that serves the voter's residence or, if the voter is a business entity, the office that serves the entity's main office or headquarters. Requests for absentee ballots may be made from August 26 through September 17, 1996. CES Offices will only fill requests from August 26 through September 17, 1996. Completed absentee ballots must be received in the County CES Office by close of business on September 27, 1996. Ballots will be counted on October 6, 1996.

To be eligible to vote in this referendum, you must have been a "person" engaged in the production, feeding, or importation of sheep products during calendar year 1994. In this referendum, the term "person" means an individual or a legal entity (for example, a corporation, partnership, estate, etc.), or a group of individuals with a joint ownership interest in sheep (for example, a family, a cooperative, an association, etc.).



The birthday party for August at the nursing home in Bronte was on Friday, August 23. Honorees were: Margaret Brunson, Vivian Hord, Doris Marley, and Loralane Lee. Mr. Kelsey, Doris Marley's son in law, provided entertainment. Pictured are (l-r): Loralane Lee (back), Vivian Hord, Doris Marley, and Margaret Brunson.



New Potatoes, Hot Rolls, Orange
 Friday, Sept. 6
 Chicken Nuggets, White Sauce, Scalloped Potatoes, Broccoli, Hot Rolls, Peanut Butter Cookies

Senior Center closed

The Senior Center will be closed Monday, Sept. 2 due to the Labor Day holiday! Have a good day, and if you are planning a trip, please drive carefully!

Menu for the Week
 Monday, Sept. 2
 HOLIDAY!
 Wednesday, Sept. 4
 Baked Ham, Green Beans,

I would like to thank all of you who are clients of Farm Bureau for your business. I have enjoyed my 4 1/2 years as your agent and know that this promotion would not be possible without your support. Please feel free to call me in Bandera at 210-796-3077 if I can be of service to you.

*Thank You,
 Scott Stephens*

A Heart Warmed "Thank You"

As time heals most broken hearts, and the cherished memories take over the sadness of a loss, we wanted to take this opportunity to say thank you to the many friends, neighbors, and loved ones that showed in so many ways their love and sorrow in the loss of Linda Allen Sparks. Words can never express the true gratitude that one feels in such a time as this. There are so many to thank, and if we tried to mention all, we know that someone would be left out. Therefore, we would like to say "THANK YOU" to each and every one that came by, sent flowers, brought food, called, and to those that were not able to physically be noticed, we know that you had us in your prayers. We will never be able to express our gratitude in such a way that is satisfying to us, but please accept this as a small token of appreciation.

Thank You and May God Bless Each and Every One

*Frank Sparks - Elbert & Frankie Allen -
 Gene & Kathy Allen - Elbert Jr. & Gail Allen*

FUNDAY

September 7
4:30 to 8 p.m.
Ericksdahl Picnic Grounds

Call 915-773-5521 or 1-800-391-0704 for more information

STENHOLM
U.S. CONGRESS

Paid for by The Stenholm for Congress Committee

Bewick-Cowart exchange vows

Carlene Esther Bewick and John Michael Cowart, Jr. were married June 29, 1996, at Our Lady of the Peace Chapel with Father Lynn Harbour officiating.

The bride is the daughter of Mrs. Hilda Bewick and the late Carl B. Bewick of San Angelo. The groom is the son of Mike and Judy Cowart of Lawrenceville, Georgia.

Maid of honor was sister of the bride Carla Bewick of San Angelo. Matron of Honor was Mary Ann Cochran, also from San Angelo. Bridesmaids were Krista Green, Lori Wink of Robert Lee, Elizabeth Lopez, and Georgia Fischer. Flower girl was Allyssa Myers.

Best men were Dennis Osier of Winder, GA and Vince Myers of San Angelo. Groomsmen were Sean Lemons, Arnie Hejnal, John Lamphier, and Donnie Key of Marietta, GA. Ring bearer was Matthew Myers.

Candlelighters were Shaye Thompson of Sylvester and Brent Jameson of Silver. Ushers were Tim Murray and Arnie Hejnal.

Mrs. Cowart is a 1993 graduate of Robert Lee High School. Her husband is a 1980 graduate of Central Gwinett High School in Lawrenceville, GA. He is a 1st Class Petty Officer in the U.S. Navy.

After a wedding trip to Fredericksburg and Atlanta, the couple now resides in San Antonio, where Mr. Cowart is stationed at Lackland AFB and Mrs. Cowart will continue her education at UTSA.



Mr. & Mrs. John Michael Cowart

systems and a booth on "Hidden Sugar"; West Coke County Nursing Home, providing information on their facility and the services they provide; and West Texas Sports Medicine, who brought their sports medicine van for tours. WIC also did blood testing for iron levels.

With the continued support of Coke County residents, the health fair has become an annual event.

a concert at 8:00 pm Friday, August 30, in the Paramount Theatre in Abilene.

Female singer with Caedmon's Call is Danielle Glenn, daughter of Mr. and Mrs. David Glenn of Houston. Her grandparents are Mr. and Mrs. Clark Glenn of Bronte.

Health Fair termed success

Over 250 people recently attended the Coke County Health Fair sponsored by the Texas Agricultural Extension Service and the West Coke County Senior Citizens.

Various booths and services were provided to all the citizens of the county. Those booths and services included: Shannon Medical Center with a flexibility test and blood sugar test; Columbia Medical Center of San Angelo, providing the 55 Plus booth, children's safety program, and cholesterol testing; and American Cancer Society, providing information concerning their facility and "Heart Pump" curriculum for the RLISD elementary. Also present were the American Diabetes Association, providing diabetic handouts; Area Agency on Aging, furnishing information concerning senior citizen services; Dr. Michael Bucigalupi of City Eye Care, testing for glaucoma; the Coke County Sheriff's office, fingerprinting numerous children; Coke County Tax office, registering new voters; Community Action Group, providing information on services for Coke County citizens; Concho Valley Council of Governments, furnishing information on 911; Family Hospice, with information on their services; North Runnels Home Health, testing for blood sugar and blood pressure; Texas Agricultural Extension Service, providing information on spiders, rabies, and water

Personal
Caedmon's Call, a contemporary Christian band composed of a group of Houston College students, will present

Gospel Singing Sunday

The regular monthly community gospel singing will be held Sunday, September 1st, from 2:00 to 4:00 pm at the Central Baptist Church in Bronte. Everyone in the area is invited to come and enjoy this fellowship time together.

HOLIDAY CLOSING NOTICE

All facilities of these banks will be **CLOSED Monday, September 2**



In Observance Of **LABOR DAY**

Please plan your banking requirements to avoid any inconvenience.

Robert Lee State Bank
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Robert Lee, TX

Member FDIC
473-2911
Bronte, TX

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IGA Charcoal

10 Lb. Bag **.98**



All Varieties

Coca Cola

12 pack 12 oz. cans **2.99**



BRONTE SCHOOL NEWS

Lady Horns Volleyball Schedule

DATE	OPPONENT	LOCATION	TIME
August 30-31	Central Tournament	There	V
Sept. 3	Central	Here	JV/V
Sept. 6-7	Bronte Tournament	Here	V
Sept. 7	Cooper Tournament	There	JV
Sept. 10	at Lakeview w/Permian	There	JV/V
Sept. 13-14	Andrews Tournament	There	V
Sept. 17	Open		
Sept. 21	Albany	Here	JV/V
Sept. 24	Colorado City	There	JV/V
Sept. 28	Open		
Oct. 1	Colorado City	Here	JV/V
Oct. 5	Albany	There	JV/V
Oct. 8	Big Spring	There	JV/V
*Oct. 12	Water Valley	There	JV/V
*Oct. 15	Miles	Here	JV/V
Oct. 19	Open		
*Oct. 22	Water Valley	Here	JV/V
*Oct. 26	Miles	There	JV/V
Oct. 29	Open		
*Nov. 2	Water Valley	There	JV/V
*Nov. 5	Miles	Here	JV/V

Longhorn Volleyball begins
The Bronte Longhorn volleyball teams are off to a quick start. On Friday, August 16, they scrimmaged Brownwood and Hamilton. On Saturday morning, August 17, they scrimmaged Central and Lakeview. Both scrimmages

allowed the Lady Horns to get some much needed work done because they did not have any two-a-day practices this year.

Then Thursday, August 20, was the home opener against Sweetwater. The JV team lost a close match 11-15, 11-15. The Varsity team lost 11-15, 4-15. Both teams are 0-1.

This past Saturday, August 24, the JV beat Snyder in three games. The scores were 9-15, 15-4, and 15-13. It was an exciting match, and the girls were proud to beat them. Also in Snyder on Saturday, the Varsity executed a well-played match against a very good 4-A team. They fought tooth and toenail and many good things happened. However, the score was 12-15 and 11-15. The current JV record is 1-1, and the Varsity record is 0-2.

