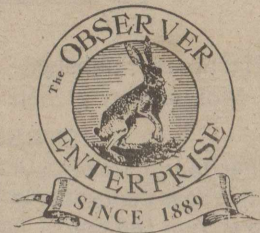


THE OBSERVER/ ENTERPRISE

Serving Coke County

(USPS 467-480)
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Vol. 113, No. 04

Friday, August 18, 2000

Make preparations now for dove season

By Joan Davis

The same folks who have grouched since spring about the blistering temperatures while working or mowing the yard are now cleaning their shotguns and otherwise getting ready for a different outdoor activity. And they won't complain too loudly about having to go dove hunting.

Coke County is part of the Central Zone where dove season opens Sept. 1 and continues through Oct. 17. The short winter season will run Dec. 26 through Jan. 09, 2001.

Prospects for a successful

dove season don't look good, but the migrating birds could stop here at the right place and right time to provide some shooting for our area. The question may be how long will they hang around with short water supply and non-existent ag crops? Cooler weather north of us could bring in scattered flights.

Rules and regulations are the same as the last few years - daily bag limits remain at 15 in aggregate of mourning doves, white-wings and white-tipped, with only two whitetips allowed. There was a time when all doves here were

mourning doves, and the only birds in our bags; now white-tipped doves are common. A \$7 white-winged dove stamp is required to take that species in any zone.

Central Zone shooting hours are one-half hour before sunrise to sunset. Shotguns must be plugged to a 3-shell capacity. Shooting over baited areas is prohibited and doves may not be stirred or driven by any motorized means.

For more information or a particular question, consult the Texas Parks & Wildlife Outdoor Annual available free wherever sporting supplies and license are sold.

Hunting and fishing license are now on sale. Purchase now to prevent waiting in line on Aug. 31. If your intent is to hunt doves, please specify you will be hunting any of the migratory birds. The HIP certification simply means Harvest Information Program and you will be asked a few questions about your past harvest. Those letters, HIP, will appear near your name at the top of your license. Young hunters need to consult the Outdoor Annual (pg. 33) about their need for a Hunter Education Training Course.

Bobby Roberts Honored

Bobby Roberts of Robert Lee was surprised and honored by his fellow Masonic Brethren, Saturday, August 12, 2000, at the Hayrick Masonic Lodge Hall in Robert Lee.

He was chosen by the members of Hayrick Lodge to receive the Golden Trowel Award. John T. Carver, Jr. Past Master of Hayrick Lodge served as Master of Ceremony. Presenting the award to Bobby was Right Worshipful Billy Young, District Deputy Grand Master, Masonic District 77 of the Grand Lodge of Texas. Bro. Young said, "The lodge committee has reviewed your Masonic carrier and your devotion to the craft and found you deserving of this prestigious award. It is my distinct pleasure to have the honor of presenting you with the Golden Trowel. It is an honor received by few members of the craft. I congratulate you" Bobby's wife, Jeffie, pinned his pin on him at the al-



Bobby Roberts (right) received the "Golden Trowel Award" recently. He is shown with his wife, Jeffie, and R. W. Billy Young of San Angelo.

tar as he received The Golden Trowel.

Bobby was initiated into the Hayrick Masonic Lodge, October 16, 1959, and became a Master Mason December 29, 1959. He has served in many lodge offices and as Worshipful Master three times. (1967, 1982, & 2000).

Thirty-two friends, family, and members were present to help honor Bobby on this special occasion. They were Billy M. and Doris Young, and Glenda Fletcher of San Angelo; Jack Moore of Bronte; Denise, Kacee, and James Roberts, Jeffie Roberts, Winton and Virginia Milliff, Nancy Allen, Jimmie R. Byrne, Garland and Rosie Davis, David and Mary Chesshir, John and Sheila Carver, Bob and Polly Large, Jim and Reba Tabor, O B Jacobs, John Jacobs, Gaylon Pitcock, Wayland Drennan, Allen Bloodworth, Dale and Sue Wojtek, Arthur Runnion, and Red Stephens, all of Robert Lee.

After the presentation, there was picture taking, a time of fellowship, and refreshments served were sandwiches, chips, olives, pickles, cookies, tea, and a cake purchased by John and Sheila Carver which read "Congratulations, Bobby Roberts", with the Masonic Emblem. Glenda Fletcher made the delicious cookies and Jeffie Roberts made the sandwiches. Serving the refreshments were Nancy Allen - Worthy Matron and Red Stephens - Worthy Patron of Robert Lee Eastern Star Chapter, Polly Large, John and Sheila Carver,

Gaylon Pitcock, Reba Tabor and Jeffie.

Coke-Sterling Farm Bureau Convention set August 19

The Coke-Sterling County Farm Bureau will host their Annual County Convention and Dinner Saturday, August 19, 2000. The convention will be held at the Robert Lee Recreation Center in Robert Lee, Texas.

Dinner will begin at 6:30 p.m. Texas Farm Bureau Humorist and Writer, Lana Robinson will be the guest speaker. For more information contact their office at 453-4505.

Lamb and Goat Validation Due

Any 4H or FFA exhibitor who plans to exhibit a lamb or meat goat at any of the major stock shows, needs to contact the County Extension Agent or their Ag. Teacher to determine how many tags we need to order. This does not include animals that will only show at the county show, but if you even think you might show at one of the major shows they must be validated. Cost of the validation process will be \$6.00 per animal. Call before August 21.

A Country Gospel Music Gathering

Tops in Gospel Concert Series presents a Country Gospel Music gathering, an All Night Sing, Saturday, August 19, Radford Auditorium on the McMurry University Campus, South 14th and Sayles Boulevard, Abilene, Texas.

Barnett licensed to ministry

Sunday, July 16, 2000, was a special day at Bronte's First Baptist Church. During the morning worship service, Chad Barnett was presented with his license to the gospel ministry. Chad is the son of Ray and Brenda Barnett of Bronte. A 1996 graduate of Bronte High School, Chad is currently a student at Howard Payne University in Brownwood, where he and his wife Christy make their home.

During the worship service, Chad shared with the congregation of his salvation experience and God's calling him to serve Christ in the ministry. Having previously shared his decision to follow God's leading in the area of ministry and having preached at the church, the members of First Baptist Church voted in their June business meeting to li-

cense Chad to the gospel ministry as a means of sharing openly their recognition of God's working in Chad's life and encouraging him as he continues to follow that call in his life. The Certificate of License presented to Chad by Pastor Morris Johnson and Deacon Chairman Ray Barnett reads as follows: "This is to certify CHADRICK BARNETT who has given evidence that God has called him into THE GOSPEL MINISTRY was Licensed to preach the Gospel as he may have opportunity, and to exercise his gift in the work of Ministry."

