

#### Serving Coke County

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Vol. 109, No. 11

Friday, October 11, 1996

### Early voting to begin

Applications for voting by mail are now being accepted in the County Clerk's office. Anyone who is over 65, disabled, or plans to be out of the county on election day can vote by mail. The last day to receive applications by mail is Oct. 29, 1996.

You may pick up an application at the clerk's office, Glenn-Bivins Insurance Company, or First National Bank in Bronte.

Early voting by personal appearance begins in the clerk's office on Wednesday, October 16, and ends on November 1, 1996. There are no restrictions on early voting. Anyone who wishes to vote early may do so.



# New early voting branch established in Bronte

A temporary voting branch for early voting has been established for the November 5th election for the convenience of voters on the East side of the county.

The temporary polling place will be located at the Bronte City Hall. It

> H&F Guide set for Oct. 25

The annual Hunting & Fishing Guide will be pub-

will be open from 9:00 am to 1:00 pm each Wednesday morning until early voting ceases.

Early voting begins on Wednesday, October 16 and ends on November 1, 1996, at the main polling place at the clerk's office in Robert Lee. The temporary polling place will be open October 16, October 23 and October 30.

Anyone can vote at the

The Robert Lee second grade received a visit from Martha Reed, the Texas Tech Masked Rider. She surprised her niece, Brettnie Reed, on her birthday. Martha autographed pictures for each student.

After visiting the second grade, Martha, along with her horse, High Red, talked to the other grades. She emphasized studying and not taking drugs.

is a twenty day period while signatures are validated. If the number of signatures necessary are correct, the Directors will set a date for the election.

Two called meetings are scheduled for next week. The next regular meeting of the East Coke County Hospital District Board of Directors is slated for November 12.

# Free health clinic offered

A free blood pressure and blood sugar health clinic will

#### Referendum ballots to be counted

The ballots for the Sheep and Wool Promotion, Research, Education and Information Order Referendum conducted October 1, 1996 will be counted on October 16, 1996. The counting of the ballots will take place at 9:00 am in the Farm Service Agency Office.

Individuals wishing to view the counting of the ballots

## Revival Services set for Br. United Methodist Church

Revival services will be held at the Bronte United Methodist Church beginning Sunday, October 13, and continuing through Tuesday, October 15, at 7 p.m. each evening.

Rev. James Jones, Pastor of Lakeview United Methodist Church will be the speaker.

The community is invited to attend these services.

lished October 25. This supplement to the Observer/Enterprise has been a popular feature for many years and hunters and fishermen alike look forward to the guide.

All hunters and fishermen with pictures of their deer, birds, fish, or any other kind of wildlife, are urged to bring their pics by - we would like to put your trophy picture in our guide.

We will be calling on local advertisers in the next few weeks, if by chance, we happen to miss your business give us a call at 453-2433 or 473-2001. This guide has proved to be a valuable advertising tool for many local businesses and we don't want you to miss your chance to feature your business in our guide. Deadline for all advertising and copy is October 18th. early voting branch. It is not limited to just voters in Precinct #2.

If anyone is willing to volunteer their service as an election clerk to assist the County Clerk at the branch polling place, please call her at 453-2631 or 453-2650.

### Election petition presented to ECCHD Directors

The East Coke County Hospital District Board of Directors met Tuesday evening, October 8. In addition to regular business, a petition requesting a rollback election was accepted.

The petition, carrying 268 signatures, is in response to the increase from 36.4 cents per \$100 valuation to 68.3 cents per \$100 valuation. The next step in the process be held Friday, October 18, at the Tennyson Post Office.

The clinic will be held from 8:30 a.m. until 10:30 a.m. 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.

# NRA competition to be held

The Ft. Chadbourne Black Powder Silhouette Club will hold their Regional NRA competition on Saturday, Oct. 12 and Sun., Oct. 13., beginning at 9 am.

The senior class and Project Graduation '97 will have a concession stand both days. For more information, call 915-282-2901 or 743-6132. may come by and watch from a distance. Anyone is welcome. Results of the election will be kept confidential until final results are released from Washington.

#### 4-H recycle project

4-H is busy doing a recycling project as a community service project. The offices in the courthouse are contributing paper to the recycling bin. 4-H' ers recently recycled old tax receipts during their monthly meeting.

#### 4-H Pumpkin Contest

4-H will be sponsoring a Pumpkin Contest October 25, 1996. Please bring your painted, carved or decorated pumpkin to the Extension office by 4:00 pm to be judged. Pumpkins will be displayed at the Fall Festival.

# Sheriff announces new phone number

Sheriff Marshall Millican announced earlier this week that his home phone number has been changed. The number was changed from a business number to a residential number. Anyone wishing to reach Sheriff Millican after 5:00 pm or on weekends should dial 453-9002. As always, the Sheriff would like to remind anyone with an emergency to dial 911.



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---- Obituaries-

#### **Commissioner's Court meets**

by Judge Jackie Walker Commissioner's Court met October 7, 1996; the following actions were taken.

The meeting was called to order with the pledge to the flag and prayer by James Tidwell.

Minutes were reviewed and approved with corrections noted.

The Appraisal District met with the Court regarding the move to the Courthouse request. The Appraisal District says that they would have to have three rooms or a minimum of 900 sq. feet. Both parties agree that it would be nice to have them in the Courthouse, but due to space available, both parties are going to have to give a little. The Court will visit with the differ-

ent offices and see what can be worked out, hopefully we can make a decision by next week.

A request was made to make the restrooms nonsmoking at the recreation centers. Court agreed to post a sign stating Thanks for not Smoking.

The name for the new\* county road to the radio tower will be Wylie Road.

Sheriff's and Constables' fees will remain the same.

Court did not want to look into TNRC Grant for used oil.

Court approved Southwest Securities as Financial Advisors on Bond Application and approved Filbright & Jaworski L.L.P. for legal services.

Mike Varnadore presented two requests for roads. Green Mountain Road to be accepted as county road and another road that adjoins Don

Fields and Jim Hughes ranch to not be abandoned, but not maintained as county road.

County Auditor's salary was reviewed and approved as recommended by District Judge.

Extension reports were approved as presented.

Bills were approved and paid.



**Bronte Nursing Home** Employee of the Month for September is Bennie McRorey. Bennie has been an employee of the nursing home for 9 years.



#### Delamater

Amy Elise Delamater, infant daughter of Carol and Peter Delamater, died Thursday, October 3, 1996, in Children's Mercy Hospital in Kansas City, Missouri.

Graveside service was at 10:00 am Monday, October 7, in Fairmount Cemetery with the Rev. Timothy W. Koenig of Calvary Lutheran Church officiating. Arrangements were by Johnson's Funeral Home.

Amy was born January 3, 1995, in Kansas City, Mo.

Survivors include her mother and father of Junction City, Kansas; two brothers, James Lee and Stephen Kyle Delamater; her maternal grandparents, James and Norma Kahlig of San Angelo; and her maternal great grandparents, Dora Gallaway of Bronte and Lawrence and Evelyn Kahlig of Grape Creek.

An angel came into our midst She did not tarry long.

Pallbearers were Mickey Scott, Carey Scott, Buster Muncy, Terry Muncy, Brian Allbright, Barrett Hinesly, Cody Scott, and Wendell Byrom.

She was born November 17, 1910 in Bronte. She was the daughter of early day pioneers, John Weaver Mitchell and Nattlie Higginbotham Mitchell.

She had spent her entire life in Bronte with the exception of working in defense plants on the west coast during World War II. She attended Bronte High School and business school in San Angelo. She was an active member of Bronte Chapter OES #1048 and a member of the Central Baptist Church. She was a private duty nurse for the Baptist Memorial Hospital

She was preceded in death by her parents, three sisters, Garland Good, Imola Lee, Beatrice Collins; and one brother, T.A. Mitchell; her husband, James Walter Scott; and three sons, James Weaver Scott, Joe Lee Scott, and Danny Ray Scott.

Survivors include a daughter and son-in-law, Dorthey and Noah Pruitt, Jr. of Bronte; a son and daughter-in-law, Kenneth and Linda Scott of Odessa, a brother and sisterin-law, Weaver J. and Irene Mitchell of Corpus Christi, daughters-in-law, Bette Scott of Roscoe and Coby Scott of Victoria; eight grandchildren, three step-grandchildren, fifteen great-grandchildren and numerous nieces and nephews.

11a-1tc

band, Curtis Blair of Robert Lee; two sons, Joe Dee Blair of Nolan and Jimmy Blair of Wink; and six grandchildren.

#### Ross

J.M. "Mike" Ross, 71, of Robert Lee died Saturday, October 5, 1996, in a San Angelo hospital.

Graveside service was held at 4:00 pm Sunday, October 6, 1996, in Paint Creek Cemetery. Arrangements were by Shaffer Funeral Home.

Survivors include his wife, Marie Ross of Robert Lee; a son, Dennis Ross of Robert Lee; a daughter, Debbie Conley of San Angelo; four brothers, Preston Ross and Wallace Ross, both of Bangs, Joe Ross of Robert Lee and Freddie Ross of Kingsland; two sisters, Barbara Adkins

and Alice Wallace, both of Robert Lee; four grandchildren and numerous nieces and nephews.

## Tucker

E.J. Tucker, 73, of Blackwell died Sunday, October 6 1996 at his residence.

Funeral services were held at 2:00 pm Wednesday, October 9 at the Blackwell Baptist Church with the Rev. Buddy Trull officiating. Burial followed in the Blackwell Cemetery under the direction of Shaffer Funeral Home.

Survivors include his wife, Harriet Lee Tucker of Blackwell; his children, Sandra Womble of Austin, Christine VanDever of Stafford, Gayle Campbell of San Diego, California, Will Lenoir of Blackwell, Laura Douglas of Breckenridge, and Mary Jane Trull of Lubbock; brothers and sisters, Howard Tucker of Fort Stockton, Earl Tucker of Blackwell, Helen Woods of Sweetwater, and Lavelle Tucker of Midland. He is also survived by fourteen grandchildren and seven greatgrandchildren.

You Are Invited To Attend WHAT: Coke-Sterling Farm Bureau Annual County Covention



-Death Notices-

Blair

Charlene M. Blair, 66, died Wednesday, October 2, 1996, in a Dallas hospital.

Service was held at 2:00 pm Friday, October 4 at the First United Methodist Church with burial in Robert Lee Ceme-Shaffer Funeral Home.

tery. Arrangements were by Survivors include her hus-

She did not even speak a word, Nor sing a lovely song.