Tuesday night the teams will play Breckenridge at home, and on Friday and Saturday, they go to the Central tournament, where they will play Odessa High at 12 noon, Lubbock Monterey at 4:00 pm, and El Paso Del Valle at 6:00 pm.

Br. Student Council meets

The Student Council met on August 27, 1996, during tutorial period, with the 7th - 12th grade class representatives. Discussion included the dance, which is tentatively set for October 19,

off-campus lunch, and the upcoming drug program for September.

Counselors from the Tom Green County Juvenile Justice Center will be in Bronte to preview the Ropes Course and to hold an in-service with all of the teachers concerning drug and chemical dependency counseling available to students.

Letter to the Editor

Dear Editor:
Enclosed please find a check for renewal for another year. Must keep up with Coke County news.

Thanks,
Dick Wylie

Insecticide application made more practical

Two Texas A&M University researchers have discovered a new and efficient approach for preparing aminolevulinic acid (ALA). The new method drastically reduces the acid's production cost, making ALA more practical for applications such as herbicides and insecticides.

ALA, a naturally occurring substance found in the human body, is free from fluorocarbons, phosphorous, PCBs and other toxic chemicals. Due to current high production costs, it is not used for crop protection.

The new method invented

by A. Ian Scott and Jianji Wang of Texas A&M boasts several advantages over previous means of ALA synthesis.

The process, which has been successfully tested in the laboratory, is far less labor intensive than current procedures. Another advantage gained by using this new process is a high yield, typically in the range of 93 percent. The new process can be completed in less than one-fifth of the time the current technique requires.

Personal

Private Devlin Pierce graduated August 15, 1996, from U.S. Army Basic and Advanced Individual Training at Fort Leonard Wood, Missouri. Devlin was assigned to Company A, 35 Engineering Battalion and received training as a combat engineer. His training specialties were in demolition, mines, and tanks. Devlin is currently on leave before being stationed in Korea. He is the son of Frances Crumpler and Mickey Pierce and the grandson of Earl and Mary Glenn of Bronte.

Eating right may lower prostate risk

A diet rich in the right foods may someday replace surgery and conventional medications to prevent and treat prostate cancer, researchers say.

Scientists at Texas A&M University's Institute of Biosciences and Technology in Houston say their studies suggest that a diet rich in



Pvt. Devlin Pierce

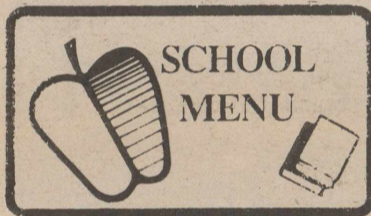
vegetables, fruits, whole grains and soy could help men avoid prostate cancer, currently the second leading cause of death among men.

Molecular biologist Wallace McKeehan and a team of researchers at the IBT are exploring how nutritive factors may treat or even prevent the development of prostate cancer and related diseases.

If making dietary changes can fight prostate cancer, says McKeehan, director of the IBT's Center For Cancer Biology and Nutrition, then costly and painful treatments like surgery could be used less often.



CPR
can keep your love alive



SCHOOL MENU

Breakfast
Monday, Sept. 2
HOLIDAY!!!
Tuesday, Sept. 3
Cereal, Apple Sauce, Biscuit, Milk
Wednesday, Sept. 4
Sausage, Waffles, Orange Juice, Milk
Thursday, Sept. 5
French Toast, Apple Juice, Diced Peaches, Milk
Friday, Sept. 6
Scrambled Eggs, Blueberry Muffins, Grape Juice, Milk

Lunch
Monday, Sept. 2
HOLIDAY!!!
Tuesday, Sept. 3
Fish Sticks, Macaroni & Cheese, Tossed Salad, Orange Wedge, Rolls, Milk
Wednesday, Sept. 4
Hot Dogs, Chili & Cheese, Tator Tots, Apple Sauce, Blueberry Muffin Squares, Milk
Thursday, Sept. 5
Chicken Fajitas, Refried Beans, Lettuce & Tomato, Spanish Rice, Ginger Bread, Milk
Friday, Sept. 6
Bar-B-Que on Bun, Pinto Beans, Pickle Spears, Potato Salad, Ice Cream Cups, Milk

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Counselor's Comments

by Vicky McCutchen

It seems as though all parents look forward to hearing their child's first word. What should parents expect after that first word? All children are different, but there are some guidelines that could help parents keep track of their child's progress.

Eleven months: Your baby is probably using one word and understanding several more. Encouragement will keep them talking by praise and repeating words that are familiar.

Fifteen months: Your baby may be connecting sounds and even words, repeating phrases you use often, such as "Uh oh."

Eighteen months: Your baby's vocabulary may have increased to about 10 words. Practice new words by pointing out objects and let the child name them.

Eighteen months to two years: Your child probably knows about 30 words and may express feelings with statements such as "Want Daddy."

Two-three years: Your child is forming more complex statements, such as "You get book and read to me." By now your child knows around 200-300 words.

Three years: Your child is beginning to understand single words that describe feelings, such as "thirsty" and can say his/her full name.

Four years: Your child can hold a conversation. Children at this age make up silly words or playfully use bathroom language at inappropriate times.

Five years: Your child uses questions to learn more about the world. Word games are a good way to continue development.

The above information was taken from *Complete Baby and Child Care*, by Dr. Miriam Stoppard.

4-H: "More Than Just Cooking and Cows"

This month the Coke County Extension office will be conducting 4-H meetings in Bronte and Robert Lee to kick off the 4-H year. Any youth who is either 9 years old or in the third grade, until their 19th birthday, is eligible to become a 4-H member. In Robert Lee, the first meeting will be held in the school cafeteria on Wednesday, September 4, beginning at 3:45 pm. The Bronte meeting will be held in the ag classroom on Monday, September 9, beginning at 4:00 pm.

4-H is open to any youth, regardless of sex, religion, race, socioeconomic level, color, disability or national origin, who meets the age re-

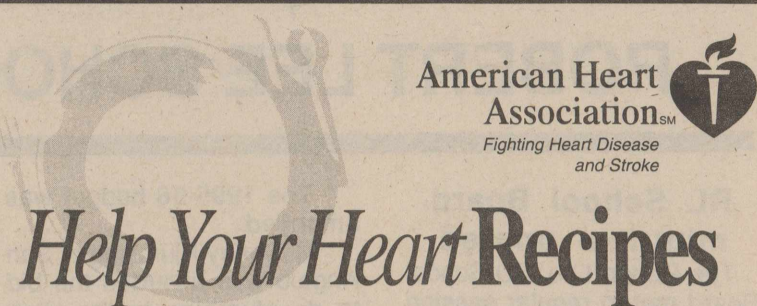
quirement listed above. Being a member of 4-H offers vast opportunities to gain valuable experience in leadership, learning responsibility, interaction with others, and knowledge in several project areas. Many people have the misconception that 4-H members only learn to cook, sew, or have livestock projects, but 4-H is "More than just cooking and cows." Youth can participate in project areas including gardening, horticulture, electricity, shooting sports, archery, government, wildlife, dog care and training, poultry, and numerous other learning experiences. Through project work, being on judging teams, public speaking, method demonstrations and other 4-H areas, youth can learn valuable lessons in responsibility, being able to think for themselves, being able to speak in front of groups, and other beneficial lessons to help them in their lives later on. Also, 4-H is not just for youth, as adults and parents can become involved as volunteer leaders to assist in club meetings and various project groups.

Additional information can be obtained from the Coke County Extension Service office in the county courthouse or at 453-2461.

Stenholm to host annual FUNDay

Congressman Charlie Stenholm will host FUNDay on Saturday, September 7, 1996, at the Ericksdahl picnic grounds near Stamford. Festivities will begin at 4:30 pm and continue into the evening.

The annual event draws people from throughout the vast 17th Congressional District, which encompasses 32



American Heart Association
Fighting Heart Disease and Stroke

Help Your Heart Recipes

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

Bran Muffin Breakfast Trifle

- 3 cups coarsely crumbled low-fat bran muffins (about 3 medium muffins)
- 2 cups nonfat or low-fat vanilla or fruit-flavored yogurt
- 4 cups assorted fresh fruit chunks

Place half the muffin crumbs in a 2½-quart glass bowl or airtight container. Arrange ¾ cups of fruit on top. Cover with remaining muffin crumbs. Spoon yogurt evenly over the top. Top with remaining fruit, cover and refrigerate for at least 6 hours or overnight.