After a summer of working at the Heart of Texas Baptist Encampment near Brownwood, Chad will be returning to the classroom at Howard Payne University this fall to continue his preparation for the ministry.



During the July 16, 2000, Sunday morning worship service at First Baptist Church in Bronte, Chad Barnett was presented with his license to the gospel ministry. He is shown with FBC Pastor Morris Johnson (left) and his wife, Christy.

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Per Year Outside of Texas.....\$25.00

Death Notices

Wilcox

John B. Wilcox, Sr., (75), of Robert Lee died Wednesday, August 9, 2000, in a San Angelo hospital.

A Memorial Service will be held at a later date. Arrangements were by Shaffer Funeral Home.

Survivors include his wife, Fern Wilcox of Robert Lee; three sons, John Burton Wilcox, Jr. of Longview, Washington, Earl Eugene Wilcox of Woodland, Washington, and Louie Wilcox of Robert Lee; two brothers, Edmund Wilcox of Bronte and Robert Wilcox of Tennyson; four sisters, Norma Parks of Bronte, Connie Kneller of San Angelo, Nancy Manuel of Mildred, Pennsylvania, and Velda Chapin of Rummerfield, Pennsylvania; and one grandson, David John Wilcox of Woodland, Washington.

USDA Announces Procedures, Dates for Referendum on Pork Checkoff

Dwayne Vincent, CED, recently announced final procedures and dates for the upcoming referendum on continuation of the pork checkoff program. Secretary Dan Glickman authorized a vote on continuation of the checkoff program in February.

The congressionally mandated pork checkoff program is funded by assessments collected from producers when hogs are sold. The funds are used for pork promotion, research, and consumer information. Program funds cannot be used to affect the outcome of the referendum vote.

The final referendum rules provide for in-person voting September 19-21, 2000, at Coke-Sterling FSA at 214 E 7th St., Robert Lee, Tx.

Absentee ballots may be requested beginning August

1. However, absentee ballots for producers will become available from the Coke County FSA Office from August 18, 2000, through September 18.

The public is invited to observe the counting of the ballots at Coke County FSA Office on November 29, 2000.

Producers who have owned and sold one or more pigs or hogs at any time from August 18, 1999, through August 17, 2000, are eligible to vote. Producers are to vote in the County Office where the producer's farm records are administratively located or, for other producers, in the county where the producer owns hogs or pigs.

The final rule will be published in the Federal Register on July 13 and will be on the web at: <http://www.ams.usda.gov/lsg/mpb/pork/pkrefrule.htm>.

Help-Fire Stop-Think-Respect Your Neighbors and the firemen-Make a Call

Have you set a fire? Did you call the Fire Department? Remember if you intentionally set a pile of brush or a pasture on fire you are liable for the damages to your neighbors and the expense to the Fire Department.

It is extremely dangerous at this time to be burning anything. Please use common sense before setting a fire. We will have more fires than we need by accident. With the temperatures running 100 degrees it is dangerous for the men fighting the fires.

Our Fire Departments have been making some needless calls to fires that have been intentionally set and no one bothered to call the fire department and say we don't need you, all is under control. This causes these volunteers to have to leave their jobs and families and make the run. The expense of running the trucks out to the location is no cheap endeavor. Please be considerate of these guys,



The residents of Robert Lee Care Center danced the "Chicken Dance" with several Robert Lee young people during their July 4th celebration. Billy Newman provided the musical entertainment while the residents enjoyed ice cream coke floats.



These four young ladies, Ty Lott, Amber Reyes, Monica Rodriguez, and Stephanie Trejo, helped to entertain the Robert Lee Care Center residents during their July 4th celebration.

they protect us, we need them. We should work with them any way we can to make their job easier.

Judge Walker

No Tax Increase for Robert Lee

The City Council of Robert Lee, in a Regular Meeting, Monday, August 14th approved a "proposed" tax rate of .347908 cents for the 2000 tax year. This is the same rate that is currently in place for the 1999 year.

Other action taken by the Council included: review of the Tax Assessor-Collector's Report, consideration of the fiscal year Audit Report, and consideration of insurance proposals.

The next regular meeting of the City Council will be September 11th at 7:00 p.m. in the City Hall.

Summer Outdoor Watering Schedule for Robert Lee

The City of Robert Lee is currently operating under a "voluntary" watering schedule so far as days are concerned. The City does request that your hours of watering be limited as follows: 6:00 o'clock a.m. to 10:00 o'clock a.m.; and 6:00 o'clock p.m. to 10:00 o'clock p.m.

This schedule will allow for water plant recovery and conservation of water supply. Disrespect of the "voluntary" watering days will necessitate stricter compliance measures by the City. The City does request that all citizens cooperate with our efforts to avoid more stringent requirements.

Sexual Harassment Seminar Slated

A seminar on "Sexual Ha-

rassment" will be held on Friday, August 25, 2000, from 8:30 a.m.-5:00, at the Cactus Hotel, 36 East Twohig Ave., on the 2nd floor in San Angelo.

Suggested attendees include supervisors, non-supervisory, personnel directors, counselors, trainers, women in combat, and male-dominant work environments.

For additional information, call 915/655-0344 or www.plannersguide.com.

Churches of Robert Lee

Invite You to Worship

Emmanuel Pentecostal
PO Box 609 • 1019 Colorado City Hwy
(915) 453-2360

Rev. Ray Aldridge, Pastor
Sun. 10 am & 6 pm, Wed. 7 pm

First United Methodist Church
PO Box 144 • 9th & Chadbourne
(915) 453-2417

Rev. Jim Reeves, Pastor
Sun. 10 am Sunday School
11 am Worship

Wed. 7 pm Choir
Northside Church of Christ
PO Box 388 • 9th & Chadbourne
(915) 453-2619 or 453-2270

Tommy Williams, Minister
Services: Sun. 10 am & 6 pm;
Wed. 7 pm

Pecan Baptist
PO Box 542 • 12 W. Sterling City Hwy
(915) 453-4645

Rev. Dale Patterson, Pastor
Sun. 10 am, Sunday School
11 am & 7 pm, Worship

Southside Church of Christ
PO Box 698 • 8th & Houston
(915) 453-2176

Frank J. Daniels, Preacher
Sun. 10 am, Sunday School
11 am & 6 pm, Worship
Wed. 7 pm, Worship

Robert Lee Baptist Church
PO Box 493 • 22 W. 11th
(915) 453-2724

Bro. Waide Messer, Pastor
Sun. 9:45 am, Sunday School
11 am & 7 pm, Worship

Wed. 7 pm, Prayer Meeting
Our Lady of Guadalupe Catholic Church

601 W. 10th
(915) 365-2687

Rev. Hubert Wade, Jr., Pastor
Sat. 6 pm

Victory Assembly of God
6th & Houston
(915) 453-2208

Rev. Erma Johnson
Sun. 9:45 am, Sunday School
10:45 am & 6 pm, Worship

Wed. 7 pm, Prayer Meeting

SANJAY MITTAL, M.D.