Yes. God sent this little angel, A messenger from above, That we might learn to trust in Him, And give Him all our love. 11B-1tp

#### Scott

Faye Mitchell Scott of Bronte, died September 25, 1996 at Columbia Medical Center in San Angelo. Services were held at Central Baptist Church, Bronte, on Friday, September 27, 1996 at 1:30 pm with Rev. R.W. Blackmon and Rev. Randy Johnson officiating. Interment was at Fairview Cemetery in Bronte. Arrangements were by Shaffer Funeral Home.

WCC EMS donations and memorials The following donations and memorials were made to West Coke County EMS during the month of September. Memorials **Maudine Weeks** George and Thelma Lomas Mary Howell **Phyllis Cole** Jerry Stanford George and Thelma Lomas Etha Willson Gladys Waldrop, Annie B. Mitchell Zeddie Beal Hays and Betty Prince, Arch and Helen Mathers Donations The 64 Study Club

WHEN: Saturday, October 12, 1996 TIME: 6:30 pm **PLACE:** Recreation Center Robert Lee, Texas SPEAKER: G. Glen Jones, Director, Research, Education & Policy **Development for TFB DINNER:** Free Barbecue Dinner to all Farm Bureau members. Members are urged to bring a guest and any member signing up a new member gets one year Free Membership. **COME SEE WHAT FARM BUREAU IS ABOUT! DOOR PRIZES** 

#### **Emert selected as** LCU cheerleader

Carrie Emert, a freshman secondary education major from Robert Lee, was selected to be a member of the 1996-97 Chaparral Varsity Cheerleading Squad for Lub-bock Christian University.

A panel of judges selected the squad based on their tryout, application and references. Calvette Haggard, Professor of Journalism, is the sponsor for the cheerleading squad.

The cheerleaders attend all home games and several away games. The group decorates the Student Life Building on game days and during Homecoming. They work with the LCU Student Senate to plan halftime activities. To retain the position of cheerleader, Emert must maintain a minimum grade point average of 2.25.

Lubbock Christian University is a liberal arts institution of higher learning dedicated to providing a quality education in a Christian environment. LCU was among only six Texas schools to be named in the John Templeton Foundation Honor Roll of Character Building Universities. LCU offers 37 bachelor's degree programs and two master's degrees with an average enrollment of more than 1,100 students.

In recent years LCU has enjoyed national recognition. The sports program has produced nine national team championships, a dozen individual champions, and more formances. In addition to athletics, the Students In Free Enterprise team has placed in the top 10 for the last 15 years at the national level and have won four international championships.

Carrie is the daughter of Tad and Therese Emert. She is a member of Meistersinger Chorus and serves on the Winterfest High School Day committee.

## **ECC** Ambulance contributions listed

The following contributions were received by the East Coke County Ambulance Service.

In memory of Karl Schoenfield by Jimmy and Carolyn Lee, Bruce and Fran Sonnenberg, Cotton, Joyce, and Sam Morgan, Ray and Brenda Barnett, the Directors, Officers, and Employees of First National Bank of Bronte, Mack and Gwen Baker, Benny and Jackie Corley, Wendell and Jeanna Lee, Mr. and Mrs. Turner Lee, Mrs. Conn Johnson, and Bud Johnson



**Carrie Emert** 

## Wright places in barrel race

Dorothea Helen Wright, a local barrel racer, participated in the first annual Round-Up of the Christian Women's Professional Barrel Racing Asso-ciation held in San Angelo, Texas on Friday, October 4th and Saturday, October 5th. At the awards breakfast held at the Inn of the Conchos in San Angelo, she won third place in Novice barrels.

On Friday evening, she par-

ticipated in the Limited Amateur competition on a new horse, Caddy, and won first in barrels and second in pole bending. On Saturday, she won first in both events and also won the average for the two day event.

Ms. Wright teaches science courses in the Robert Lee Independent School District and remarks that she is now teaching the children of some of her first students in Robert Lee.



Monday, October 14th In Observance Of Columbus

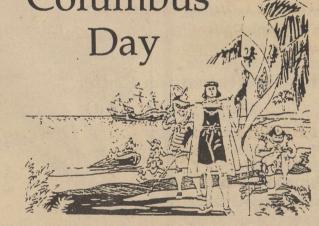


In memory of Paul Villaret by Marcia Carper, Bruce and Fran Sonnenberg, and Marguerite Sonnenberg.

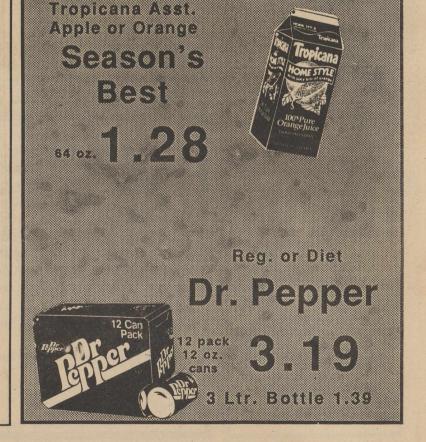
In memory of Holly Reynold's Sister by Benny and Jackie Corley.

In memory of Faye Scott by Wendell and Jeanna Lee, J.B. and Georgia Mae Mackey, Jimmy Ed and Marifrances Mackey, Cotton and Joyce Morgan, Marcia Carper, and Dennie and Sharon Braswell.

In memory of Sam Sissom by Dennie and Sharon Braswell.



Please plan your banking requirements to avoid any inconvenience. **Robert Lee State Bank First National Bank in Bronte Member FDIC Member FDIC** 473-2911 453-2545 **Bronte**, TX **Robert Lee, TX** 



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# **BRONTE SCHOOL NEWS**

# Bronte Longhorns trounce district opponents WV Wildcats 24-7

The Bronte Longhorns defeated the Water Valley Wildcats 24-7 last Friday to up their record to 4-0-1 and their dis-



**Breakfast** Monday, Oct. 14 Cereal **Pineapple Tidbits** Toast Milk Tuesday, Oct. 15 Pancake Sausage On A Stick Grape Juice Milk Wednesday, Oct. 16 Scrambled Eggs **Orange** Juice **Biscuit** Milk Thursday, Oct. 17 Sausage Apple Juice Pancakes Milk Friday, Oct. 18 Cereal **Apple Sauce** Pop Tarts Milk Lunch Monday, Oct. 14 Steak Fingers w/Gravy Creamed Potatoes **Green Beans** Rolls Milk **Chocolate Pudding** Tuesday, Oct. 15 Tacos w/Cheese **Spanish Rice Refried Beans** Lettuce & Tomatoes **Taco Shells** Milk Brownies Wednesday, Oct. 16 **Oven Fried Chicken w/Gravy** Sweet Corn **Brown Rice** Rolls Milk

trict record to 2-0.

The Horns' Keith Treadaway scored the game's first TD with 5.59 to go in the first quarter. The PAT kick was no good. In the second quarter, behind some fine blocking, Michael Sallee scored the Horns second TD to make the halftime score Bronte 12 - Water Valley 0.

In the second half, behind the bend, but not break defensive effort, the Longhorn defensive team gave the offensive team the opportunity they needed to put the game out of reach. Two second half touchdowns by Michael Sallee and one TD by Water Valley ended the scoring. Bronte 24 - Water Valley 7. Up next for the Longhorns

### Shorthorns tear up Water Valley

The Bronte Shorthorns ripped through the Water Valley junior high football team last Thursday evening, October 3, 20-6.

All three of the Shorthorns' touchdowns were the result of runs made by Zeb Speary. Speary made the first touchdown on a 3 yard run. The conversion attempt failed.

Speary again crossed the goal line on a 9 yard run to put the Horns on the board again. Brandon Gibbs passed to Ryan McCorkle for the conversion.

A fifteen yard run put Speary in the end zone for the third and final time. The conversion attempt failed.

Jesse McClure, Tim Green, Brandon Gibbs, and Speary are all credited with a good defensive game. is a home game with the Miles Bulldogs this Friday at 7:30 pm. Come out and support the Longhorns.

#### Bronte plans "Fall Festival"

The big, annual, fun-for-everyone "Fall Festival" has been slated for Saturday, October 25, at the Bronte school building.

This event has grown through the past few decades and has something for young and old alike.

The evening's activities begin with a town-wide meal in the school lunchroom. The good cooks in the All Sports Booster Club will serve a hamburger supper from 5 p.m. to 7 p.m.

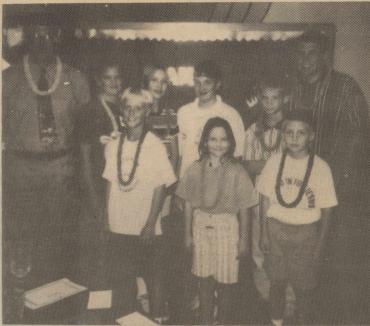
Booths, games, and other activities will begin at 6 p.m. and will be located all over the campus. The All Sports Boosters will have a cake walk, football throw, and a basketball shoot. The carnival booths will be "fund raisers" for various elementary class. Proceeds from the activities will go towards all facets of school projects.

Each athlete is required to bring a cake to the school by 6 p.m. for the cake walk.

Everyone in the community is encouraged to come spend the evening at the school and support all these worthy causes.

## Lady Longhorn district season to begin

The Lady Longhorn volleyball team has played some sharp ball games in preparation



Bronte students, faculty, and special speaker were treated to the First Six Weeks Honor Roll Banquet recently. They are, I. to r. (back row): Mr. Howell, elementary principal; Heather Richey, Jenna Herold, Kayla Hilliard, Joel Webb, and Shea Kelton, Student Council president. (Front row): Cody Moore, Ashley McCutchen, and Garrett Jackson.

for district. The Ladies lost a close and exciting match to Colorado City 14-16, 11-15. On Saturday, October 5, they defeated Albany 15-5, 15-8.

District begins Saturday, October 12, with the Lady Longhorns traveling to Water Valley to take on the Lady Wildcats at 2 p.m.

Quote of the day: "None of us is as good as all of us."



## Br. students

honored for A's The first six weeks Honor Roll Banquet was held October 2, 1996, at the Homemaking Cottage. The speaker for the special lunch was Shea Kelton, president of the Bronte High School Student Council. He talked to them about some of his school experiences and emphasized how important it was to learn to set goals beginning at the elementary level.

Others attending the program were Rick Howell, elementary principal; Scott Turner, high school principal; Vicki McCutchen, counselor; Marty Blair, fourth grade teacher; Jody Gorman, fourth grade teacher; and Pat Lee, fifth grade teacher.