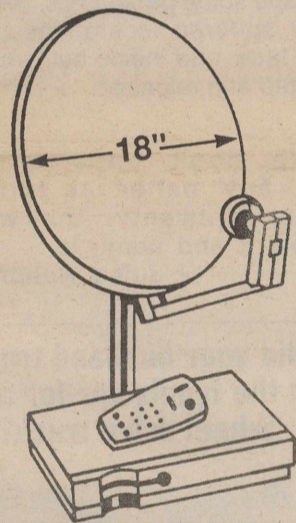
Serves 6; 1 cup per serving. Preparation time: 10 minutes. Chilling time: 6 hours or overnight.

Nutrient Analysis per Serving

177 kcal	Calories	2 mg	Cholesterol	0 gm	Saturated Fat
6 gm	Protein	98 mg	Sodium	1 gm	Polyunsaturated Fat
38 gm	Carbohydrate	2 gm	Total Fat	0 gm	Monounsaturated Fat

American Heart Association Quick & Easy Cookbook, ©1995. Reprinted with permission from Times Books, a division of Random House, Inc., New York.

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WHOLESALE TO THE PUBLIC



POLITICAL ANNOUNCEMENT To The Voters & Citizens of Comm. Prec. #2 Coke County, Texas

- I want to express my thanks and appreciation to the Democratic Executive Committee of Coke County for selecting me as your nominee for the vacant position of Coke County Commissioner Precinct #2 for the Democratic Party.
 - I have the time, talent, health, & experience to perform all those duties & requirements of the office/position of County Commissioner Precinct 2, Coke County, Texas, with honesty, quality, integrity, education and knowledge of County/State law to serve in this capacity with pride, honor and justice for all.
- My promise and commitment to you the citizens and voters of Precinct 2 and all of Coke County is:
- To serve as Commissioner Precinct #2 of Coke County with honesty, quality, integrity, openness, knowledge, and experience.
 - To represent Precinct 2 and Coke County with dignity, honesty and honor.

Your support-vote is
sincerely appreciated.

Royce Lee

Pd. Political Adv. by Royce Lee

counties in west Central Texas, as well as from other parts of Texas. The program includes a barbecue, musical entertainment, including Roland Smith and the Roadrunners, and drawings for flags flown over the United States Capitol. The setting for the picnic, held on the banks of the California Creek, is the Bethel Lutheran Church, established in 1906 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 friends, visit with old friends, and enjoy a real down-home time together."

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

For more information, contact the Stenholm campaign office at 1-800-391-0704.

TS&GCB prepares for biennial election

The Texas Sheep & Goat Commodity Board is busy preparing for another biennial election to elect one director from each of its three districts. Directors whose terms expire in 1996 are: Ernest Woodward from District One, Perry Bushong from District Two, and Billy Roeder from District Three. The election will use a mail-in ballot and pre-addressed return envelope format using a list of known producers within the 111 county referendum compiled for this

purpose. Formal date of the election will be Tuesday, October 29, 1996, and all ballots must be postmarked prior to midnight of that date to be considered valid.

Several ballots will also be mailed to each County Extension Agent in the referendum area for producers who are eligible to vote and do not receive a ballot by mail. Any person residing in the referendum area that is in the business of producing, or causing to be produced, sheep and/or goats for commercial purposes within the referendum area, or who is required to pay the assessment, is eligible to vote.

Start thinking about who you would like to see as a director to represent your district. Forms have been developed for producers to nominate candidates to be placed on the official ballot for each district. They will be available from your county agent, one of the current directors, and the TS&GCB office in San Angelo. Nomination forms should be mailed to the TS&GCB Office as soon as the required ten signatures of support by producers from the district have been obtained. (Producers supporting the nomination must reside in the district of the nominee they support and be eligible to vote in the election.)

American Heart Association
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ROBERT LEE SCHOOL NEWS

RL School Board minutes posted

The Robert Lee ISD School Board met in regular session on August 20, 1996, at 6:30 pm in the high school library. All members were present except Cathy Hendry.

* Minutes of the previous meeting and bills were approved.

* In open forum, Susie Wilson expressed the gratitude of the elementary staff for the purchase of the Saxon math program.

* The proposed budget was approved for the 1996-1997 school year with revenue of \$2,660,942 and expenditures of \$2,952,442 with a deficit budget of \$291,500, which is a result of the cost of approved remodeling and construction projects.

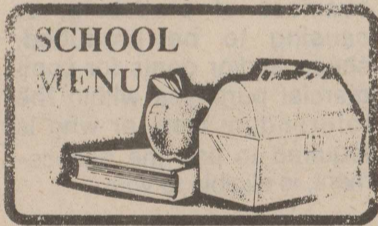
* The board set the 1996 tax rate at \$1.3911, which dropped the school rate from \$1.44643. The total was 5.5533 cents, due to a tax base increase. All for.

* The 1996-97 Student Code of Conduct was approved.

* The accountability and accreditation status of Robert Lee ISD was presented by Supt. Hood. Robert Lee ISD is a recognized school district by the Texas Education Agency according to the TAAS scores of the 1995-96 school year.

* The board agreed to compensate Kay Taylor for her work during school board meetings.

* A Shared Services Arrangement with the Fairview Accelerated Education Co-Op was approved.



SCHOOL MENU

Breakfast

- Monday, Sept. 2**
HOLIDAY!!!
- Tuesday, Sept. 3**
Donuts, Cold Cereal, Orange Juice, Milk
- Wednesday, Sept. 4**
Biscuits & Sausage w/Gravy, Milk
- Thursday, Sept. 5**
Breakfast Pizza, Orange Juice, Milk
- Friday, Sept. 6**
Cinnamon Toast, Cold Cereal, Orange Juice, Milk
- Lunch**
- Monday, Sept. 2**
HOLIDAY!!!
- Tuesday, Sept. 3**
Lasagna, Seasoned Corn, Pineapple Tidbits, Homemade Rolls, Milk
- Wednesday, Sept. 4**
Fish w/ Tartar Sauce, Macaroni & Cheese, Tator Tots, Hush-puppies, Peaches, Milk
- Thursday, Sept. 5**
Roast w/Gravy, Baked Sweet Potatoes w/Apples, Seasoned Green Beans, Homemade Rolls, Milk
- Friday, Sept. 6**
Sloppy Joes, Hash Browns, Diced Pears, Teddy Grahams, Milk

* The 1995-96 budget was amended.

* McCarley Plumbing of San Angelo was awarded the bid to do plumbing in the High School and gym area.

* The board agreed to request a waiver of late charges for the water bill from the City of Robert Lee due to the board meeting being held after the 15th of each month.

* Organization's MIP policies were tabled until further research can be done.

* Mr. Jackson, elementary principal, and Mr. Gardner, high school principal, reported on their individual campuses' progress.

* Mr. Hood gave a report on various topics about Robert Lee ISD.

The next regularly scheduled board meeting is Tuesday, September 17, 1996.

RL ISD to conduct TAAS-TEAMS testing

All out-of-school individuals who wish to take the 1996 Fall Exit Level TAAS or TEAMS test must register by September 20, 1996. The TAAS writing test is scheduled for administration on Tuesday, October 22, 1996, the TAAS math test on Wednesday, October 23, 1996, and the TAAS reading test on Thursday, October 24, 1996. The TEAMS mathematics test is scheduled for administration on Wednesday, October 23, 1996, and the TEAMS English Language Arts is scheduled for Thursday, October 24, 1996.

Robert Lee High School will be a testing site for these tests. Those individuals who have completed all other high school graduation requirements are encouraged to register in advance for any section of the TAAS or TEAMS for which necessary minimum expectations have not previously been met.

Registration packets may be acquired at Robert Lee ISD. For more information, contact Melba Mauldin, Robert Lee ISD, 453-4555.

Golden Steer Passes available

Robert Lee ISD is once again offering the Golden Steer Pass to anyone 65 years of age or over who wishes to attend any of the local athletic events. Come by the superintendent's office anytime between the hours of 8 am and 4 pm, Monday through Friday, and pick up a free pass. If you already have a pass, please use it to attend any of the athletic events.

RLISD Open House

Robert Lee School will host an Open House Monday, September 9, from 7:00 - 8:30 pm. Everyone is urged to attend to meet the faculty and staff. Many improvements were made to the classrooms over the summer vacation, so come see the new look the rooms are sporting.

Robert Lee PTA will be furnishing refreshments and volunteers from the Student Council will be serving at the event.

RL Band Boosters selling calendars

The Robert Lee Band Boosters will be conducting their 1997 band calendar drive. Look for band students to be calling at your home on Wednesday, Sept. 4, from 5:30 - 7:00 pm.