Board Certified in Internal Medicine

is now accepting patients at

Robert Lee Primary Health Care Center

308 E. 3rd Street * Robert Lee, Texas

(Open every weekday afternoon, except Tuesday)

Call for appointment 915-453-9744

Thoughts on the Scripture

By Rev. Jim Reeves

I Peter 5:7 "Casting all your care upon him; for he careth for you."

Did you ever wish you had a place to dump all your worries? We do have a place in God. Remember: if a care is too small to be turned into a prayer, it is too small to be made into a burden.

May God bless each one of you.

Brother Jim

Eight State Eastern Star Exchange

Bobby and Jeffie Roberts of Robert Lee attended an eight state Eastern Star Exchange "Friendship A-Cross the Prairie" was the theme. Eastern Stars from Alabama, Arkansas, Kansas, Louisiana, Mississippi, Missouri, Oklahoma, and Texas gathered at the Wichita Airport Hilton in Wichita, Kansas, July 28-30, 2000. There were approximately 670 present from 17 states which included 40 plus Texas Eastern Stars. Among those present were 9 of the 18 Grand Floor Officers of Texas, Worthy Grand Matron - Betty Friend and her husband Jack, Worthy Grand Patron - H. Lee Stallings and his wife, Pat serving as G. Esther, A.G. Matron - Naomi Wolfe, G. Conductress - Jimmie Lee McMahan, A.G. Conductress - Sharon Fentress, G. Treasurer - Betty Prater, G. Marshal - Susie Broughton and Grand Adah - Jeffie Roberts and her husband, Bobby of Robert Lee. There were 3 other Grand Adahs that joined Jeffie - Dixie Soper - Kansas, Marsha Smith - Alabama, and Mary J. Bowers - Missouri. The other four state's Grand Adahs were unable to attend because of other activities.



O. E. S. chapters from eight states held an exchange banquet July 29 in Wichita, Kansas. Attending were Dixie Soper, Grand Adah - Kansas (standing left), Jeffie Roberts, Grand Adah - Texas, Marsha Smith, Grand Adah - Alabama (seated left), and Mary J. Bowers, Grand Adah - Missouri.

Four hundred Eastern Stars attended The CROWN UP-TOWN Professional Dinner Theatre in Downtown Wichita Friday night - the play was "Nonsense." The Shriners Antique Car Club were in line with their cars along with buses to take the group back to their hotel. Bobby and Jeffie were privileged to ride in a 1955 car driven by owner Don DanBurkleo and honored with the company of the Oklahoma's Worthy Grand Patron - Bill Wise. The 12 antique cars took their passengers on a tour of OLD TOWN Wichita, which has been refurbished for tourist attractions, and also showed them all the new attractions of the city. The beautiful Arkansas River runs through the middle of Wichita, with many little lakes within the city for recreation purposes.

Saturday night was the Formal Banquet with over 600 attending, Sunday morning the Vesper Service featured ESTARL Scholarship recipients. This is a scholarship funded by the Eastern Star for anyone interested in Religious Leadership Training.

Bobby and Jeffie visited in the home of her cousins, Clifton and Carolyn Creech, along with other cousins, Chester and Pearl Ann (Creech) Treadaway, all of Rush Springs, Oklahoma. On Sunday night, July 30, they attended church at The Southern Baptist Church of

Rush Springs with their cousins and families who are members of the church. This was their fifth Sunday night singing of which Clifton and Chester are members of the church band as guitar players. Carolyn sings with the Ladies Group. Bobby and Jeffie enjoyed listening to all the talents of this church in their newly completed family sports and education building. Homemade ice cream, cookies, cakes, and fellowship were enjoyed by all.

As we crossed the Red River on the Texas-Oklahoma border near Wichita Falls, everything got much greener the farther we drove in Oklahoma and Kansas. Wheat fields had been harvested, hay baled with much more growing, the maize and soybean fields were beautiful.

On the return to Robert Lee, Bobby and Jeffie stopped at her cousin's, Eugene (Butch) Creech, place of business. Butch was not there but his son, Les, manager of the business, made them welcome.

Senior Forum on Fraud and Scams

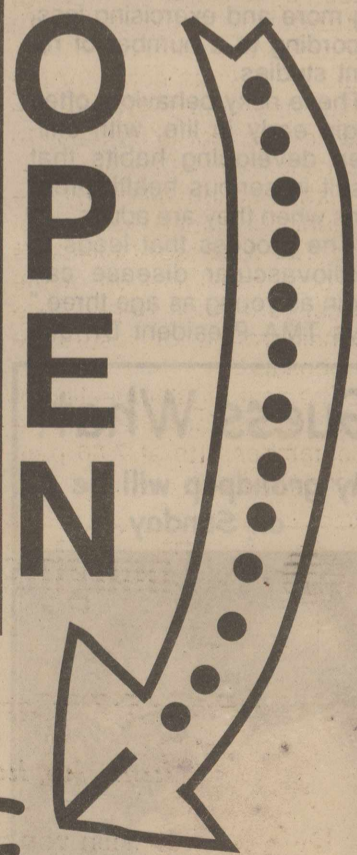
The Office of the Attorney General - Elder Law and Public Health Division is hosting a free conference designed for senior Texans, law enforcement personnel, service providers who work with older adults, and other individuals committed to combating fraud and educating older consumers. This program will be held from 8:00 a.m. to noon on Wednesday, August 30, 2000 at Trinity Lutheran Church, 3536 YMCA Drive, San Angelo, Tx. 76904.

Topics will include; telemarketing fraud, mail and sweepstakes fraud, and resource information for seniors will be available from representatives of various local agencies. According to Lou Hargraves, Chair of the local TRIAD, "This is an open invitation to come and learn about the Attorney General's program, as well as a new program directed at seniors and safe driving."

Co-sponsoring this event are the Area Agency on Aging of the Concho Valley Council of Governments, Tom Green County Triad/S.A.L.T. Council, and Regional Adult Protective Services Advisory Board.

Interested persons please RSVP to Retired & Senior Volunteer Program at 915-223-6388.

Question: What's the most popular redneck pick up line? Answer: Nice tooth!