**GLENN-BIVINS INSURANCE** 

Write In Wayne McCutchen Coke County Commissioner Precinct 2

I have served the citizens of Coke County for eight years as a deputy sheriff. Although I enjoy my current position, I feel I could better serve the citizens as commissioner. As a deputy sheriff, I have been given the opportunity to observe and participate in our county government. This, perhaps, has helped me to understand its inner workings more than the average person. In my experience as a deputy, I have worked extensively on all levels with the citizens of Coke County. I may not have always received admiration for my actions, but I believe and hope I have earned the community's respect. The qualification which could be classified as most important is my concern and admiration for Coke County and its people. If elected by the voters, I would devote myself full time to the position of commissioner. My roots, as well as my family's roots, are here and it is my sincerest hope that you, the voters, will choose me as Coke County Commissioner Precinct 2 in the November election.

Chili & Cheese Tossed Salad Steamed Brocolli Crackers Milk Spice Cake Friday, Oct. 18 Hamburgers Macaroni & Cheese French Fries Lettuce, Tomato, Pickles Bun Milk Rice Krispy Bars

Oatmeal Raisin Cookies Thursday, Oct. 17

"Spud Day"

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Thank you for your consideration in this matter.

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# BRONTE LONGHORNS FOOTBALL

Friday, October 11 7:30 pm HERE

BRONTE LONGHORNS vs. Miles Bulldogs

**Shaffer Monument Company** Lane & Nancy Arthur **Key Feed Store** Coke Co. Judge Jackie Walker & Rosa Long **Bell Auto Parts & Body Shop** Jim & Beverly Bell Wackenhut Corrections We Support the Longhorns **Texas Best De-Flooding** & Carpet Cleaning **Bob & Patti Frazee** Jim & Jesse Lammers S&S Printing & Supply Bruce & Fran Sonnenberg **Bronte Chamber of Commerce** James & Brenda Tidwell **Margaret's Flowers & Gifts** Eddie & Earlene Alexander **Hurley Pharmacy** Hope you have a winning season! **Glenn-Bivins Insurance Co.** Marilyn, Garry, Shalon & Mary Joni-Lyn Sportswear **Cheering the Longhorns!** 

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DATE	OPPONENT	SITE	TIME SCO	DRE
September 6	Eden	Н	8:00 40	6
September 12	Abilene Cooper "Soph"	Η.	8:00 41	0
**September 20	Roby	Н	8:00 14	14
*September 27	Sterling City	Т	7:30 13	0
*October 4	Water Valley	Т	7:30 24	7
*October 11	Miles	Н	7:30	1000
*October 18	Robert Lee	Т	7:30	
*October 25	Irion County	Н	7:30	
*November 1	Christoval	T	7:30	in the
*November 8	Garden City	Н	7:30	14184
*District	r de triè en company ann		L.CHEF BARDIN	Sid Sid
**Homecoming			1.1.2 2	

**BRONTE LONGHORNS FOOTBALL SCHEDULE** 

Friday, October 11, 1996

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The Observer/Enterprise

# First National Bank in Bronte Member FDIC Ranchland Restaurant Martha & Lonnie Innmon

D's Total E. Clipse Donna Hall - Donna Scott B&K Deer Processing & Taxidermy

Germania Insurance Bill Carwile Royce Lee

Hall's Super Save Foods Red Barn Barbecue

Hometown Hardware Feed & Supply ACCO & Alderman Cave Feeds

All American Security James & Katy Chambers - Tennyson

> Bob Wrinkle's Ace Hardware

Donnie & Dee Anna Thompson Jon & Kara

Coach Lee Michael Blair Trey Holland Coach Dawls Billy aithm Lany thaves # 80 Kall Black scilled Gogch Courting Been

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# ROBERT LEE SCHOOL NEWS

# Robert Lee Steers hand 26-12 loss to previously undefeated Hornets

#### by Bill Burns

The Steers traveled to Irion County last Friday night expecting a tough battle with the undefeated Hornets. It started out that way, but the Steers took the tough out of the contest and deleted the "un" in the Hornets' title to hand Irion County their first defeat of the season.

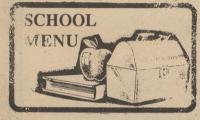
The Steers have shown all year that the most important ingredient in success is team work. This team is family.

#### **1st Quarter**

Irion County got the first score of the game with a safety that came late in the quarter. Both teams played tough defense through the first quarter. Eli Boxell got an interception for the Steers. Donny Edging, Jerrod Copeland, Jeremy Edging, Kory Pitcock, and Rocky Coates shored up the Steer "D".

#### 2nd Quarter

The Steer offense really came to life early in this quarter when Eli Boxell went un-



**Breakfast** Monday, Oct. 14 Orange Juice, Cinnamon Rolls, Cold Cereal, Milk Tuesday, Oct. 15 Orange Juice, Breakfast Pizza, Milk Wednesday, Oct. 16 Orange Juice, Breakfast Burrito, Milk Thursday, Oct. 17 Orange Juice, Buttered Toast, Cold Cereal, Milk Friday, Oct. 18 Orange Juice, Donut, Cold Cereal, Milk Lunch

Monday, Oct. 14 Chili Con Carne, Crackers, Seasoned Corn, Tator Tots, Yellow Cake, Milk Tuesday, Oct. 15 Fish w/ Tartar Sauce, Macaroni & Cheese, English Peas, Hush Puppies, Pears, Milk Wednesdy, Oct. 16 Lasagna, Green Beans, Pineapple Tidbits, Homemade Rolls, Milk Thursday, Oct. 17 Roast w/ Gravy, Baked Potato, Seasoned Carrots, Homemade Rolls, Applesauce, Milk Friday, Oct. 18 Sloppy Joes, Pickles, Potato Wedges, Peaches, Milk Anderson's Florist Garden & Bait Center 453-4625 formerly Sunshine Gardens **FALL PLANTS HAVE ARRIVED!** 

touched for 64 yards and the Steers' first score. Although the extra point attempt failed. the Steers led the rest of the game.

With 7:45 left in the quarter, Boxell went to the air and hit Bobby Joe Longoria with a 20-yard TD pass. Longoria kicked the extra point to cushion the Steer lead. Jason Tavarez intercepted a Hornet pass to end a Hornet drive.

#### **3rd Quarter**

The offense kept right on rolling and the Steer "D" just kept getting stronger. Joey Barrett, Daryl Calder, Mike Pentecost, Eric Hill, you name them, they were all doing a super job for the Steers. With 4:08 left in the quarter, Gilbert Torres scored from two yards out. The 2 point try failed.

The Hornets got their second safety of the night with 1:08 left in the quarter. 4th Quarter

The Hornets started this quarter with the ball at the Steer 38 yard line. They put together their best effort of the night and made three first

downs and their only TD of the night. The Steers received the kick after the touchdown and started a drive from their own 41 yard line. Copeland went for eight yards; Torres went for four yards; Eli Boxell went

#### **RLJV** falls to **Irion County**

by B.J. Bessent The Robert Lee Steers took on Irion County last week. The Steers couldn't get anything going for them. The Irion County Hornets scored on a long pass in the second quarter. The two-point try failed. The final score of the game was Steers 0, Hornets 6.

for 13 yards; Torres went for 2 yards, then for 20 yards more. Boxell gained nine and Copeland went the final yard for the Steer TD. Longoria kicked the extra point.

The Steers won the game 26 to 12. Good job, Steers!

#### **RL** Accelerated **Readers** named

Accelerated Reading winners for the month of September received awards from Robert Lee State Bank earlier this month. Winners are as follows: **First Grade** 

Byrne

- 1st. Brody Dillard; 2nd. Briana Longoria. Payne
- 1st. Chase Roe; 2nd. Molly Burns and Kasie Skinner. Second Grade
- Horn 1st. Brettnie Reed; 2nd. Kelsey Duncan.
- Duncan 1st. Becca Skinner; 2nd. Sarah Philley. Third Grade McCown 1st. Kyle Mayfield; 2nd. Stephanie Trejo.

Devoll 1st. Cassidy Wink; 2nd.

Analy Gallegos. Fourth Grade

Davis 1st. Jake McCabe; 2nd. Linsdey Roe.

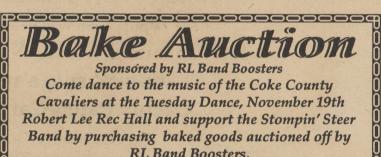
Bessent 1st. Kayli Dickey; 2nd. Drew Schultz.

**Fifth Grade** None Sixth Grade

Gardner

1st. Ashlee Millican; 2nd. Justin Sexton. **Burns** 

1st. Nicole Sanchez; 2nd. Sarah Alexander; Amie Kendall.



**RLISD Board meets** The Robert Lee ISD school board met in special session October 1, 1996 and accepted the proposals from CADCO Architects-Engi-

neers, Inc. of Abilene, Texas for renovation and construction of four new classrooms, two elementary and two high school, plus air conditioning and heating the auditorium, cafeteria and administration offices. The need of this project is due to an expanded curriculum in both elementary and high school which will require additional space. Funds for the project will be taken from local fund balance and will not require an additional tax increase nor a bond issue. The board decided to conduct a study concerning future facility needs of the school district. Construction is anticipated to begin around January, 1997 with completion before the school year 1997-98.

#### Correction

In last week's Robert Lee School News section, the first grade classes were pictured

with a San Angelo Police Officer. The officer was incorrectly identified as James Smith. The officer is actually Edwin Smith, who works for the San Angelo Police Department.

### **Dogies** anger Hornets

by Beau Boxell The Dogies played the Hornets last week at Robert Lee. In the first quarter, the Dogies came out on top as Lewis Samaniego scored, putting six on the board. The extra point failed.

During the second quarter, Chase Rainwater traveled the field, adding another six. The extra point failed, making the halftime score 12-0, Dogies leading.

A third quarter drive by Boxell, with the help of great blocking, made the score 18-0 in the Dogies' favor. This score held to the end of the game.

The Dogies did another great job defensively. This week, the Dogies travel to Water Valley. Keep it up, and let's go all the way.





Accelerated readers for the month September show off awards donated by **Robert Lee State Bank.** 

Band by purchasing baked goods auctioned off by **RL Band Boosters.** Volunteers are asked to bring any type of baked good. FMI: Candy at 453-2776 or Kim at 453-4796. Has it really been 40 years? Happy Birthday! We Love You, Your Family Has it really been 40 years? Happy Birthday! We Love You, Your Family

Planning a new kitchen, an additional bathroom, bedroom or a new roof? Whatever your plans, we'd like to hear them. We have the money to lend so you can turn your remodeling dream into reality.