Calendar sales will end on Friday, Sept. 13. Contact Candy Dickey at 453-2776 or the school at 453-4555.

Johnson shoots well at Five Star Match

Over 100 shooters attended a Five Star Match sponsored by 4-H and held in Manor, Texas. Coke County shooter Melanie Johnson shot a score of 223, taking 6th place. She missed tying for 3rd, 4th, and 5th place by 4 shots. Melanie is one of Coke County's Shooting Sports members who has excelled in events held this summer.

LOOK WHO'S NEW Moriah Ann Miracle

David and Laurie Miracle of Robert Lee are proud to announce the birth of their daughter, Moriah Ann Miracle, born Friday, August 23, at 10:24 am at Columbia Medical Center in San Angelo.

Moriah weighed 7 pounds, 12 ounces and was 20 inches long. She was welcomed home by her older sisters, Abby, 3, and Bethany, 2, and by the congregation of Robert Lee Baptist Church. Especially excited about her arrival was Mrs. Maxine Post, who most closely guessed Moriah's arrival date and time for the Robert Lee Baptist Church Miracle Baby Due Date Contest. Maxine guessed that the Miracle baby would be born on August 23 at 10:00 am, but her only mistake was in guessing the baby would be a boy!

* Marble Falls is the marble capital of the U.S.



COUNTRY AGENTS NEWS

by Tommy Antilley
Coke County Agent

Cricket invasion begins

To some, the chirping of a cricket is the soothing sound of nature. To others, it's a nightmare. Crickets are nocturnal, which means they're awake and chirping while you are trying to sleep. Besides the annoying sound, crickets will also get into your closets and eat your clothes. But keeping them out of the house isn't easy. The best thing you can do is make sure your house is sealed properly with weather stripping and caulking. You can also put D-azinon, Dursban or another approved chemical around the doors and windows. And don't invite them in for a meal by leaving out pet food. Cricket love dry dog food, and one of the worst things you can do is leave out a dish of dog food and a bowl of water. They also are attracted to light, so be careful about lighting the outside of your house.

Prune roses for fall

If you want big blooms this fall, now is the time to prune your roses. Most roses benefit from a late summer trimming.

Remove the dead wood first, and take the plants down about a third overall size. Most roses suffer during the summer. The quality of flowers drops off. A light pruning and shaping can perk them up. Go back at least as far as where the leaflets are five in number and cut them just above a node where the leaf joins the stem. After the pruning, it is recommended to water and fertilize. The only exception to summer pruning is the climbing rose. Do not prune them now. Climbing roses should be trimmed after they bloom in the spring.

Personal

Mr. and Mrs. Cumbie Ivey, Sr. were involved in an automobile accident Monday, August 26, about 3:00 pm at the intersection of FM Rd. 2105 and Bryant Blvd. Mrs. Ivey remains in Shannon Hospital with severe lacerations to the leg and some broken ribs. Mr. Ivey suffered lacerations of the face and neck but was treated and released.

We don't understand life any better at forty than at twenty, but we know it and admit it.

- Jules Renard

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QUILT RAFFLE

Robert Lee Volunteer Fire Department will be holding a drawing for a quilt at the Labor Day Extravaganza Saturday, August 31. Boxes are set up at various locations in Robert Lee. \$1 per chance. See the quilt, donated by Robert Lee Senior Citizens, at Ace Hardware.

Request denied for teal season extension

Texas teal hunters will once again see a nine-day hunting season this September following rejection recently by the U.S. Fish and Wildlife Service (FWS) of a proposed one-week extension. The Texas Parks and Wildlife Commission had adopted a provision that an additional seven days would be added to the end of the season if approved by the FWS.

"We're very disappointed that the Service has declined to authorize the extension, which would have created additional hunting opportunities in Texas at a time when teal numbers are at an all-time high," said Andrew Sansom, Texas Parks and Wildlife Department (TPWD) executive director. "We were under the impression there was a good chance for an additional seven days at the end of the season."

September teal hunting has been an "all or nothing" proposition since 1965 when Texas first experimented with the early season opportunity. In the 30 years since, early teal hunting season saw closures in 1969 and again during a four-year span from 1988 through 1991. In years when September teal hunting has been opened, the FWS has rubber-stamped a standard nine-day season and four bird daily bag limit, without considering that because bluewings are so lightly harvested that they can easily handle the added opportunity. A recent study demonstrated that teal hunters do not attempt to harvest non-target species to any significant degree.

Teal season in Texas will run Sept. 14-22. The bag limit for

teal will also remain at four birds per day and eight in possession.

According to Vernon Bevill, TPWD migratory bird program director, approval of the extension hinged on initiating a working group to develop a joint teal management strategy involving the Central, Mississippi and Atlantic Flyways. "It was inferred by the Service if this joint effort was started during the recent Joint Flyway Council meeting in Kansas City, the final ruling on the extension for 1996 might be granted. The combined strategy group was organized in KC, but then the Service declined to approve the extension.

"It is very frustrating for the 14 states with special September teal seasons to see legitimate opportunity to direct more harvest at bluewings, which have mostly moved on to Central America by the time regular duck season opens," said Bevill. Bluewings are second only to mallards in abundance based on breeding surveys. Because they migrate early, they are very lightly harvested."

Sheep & Goat Field Day set

The Texas A&M Research and Extension Center's 23rd Annual Sheep and Goat Field Day is set for September 5. The Center is located on North Highway 87. This year's event will focus on drought management.

Activities begin with registration and exhibit viewing from 9:00-9:45 am. The day is dedicated to Dr. Carl Menzies, Resident Director of Research and to Ken Cook, long-time District 7 Extension Director at the Center.

Menzies retires as the Center's only Resident Director of Research on August 31. He

has held the position since 1971. Cook retired February 29 after 17 years as Extension Director.

Menzies led Texas A&M's range and livestock research efforts on the Edwards Plateau. Under his direction, the Center's Research staff evolved into world leaders in the areas of range improvement, sheep and goat management, and wool and mohair production.

Cook was responsible for overseeing county staffs in 23 area counties. Through his leadership, the district developed a statewide reputation for excellence in agricultural practices and youth development.

A special panel manned by ranchers who weathered the 1950s drought will be a major highlight of this year's event. Elmer Kelton, noted local author, will moderate the session. Panelists include: L.P. Bloodworth, rancher, Sonora; John Cargile, Producers Livestock Auction Co. and rancher, San Angelo; Rod Richardson, rancher, Iraan; and Louis Woodward, rancher, Girvin. These men have been asked to give their personal insights on managing ranches during dry times. The morning's activities open with a five-stop tour under the direction of Scott Durham, District 7 Extension Director here. The stops and their speakers include: "Meat Goat Research", Dr. Rick Machen, Extension Livestock Specialist, Uvalde, and Tim Willingham, Research Associate, Texas Agricultural Experiment Station (TAES), San Angelo; "Brush Density Estimation and Treatment Costs", Dr. Darrell Ueckert, TAES Rangeland Ecology and Management, San Angelo and Dr. Allan McGinty, Extension

Range Specialist, San Angelo; "Early Weaning and Feeding of Lambs," Dr. Ed Huston, TAES, Animal Science, San Angelo, and Dr. Frank Craddock, Extension Sheep and Goat Specialist, San Angelo.

Also, "Ovine Progressive Pneumonia Research", Dr. Andres de la Concha, TAES Veterinarian Pathobiology, San Angelo; and "New Technologies for Measuring Animal Fibers", Dr. Chris Lupton, TAES Animal Science, San Angelo and Faron Pfeiffer, TAES, Research Associate, San Angelo.

The afternoon session begins at 1:00 pm following an 11:45 am lunch catered by Cook and Carolyn Gilbert, District 7 Extension Director here. Master of Ceremonies is Jeff Ripley, Tom Green County Extension Agent. The agenda includes: Introduction of Guests, Steve Byrns, Extension Communications Specialist, San Angelo; Introduction of Honorees, Dr. Ed Hiler, Vice Chancellor and Dean of Agriculture of the Texas A&M University System, Director of TAES, College Station; "What We Learned from the '50s

Drought", rancher panel; and "Protecting Ranch Sustainability", Dr. Charles "Butch" Taylor, Sonora Research Station Superintendent.


Also on tap are special industry updates on the Ranchers' Lamb Referendum, BSE/Scrapie, and future markets. Several poster presentations will be available for viewing throughout the day. These include exhibits on cotton, Brush Busters, Gossypol, and Quail.

The day will conclude with some special comments by Menzies at 3:00 pm. For further information contact the Center at 915-653-4576.