LONGBRANCH BAR-B-QUE

— Saturday & Sunday —
August 19th & 20th

At The
Red Light In
BRONTE

LONE STAR
CARDS
WELCOME

Super H
IGA

LIMIT
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RESERVED

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Store Hrs: Mon.-Sat. 8-8 Sun. 8-6

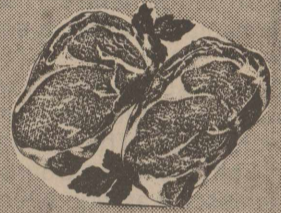
SPECIALS GOOD 8/16 Thru 8/22



Boneless Full Cut

Ribeye
Steak

Lb. \$3.99



Family Pack Split

Fryer Breasts

Lb. .99

California White, Red or Black

Seedless Grapes

LB. .69

Selected Varieties

Jenos Pizza

6.8 - 7.3
oz. pkg. .69



Selected Varieties Oscar Mayer

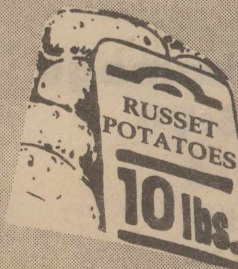
Fun Pack
Lunchables



2 11.2 - 13.2
oz. pkg. /\$3

New Crop

Russet
Potatoes



10 Lb.
Bag

\$1.29

Bronte School News

BISD Board of Trustees holds Budget Workshop

The Bronte ISD Board of Trustees held a budget workshop at 6:00 p.m. on August 10, 2000, prior to the regular board meeting. All board members were present.

The PDAS calendar for 2000-2001 was approved. Discussion was held concerning the athletic program and all coaches gave a report from their particular sport.

Motion was made and passed to approve the inter-local agreement with West Texas Schools Coop for health insurance.

The principals, Terry Marrs, Elementary, and Rick Howell, Secondary, gave their report to the board. Secondary shows an enrollment of 150 and Elementary shows an enrollment of 162.

Motion was made and passed to approve the contract with WCC. The Annual Report from the Coke County Tax Assessor was approved.

The date was set to a Adopt the Budget for 2000-2001 on August 31, 2000, at 7:00 p.m. in the board room.

The date to hold a public meeting to discuss the 2000-2001 Budget and the Proposed Tax Rate was set for September 20, 2000. The regular board meeting will follow the public meeting. An update was given on Cadco/Facilities Proposals.

Motion was made and passed to hire the following: Eddie Beene, Jay Farrington, Corby Kelso, and Natalie Kohutek as teachers at CCJJC.

Motion was made and passed to accept the written resignations of Kerry Lee, Teacher/Coach, and Kathryn McSwain, CCJJC teacher.

The board was updated on the auxiliary personnel hired. They included: Lee Maas, bus driver and maintenance, Robert Sanders, maintenance, and Martha Ratliff, Special Ed Secretary at CCJJC.

Alan Richey, Superintendent, gave his report which included the following: Update and discussion of plans for the TASB/TASA Convention in September and the summer renovation projects.

Board correspondence included a report from the Texas Department of Licensing and Regulations and TASB Superintendent/Board Team Building.

The July 2000 bills were approved to be paid.

The meeting was adjourned by the President at 11:35 p.m. The next scheduled meeting will be August 31, 2000, at 7:00 p.m.

BHS Project Graduation News

Project Graduation is a celebration for the seniors on graduation night, which is drug-free and is funded by the parents, students, community members, and local and surrounding businesses through donations and fundraisers.

Project Graduation parents held their first official meeting on Monday, August 14 at 6:30 PM in the school cafeteria. Officers were elected and final preparations were made for the hamburger supper on "Meet the Longhorn Night". Fundraisers were discussed, and seniors will give input on their ideas. The next meeting will be Monday, August 21, in the cafeteria at 6:30 pm to finalize some plans for the upcoming year.

All interested in Project Graduation are invited and encouraged to attend.

Officers for the year are: President - Randy Gibbs; Vice President - Garland Richards and Kendall Gibbs; Secretary - Vicky McCutchen; and Treasurer - Sue Schoenfield.

Heart Disease Can Begin in Childhood

In the era of video games and VCRs, children are spending more time playing games on screen and less time playing games in the yard. This increasingly sedentary lifestyle, combined with poor eating habits, puts children at risk for long-term health problems, especially cardiovascular disease.

Cardiovascular disease is the number one killer of both men and women in the United States, according to the National Center for Health Statistics. Cardiovascular disease, which includes heart disease, stroke and other illnesses involving the heart and circulatory system, accounts for about 950,000 deaths each year, representing more than 40 percent of total deaths from all causes. In 1996, 42,330 Texans died from heart disease - up from 41,630 in 1995. And stroke took 9,845 lives, compared to 9,788 in 1995. Together, heart disease and stroke cost the state more than \$9 billion a year, which totals more than \$500 per Texan.

Though biology plays a role in the development of cardiovascular disease, behavior is even more influential. The physicians of the Texas Medical Association (TMA) are concerned that even as health officials bombard the public with information about cardiovascular disease, people continue to engage in high-risk behaviors. Americans are smoking more, eating more and exercising less, according to a number of recent studies.

These risky behaviors often begin early in life, with children developing habits that result in serious health problems when they are adults.

"The process that leads to cardiovascular disease can begin as young as age three," says TMA President Dr. Jim

Rohack, a Temple cardiologist. "Children, based on the food they eat and their level of exercise, can develop plaque in their arteries at a very young age. However, good diet and exercise can prevent or at least delay the onset of cardiovascular disease. It's never too early to start."

The physicians of the TMA urge parents to help their children develop good habits and become heart smart while they are young, following these principles:

Eat right

Children cannot live on Happy Meals alone. Instead, encourage them to eat a variety of foods from the four food groups: grains, vegetables and fruits, milk products, and meats or nuts. Provide them with healthy foods, use salt and sugars in moderation and reduce the amount of fat and cholesterol in their diets. Even when a family is on the go, it is possible to find quick, healthy snacks and meals.

Parents should lead by example. A 1999 study in Israel showed that when parents take the lead in weight loss and nutrition programs, children experience more long-term benefits. As an added benefit, the parents also enjoy better health. For menu ideas and helpful tips about eating right, check the Nutrition Guide at www.heartinfo.org.

Be active and exercise

Children do not become physically fit sitting on the couch. They need to be active at least 30 minutes a day for most days of the week, either through sports or play.

Encourage your child to participate in physical activities, including walking, running, swimming, bicycle riding, dancing, and team sports. Not only will these activities keep your child in shape, but he or she also will develop skills to carry into adulthood. Plan activities with family or friends, since it is more fun to play with others. Limit the amount of time your child spends watching TV or playing on the computer to less than 2 hours per day. Instead, encourage your child to go out to the playground, park, pool, or gym. In addition, find out what types of organized

exercise or sport programs are available through the community and school.

Do not smoke

In spite of volumes of evidence that smoking is unhealthy, more young people are picking up the habit. Most people know that smoking causes lung cancer. But they may not realize that smoking also significantly increases their risk for cardiovascular disease.

Scientists have discovered that smoking speeds up hardening of the arteries, a condition that can lead to a heart attack or stroke.

Even living with a smoker nearly doubles the risk of heart disease for children. Second-hand smoke lowers their HDL (good) cholesterol, hardens their arteries and reduces the oxygen in their blood.