Robert

Lee

FDIC

Member



# ROBERT LEE STEERS FOOTBALL

Friday, October 11 7:30 pm HERE

# **ROBERT LEE STEERS**

vs. Water Valley Wildcats

Vittlestix **Doug & Debbie Wilkes Bill & Pat Carwile** Molly B's **Shaffer Monument Company Robert Lee-Silver Lions Club** Lane & Nancy Arthur Waldon & Judy Millican & Family **Designs by Toni Toni Rainwater** Joe & Charlotte McKnight **Coke County Judge** Jackie Walker & Rosa Long West Coke County **Community Development** Skinner's Gro. & Station Jim & Geanette Skinner W.E.B. Construction Edwin, Wyndell & Family J&B Lumber & Hardware **Richard & Suzann Johnson Bell Auto Parts & Body Shop** Jim & Beverly Bell **Ranchland Restaurant** Martha & Lonnie Innmon

ROBERT	LEE S	TEER	FOOTB	ALL S	SCHE	DULE

Friday, October 11, 1996

Page

The Observer/Enterprise

My Carland

DATE	OPPONENT	SITE	TIME	SCO	DRE
September 6	Cross Plains	Τ -	7:30	0	0
September 13	Rocksprings	Н	8:00	50	7
**September 20	Eden	Ĥ	8:00	63	0
*September 27	Garden City	Н	7:30	26	8
*October 4	Irion County	Т	7:30	26	12
*October 11	Water Valley	Н	7:30		
*October 18	Bronte	Н	7:30		
*October 25	Sterling City	Т	7:30		
*November 1	Miles	Н	7:30		
*November 8	Christoval	Т	7:30		
*District					
**Homecoming					

C&W One Stop #14 & Piccadilly Pizza

Robert Lee State Bank Member FDIC S&S Printing & Supply Bruce & Fran Sonnenberg

Wackenhut Corporation Supports the Steers Joan Davis Key Feed Store Cracker Barrel Restaurant Paul & Joan Burns The Best Connection The Wayland Drennan Family Ernest Clendennen, Inc. Oilfield Services & Storage Rental & Sales - Silver Super "H" IGA Dave & Betty Hughes Coke County Pharmacy Steve, Wanda & Stevie Oleksiuk

The Carousel/Merle Norman Fashions & Gifts - Becky & Tiffany Cactus Patch Cafe

The Roe Family **Anchor 4 Emert Brangus** Tad, Therese, Carrie & Becca Daryl & Myna Kay Copeland **Bob Wrinkle's Ace Hardware** Holly & Tiffany **416 Commerce - Robert Lee** 1 Brothes 84 londennen the second



The Bronte Ambulance volunteers proudly display the new Automatic External Defibrillator recently purchased by their service. The AED was paid for in part by a generous grant of \$2500.00 from the Prudential Heart-Start program.

## Counselor's Commentsby Vicky McCutchen

### "Should I take the SAT or the ACT?"

This is one of the most popular questions from students in their junior year of high school who plan to attend a postsecondary institution after they graduate. Some sophomores are also asking this question.

The PLAN test, which is really a pre-ACT test, is offered at most schools for sophomores for a small fee. This test is designed to help a student get an idea of what the ACT is all about. It is actually a shortened version of ACT.

Students who take this test are also given an interest inventory which will help guide them into a career area. The students will receive a score report which shows their results in the areas of English, Reading, Math and Science Reasoning. It actually predicts their own outcome on the real ACT. Now the PLAN is a good predictor of the first time tester, all sophomores, on the TAAS test which is given in March each year. All students must pass all areas of the TAAS in order to graduate from high school. The PLAN is given in the fall and results are back usually in 4-6 weeks, which gives schools a chance to work with these students on those areas showing weakness so the TAAS scores can be more successful.

information about their programs and offerings.

The test requires students to reason and recall knowledge and skills that students develop through courses in English, math, science, social studies, foreign languages, and fine arts, as well as experiences outside the classroom. It measures verbal and mathematical reasoning abilities important for academic performance in college.

Well, which one should students take, ACT or SAT? Students need to look at score ranges on both the PLAN and PSAT and realize a few things concerning the tests. The math on ACT has 4 subtests and if a student scores well in math, this could raise test scores. The SATI verbal section counts two times as much as the math section. If that student is stronger in the verbal, the SATI could be the test to take.

It is highly recommended that students take ACT or SAT for the first time during their junior year, preferably in the spring or summer. Taking one of the tests prior to the senior year takes pressure off that senior. The senior year can then be a time to retake to raise scores only if the student feels they are able to raise their scores.

### **Blair-Conley** announce engagement

Mr. and Mrs. Quinn Conley announce the engagement and approaching marriage of their daughter, Daisy Renae, to Joe Douglas Blair, son of Mr. and Mrs. Roy Blair of Robert Lee.

The bride-elect is the granddaughter of Mrs. W.A. McCown of Miles and Mr. and Mrs. John Conley of Robert Lee.

Her fiancee is the grandson of Mr. and Mrs. Bill Blair and Mr. and Mrs. Douglas Gartman, all of Robert Lee, and the great-grandson of Mrs. Erma Wink, also of Robert Lee.

The couple will exchange wedding vows on December 28th at First Baptist Church, Menard.

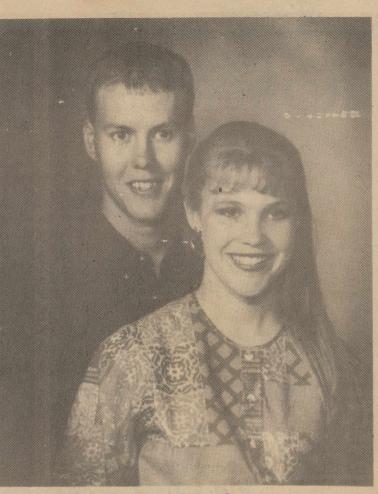
#### **Bilbo celebrates** birthday

Mrs. Alta C. Bilbo was honored Sunday with a birthday celebration. She will be 95 years old on October 11, 1996. Hosting the noon luncheon and afternoon party were her four daughters: Alta Bell Kay of Alpine, Jamie Boren of Robert Lee, Jo Ann Littlefield of Grove, OK, and Janet Rathmell of Mertzon.

Alta Bell Bilbo was born October 11, 1901 to Will and Elizabeth Bell in Robert Lee, Texas. She was the seventh daughter of ten daughters and one son. Alta and Robbie (Mrs. Marcus Turner) of San Angelo are the two surviving members of that family.

Alta and Alley J. Bilbo were married June 15, 1921 at the home of her parents in Robert Lee. To this union, six daughters were born. Ferrell Jean Bilbo died at the age of two in 1925. Peggy J. Gilmore died in May, 1987. Alley and Alta had 15 grandchildren, 11 boys and 4 girls. Alley J. Bilbo passed away in 1992 at the age of 92. Alley and Alta celebrated their 70th wedding anniversary in June, 1991 with a family reunion at the Littlefield home near Grove, OK. Alta now has 32 great-grandchildren and nine great-greatgrandchildren.

Alta has always been a cheerful, active person and she still is at the age of 95. She enjoys attending church regularly at the Robert Lee United Methodist Church and



Joe Blair and Daisy Conley

keeping up with the activities of her large family.

Attending the Mur's Sunday celebration were: Alta Bell and Lamar Kay of Alpine, Jan Hungate of Waco, Jamie and Bob Boren of Robert Lee, John and Jill Boren, Jordan and Sloan of Snyder, Jo Ann and Jarvis Littlefield of Grove. OK, Janet Rathmell of Mertzon, Steve and Mary Evans and Allen of Water Valley, Rebecca and Mike Levesque, Sarah and Christopher of San Angelo, Kathryn and Robert McGuire of Robert Lee, Ava Lou Davis of Robert Lee, and Bunyon Millican of Silver.

Sunny Notes for the Coke County Seniors

#### Quilting

The Bronte Senior Center will be open to quilters Thursday, October 10, at 9 a.m. A pot luck lunch will be served at 12 noon. You are cordially invited.

#### Nutrition

Four ladies from the Coke County Senior Centers attended a program on nutrition at the Santa Fe Senior Center Wednesday, October 2.

Those attending were Kelly Millican, Dorothy Collins, Lois Wallace, and Geneva Minnick. The program was very informative. We would like to have more people participate in the noon meals served Mondays, Wednesdays, and Fridays.

For more information on this program, call Bronte Senior Center at 473-6471 or Robert Lee Senior Center at 453-2314.

Menu For The Week Monday, Oct. 14 Pork Chop Suey Egg Noodles Cabbage Hot Roll Waldorf Salad **Tapioca** Pudding Wednesday, Oct. 16 **Baked Ham** Corn & Tomato Casserole **Brussel Sprouts** Hot Roll **Baked Pear Crisp** Friday, Oct. 18 **Chicken Fried Steak Mashed Potatoes Mixed Vegetables** Hot Roll Orange

Your daughter is getting her drivers license?

The PSAT, which is a pre-SAT test, is usually given to juniors, and some sophomores take it too.

It is important for juniors to know that the PSAT/NMSQT gives them a unique opportunity to practice for one of the college admissions tests, while simultaneously competing for prestigious scholarships and recognition programs: National Merit Scholarships, National Achievement Scholarships for **Outstanding Negro Students** and National Hispanic Scholar Recognition Program. It also gives students the opportunity to participate in the Student Search Service. Colleges use this to contact students directly with

#### **Belew** named "Player of the Week"

John Paul Belew, son of Scotty and Peggy Belew of Winters, was named "Player of the Week" for the American Southwest Junior College Conference. John Paul was awarded this honor last week after he completed twelve of sixteen passes for 111 yards and five touchdowns with no interceptions in Saturday's game.

He is a freshman at Trinity Valley Community College in Athens, Texas, and is the grandson of Effie Corley of Bronte.

**TUESDAY NIGHT ONLY!** <sup>\$</sup>3<sup>°°</sup> Off Large - <sup>\$</sup>2<sup>°°</sup> Off Medium <sup>\$</sup>1<sup>°°</sup> Off Small Any Pizza C&W One Stop #14 **Robert Lee** 453-2047 **819 Commerce** 

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#### Page 10 Friday, October 11, 1996 The Observer/Enterprise

## Let's hear it for, fire safety: Test your detectors!

Smoke detectors aren't new. The technology has been around since the 1960s. Th single-station, battery-powered smoke detector, similar to the one we know today, became available to consumers in the 1970s. But according to a report issued recently by the Texas Fire Incident Reporting System (TEXFIRS), more than half of the 178 residential fire deaths in Texas last year occurred in homes without smoke detectors. The National Fire Protection Association (NFPA) reports that thousands of people still die each year in home fires where smoke detectors aren't present.

"Smoke detectors help save lives. A working smoke detector can give you time in a critical situation where minutes can mean the difference between life and death," said Gary L. Warren, Sr., executive director of the Texas Commission on Fire Protection.