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We will pay up to \$100 for other Silver Button Levi Jackets
We will pay up to \$100 for pre 1971 men's Indigo 501 Levis
We will pay up to \$50 for pre 1960 zipper Levis
We will pay up to \$100 for button-fly Lee's

We will be on the parking lot next to Mountain Creek Lodge in Robert Lee Tuesday, Wednesday, & Thursday, Sept. 3, 4, & 5 from 9:00 am - 7:00 pm.
(All items will be graded by condition)

Ranchers - clean out your bunk houses!

Look for the Orange Truck!

WTU customers express needs

Customers of West Texas Utilities Company want a mix of options to meet their future electricity needs, according to the results of the West Texas Town Meeting on Electricity Issues. Customers also want WTU to include new alternatives for supplying electricity and they are willing to pay more for these alternatives, especially energy efficiency programs and wind and solar generation.

The meeting was held Aug. 9-10 at Hardin-Simmons University in Abilene. The 253 participants represented a scientific random sample of the entire WTU service territory. The group participated in a "Deliberative Poll," a new process used to determine what the public would

America's children are overweight

Why are nearly one-fourth of American children overweight?

Researchers at the USDA's Children's Nutrition Research Center are conducting a two-year study they hope will help answer this question.

"The number of overweight children in this country has risen dramatically over the past several years," said Dr. Margarita Treuth, an assistant professor of pediatrics at Baylor College of Medicine in Houston. "This study will establish a baseline, a first step in an effort to find out what causes children to gain excessive weight."

The study, which is funded by a grant from the National Institutes of Health, will focus on how and why children gain weight.

"Children who are overweight face an increased risk of serious health problems such as high blood pressure and high blood cholesterol," she said. "These conditions boost a child's risk of future heart disease."

Overweight children are also much more likely to become overweight adults, Treuth said.

She suspects fat gain in children may be affected by several things: the body's tendency to store nutrients as either fat or lean tissue, the rate at which the body uses energy, and the amount of regular physical activity a child receives as well as their fitness level.

Researchers will evaluate the activity levels, fitness, body composition and energy expenditure of eight-year-old girls and measure how much energy their muscles use during exercise.

Determining the causes of excessive weight gain in children may enable health care professionals to intervene, targeting those who are at risk.

"If we were to find, for example, that a child's chances of gaining too much body fat increase as he or she becomes less active, we could then recommend increasing their level of physical activity," Treuth said.

think about specific issues if given an opportunity to learn more about all sides of those issues. Participants were surveyed both at the time of recruitment and after the event.

WTU focused on the issue of how to meet the increasing demand for electricity in the future. WTU projects that the area will need an additional 150-250 megawatts of electricity sometime between the 1998 and 2001 time period. There are four basic options to meet this future need: 1) increase efficiency of current energy resources through customer and company programs that would reduce the future need for additional electricity; 2) buy power and transport it into the area; 3) build a fossil fuel plant that uses natural gas or coal or 4) build renewable energy plants.

"We spent two full days in deep conversation with our customers," said WTU President Floyd Nickerson. "They learned a lot, but more important, we learned a lot about what values they place on the four options. We intend to incorporate our customers' views into the plan that we develop to meet our future electricity needs."

Participants in the town meeting discussed the advantages and disadvantages of each of these options in both large- and small-group settings. One large group session included a discussion with representatives from the Public Utility Commission of Texas.

"The sample of customers was extremely representative of WTU's customer base," said Professor James Fishkin, chairman of the Government Department at the University of Texas at Austin and originator of the concept of the Deliberative Poll. "It was as if all of WTU's 187,000 customers were in the same room discussing these issues."

"The participants loved the process," Fishkin continued. "Seventy-one percent gave it a perfect '10' on a 10-point scale and another 22 percent gave it either a '9' or an '8'. Only three people out of the 230 residential participants gave it a rating of '5' or less."

Participants indicated that WTU should select a mix of energy resources as the best approach to meet the future need rather than relying on a single option. Ninety percent of the respondents rated the importance of using a mix or resources as an "8", "9", or "10" on a 10-point scale.

"Customers in the residential sample clearly have multiple priorities," said Dr. Will Guild, research psychologist for the poll. "Before the Deliberative Poll, respondents tended to concentrate very strongly on meeting the need through renewable resources," Guild explained.

"After the event, there was much more diversity about which options participants thought WTU should pursue. In particular, they placed increased emphasis on energy efficiency and buying wholesale power."

Support for wind and solar as a first-choice option went from 71 percent to 35

percent, while support for increased energy efficiency went up from 7 percent to 31 percent during the deliberations. Yet, Fishkin noted, support for wind and solar as one of the top choices remained the highest of any option -- 65 percent of the participants, after the deliberations, held this option as either their first or second choice. "These shifts are dramatic and statistically significant," Fishkin said. "The public thought about the issues, and they became more informed and more consistent in their views."

"Participants want WTU to explore alternative sources of electricity such as wind and solar power and they are willing to pay more to have those resources as a part of the energy mix," Guild said. "For example, the average amount that participants were willing to pay was \$7.83 a month, and 50 percent said that they would be willing to pay at least \$5 or more."

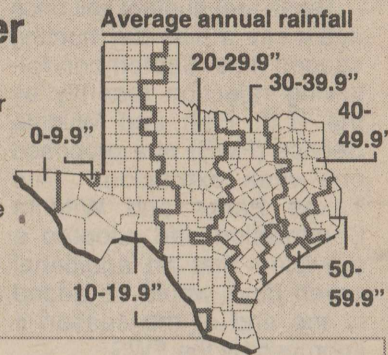
The results of the Deliberative Poll will be evaluated as a part of the integrated resource plan that WTU plans to file with the Public Utility Commission of Texas this fall. While the ultimate responsibility for WTU's resource plan falls on the company, the results of the poll send some very clear signals regarding customer preferences, Nickerson said.

"Through this process we have reached a new level of partnership with our customers," Nickerson said. "We plan to continue the dialogue that has been established with these participants by communicating with them every step of the way throughout the filing of WTU's integrated resource plan."

Keeping an eye on Texas

Collecting rainwater

Mother Nature provides the softest water around—rainwater. Rainwater can be used to make an excellent cup of morning coffee, sprinkle on houseplants and gardens, or fill a swimming pool. In areas of the state that experience less rainfall, rainwater collection systems can be used as a backup to other sources, like city water or wells.



How to collect rainfall

1. Rain falls on metal roof then into gutters and downspouts.
2. Downspouts drain into barrel, cistern or tank.
3. Water can be filtered, or pumped directly to house and garden.*


* Water should be tested by local or state authorities before drinking.

Rainfall yield: Formula: Collect 600 gallons of water for every inch of rain on 1,000 square feet of roof surface.

Sq. ft. of roof	Rainfall in inches					The average household uses 60 to 70 gallons of water per person daily
	10"	20"	30"	40"	50"	
1,000	6	12	18	24	30	36
1,500	9	18	27	36	45	54
2,000	12	24	36	48	60	72
2,500	15	30	45	60	75	90
3,000	18	36	54	72	90	108

Some cities do not allow residents to disconnect from municipal systems, so rainwater collection can be designed to serve partial household needs. Check with tank manufacturer to determine size of tank, overflow and pressure; and to plan for freezing in different parts of the state.

SOURCES: John Sharp, Texas Comptroller of Public Accounts, "Rainwater Collection Systems," Morris Media Associates, Inc., Texas Almanac.



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NOTICE OF PUBLIC HEARING ON COKE COUNTY APPRAISAL DISTRICT BUDGET

The Coke County Appraisal District Board of Directors will hold a public hearing on a proposed budget for the 1997 fiscal year. The public hearing will be held on September 9, 1996 at 8:00 P.M. at the Appraisal District office at 710 Austin St., Robert Lee, Texas.

A summary of the Appraisal District budget follows:

Building	\$ 1,165.00
Furniture & Office Equipment	7,670.00
Office Operational Expense	17,395.00
Mineral & Industrial Appraisal	24,500.00
Appraisal Review Board	500.00
Salaries & Benefits	72,881.00

Total amount of the proposed budget is \$124,111.00.

The total amount of increase over the current year's budget is -0-.

The number of employees compensated under the proposed budget is three.

The Appraisal District is supported solely by payments from the local taxing units served by the Appraisal District.

A copy of the proposed budget is available for public inspection in the office of those governing bodies and at the Appraisal District office.

Here's why paper grocery bags have names on the bottom. Making the same paper bags day in and day out is not the most exciting job in the world. Many manufacturers have decided that, in order to promote pride and responsibility in workers, employees would "sign" their work.