Parents should discourage their kids from smoking and should quit themselves.

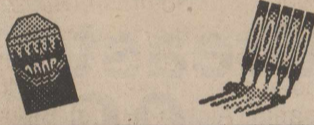
Project W.A.T.C.H.

The physicians of the Texas Medical Association (TMA) are deeply concerned about cardiovascular disease and have launched Project W.A.T.C.H. to combat it.

Project W.A.T.C.H., a collaborative effort of the TMA, TMA Alliance and TMA Foundation, is a two-year initiative that focuses on the five leading preventable risk factors for cardiovascular disease: Weight, Activity, Tobacco, Cholesterol and High blood pressure. TMA and the physicians of Texas are working to educate patients about these five risk factors and decrease the number of Texans who develop and die from cardiovascular disease each year.

Texas Medical Association is a professional organization of more than 36,000 physician and medical student members. It is located in Austin and has 118 component county medical societies around the state. The Association represents 85 percent of the medical doctors licensed and residing in Texas. TMA's key objective is to improve the health of all Texans.

SCHOOL MENU



Breakfast

Monday, August 21
Cereal, Grape Juice, Biscuit, Milk

Tuesday, August 22
Breakfast Pizza, Orange Juice, Blueberry Muffins, Milk

Wednesday, August 23
Pancake & Sausage on a stick, Apple Juice, Donut, Milk

Thursday, August 24
Scrambled Eggs, Sausage, Grape Juice, Biscuit, Milk

Friday, August 25
French Toast Sticks, Apple Sauce, Pop Tarts, Milk

Lunch

Monday, August 21
Chicken Chunks with Gravy, Creamed Potatoes, Green Beans, Apple Sauce, Rolls, Milk

Tuesday, August 22
Grilled Cheese Sandwich, Beef and Vegetable Soup, Carrot Sticks, Corn Bread, Milk, Pink Panther Cake

Wednesday, August 23
Burrito, Pinto Beans, Spanish Rice, Tossed Salad, Milk, Chocolate Chip Cookies

Thursday, August 24
Spud Day, Chili & Cheese, Potato (Baked), Steamed Broccoli, Crackers, Milk, Jello

Friday, August 25
Cheese Burgers, Lettuce, Tomato, Pickles, French Fries, Bun, Milk, Ice Cream Cups

FISH FRY

**First Football Scrimmage
August 25 at 6:00**

Football Field

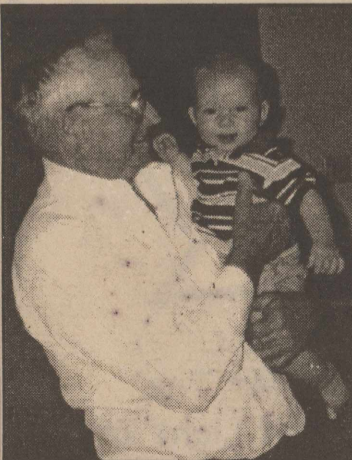
\$5.00 per plate

Sponsored by

Bronte All-Sports Booster Club

Guess What!

My grandpap will be 62 on Sunday.



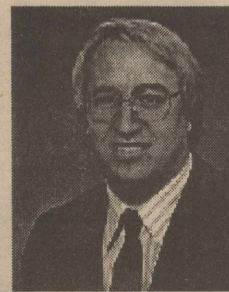
**Happy Birthday
JOE DRAPER**

Have you done your homework on the rising cost of college?

We can provide a free college cost analysis that will show you.

- approximately what the college of your choice is expected to cost in the future;
- how much you'll have to save monthly or annually; and
- how to develop an investment plan that can help you meet your savings goal.

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Can I Lose My License?

By John Cornyn, Attorney General of Texas

Q: Can I lose my driver's license or my hunting license if I don't pay child support?

A: Yes. Non-custodial parents who hold a State of Texas license and owe more than 90 days of past due child support, and are not in compliance with an existing court-ordered or voluntary repayment schedule, may face license suspension.

Most adults have a driver's license. Many have professional licenses such as medical, dental and commercial vehicle. Others have recreational permits such as hunting and fishing licenses.

The Office of the Attorney General's Child Support Division matches its caseload with computer tapes from 58 different licensing agencies.

The system checks for non-custodial parents who hold

eligible licenses and meet the criteria for license suspension. When a match occurs, the Office of the Attorney General will provide the license holder with a warning and an opportunity to resolve the outstanding delinquency.

If the non-custodial parent fails to respond, the Child Support Division will confirm the parent's location and other information necessary to suspend the license. The case will be referred for administrative or judicial prosecution.

Q: Can any other state agency or private company handle child support enforcement cases, and if so, will I receive money sooner?

A: In Texas, county-operated domestic relations or child support offices, private attorneys, and private collection agencies also provide some child support enforcement services. Private agencies DO charge for their ser-

services.

If you use the services of a private child support collection agency, be sure that you fully understand any contract that you sign. Some agencies may have you sign a contract that allows the company to receive a portion of any child support collected, even if the agency did NOT actually collect the payment for you.

The majority of the Attorney General's incoming cases do not have established paternity or child support orders. These cases take longer to process than cases with established paternity and child support orders.

Private child support collection agencies and county domestic relations offices generally handle only cases with established paternity and existing court child support orders.

The Office of the Attorney General is required to provide child support services to all families who apply for our services and to all families receiving Temporary Assistance to Needy Families (TANF). Moreover, the Office of the Attorney General provides the full range of child support

services free of charge. As a result, the Attorney General's caseload is much larger than that of any private collection agency.

However, a private agency may be able to process some cases more quickly. This factor should be balanced against the cost of hiring a private agency.

Q: I would like to have the amount of child support my family receives increased. Is it possible to request this?

A: Only the Court can modify child support payments. It can not be done by agreement of the parties. Grounds for a modification include a material and substantial change in the circumstances of a child or another person affected by the order or the passage of three years since the last child support order. In addition, the monthly payment must differ by either 20 percent or \$100 from the child support guidelines.

A parent subject to a child support order can request a review of the ordered child support amounts every three years by contacting the Office of the Attorney General.

To request a modification, or for further information on Child Support Services offered by the Office of the Attorney General, call (800) 252-8014. Information is also available on our Web site at www.oag.state.tx.us.

Engagement Announced

Brittany Dale Glenn and Aaron Christopher Senseman, both of Houston, will be married at noon, December 16, 2000, at Second Baptist Church in Houston.

The bride-elect is the daughter of Mr. and Mrs. David Glenn of Houston. The prospective groom is the son of Mrs. Donna Senseman and the late Mr. William Senseman, also of Houston.

Miss Glenn is a graduate of Second Baptist High School in Houston and is attending Baylor University in Waco, Texas.

Her fiance is a graduate of Second Baptist High School in Houston and attended the University of Texas in Austin.