To emphasize the importance of home smoke detectors, Governor George W. Bush has proclaimed Oct. 6-12, 1996, as Fire Prevention Week in Texas. The Texas Commission on Fire Protection and the NFPA offer the following advice regarding smoke detectors:

• Working smoke detectors save lives

Proper placement, routine testing and regular maintenance of your smoke detectors will help ensure that they will alert you if a fire breaks out. Make sure you buy only detectors than bear the mark of an independent testing laboratory. All tested and labeled smoke detectors offer adequate protection if they are properly installed and maintained.

• Make placement a priority

Homes should have smoke detectors on every floor of the home, including the basement, and outside each sleeping area. If you sleep with your bedroom doors closed, install a smoke detector inside each bedroom. (Closing bedroom doors when you are sleeping helps to slow the spread of smoke and fumes if a fire develops.) Detectors should also be installed in any other areas of your home where people sleep. On floors without bedrooms, smoke detectors should be installed in or near living areas, such as family rooms and living rooms. Detectors that are wired into the home electrical system should be installed by a licensed fire alarm installer. If your detector plugs into a wall socket, make sure it has a restraining device to keep its plug from being pulled out. Never connect a detector to a circuit that could be turned off at a wall switch. Since smoke and deadly gases rise, detectors should be placed on the ceiling at least four inches from the nearest wall, or high on a wall, four to twelve inches from the ceiling. This four-inch minimum is important to keep detectors out of "dead air"



These two patrons are awalting their turn at the Ladies Pool Tournament following the "Womanless Wedding" September 21 at the Bronte High School auditorium. The "Wedding" benefited Project Graduation '97.

spaces, because hot air is turbulent and may bounce so much that it misses spots near a surface. Don't install detectors near a window, door or fireplace because drafts could detour smoke away from the unit. In rooms where the ceiling has an extremely high point, such as in vaulted ceilings, mount the detector near the ceiling's highest point.

• Maintenance is a must It is very important to maintain your smoke detectors by testing, replacing batteries and cleaning:

Testing - The commission and the NFPA recommend testing detectors once a month to make sure they are operating. Test each detector by pushing the test button and listening for the alarm. If you can't reach, stand under the detector and push the test button with a broom handle.

Replacing batteries - If your smoke detectors are battery operated, replace the batteries according to the manufacturer's instructions. Do this at least once a year or whenever the detector "chirps" to alert you that the battery power is low. Make sure no one disables your smoke detectors by borrowing batteries for other uses.

Cleaning - Just as you clean your home, your smoke detectors need to be cleaned. Make sure you follow the manufacturer's instructions about cleaning. Cobwebs and dust usually can be removed with a vacuum cleaner. • Dealing with nuisance

alarms Begularly cleaning your placed. Cooking vapors and steam can set off a smoke detector. If the detector is near the kitchen or bathroom, try moving it farther away. If nuisance alarms continue, install a new smoke detector.

 Smoke detectors are cost-effective

Battery-operated smoke detectors for the home often retail for less than \$10. Smoke detectors with extra features can cost up to \$25. Batteries cost \$1 to \$2, depending on the brand. A smoke detector for a typical hard-wired system costs \$14-\$18. Smoke detectors for people with hearing impairments cost approximately \$100 each.

Now compare those figures. to the losses that result from residential fires: In 1995, home fires in Texas resulted in an estimated \$362 in property loss every minute, for a total of more than \$190 million dollars in damage.

### SSA is most frequently called number

The Social Security Administration's toll-free 800 number (1-800-772-1213) is the most frequently called number in the United States. Each day, Social Security employees answer the questions of 250,000 callers. Almost half of the calls to this 800 number during the course of the month are received during the first seven days of the month. The best times to call to avoid busy signals are later in the



ATTENTION! Local merchants need to be on the look-out for this person. She is a proficient shoplifter and is also thought to dress as a man. Her identity is unknown to authorities, however, she was last seen at "Womanless Wedding" September 21 at the Bronte High School auditorium. The "Wedding" benefited Project Graduation '97.



A local outstanding figure at Bronte ISD is testing a new non-smear lipstick at the reception held after the "Womanless Wedding" September 21 at the Bronte High School auditorium. The "Wedding" benefited Project Graduation '97.

Get your flu shot beginning Oct. 15 at the Shamrock Clinic of Robert Lee

Regularly cleaning your smoke detectors and following the manufacturer's instructions may help stop "nuisance" or false alarms. If the problem persists, evaluate where your detectors are

#### week and month.

According to the American Heart Association, 35 percent of the Americans with high blood pressure don't know they have it.





Extra dirty vehicles subject to price change!

Oct. 15 - Nov. 15 Monday through Friday

# 453-4516

Flu shots are \$4. Medicare will cover the fee for those eligible, and we'll file the paperwork. You just need to bring your Medicare card.

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Hours: Monday, Wednesday: 8-11 a.m., 12:30-6 p.m. Tuesday, Friday: 8-11 a.m., 12:30-5 p.m. Thursday 8-11 a.m.



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Coke County 4-H Rabbit Twisters participate in a special recycling project held recently.

### **RL Honor Roll** posted

Robert Lee students recently completed the first six weeks of the school year. According to high school principal Cliff Gardner 56% of the students made the honor roll. This is an outstanding performance by the RL student body.

Students making the "A" honor roll for RLHS are as follows:

#### 12th Grade

Daryl Calder, Jerrod Copeland, Donny Edging, Meagan Hill, Chad Leugers, Rachel Shook, Shalon Waldrop.

#### 11th Grade

Eli Boxell, Dustin Clendennen, Rebecca Emert, Stacy y. Jessica Key. Hend

### **BHS Student Council minutes** detailed

The Bronte Student Council met Wednesday, October 2, during lunch and tutorial period. The topics discussed included a dance scheduled for October 19, Student of the Month, and Red Ribbon Week.

The dates for Red Ribbon Week are October 19 through October 25. October 19 and 20 is Faith Weekend and the Student Council will pass out ribbons to the churches and encourage the Bronte churches to pray to help stop violence and substance abuse. Also, the churches will be asked to help with announcements for Red Ribbon Week.

October 21 is decoration day where the classes will choose one sponsor room and decorate the door. The class with the best door will receive an award. Judges will be chosen by the Student Council and will judge the contest fairly. There will be one winner in elementary and one in junior high and high school.

The Council will also ask local merchants to help students decorate the businesses. They will also be awarded for the best decorations. Judging will be based on creativity and best slogan.

October 22 is Reach Out Day. There will be book marks given to the merchants to be passed out to customers. October 23 is Wear Red/Rally Day. The students will wear red to kick out drugs, alcohol and tobacco. The student with the most red will receive an award. There will also be a parade with the students marching downtown. The day will also include a speaker.

October 24 is Pledge Day. The students can pledge to drug and alcohol free. October 25 is Recognition Day and the winners of all the Red Ribbon Week contests will be announced during the Pep Rally.

The Student Council ended the meeting with a discussion of workshops the Council will be putting on at McMurry in Abilene October 30 during the District Convention. More will be discussed at the next meeting slated for Wednesday, October 9.

## **Euterpean Club** meeting held

The Euterpean Club of Blackwell met for the first

#### **Brosh named All-**American Scholar

The United States Academy announced recently that Brandi Brosh has been named an All-American Scholar.

The USAA has established the All-American Scholar Award Program to offer deserved recognition to superior students who excel in the academic disciplines. The All-American Scholars must earn a 3.3, or higher, grade point average. Only scholars selected by a school instructor, counselor, or other qualified sponsor are accepted. These scholars are also eligible for other awards given by the USAA.

Brandi, who attends RLISD, was nominated for the national award by Jeff York.

Brandi will appear in the All-American Scholar Yearbook, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history. Certainly, winners of the All-American Scholar Awards should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the United States Achievement Academy

The Academy selects All-American Scholars upon the exclusive recommendation by teachers, coaches, counsetors, and other qualified sponsors. Once awarded, the students may be recognized by the USAA for other honors.

Brandi is the daughter of Edwin and Wyndell Brosh. Her grandparents are Jim and Geanette Skinner of Robert Lee.

**BJH v'ball teams** take Sweetwater tournament wins Bronte Junior High 7th and



**Brandí Brosh** 

8th grade Shorthorn volleyball teams competed Saturday, October 5, in the Lady Colts Sweetwater Tournament.

The 7th grade team played Water Valley at 11 a.m. and came away with a 15-0,15-6 victory. This win put the girls in the Championship bracket playing Greenwood in their next match. They won the first game 15-9, lost the next game 1-15, and won the last game 15-10.

The Lady Shorthorns 7th grade team met Miles in the Championship game. Miles took the first game 15-4, but the Bronte girls came back and won the next two games 15-9, 15-5 to bring home the championship title and trophy.

The 8th grade Lady Shorthorns didn't fare as well as they lost their first match to Miles 1-15, 10-15. They then played Water Valley in the next match in the Consolation bracket winning 15-4, 15-5.

Their final match against Colorado City put Bronte on top but not without a struggle. The first game was 15-13 with Bronte taking the win. The girls lost the next game 9-15. The final game saw the Bronte girls take the win 15-9, winning the match, the Consolation trophy and title.



Christina Marshall, Kannan

Millican, Starsky Oleksiuk,

Jennifer Parks, Korey Pitcock,

Polo Arellano, Bree Bold-

ing, Justin Brickey, Tara

Bruning, Brandy Cunning-

ham, Tonya Gardner, Jimmy

Gray, Eric Hill, Matthew Milli-can, Tracy Millican, Robin Se-vier, Chris Woods.

Angela Abalos, Holly

Copeland, Jeremy Edging,

Lori Eubanks, Justin Francis,

Kim Gloria, Whitney Mont-

gomery, Jaime Olguin, Bill

Jeremy Eaton, Kent Free-

man, Tara Gardner, Melanie

Johnson, Andrew McCabe,

Matthew Pitcock, Griselda

Kelly Prine, Freddy Wojtek.

11th Grade

**10th Grade** 

Torres.

9th Grade

**10th Grade** 

Chad Helwig, Justin Kendall; Ross Schultz. 9th Grade

B.J. Bessent, Deric Brothers, Daniel Cates, Christian DelosSantos, Joel Gallegos, Coke Hendry, Macy Hill, Dan McCown, Gina Torres. 8th Grade

Mary Arellano, Tiffany Copeland, DeShira Dickey, Amber Freeman, Cayla Jeffrey, Erin Millican, Dixie Simpson.

#### 7th Grade

Jamie Chesshir, Colby Eubanks, Trichelle Gray, Jodie Helwig, Rachelle Mills, Bobbie Sparks, Shanna Wojtek.

Students appearing on the "A-B" honor roll are: 12th Grade

Brandi Brosh, Rocky Coates, Kizzie Howell, Rocha, Ashley Townsend, Brandon VanHuss, Jennifer Woods.