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IN-AD COUPON VALID: EXPIRES SEPT 11, 1996

Redeemable at AFFILIATED FOODS MEMBER STORES

\$1.49 32 OZ. MIRACLE WHIP REG. OR LIGHT

1ST ONE WITH COUPON THEREAFTER REG. SHELF PRICE

32 OZ. MIRACLE WHIP REG. OR LIGHT KKBY860 124921

RETAILER: Mail to Kraft General Foods, Inc. CMS Dept. #21999, 1 Fairwinds Dr., Dal Rio, TX 78840. Cash value 1/1000.

\$1.49 5 21000 40077 0

VOID IF SOLD, TRANSFERRED, OR REPRODUCED CB6-198 NOT SUBJECT TO DOUBLING

NOT ALL ITEMS AVAILABLE AT ALL STORES WE RESERVE THE RIGHT TO LIMIT

Texas Lotto Tickets Visa & MasterCard Accepted

KRAFT BLUE BOX DINNER MAC. & CHEESE

7.25 OZ. BOXES

3 \$1 FOR WITH COUPON

SAVE \$1.75

PARKAY

REGULAR OR 1/3 LESS FAT

MARGARINE

16 OZ. QTRS.

289¢ FOR

HALL'S SUPER SAVE FOODS

120 W. Main - Bronte 473-2065

Open 7 Days a Week

Mon.-Sat. 7:30 am - 9:00 pm

Sun. 8:00 am - 8:00 pm

PRICES EFFECTIVE Aug. 29 thru Sept. 4

REGULAR OR LIGHT

KRAFT MAYONNAISE

40 OZ. BONUS JAR

1.49 WITH COUPON

KRAFT ASSORTED REG. OR THICK N' SPICY BARBECUE SAUCE

18 OZ. BTL.

59¢

ASSORTED POST CEREAL 13.5-20 OZ. BOXES

2 \$4 FOR

REG. OR WALMONDS HONEY BUNCHES OF OATS WAFFLE CRISP RAISIN BRAN BLUEBERRY MORNING

REGULAR OR LIGHT

KRAFT MIRACLE WHIP

32 OZ. JAR

1.49 WITH COUPON

KRAFT ASSORTED REG. OR THICK N' SPICY BARBECUE SAUCE

18 OZ. BTL.

59¢

SHURFINE HAMBURGER

Dill Slices

32 OZ. JAR

99¢

ASSORTED MAXWELL HOUSE COFFEE 11.5-13 OZ. CAN

1.99

KRAFT ASSORTED SALAD DRESSING 16 OZ. BTL.

2.19

ASSORTED HORMEL CHILI 15 OZ. CAN

1.09

NO BEANS W/BEANS VEGETARIAN

HUGGIES ASSORTED DIAPERS 13-34 CT. PKG.

6.49

PULL-UPS SUPREME

KLEENEX ASSORTED FACIAL TISSUE 70-175 CT. BOX

99¢

Dr. Pepper or Pepsi Cola

12 pk. 12 oz. cans **2/\$5**

BETTY CROCKER ASSTD. SWEET REWARDS SNACK BARS, STRING 'N' FRUIT SNACKS, FRUIT BY THE FOOT, FRUIT SNACKS, OR FRUIT SNACKS BUSTAZ

SNACKS

4.4-10.4 OZ. PKGS.

2 \$3 FOR

HERSHEY'S ASSTD. MINIATURES, KISSES, HUGS, YORK PATTIES, REESES, ALMOND JOY

CANDY

13 OZ. PKGS.

2 \$5 FOR

24 OZ. CLOROX TOILET BOWL CLEANER, 28 OZ. ASSTD. PINESOL LIQUID CLEANER, 16 OZ. TILE SOAPSCUM REMOVER OR MILDEW REMOVER

HOUSEHOLD CLEANERS

YOUR CHOICE

1.69

New Size!

Pepsi Cola, Mt. Dew or Diet Pepsi

6 pk. 24 oz. Bottles **4/\$5**

Limit 4

QUICK LIGHTING

Shurfine Charcoal

10 LB. BAG

\$1.89

ASSORTED SHURFINE

Potato Chips

6 OZ. BAG

69¢

VAN CAMP'S

Pork and Beans

16 OZ. CANS

3 \$1.00

Meat

PACKER TRIM BONELESS **Beef Briskets**

MARKET TRIMMED Beef Briskets **\$1.59** LB.

89¢ LB.

SHURFINE MEAT **Wieners** 12 OZ. PKG. **2 FOR \$1**

PEYTON'S REG. OR POLISH **Smoked Sausage** 14 OZ. PKG. **\$1.09**

OWENS ASSTD. 1 LB. ROLL **Sausage** **\$1.99**

OWENS REG. OR HOT **Breakfast Sausage** 2 LB. ROLL **\$3.69**

FRESH **Pork Riblets** LB. **79¢**

PREFERRED TRIM **T-Bone Steaks** LB. **\$3.99**

PREFERRED TRIM BONELESS **Sirloin Tip Steak** LB. **\$1.99**

SHURFINE **Meat Bologna** 1 LB. PKG. **99¢**

OWENS REG. OR HOT **Sausage & Biscuits** 12 OZ. PKG. **\$2.49**

HILLSHIRE FARMS REG. OR BEER **Bratwurst** LB. **\$1.99**

HORMEL SANDWICH MAKER **Chopped Ham** 5 LB. LOAF **\$6.49**

Produce

25 LB. AVERAGE **Watermelons** **\$1.99** EA.

CALIFORNIA THOMPSON **Seedless Grapes** LB. **79¢**

FRESH **Cello Lettuce** EA. **59¢**

FRESH PRODUCE

JUICY **Peaches** LB. **79¢**

SWEET **Cantaloupe** 3 LBS. **\$1.00**

1 LB. BAG CELLO **Carrots** 3 FOR **89¢**

CALIFORNIA **Bartlett Pears** LB. **69¢**

WHITE **Onions** 3 LBS. **\$1.00**

Hunting lease income important

Hunting lease income for Texas farmers and ranchers will be more important than ever this year with crop losses caused by the drought.

Despite the dry weather, wildlife officials are predicting good deer and turkey hunting through much of the state this fall, Agriculture Commissioner Rick Perry said recently.

"Although ranchers have sold off many of their cattle and other livestock due to a lack of feed, competition among wildlife species for existing forage remains acute," Perry said. "If dry conditions continue, wildlife officials say that a heavier than normal harvest may be required this year, particularly for white-tailed deer, to prevent starvation and long-term damage to habitats that support all species."

In Texas, spending on wildlife-related activities reached \$3.6 billion, with hunting and fishing accounting for \$2.5 billion, according to the latest survey available - the U.S. Fish and Wildlife Service's 1991 National Survey of Fishing, Hunting and Wildlife Associated Recreation. Perry noted that much of this income goes to agricultural producers who manage rural properties and to rural businesses.

"Since the last major drought of the '50s, wildlife-related activities have become big business for farmers, ranchers and rural communities," Perry said.

"Increasing numbers of hunters, fishing enthusiasts, birders, hikers and even wildflower admirers are flocking to the small towns of Texas to enjoy the outdoors. But this additional source of income will be threatened if drought conditions continue to affect crops, livestock and wildlife through another year."

Perry noted that urban residents also may be seeing more wildlife as species expand their search for food into cities.

Campaign warns about anti-lock brakes

Almost all new passenger vehicles are equipped with an anti-lock braking system. Now some are wondering whether the anti-lock brakes are working properly or if they are being misused by the driver.

"There's been a lot of concern lately about the anti-lock braking system in the newer vehicles," said Janie Harris, traffic safety specialist for the Texas Agricultural Extension Service. "The manufacturers of the vehicles feel this is a very good safety feature; however, there has been some controversy about the braking system, and whether they actually work or not."

The Insurance Institute for Highway Safety has claimed that anti-lock brakes do not provide a substantially shorter stopping distance on dry pavement nor have they reduced the number of crashes in vehicle insurance claims.

* The "Dude Ranch Capital" of the world is in Bandera.



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

CLASSIFIED.

CLASSIFIED ADVERTISING RATES

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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

WASHER & DRYER FOR SALE
Kenmore/Whirlpool. \$175 for both. Joan Burns, 453-2144 or 453-2511.
05-1tp

FOR SALE
Three registered Hereford bulls, 24 months, 22 months, and 16 months old. Allen Bloodworth, PO Box 227, Silver, Tx 76949, 915-453-2838.
05-2tc

PERFECT FOR CHILD'S ROOM
Complete bedroom suite for sale. Queen/regular bed, dresser, chest drawers, night stand, wall unit, stereo unit, mattress/box springs. 473-6121 after 5:00.
03B-inc

METAL WINDMILL FOR SALE
On ground, \$600. 915-655-1981 or 473-2208.
05-2tc

FOR SALE - 1986 TOYOTA
4WD. Call V. Taylor after 5:00, 453-4779.
01-inc

DEER HUNTERS' TRAILER
for sale. 24 foot, \$1400. 915-655-1981 or 473-2208.
05-2tc

TOWNVIEW
Beautiful 3BR/2 bath brick on 1.7 landscaped and fenced acres. 1,800 sq. feet living area. Double garage. Full-length covered front porch. Many extras. For sale by owner, 453-2262.
01-inc

FOR SALE
In Edith Estates, 2 story, 2 or 3 bedroom, 2 bath house; all electric; owner-financed. 453-4670 or 453-2573.
05-4tc

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-inc

IDEAL FOR HUNTING SEASON!
Two mobile homes, covered parking and fenced yard. Call now!