Personal

Ginger Eubanks from Natchitoches, La, visited her mother, Helen Murtishaw, her in-laws, Sid and Johnnie Eubanks and other relatives and friends a few days last week.

Ginger and Helen met a group of her Murtishaw kin at Cracker Barrel Restaurant for breakfast one morning. Those present were: Maurine Sparks, Aletha (Babe) Beyerlein both of San Angelo; Mary Sparks from Carlsbad, Tx; Melba Long and Sue Wojtek of Robert Lee.

On their way back to Bronte, Ginger and Helen stopped at "Box L Ranch" and had a picnic lunch with Joy McDaniel from San Angelo; Matthew Plowman, of Lubbock; Joy's grandson, Billy Joe and Diane Lockett and Dewey Lockett of Bronte.

Matthew was fishing and had caught 3 fish. Dewey cleaned and dressed the fish and Joy was going to cook the fish for Matthew's supper.

Ginger reported it sure is hot in Louisiana. Ginger returned home on Saturday.

Admissions Counselor to Visit area High Schools

University of Texas of the Permian Basin admissions counselor Edia Hernandez will visit high schools in Rankin, Big Lake, Mertzon, Christoval, Eldorado, Menard, San Angelo Central, and Lakeview Sept. 6-8. She will visit For- san, Water Valley, Grape Creek, Ozona, Sonora, Miles, Ballinger, Winters, Bronte, Robert Lee, Sterling City and Garden City Sept. 12-15.

She will be available to visit with students individually to discuss admission to U.T. Permian Basin, primarily for Spring 2001. She will also offer information on scholarships and financial aid forms.

Students can make arrangements for individual meetings through their respective high school counselors. Students and parents who would like to schedule appointments outside of school hours may call (915) 552-2605.

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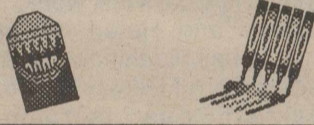
Muscular Dystrophy Association
 Jerry Lewis, National Chairman
www.mdausa.org

Robert Lee School News

Pre-game Brisket Dinner

The RLHS Sophomore class will be hosting a Brisket Dinner with all the fixings, September 1, before the Bronte/Robert Lee football game in the school cafeteria. The meal will be served from 5:00-7:30. The cost of the dinner is \$5.00 for adults and \$3.00 for children 12 and under. Gaylon Pitcock, famous for his brisket at the hunter's bar-b-que and the county stock show, will be cooking the meat. Class members will be having pre-sales on their tickets or you may buy them at the door. They will also be delivering dinners to the Robert Lee area. You may contact Elena Sanchez at school, 453-4555 or 453-2131 if you need a delivery. Bronte and Robert Lee fans, please support the sophomore class and start the football year out right with a good game, good meal, and a good visit with new and old friends! See you there!

SCHOOL MENU



Breakfast

- Monday, August 21**
Orange Juice, French Toast Sticks, Sausage Patty, Syrup, Milk
- Tuesday, August 22**
Orange Juice, Donut, Cold Cereal, Milk
- Wednesday, August 23**
Orange Juice, Breakfast Pizza, Cold Cereal, Milk
- Thursday, August 24**
Orange Juice, Biscuit, Sausage Patty, Cold Cereal, Milk
- Friday, August 25**
Orange Juice, Cinnamon Roll, Cold Cereal, Milk

Lunch

- Monday, August 21**
Fish w/Tartar Sauce, Macaroni & Tomatoes, Black-Eyed Peas, Hushpuppies, Diced Peaches, Milk
- Tuesday, August 22**
Chicken Fried Steak, Gravy, Creamed Potatoes, English Peas, Rolls, Diced Peas, Milk
- Wednesday, August 23**
Rib-B-Ques, Carrots, Apple-sauce, White Bread, Cowboy Cookies, Milk
- Thursday, August 24**
Bean Chalupas, Cheese/Lettuce/Tomatoes/salsa, Spanish Rice, Fresh Fruit, Milk
- Friday, August 25**
Chick-Fil-A/Bun, Pickles, Tator Tots, Fruit Cocktail, Chocolate Pudding, Milk

Robert Lee Natives Earn Honors at HPU

Robert Lee natives Meagan Hill, Eric Hood and Jaclyn Waldrop earned academic honors for the spring 2000 semester at Howard Payne University.

Hill, a chemistry major, was named to the President's List. She is the daughter of Billy and Cynthia Hill.

Hood, a business administration major, was named to the Honor Roll. He is the son of William and Rhonda Hood.

Waldrop, a mathematics major, was named to the Honor Roll. She is the daughter of Riley and Donna Waldrop.

Students must accumulate a grade point average of 3.5 to 3.64 for the Honor Roll and 4.0 for the President's List.

Protect your children's future with health insurance

More than a million Texas children are living each day without health insurance. Although many of these children will have healthy lives, many others will miss out on timely health care due to lack of coverage.

The physicians of Texas Medical Association recognize the importance of providing health insurance for children and urge families to learn more about the availability of coverage through a new campaign called "TexCare Partnership: Children's Health Insurance to Fit Your Budget."

"I think that any way we can get health care to children is going to improve their health and their ultimate outcome in life," says Dr. Jane Rider, a San Angelo pediatrician. "We will have healthier children who will be better educated in our schools and will become happier and more productive adults."

Working parents who are unable to afford health insurance for their children face the following obstacles:

Uninsured children are less likely to receive timely access to primary and preventive care. When the child becomes sicker he or she must receive care in more costly settings.

Children who must come to school sick are less likely to

learn.

Uninsured children also miss school more frequently. School absenteeism not only denies children the opportunity to learn, but also results in a loss of state revenue for local school districts. Parents lose wages and employers lose productivity when a parent must remain home with a sick child.

On April 3, Texas launched TexCare Partnership. The campaign offers three options to insure children: the Children's Health Insurance Program (CHIP), Medicaid and the Texas Healthy Kids Corporation.

CHIP is designed for families who earn too much money for Medicaid but still can't afford insurance. The program, which began coverage on May 1, covers children from birth to age 18 in families making less than 200 percent of the federal poverty level, which is \$33,400 for a family of four. CHIP is financed with state and federal funds. Parents will have to pay some costs for enrollment, office visits and prescriptions.

Another program is the Texas Healthy Kids Corporation, which partners with private insurance carriers to help families purchase coverage. THKC is funded through private donations, which fund the sliding-scale premium assistance program.

Medicaid covers children from birth through age 18 from families with the lowest income. There are no co-payments or deductibles to pay and no monthly premiums. Eligibility is based on family income and age of children to be covered.