#### 8th Grade

Stephanie Balderas, Shawn Barnes, Robert Barrett, Clifton Bohannon, Beau Boxell, Justin Fluhmann, James Gallegos, Chase Rainwater, Lewis Samaniego, Dee Van-Huss.

## 7th Grade

Bret Ballew, Adam Cates, Casey Eubanks, Amanda Kuhl, Melissa Landeros, Amy Leugers, Kelly Long, Kizre Matthews, Trenton McCabe, Whitney Millican, Amy Riley.

# Letter to

the Editor I enjoy receiving news from my hometown. Please con-

tinue by subscription for another year.

> Thanks, Mrs. Anthony Fantozzi

meeting of the year at the ranch home of Bobbie Varnadore.

Myrle Thompson, president, conducted the business session. Names were drawn for secret pals for the coming year. New yearbooks were distributed. Door prize was won by Mary Lee. Members revealed secret pals from the previous year.

A covered dish luncheon was enjoyed by everyone.

The hostess was Myrle Thompson with co-hostess Dona Sanderson. Other members attending were: Juanita McRorey, Lilli Burwick, Hulene Conradt, Esther Smith, Margaret Stout, Betty Cole, Sue Sweet, Rosemary Ten Eyck, Linda Watts, and guest, Barbara Wood.

The next meeting will be held October 17.

## Vitamins not always good for children

More is not always better, especially when it comes to supplementing children's diets with vitamins.

Over-the-counter supplements can be potentially toxic and megadoses can be harmful, warns Dr. Kathleen J. Motil at the USDA's Children's Nutrition Research Center.

"Too much iron can be fatal, and there are cases where excess vitamin A and D can damage the kidneys, heart, and brain," said Motil, an assistant professor of pediatrics at Baylor College of Medicine.

Vitamins are available in two forms: fat soluble and water soluble. Fat soluble vitamins include A, D, E, and K. Water solubles include B-1, B-2, niacin, B-6, B-12, and vitamin C.

Water soluble vitamins are easily absorbed by the intestinal tract and flushed out of the body during urination if not needed, Motil explained. Fat solubles, on the other hand, are more difficult to absorb and tend to be stored in the body.

"The fat soluble vitamins are the worry," Motil said.

"Reactions vary from person to person. Some people are more sensitive to fat soluble vitamins."

In general, Motil believes that vitamins are unnecessary if a child is healthy and consumes a well-balanced diet.

She suggests the USDA's food guide pyramid as a refer-

#### **Red Canyon** hosts shoot

Red Canyon Gun Club held a Small Bore Silhouette Hunter Pistol Match Sunday, October 6. Twenty shooters turned out Sunday evening. The weather was perfect for offhand shooting. In a very close contest Suzie Kowalik of San Antonio took high overall honors; second place went to Augie Kowalik of San Antonio, third to AI Leggett of Odessa.

Class winners were:

AAA

1st. Augie Kowalik; 2nd. Al Leggett; 3rd. Richard Johnson. AA

1st. Doug Randell of Big Spring.

1st. Cecil Hogg, Junction; 2nd. Jerry Lurn, San Angelo; 3rd. Donny Ammons, Sterling City. B

ence. The pyramid recommends 2 to 3 servings a day from the milk group, 2 to 3 servings of meat, poultry, fish or eggs, 3 to 5 servings of vegetables, 2 to 4 servings of fruit, and 6 to 11 servings from the bread/cereal group.

"Even the most finicky eater will get enough vitamins and minerals with a varied diet including meat, dairy products, grains and fruits and vegetables."

There are exceptions, however. Motil believes supplements are appropriate for premature infants, children on restrictive diets including vegetarian diets, and for children under the care of a physician for specific medical reasons such as a chronic illness, teen pregnancy, or eating disorders.

A pediatrician may also recommend a fluoride supplement, available alone and in combination with vitamins, if there is insufficient fluoride in the drinking water.

Motil urges parents to consult their pediatrician or a registered dietitian who specializes in children's nutrition if they are concerned about their child's eating habits.

## SS offers enrollment for

# **Direct Deposit**

As of September 20, 1996, Social Security beneficiaries who want to switch to direct deposit will be able to use a new "automatic enrollment" process. You just need to tell your bank that you want direct deposit, according to Franklin H. Upp, manager of the San Angelo Social Security office.

"Automatic enrollment makes if possible for banks to send direct deposit enrollment information to Social Security electronically. This eliminates the need for people to call Social Security's tollfree number, 1-800-772-1213, to provide their bank account information," Upp stated.

Upp said that the law now requires that as of August 1, 1996, applicants for Social Security Income (SSI) have their monthly benefit payment deposited directly into their bank account.

"Beginning August 1996, people who apply for Social Security and Supplemental Security Income (SSI) have the convenience of direct deposit," Upp stated. "That policy will also apply to

check deposited, he said.

Upp said people already on the Social Security and SSI rolls who get checks will continue to be paid by check, unless they opt to change to direct deposit. Also, new beneficiaries who don't have a bank account will be paid by check.

About 61 percent of the 43 million people who get Social Security already receive their payment by direct deposit. If the 24 million Social Security and SSI beneficiaries who now receive checks changed to direct deposit, the savings to the taxpayers would be \$9.6 million a month. The government saves 40 cents each time someone uses direct deposit instead of a check. It costs 42 cents to process and mail each check, compared to 2 cents for direct deposit.

Upp noted that, under the law, Social Security and SSI beneficiaries who receive a check by mail will be required to switch to direct deposit by January, 1999. Those who don't have a bank account at that time will have available to them special debit-only accounts at designated banks and will be paid by direct deposit.

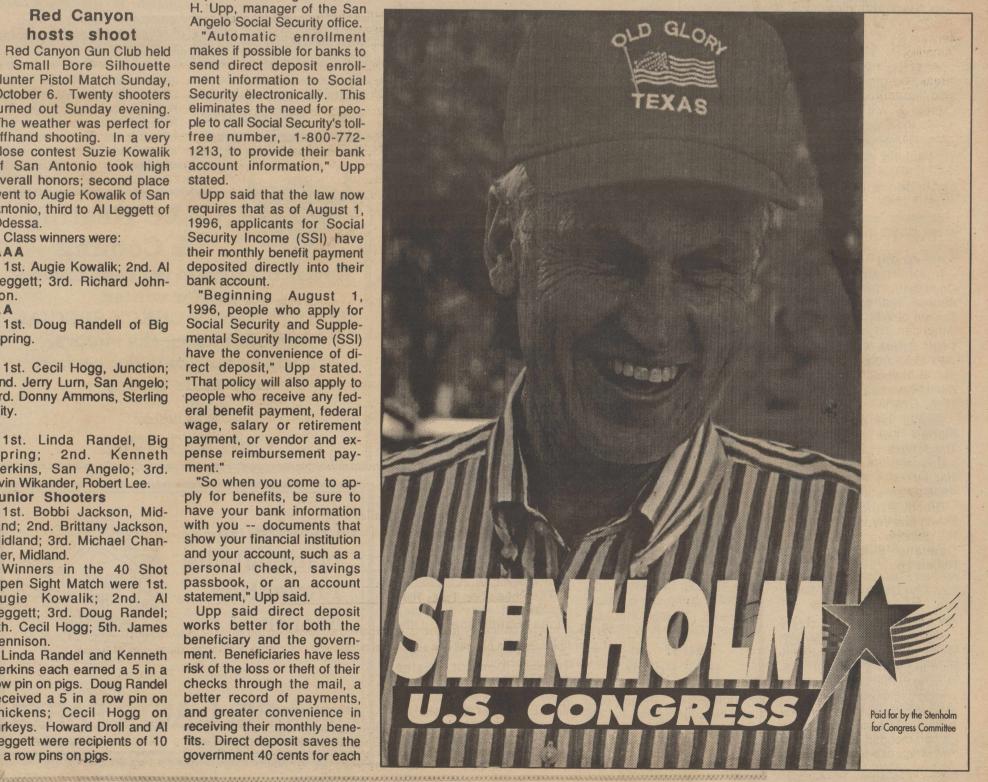
According to the American Heart Association, the prevalence of high blood pressure increases with age, is greater for blacks than for whites, and in both races is greater in lesseducated than more-educated people.



First grade classes at Robert Lee Elem. were recently visited by Officer Edwin Smith of the San Angelo Police Dept. during their social studies unit on community workers. Officer Smith answered questions, explained the use of police euqipment, and gave out various DARE items.



A large group of the Happy Harts Square Dancers spent the last week of September at Fun Valley in Colorado. They reported a very good time.



1st. Linda Randel, Big Spring; 2nd. Kenneth Perkins, San Angelo; 3rd. Irvin Wikander, Robert Lee. **Junior Shooters** 

1st. Bobbi Jackson, Midland; 2nd. Brittany Jackson, Midland; 3rd. Michael Chandler, Midland.

Winners in the 40 Shot Open Sight Match were 1st. Augie Kowalik; 2nd. Al Leggett; 3rd. Doug Randel; 4th. Cecil Hogg; 5th. James Tennison.

Linda Randel and Kenneth Perkins each earned a 5 in a row pin on pigs. Doug Randel received a 5 in a row pin on chickens; Cecil Hogg on turkeys. Howard Droll and Al Leggett were recipients of 10 in a row pins on pigs.

people who receive any federal benefit payment, federal wage, salary or retirement payment, or vendor and expense reimbursement payment."

"So when you come to apply for benefits, be sure to have your bank information with you -- documents that show your financial institution and your account, such as a personal check, savings passbook, or an account statement," Upp said.

Upp said direct deposit works better for both the beneficiary and the government. Beneficiaries have less risk of the loss or theft of their checks through the mail, a better record of payments, and greater convenience in receiving their monthly benefits. Direct deposit saves the government 40 cents for each



### **Ranchers'** conference offers info.

Ranchers should mark October 22 on their calendars. That's the day of the Extension-sponsored "West Texas Ranchers Conference" at Angelo State University's M.I.R. Center.

Registration starts at 12:30 pm. The program starts at 1:00 pm under the direction of Master of Ceremonies Scott Durham, District 7 Extension Director. After Durham's brief welcome, the conference opens with "Planning for the Recovery of the Cattle Industry" with Dr. Jim McGrann, Extension Economist, College Station. McGrann is followed by Terry Dane, Texas Production Credit, Regional Director, who will present "Financing from a Banker's Perspective.

Following a 2:30 - 3:00 pm break and booth visitation period, the conference resumes with "Marketing Strategies and Retained Ownership of Calves and Lambs" with Dr. Ernie Davis, Extension Economist, Livestock Marketing, College Station.

Other speakers and their topics include: "Perceived Value of Livestock", Charley Christensen, Producers Livestock Auction, San Angelo and "Backgrounding - Will it Pay?", Dr. Ted McCullom, Extension Beef Cattle Specialist, Amarillo.