ONE OF THE NICEST HOMES IN ROBERT LEE
4 bedroom, 3 bath; approximately 2,588 square feet. This one has everything, including large island kitchen, nice sized bedrooms, basement/gameroom with pool table, large atrium - all for only \$69,900. 1417 Childress. Call Linda at Coldwell Banker, 915-944-9559, ext. 324.
05-4tc

3 BEDROOM HOUSE
located at 223 North Lombard in Bronte for sale. \$18,000. For more information, call 473-2019.
01B-inc

COMFORTABLE 3 BR, 1 BATH
located on 2 lots, metal siding and roof. Priced to sell!
TREES, PRIVACY FENCE
go with this large brick home near school; owner says sell!
CALL NELL AT JEWELL REAL ESTATE
658-7549
OR
453-4355
04a-2tc

Bronte AS IS - Large home with 2 1/2 baths, game room, corner lot. Bring an offer.
Don't just drive by - recently remodeled inside, corner lot. Vacant and anxious to sell.

Robert Lee Waterfall pond, gazebo, 2 water wells, 24 x 24 shop, 12 x 36 porch, immaculate. Ready to deal.
2 unimproved lots - owner lives elsewhere and needs to sell.
Elaine Lee
453-2995



453-2226

A-1 HOMES OF SAN ANGELO
1997 Fleetwood 4 bdrm/2 bth; 5 yr. warranty; 5-ton a/c; storm windows; free delivery/set up; \$1500 down, \$269/mth. wac, 240 months; 9.75% APR/VAR. 915-653-1152 or 800-626-9978

A-1 HOMES OF SAN ANGELO
1997 Fleewood Festival, 3 bdrm/2 bth; washer/dryer; 5-ton a/c; storm windows; free delivery/set up; only \$20,900. 915-653-1152 or 800-626-9978.

A-1 HOMES OF SAN ANGELO
We have The "Z" - a must see. \$1600 down, \$280/mth. wac, \$240 months; 9.75% APR/VAR. 915-653-1152 or 800-626-9978.

A-1 HOMES OF SAN ANGELO
1997 Fleetwood, HUGE 16 x 80; 3bdrm/2 bth; storm windows; washer/dryer; 5-ton a/c; free delivery/setup; Zone II insulation. \$27,900. 915-653-1152 or 800-626-9978.
01a-inc

NEW LISTING
3 bedroom, 2 bath split floor arrangement. Den has vaulted ceiling, large kitchen with beautiful cabinets, built-in appliances and bar. CH-CA. Fenced corner lot. HURRY!!!
56 ACRES WITH BEAUTIFUL HOME!
3 bedroom, 2 bath brick home near Robert Lee. Huge party room and guest house. Many extras! Land is fenced and cross-fenced. 4 water wells. Workshop and barn. CALL TODAY!!!

HILLCREST LOCATION! WHY RENT WHEN YOU CAN OWN?
3 bedroom, 1 bath home on corner lot. Vinyl siding for easy maintenance. Hardwood floors. Believe it or not... priced in the \$20s!!!

BARGAIN ON THE LAKE!
Lake Drive in Edith Estates. Mobile home has been remodeled, needs some refinishing. Large trees and fenced yard. Cash offer or owner may finance!!!
Concho Realty
1886 Pecos, #4
San Angelo, TX 76901
Becky Clendennen
Maria Bloodworth
(915) 653-4535 Office
(915) 453-4748 Home
(915) 453-2834 Home
04a-3tc

FOR RENT

COUNTRY HOUSE
1 mile from Oak Creek Lake. 3 or 4 bedrooms, 1 bath. Great!! \$325/month. 282-2413.
04B-2tp

MOBILE HOME FOR RENT
in Robert Lee on large lot. Available now. \$200 per month. 453-4748 or 653-4535.
04a-2tc

GARAGE SALES

HUGE ESTATE SALE - GARAGE SALE
Bedroom suites, console

TV, antiques, clothes, refrigerator, chest freezer, and much, much more. Friday, 8 - ?; Saturday, 8 - Noon; 520 Pecan, Bronte (Dink Beaver res.)
05B-1tp

GARAGE SALE - SEVERAL FAMILIES
Mon., Sept. 2, 8 am to 3 pm. 710 Meadow Lane, Bronte.
05B-1tc

GARAGE SALE
Saturday, Aug. 31, 9 am - 5 pm. Oak Creek Village, Blackwell. Dishes, toaster oven, stereo, books, toys, videos, tools, boat, couch with slipcover, sheets, pecans, and tomatoes.
05-1tc

GARAGE SALE
Fri. and Sat. Collectibles, dolls, wheelbarrow, lawn mower, tractor seat stools, sewing machine, clothes (babies, teens, plus sizes), books, VCR tapes, Ford truck, meat goats, miscellaneous items. 9 miles west of Robert Lee on 158, Edith Road.
05-1tc

GARAGE SALE
Go out Sterling City Highway; turn on Paint Creek Marina Road; watch for signs. Friday, Saturday, and Sunday.
05-1tp



Dalmatian puppies are pure white when they are born. The spots appear when they are three or four weeks old.

HELP WANTED

WE ARE ACCEPTING applications for a cook and waitress at The Grazin' Patch, West Highway 153 in Winters. Apply in person.
05-2tc

EL RANCHERO RESTAURANT is taking applications for full-time dishwasher. Apply IN PERSON ONLY at the restaurant. Absolutely no phone calls!!!
05B-2tc

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.)
02-4tp

NEED FULL- AND PART-TIME WAITRESSES AND COOKS
Apply in person only at 211 S. State, Bronte, 473-4003.
04B-2tc

MISC

03a-inc
5:30 pm
swr, call 453-2711 before cleaning. 453-2775; if no answer, call 453-2775 before home repairs and service. Repair Service - Mobile
LET GRAY'S AA-1
Andrew Jackson's nickname was Sir Veto.

FREE SMALL PUPPIES to good homes. Very cute. Call Ron at 453-2776.
05a-1tc

REWARD - MISSING
Terrier cross dog; 2 year old male; black, white, and tan. 915-473-5201, Bronte.
05B-1tp

Johnson's Water Well Service

Farm
Ranch Home
Windmills & Pumps
24 HR. SERVICE

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

CLASSIC PLUMBING
Repairs*Re-pipes*Gas Lines*Water Leaks
Reasonable Rates
Call Don Sparks
658-8971

LABOR DAY EXTRAVAGANZA
West Coke County Community Development's 7th annual all-day festival, Saturday, August 31, Robert Lee. RESERVE YOUR BOOTH NOW for food, display, or arts & crafts.
For more information, call 453-4752 between 4:00 and 9:00 pm.
04a-2tc

D & L DOZER SERVICE
Larry Spivey, Owner-Operator. PO Box 160, Bronte, TX. Phone (Oak Creek Lake) 915-743-2577.
39B-inc

WINDOW UNITS Serviced & Repaired
Donnie's Appliance
915-453-2188

BRONTE SUPPORT T-SHIRTS, sponsored by Bronte Project Graduation '97, are available for sale at First National Bank of Bronte, D's Total E. Clipse and Joni-Lyn's. Buy one today!!
05B-1tc

RL BAND CALENDARS are now on sale. Band students will be calling on you Sept. 4, 5:30 - 7:30 pm. Family Plan - calendar, 4 listings, \$5, extra listings 50 cents each. Calendars - \$4. Sales end Sept. 13. Call Candy Dickey, 453-2776 or the school, 453-4555. We appreciate your support!
05a-1tc

BRONTE PROJECT GRADUATION '97 is selling picture buttons. Call Donna Hall (473-2158) or Pam Parker (473-2131) to have your child's picture taken for a keepsake button, or see us at the Bronte tournament on Sept. 7th. Don't miss out!
05B-1tc

(cont'd. next page)

...Classifieds

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

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

Small Medicaid Certified
Nursing Home has need
of RN weekend coverage.
Call Penny Rodriguez or
Bill Boswell,
915/652-8626

**McDONALD
CUSTOM FARMING
& HAY BALING**

Round Bales
Square Bales

J.D. McDONALD
(915) 282-2208

CARD OF THANKS

**THANK YOU
SO VERY MUCH**

to all of you who came by
and shared our 50th Anniver-
sary Open House. It is be-
cause of you and the support
of our community that this
milestone was accomplished.