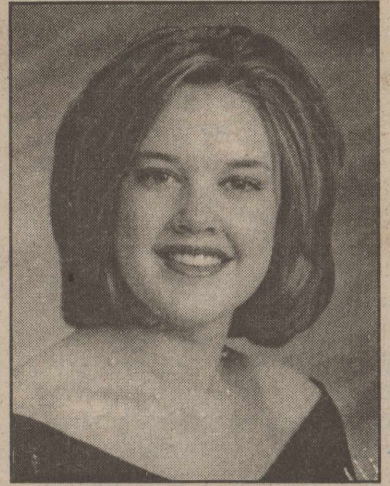
To find out more about all three programs, contact TexCare Partnership at (800) 647-6558 or visit their website at www.texcarepartnership.com.

Texas Medical Association is a professional organization of more than 36,000 physician and medical student members. It is located in Austin and has 118 component medical societies around the state. The Association represents 85 percent of the doctors of medicine licensed and residing in Texas. TMA's key objective is to improve the health of all Texans.

Harry Potter Magical to Kids

Move over Siegfried and Roy. The real magical powers these days belong to Harry Potter, at least when it comes to capturing kids' interest.

The book has stirred renewed interest in reading among all ages that few others ever have, but has especially captivated children, says a Texas A&M University education professor who will incorporate the Harry Potter series into her courses this fall.



Kelli Osborn
Kelli Osborn awarded Scholarships

The newest Harry Potter book, Harry Potter and the Goblet of Fire, is already a best seller, with more than 5 million copies ordered in the United States and Great Britain.

The book has lured children away from television and video games and has gotten them interested in reading, and for that it gets an "A plus," believes Dr. Donna Norton, professor of children's literature at Texas A&M.

"It's rare to see a book that appeals to all ages, but the Harry Potter series has kids reading again, and that's magical in itself," says Norton, who admits she is one of Harry Potter's biggest fans.

Harry Potter is the fictional character created by British author J.K. Rowling. Potter is an orphan who is raised by some cruel relatives, but he discovers that he has magical powers and is a wizard. Friends Ron, who came from a family of witches, and Hermione, a girl who is the brains of the trio, form the nucleus of the series as they battle various types of evil forces.

Kelli D'Nese Osborn, daughter of Steve & Joy Osborn of Ozona and formerly of Robert Lee, has been awarded a \$1,000.00 scholarship by the Womens Club of Ozona and a \$1,000.00 State scholarship by the Texas Federation of Womens Clubs.

Kelli will be a freshman at Texas Tech University in the fall, majoring in Merchandising with a minor in Marketing.

Kelli has also been nominated to receive honorary award recognition into Who's Who Among American High School Students. She was nominated by All-Stater Sports.

Kelli graduated Cum Laude from Ozona High School in May.

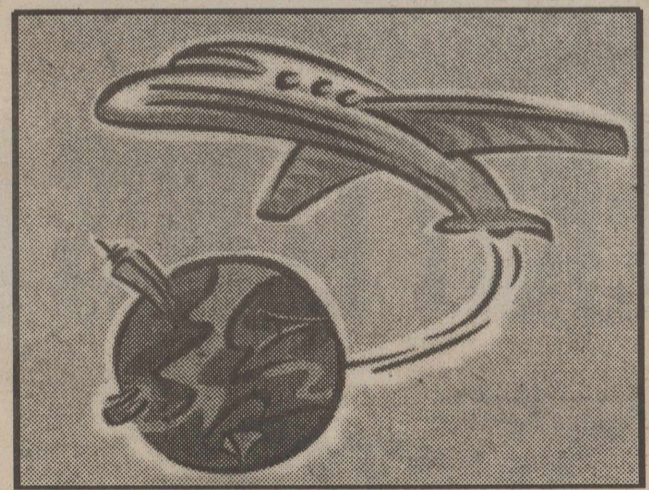
Why is there no national monument to the generation that won World War II?

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Robert Lee High School Sophomore Class Brisket Dinner

September 1, 2000

RLHS Cafeteria

5:00 to 7:30 pm

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Stuffed Animals Ease Children's Hospital Visits

Speedy. That's the kind of recovery we would wish for the sick.

Now, Wyatt Price of Houston, a 6-year-old Texas Children's Hospital patient, has a stuffed dolphin he quickly named "Speedy" to remind him of just that.

Price was among the children who showed up for an appointment with a mountain of stuffed animals, courtesy of Texas 4-H, a Texas Agricultural Extension Service youth organization.

"The animals were collected by kids from all over the state and brought to Texas 4-H Roundup in College Station this summer," said Kelly Richardson of College Station, a member of the Texas 4-H Council that came up with the service project idea.

Richardson, a recent high school graduate who plans to attend Texas A&M University next fall, said delivering the stuffed animals to the children's hospital and seeing the difference they made on the faces of the children - many of whom were facing frightening appointments with their doctors - made the collection project even more special.

"Sometime when you have a collection, you never get to see the recipient or even if the donations were received by someone who needed them," she said. "I'm glad I came and helped deliver these animals because to see the expressions on the kids and realize how much these animals brightened their day was great."

Texas 4-H Roundup is an annual event for upper level 4-H members where district winners of various contests compete for the state title. The Texas 4-H Council, an elected group which governs the statewide organization, for several years has incorporated a charity project into the event. This year's stuffed animal collection for the Texas Children's Hospital in Houston and Children's Medical Center of Dallas netted more than 600 animals.

"By having a charitable event at Roundup, the teens hope to focus on doing something that will help others," said Toby Lepley, Extension Service 4-H program specialist. "It's good for them to be a part of the donation for others, but when they can see this end (giving the stuffed animals to children who actually need them) that is what makes it really sink in."

Volunteers at the Texas Children's Hospital said the stuffed animals will be used primarily to comfort kids who are hospitalized in the 465-bed facility. Some of the animals might be used as gifts to

hospitalized children at "Christmas in July." The event features Santa Claus, who visits children wearing a Hawaiian shirt and shorts, claiming to be on vacation during the off-season.

For more information about Texas 4-H, contact Lepley at (979) 845-1212 or t-lepley@tamu.edu. or visit the Web site at <http://texas4-h.tamu.edu>.

Bridal Shower honors Darla Scott

Darla Scott, daughter of David and Donna Scott, was honored with a Bridal Shower on Sunday, July 23, at the home of Sharon Braswell. She is the bride-elect of Brad Holmes of Lubbock.

Hostesses for the event were: Lucretia Arrott, Terri Blair, Oleta Braswell, Sharon Braswell, Brenda Chambliss, Shaye Coalson, Frances Connel, Christine Corley, Judy Driggers, Kay Ham-bright, Brenda Hines, Peggy

Kemp, Eyvonne Lee, Mary Morrow, Martha Ratliff, Bonnie Taylor, Jerita Taylor, Dee Anna Thompson, and Brenda Tidwell.