After a 5:00 - 5:15 pm break, the group will split into two concurrent sessions. "Room A" will deal with beef cattle topics, while "Room B" discusses sheep and goats.

The cattle session's topics and speakers include: "Getting More for Non-Fed Beef", Dr. Wes Bonner,

## **Brosh** nominated to Who's Who

Brandi Brosh of Robert Lee has been nominated to be included in the 30th Annual Edition of Who's Who Among American High School Students. This is an honor reserved for only 5% of the nation's high school students

# NEWS by Tommy Antilley

COUNTRY AGENTS

# **Coke County Agent**

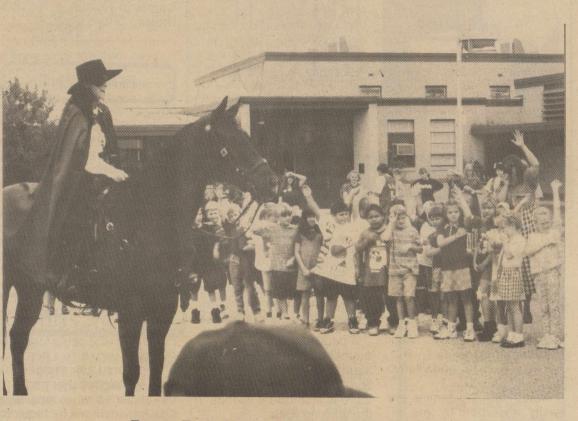
Veribest Cattle Feeders, Veribest; "Beef Herd Nutrition and Minerals", McCollum; and 'Cattle Market Outlook", Davis.

The sheep and goat session's topics and speakers include: "Update on Ranchers Lamb of Texas", A.H. 'Chico' Denis, president, San Angelo; "Sheep and Goat Market Outlook", Davis; "Nutrition of the Flock", Dr. Frank Craddock, Extension Sheep and Goat Specialist, San Angelo; and "Adding Value to Wool and Mohair", Dr. Chris Lupton, Researcher, Texas Agricultural Experiment Station, San Angelo.

Both sessions will adjourn at 7:30 pm for an evening meal sponsored by livestock industry companies.

For further information contact Jeff Ripley, Tom Green County Extension Agent, 915-659-6524.

#### The Observer/Enterprise Friday, October 11, 1996 Page 13



Texas Tech Masked Rider Martha Reed recently paid a visit to Robert Lee School. She visited with elementary students and stressed the importance of studying and staying away from drugs.

#### **NOTICE OF GENERAL ELECTION** (AVISO DE ELECCION GENERAL)

To the registered voters of the County of Coke County, Texas: (a los votantes registrados del Condado de Coke Condado, Texas:)

Notice is hereby given that the polling places listed below will be open from 7:00 a.m. to 7:00 p.m., November 5, 1996, for voting in a general election to elect Members of Congress, Members of the Legislature, and state, district, county and precinct officers; of the State of Texas. Presidential electors.

(Notifiquese, por las presente, que las casillas electorales sitados abajo se abriran desde las 7:00 a.m. hasta las 7:00 p.m. el 5 de noviembre de a996 para votar en la Eleccion General para elegir Miembros del Congreso, Miembros de la Legislatura, y oficiales del estado, distrito, condado y del precincto, de la Estado de Texas.)

LOCATION(S) OF POLLING PLACES (DIRECCION(ES) DE LAS CASILLAS LES)

Precinct 1 - Old Recreation Hall, Robert Lee, Texas.

Precinct 2 - City Hall, Bronte, Texas.

Precinct 3 - Coke County Courthouse, Robert Lee, Texas.

Precinct 4 - Tennyson Community Building, Tennyson, Texas.

Precinct 5 - Old Depot, Bronte, Texas.

Precinct 9 - Pecan Baptist Church Annex Building, Edith Community, Hwy 158 Precinct 10 - Southside Church of Christ, Robert Lee, Texas.

Early voting by personal appearance will be conducted each weekday at: (La votacion adelantada en persona se llevara a cabo de lunes a viernes en:)

> Coke County Courthouse, Clerk's Office, Robert Lee, Texas (Location) (sitio)

each year.

Brandi has participated in Robert Lee High School Band, basketball and FFA for four years. She was recently named Miss RLHS for the 1996-97 school year.

Brandi is the daughter of Edwin and Wyndell Brosh and the granddaughter of Jim and Geanette Skinner, all of Robert Lee.

**RL** students practice fire drill Students at Robert Lee ISD were surprised Wednesday morning with a fire drill. According to Cliff Gardner, RLHS principal, students were out of the building in less than one minute. The students are to be commended on an orderly and quick exit from the building.

between the hours of 8:00 a.m. and 5:00 p.m. begin on October 16, 1996 (Date) (Entre las 8:00 de la mariana y las 5:00 de la tarde empezando el Octubre 16, 1996 (Fecha)

and ending on November 1, 1996 , (y terminando el Noviembre 1, 1996.) (Date) (Fecha)

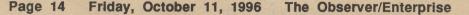
Applications for ballot by mail shall be mailed to: (Las solicitudes para boletas que se votaran adelantada por correo deberan enviarse a:)

> Ettie Hubbard Box 150 Robert Lee, Texas 76945

Applications for ballots by mail must be received no later than the close of business on: (Las solicitudes para boletas que se votaran adelaniada por correo deberan recibirse para el fin de las horas de negocio el:) October 29, 1996

Issued this the 18 day of September, 1996 (Emitada este dia 18 de Septiembre, 1996.)

Signature of County Judge (Firma del Juez del Condado)





#### 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

HAY FOR SALE. Portis Robbins. 473-2037 or 655-7577. 11B-2tp

LOTS FOR SALE in Bronte. Quiet residential, Cumbie and Barclay corner and adjoining lots. 166 feet x 140 feet. Sewer, utilities, paved streets. 473-6291.

FOR SALE 16 ft. trailer, makes 3 beds,

08B-tnc

**3 BEDROOM HOUSE** 



Bronte

1/2 baths, game room, corner

lot. Bring an offer.

AS IS - Large home with 2

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 financ-219 Zero St., Robert ing. Lee. Call 409-836-6265 collect. 09-tnc

FOR SALE IN ROBERT LEE, TEXAS House - 1 bedroom, 1 1/2 bath; living room; dining room; kitchen; carport & washroom attached. Extra large storeroom and shop and other storage building; fenced

APARTMENTS FOR RENT Taking applications Mon., Wed., and Fri., 9 am - 3 pm. Housing Authority of Robert

GARAGE SALE

Corner of Holmes & Randell,

FOR RENT

ONE OR TWO

BEDROOM

Bronte. Shaye Coalson.

Saturday only, 8:00 til ?

11B-1tp

Lee, 170 N. Bishop, 453-2912. Equal Housing Opportunity. **16a-EOW** 

CARD OF THANKS

WE WOULD LIKE TO TAKE THIS OPPORTUNITY

to thank all those who sent flowers, memorials, food, or just sat with us during Mike's illness and passing. It helped make an unbearable time more bearable. We would also like to thank those who helped or donated at the blood drive for Dad. We tried to personally thank everyone, but we surely missed a few.

Thank you, The Mike Ross Family 11-1tc

#### THANK YOU

to each of you for all the many acts of kindness extended to us during the loss of our mother and grandmother, Laura Jones. The flowers, cards, calls, and food were deeply appreciated. A special thanks to the staff of Bronte Nursing Home. May God bless each of you.

Joe & Nellie Ross Tommy & Jo Nell Blair 11-1tc

#### WE SINCERELY THANK YOU

for making our 50th wedding anniversary so special.

## EXPRESS OUR APPRECIATION

**FT/PT** Nurses **RN/LVN Positions** with West Coke County **Nursing Home** Contact in confidence Skylar Caddell, RN DON 307 West 8th, Robert Lee, TX (915) 453-2511 EOE

#### FOOD SERVICE SUPERVISOR

needed for West Coke County Nursing Home in Robert Lee; friendly, clean facility. State certification desired but not required. Mail resume to Food Serv. Supr. Position, PO Box 1209, Robert Lee, 76945 or call 915-453-2511 for appointment. EOE 10a-2tc

**Certified Nurse Aids Classes & FT Positions** with West Coke County **Nursing Home** "Only 30 minutes to friendly Robert Lee" For more information, contact Skylar Caddell, RN DON 307 West 8th, Robert Lee, TX (915) 453-2511 EOE

#### NO EXPERIENCE NEEDED

weekly \$500/\$900 potential. Process mortgage refunds in your area. Part or full time, call 1-216-233-4209, ext. 218 (24 hours). 08-4tp

NOTICES

**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

Specifications may be obtained by contacting William Hood, superintendent, 1323 Hamilton, or by calling 915-453-4555 between 8:00 am and 4:00 pm Monday through Friday. Please mark envelope "sealed bid". Bids are due October 21, 1996, by 4:00 pm.

11a-2tc

NOTICE!!

If you have any equipment which belongs to the Bronte Ambulance Service, please return it to Gwen at WTU, or call and someone will pick it up! Thanks!

11B-2tc

MISC

**03a-tnc** 

5:30 pm. swer, call 453-2711 before cleaning. 453-2775; if no anpower rotary sewer line home repairs and service, Repair Service - Mobile LES GRAY'S AB-1

FINAL SUMMER **CLEARANCE HUGE SAVINGS** 

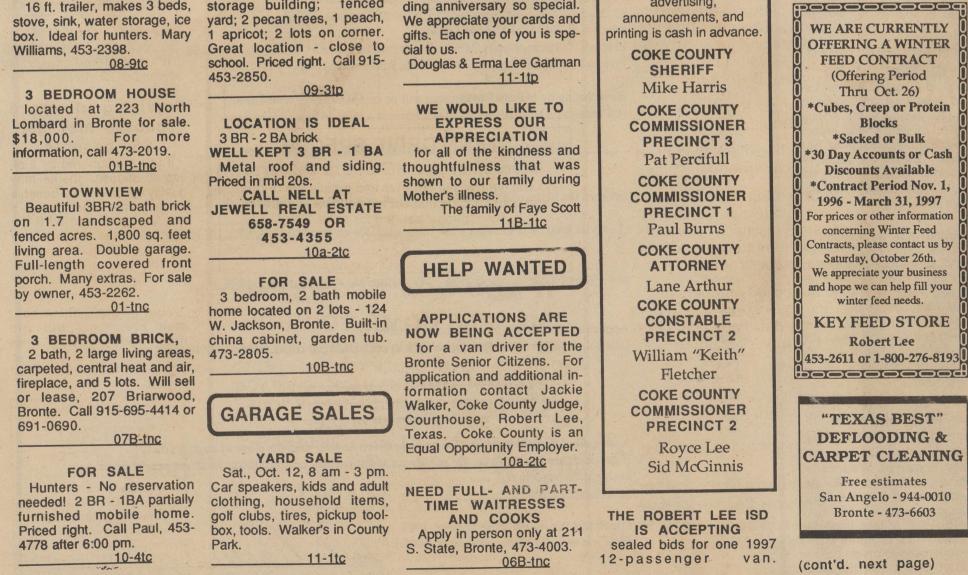
Like Summer Separates 75% off Ladies' & Men's Jeans \$10 & Up Select Jewelry • \$1 & Up **AND MUCH MORE!** 

Come see our new windsuits & sweater sets!