Key Feed Store
David & Alene
Joe David, Teri
Jason, & Jessica
Joey & Dee Anna
05a-1tc

**WE WOULD LIKE
TO EXPRESS**

our appreciation to all our
friends and customers at
Ranchland Restaurant for
their patronage the last four
years.

Thank You,
Bob & Joann
05a-1tc

THANK YOU

to each of you who helped
extinguish the fire in my
home. Special thanks to
Frank Pearson, Cheryl Cun-
ningham, Gina Bell, and the
members of the Robert Lee
Volunteer Fire Department.

Kathy Melton
05-1tc

NOTICES

**BRONTE ISD WILL
ACCEPT SEALED BIDS**

for concrete work for a pro-
posed 400 meter track. The
work will include curbing,
curb/gutter, and 4" flat work.
Bids will be received until 2:00
pm on Friday, August 30,
1996, at which time they will
be opened and recorded by a
school official. Information
and bid packages may be ob-
tained by calling or writing:

Bronte ISD
Mr. Alan Richey,
Superintendent
P.O. Box 670
Bronte, Texas 76933-0670
915-473-2511
Wilkins International
Everette Wilkins, Consultant
P.O. Box 34372
San Antonio, Texas 78265
210-657-5744
Bronte ISD has the right to
accept or reject any or all bids.
04B-2tc

NOTICE TO BIDDERS

Notice is hereby given that
Coke County Commissioners'
Court will accept bids until
9:00 am Monday, October 14,
1996, in the auditor's office
for a new pickup for the sher-
iff's office, as follows:

1. 1997 model 1/2-ton ex-
tended cab pickup
2. Exterior color (solid color -
decided on purchase)
3. Interior color (decided on
purchase)
4. Cloth-covered 60/40
bench seats
5. GVW rating not less than
6000
6. Engine V8 not less than
4.6 liters
7. HD/engine cooling system
8. Transmission, 4-speed au-
tomatic overdrive w/ HD cooler
9. Gauges (voltmeter, tem-
perature, oil pressure)
10. Bed: short wide bed
11. Tires: 5 (five) and wheels
12. Steering: power
13. Bumper: rear
14. Air conditioner: Factory
installed
15. Alternator: not less than
100 amps
16. Battery: heavy duty
17. Radio: AM/FM
18. Dome light
19. Wipers, 2 speed, intermit-
tent with washer
20. Heater & defroster
21. Rearview mirrors (both
sides)
22. State inspection sticker,
current
23. Shocks: HD
24. Power door locks
25. 7-pin trailer wiring harness

For trade-in the county has
a used 1989 Chevrolet 4-door
sedan. For additional
information, contact Marshall
Millican, Sheriff's Office,
Courthouse, Robert Lee,
Texas.

Coke County reserves the
right to reject any and all bids
and waiver any technicality.
Stover Taylor, County Auditor
Coke County, Texas
04a-2tc

PUBLIC NOTICE

Lone Star Gas Company, in
accordance with the Gas Utility
Regulatory Act, hereby gives
notice of the Company's in-
tent to modify the cost of ser-
vice adjustment clause, modi-
fy the mainline extension rate,
and to propose a weather
normalization adjustment
clause applicable to rates
charged to the residential and
commercial customers in the
City of Robert Lee, Texas, ef-
fective (OCTOBER 2, 1996).

During the period when the
proposed rates are in effect,
the proposed modifications
will result in increases and de-
creases in the Company's
revenues from residential and
commercial customers in the
City of Robert Lee. A State-
ment of Intent has been filed
with the City of Robert Lee. If
you desire to comment con-
cerning this modification of
rates, you may contact the
City Secretary.
05a-4tc

**BRONTE ISD
IS ACCEPTING
SEALED BIDS**

for bulk fuel (diesel and un-
leaded gasoline). Fuel will be
delivered to Bronte I.S.D.
Mark your bid "Fuel Bid" and

place in a sealed envelope.
Bids will be opened on
September 13, 1996, at 2:00
pm in the Bronte I.S.D. Board
of Trustees Meeting Room.
For further information,
contact Alan Richey, 915-
473-2511, or Box 670,
Bronte, Texas, 76933.
Bronte I.S.D. reserves the
right to accept or reject any or
all bids.
05B-2tc

PUBLIC NOTICE

Notice is hereby given that a
budget hearing will be held at
6:45 pm on September 5,
1996, in the City Hall, Bronte,
Texas.

The budget for the City of
Bronte for the fiscal year Oc-
tober 1, 1996, to September
30, 1997, will be adopted.

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

Pat Martindale,
City Secretary
04B-2tc

PUBLIC NOTICE

Notice is hereby given that a
Public Hearing will be held on
Monday, the 23rd day of
September, 1996, at 9:00 am
in the District Courthouse,
Coke County Courthouse,
Robert Lee, Texas, for the
purpose of hearing comments
on the amount of annual
compensation of the County
Auditor and Assistant Auditor.
05a-1tc

PUBLIC NOTICE

Notice is hereby given of an
Open Budget Hearing for
West Coke County Hospital
District. The hearing will be
held September 10, 1996, at
6:00 pm in the nursing home
board room.
05a-1tc

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

**COKE COUNTY
COMMISSIONER
PRECINCT 2**

Royce Lee



The Bronte Nursing Home Employee of the Month for August is Juan Perez. Juan is an LVN and has been employed with the nursing home for five months.

**Tote medications
to next physical**

The next time you go for a
complete physical exam,
"brown bag" it.

"Sweep all prescription and
over-the-counter medications
from the bedside table and
medicine cabinet into a paper
bag and take them to your
physician," said Dr. Isaac
Kleinman, associate professor
of family medicine at Baylor
College of Medicine in Hous-
ton.

"This is especially important
when you're accompanying
elderly family members who
are treated by several spe-
cialists to be sure their drugs
are not incompatible, unnec-
essary or outdated," he said.

Also, take along notes on
your health history. Make a list
of major illnesses, surgeries
and immunizations you have
had and the years they oc-
curred, and note serious
health problems that have run
in your family.

"The patient's medical
history is the most important
part of a health checkup,"
Kleinman said. "Most diag-
noses are based on this in-
formation."

During the physical exam,
your doctor should:

- * note weight, blood pres-
sure, pulse and temperature
- * inspect the eyes, ears,
nose, and throat
- * listen to the heart and
lungs for unusual sounds
- * test for sensation in fin-
gers and feet
- * check reflexes and bal-
ance
- * check the abdomen,
lymph nodes and breasts for

swelling or lumps

* inspect the skin for le-
sions, rashes or other abnor-
malities

* do a rectal exam (including
a check for prostate cancer in
men)

* order a blood and urine
analysis

* check for blood in the
stool.

Women should also have a
Pap smear, pelvic exam and
mammogram. Men should
have a testicular exam.

Remember that your
lifestyle, age and other health
problems will affect which lab
tests the physician requests
and the need for additional
procedures, such as a sig-
moidoscopy (viewing the
lower colon through a tube
inserted into the rectum.)

Kleinmann recommends
that healthy adults get a full
physical every five years,
starting at age 20. A blood
pressure check, Pap smear
and breast exam should be
done every year.

Starting at age 40, you
should have a rectal exam and
a test for blood in the stool
every year and get your eye-
ball pressure checked for
glaucoma every two years.
Starting at age 45, women
should have a mammogram
annually.

"Always ask your doctor to
explain anything you don't
understand," Kleinmann said.
"Be sure to find out how your
lab results will be reported to
you, whether by phone, letter
or in person during your next
visit. Don't assume there's
nothing wrong if you don't
hear from your doctor."



CARWILE INSURANCE

ROBERT LEE 453-2522

REPRESENTING

GERMANIA

for Farm & Ranch properties, Equipment
& Liability

Homes in Town or Lake Property

Life for Loan or Mortgage protection,

Savings, Burial, Annuities

PIONEER

for Medicare Supplements

Long Term Care

AEGON

for Cancer, Heart-Stroke

LIFELINE

for On & Off Job Accident Coverage

(Even Football Players)

**HEALTH
INSURANCE**

for Individuals or Groups by Benefit,
Blue Cross/Blue Shield, Statesman



GARAGE SALE

Here's a handy sign
for your garage sale!

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

Robert Lee
453-2433

Bronte
473-2001