THE CAROUSEL Robert Lee 453-2415

GET YOUR BOAT **READY FOR WINTER** Evinrude, Johnson, Mercury, Mariner, Chrysler engine service center (plus others). We make house calls. Five Acres Marine - Lake Colorado City. Call Bob Dennis, 915-728-8383.

11-2tp



# ...Classifieds

#### RELIABLE MOTHER OF THREE

would like to clean your house. Local references available. Please call Stephanie at 473-2126. <u>11B-1tp</u>

#### THREE 9-WEEK-OLD KITTENS

to give away to good home. Call Ray at 473-5881 day, or 473-3400 after 4:30 pm. <u>11B-1tc</u>



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



#### BEGINNER SQUARE DANCE LESSONS

start Thurs., Oct. 10, from 8-10 pm at Bronte Community Center. First 2 sessions free. Good exercise for body and mind. Come out and join the fun. More info., 473-7771, 473-3161, 473-2166. <u>10B-3tc</u>

## Diabetic neuropathy study

Volunteers with diabetes are needed for a Baylor College of Medicine study testing a new drug treatment for diabetic neuropathy, a type of nerve damage.

Volunteers must be between 18 and 60 years old and experience pain, numbness and/or tingling in their feet due to nerve damage. Female participants must be on birth control, surgically sterile or post-menopausal.

The study will last 18 months and involves several visits to Baylor's Neurology Clinic in Houston. Testing will include neurological and physical examinations, EKGs, blood tests and nerve evaluations. Compensation will be provided.

For more information or to volunteer, call 713-798-7419 or 713-798-5993.

In 1981, Pacific Hurrican Norma still packed a punch by the time she reached North Central Texas. Several towns received record rainfall of 20 inches, but there was relatively little flooding or property damage.



The Observer/Enterprise Friday, October 11, 1996



(DM)-When you have to cook dinner and it's hot outside, try Shrimp & Vegetable Mein. This quick and easy one-dish meal features a colorful stirfry of delicate shrimp mixed with julienned snow peas, carrots and sliced onion served over *mein*, which is the Chinese word for noodles. Preparing the sauce takes only seconds when you start with bottled Kikkoman Stir-Fry Sauce. A blend of naturally brewed soy sauce, sherry, garlic and select seasonings, bottled stir-fry sauce gives this tasty Chinese specialty an authentic flavor with virtually no effort. For dessert, serve cooling sorbet topped with fresh berries and enjoy a great dinner.

#### **SHRIMP & VEGETABLE MEIN**

2 small carrots, julienned

4 ounces fresh snow peas,

1 tablespoon sesame seed,

1 onion, thinly sliced

julienned

1/8 teaspoon salt

toasted

- 4 ounces uncooked capellini
- (angel hair pasta) ¼ cup Kikkoman Stir-Fry Sauce
- <sup>1</sup>/<sub>4</sub> cup regular strength chicken
- broth
- 2 tablespoons vegetable oil,
- divided
- <sup>1</sup>/<sub>2</sub> pound small shrimp (55-60 count), shelled and deveined

Cook pasta according to package directions, omitting salt; drain and keep warm. Meanwhile, combine stir-fry sauce and chicken broth; set aside. Heat 1 Tbsp. oil in hot wok or large skillet over high heat. Add shrimp and stir-fry 1 minute; remove. Heat remaining oil in same pan. Add carrots, onion, snow peas and salt. Stir-fry 5 minutes. Add sauce mixture, shrimp and sesame seed; cook, stirring, until all pieces are coated well with sauce and heated through. Serve over pasta. *Fach serving*: 306 calorias, 10a fat, 87me choles.

Each serving: 306 calories, 10g fat, 87mg choles., 766mg sodium, 35g carb., 19g protein.



We will remove the outdrive and grease the U-joints and coupler, plus inspect the bellows and grease

## Awards offered to young wheat farmers

Page 15

Young Texas wheat farmers are eligible to compete for leadership development awards. The program of the Texas Wheat Producers Association and National Association of Wheat Growers is sponsored by Monsanto Agricultural Products Company and the Production Credit Associations of Texas. Forty recipients are honored nationally, two of which are selected from Texas. These awards are designed to acquaint young wheat farmers with the wheat association's organizational structure, leadership development, policy development, and the education aspects of attending wheat organization meetings, according to Ben Scholz, President of the Texas Wheat Producers Association.

The awards which total more than \$1000 each are to defray the costs for the winners to participate in their choice of either the National Association of Wheat Growers 1997 Annual Convention, held January 15-18, 1997, in Orlando, Florida; or the NAWG Summer Leadership Conference, June 29-July 3, 1997, in Portland, Oregon.

 $\bigcirc$ 

Any Texas wheat farmer between the age of 20 and 35 years, who has not previously participated in either of the NAWG meetings mentioned above is eligible to enter. The winners are selected based upon completion of a short questionnaire relative to their perception of the current greatest need of wheat farmers, how they are or would be utilizing their leadership abilities, along with a brief 50-word essay, explaining why they would like to receive the educational grant.

Entry forms may be obtained by either writing or calling Dawn DeBerry of the Texas Wheat Producers Association, 2201 Civic Circle, #803, Amarillo, TX 79109, Telephone 806-352-2191. The deadline for submitting the completed form is November 29, 1996.

## Surviving divorced spouses may get SS benefits

If you are survived by a divorced spouse, she/he may qualify for survivors benefits on the same conditions as if you were still married if the marriage lasted 10 years. The surviving divorced widow's benefits will not affect a current widow's benefits.



66 Our Children Are The Future. We Owe It To Them To Provide The Best Education Possible. ??

Education is the most important responsibility of our state and local government. As your new State Senator, I'll work for:

Stronger local control of our schools.

Teachers back in control of the classroom.

Providing state funds for

special alternative schools to send disruptive students to, keeping them out of regular classrooms.

Increased numbers of Charter Schools so teachers and parents can decide how to best meet local needs.

Fight any attempts to weaken Gov. Bush's reforms that restore local control.

Stop unfunded mandates.

Republican Troy Fraser: A Proven Conservative Leader Who'll Work for Our Texas Values. gimbal bearing for only \$67<sup>50</sup> Gasket set included

IF YOU WON'T COME TO ME, I'LL COME TO YOU! FOR THOSE OF YOU WHO DON'T LICENSE

YOUR TRAILER BECAUSE YOU ONLY GO TO THE LAUNCH RAMP AND BACK. OR IF YOU JUST PREFER FOR ME TO REPAIR YOUR BOAT AT YOUR PLACE FOR REPAIRS CALL ME...BOB DENNIS (915) 728-8383 (If no answer leave message) FIVE MARINE

One mile north of State Park Entrance - Lake Colorado City 4100 FM 2836 - Colorado City, TX 79512 - Exit 210 Authorized EVINRUDE Service Center Factory Trained Young men think old men are fools but old men know young men are fools.

-George Chapman



Pol. adv. paid for by Fraser for Texas Senate, P.O. Box 2058, Belton, TX 76513, Dian Graves Owen, Treasurer.

Friday, October 11, 1996 Page 16

#### Smokers struggle to "kick the habit"

You've seen them huddling and shivering in the cold, a mass of smoke rising from the group like steam from a subway grate.

Or perhaps you're even one of them, living by the clock for break time and a few puffs in the "designated smoking area" - usually the not-sogreat outdoors.

Ever since information about the dangers of secondhand smoke began swirling several years ago, many organizations have banned smoking outright, and it's highly unlikely that workplace restrictions will relax anytime soon, if at all. Nowadays, trying to sneak in a cigarette simply adds to the stress that nicotine and tar allegedly relieve.

With smoking becoming increasingly unacceptable, many smokers are motivated to quit simply because they're tired of being workplace outcasts, says Darlene Witcher, PhD, who, as a psychologist at The Methodist Hospital's Institute for Preventive Medicine in Houston, sees more and more such people in her smoking cessation course.

"Many actually try to hide their habit from co-workers," Witcher adds. "They may not use the smoking area but go somewhere else - like to their cars or behind trees - so that no one will discover their 'secret.'"

Some smokers also feel hostility at not being "allowed" to smoke at work, which Witcher counteracts by telling them the impact smoking can have on their professional lives.

"There is strong evidence that smoking dramatically affects productivity - not only because smokers take frequent breaks, but primarily because they get sicker more often than nonsmokers. That translates into lost work time," she says. "I've had many people in my classes whose year-old sinus and upper respiratory infections have been 'cured' once they've stopped smoking.

That should come as no surprise; smokers and nonsmokers alike have known for vears how harmful smoking can be. Many, though, are just realizing how addictive it

#### The Observer/Enterprise

. decide to spend your breaks, don't eliminate them completely; doing so can cause or exacerbate stress. · Do deep breathing exer-

cises. "One reason people relax when they smoke is that they inhale more deeply than normal, which is calming," Witcher says. Sit in a comfort-

able position at your desk or elsewhere and slowly inhale and exhale for at least one minute.

· Practice total body and muscle relaxation. Witcher teaches this in her courses, and books on the subject are available at most bookstores. The idea, she says, is to

recreate smoking's relaxing effect without cigarettes.

· Don't go it alone. A coworker in the same boat can make a great "break buddy." "Psychological support," Witcher says, "is invaluable."

November 21 will mark the 20th anniversary of the Great American Smokeout, an annual one-day emphasis on quitting smoking.

American Heart Associations ighting Heart Disease and Stroke

# start with research





Witcher acknowledges that quitting is indeed difficult, but not impossible. There's more to it than just resolving not to smoke and praying for willpower; real behavior modification is necessary, and it can start at the office.

She offers the following tips to combat those workday nicotine cravings:

 Limit your access. Don't have cigarettes on you, in your car or any place you can get to them. Many hopeful quitters still carry them as security blankets, which can lead to backsliding. Witcher recommends trashing your matches and lighters, too.

· If you've taken "cigarette breaks" in the past, take a different kind of break now. Witcher suggests a short walk outdoors, a few minutes of pleasure reading or a light snack or drink. However you