Look Who's New Aimee Danielle Zimmermann

Ed and Dana Zimmermann of Robert Lee are the proud parents of a little girl. Aimee Danielle was born August 11, 2000 in the Shannon Medical Center in San Angelo. She weighed 7 pounds and 12 ounces and was 18 1/2 inches long.

She has two brothers, Chris and Brian Eubanks of Robert Lee.

Grandparents are Ethel Zimmermann of Leesburg, Florida and Frank and Sharon Pearson of Robert Lee.

Free Photography Contest

The International Library of

Photography is pleased to announce that over \$60,000.00 in prizes will be awarded this year in the International Open Amateur Photography Contest. Photographers from the Robert Lee area, particularly beginners, are welcome to try to win their share of over 1,300 prizes. The deadline for the contest is October 28, 2000. The contest is open to everyone and entry is FREE.

"Everyone has at least one memorable photo that captures a special moment in time," stated Jeffrey Bryan, Contest Director. "When people learn about our free photography contest, they suddenly realize that their own favorite photos can win cash prizes, as well as gain national exposure," continued Bryan.

To enter, send ONE photograph in ONLY ONE of the following categories: People, Travel, Pets, Children, Sports, Nature, Action, Humor, Portraiture, or Other. The photo must be a color or black-and-white print (unmounted), 8" x 10" or smaller. All entries must include the photographer's name and address on the back, as well as the category and the title of the photo. Photographs should be sent to: The International Library of Photography, Suite 101-9008, 3600 Crondall Lane, Owings Mills, MD 21117. Entries must be postmarked by October 28, 2000.

The International Library of Photography is an organization dedicated to bringing the work of amateur photographers to the public's attention. You can visit their website at www.picture.com.

Effective August 18

OUR CHANGES MEAN MORE CHOICES FOR YOU.

How Will Our Changes Affect You?

We will no longer take bill payments or offer merchandise at our local offices, effective August 18. However, we will be using most of our offices for operational purposes so that we can continue to provide exceptional customer service and outage response. We have made many changes during the past year that will provide more choices for our customers in how they pay their bills and conduct business with WTU.

Will This Change Affect Your Service?

Absolutely not. During this past year, we have added to the services available - like 24-hour-a-day, seven-day-a-week, toll-free access to our customer service center, **1-888-216-3523**. We've added payment options, including the Internet. And, even though we're shifting around some of our resources, critical areas, such as responding to outages and other emergencies will continue to receive the same high priority they get today.

Payment Options:

- **BY MAIL**, using the convenient return envelope enclosed with your bill.
- **THROUGH AUTOMATIC BANK DRAFTING**. Under DirectAdvantage, your payment is

automatically drafted on the bill's due date through your bank or other financial institution. To sign up for the program, call WTU Customer Service at **1-888-216-3523** and ask for an application form. Automatic drafting will begin 30 to 60 days after you've filed your application. You still get your billing statement - before the funds are withdrawn from your account. So you have plenty of time to check your bill before it's paid. But you don't pay the bill, your bank does. And that saves you time, checks and stamps.

- **WITH A CREDIT CARD OR CREDIT/DEBIT CARD**. ChoicePay, a third-party vendor, offers an automated bill payment system that provides a convenient, easy way for customers to pay their bills using most major credit/debit cards 24 hours a day, seven days a week. Call **1-877-414-2060** to use this service.

- **AT A WTU-AUTHORIZED PAY STATION**. Call WTU at **1-888-216-3523** for the location of the pay station nearest your home.

- **OVER THE INTERNET THROUGH TRANSPPOINT™**. Customers with Internet access can sign up at the TransPoint™ Web site of www.transpoint.com to receive and pay their WTU bill electronically. Electronic bill payment is convenient, secure and there is no charge to the customer for this service.

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How can I tell if someone I love is alcoholic?

Even though he was a practicing physician, Bob got drunk nearly every night for 17 years. Somehow believing he could hide his alcoholism from Anne, his wife, he constantly looked for new places to stash his liquor.

"When my wife was planning to go out in the afternoon, I would get a large supply of liquor and smuggle it home and hide it in the coal bin, the clothes chute, over door jams, over beams in the cellar and in cracks in the cellar tile," Bob recalled years later in the Big Book of "Alcoholics Anonymous."

Bob did not fool Anne forever. Eventually she took her husband to meet Bill, a man who called himself a recovering alcoholic.

One month after that meeting, on June 10, 1935, Bob took his last drink. He and Bill began seeing other alcoholics, and soon they formed a mutual-support group called Alcoholics Anonymous (AA).

Members of AA often tell the story of Bill's first meeting with Dr. Bob.

But any full account of AA history must note that someone worried enough about Bob's drinking to arrange that meeting.

If you worry about someone's drinking, you're not alone. According to the most recent figures from the National Institute on Alcohol Abuse and Alcoholism (NIAAA), 13.7 million U.S. adults meet the criteria for alcohol abuse or alcohol dependence.

Still, people might struggle for years with the question: How can I tell if the person I love is truly alcoholic?

Fortunately you don't have to be a medical professional to answer that question and take appropriate action.

One simple option is to use a four-item questionnaire developed by Dr. John Ewing. The first letter of a key work in each question forms the acronym CAGE:

Have you ever felt you should Cut down on your drinking?

Have people Annoyed you by criticizing your drinking?

Have you ever felt bad or Guilty about your drinking?

Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (Eye opener)?

You can pose these questions directly to your loved one, or come up with your own answers for that person. According to NIAAA, one "yes" answer signals a possible problem, and more than one means that it's time for your loved one to get help.

Another way to help determine if your loved one is alcoholic is to learn about the way alcoholism is diagnosed. In the United States, professionals commonly use the criteria listed in the fourth editions of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

According to DSM-IV criteria, people who are alcohol dependent (alcoholic) will:

Show tolerance (find that they have to drink more to get their desired effect from alcohol).

Experience withdrawal symptoms when the effects of alcohol wear off.

Drink larger amounts over a longer period of time than intended.

Consistently fail to cut down or control their drinking.

Give up important work or personal activities in favor of drinking.

Spend a great deal of time getting alcohol, drinking it, and recovering from its effects.

Continue to drink despite knowledge of a persistent physical or psychological problem caused or exacerbated by drinking.

To satisfy a diagnosis of alcohol dependence, a person must experience at least three of these criteria during a 12-month period.

People who are not alcohol dependent may still meet the criteria for alcohol abuse, a condition listed separately in DSM-IV. Alcohol abusers can limit the amount they drink when the consequences become severe enough. People who are truly dependent on alcohol cannot do this.

Tim Sheehan, PhD, regional vice president of Minnesota Recovery Services of Hazelden in Center City, Minn., suggests that people can often trust their own judgments about a loved one's drinking as much as questionnaires and formal criteria.

"A simple assessment like the CAGE questionnaire can be used to help a loved one better think through the extent and severity of drinking behaviors," says Sheehan. "But there's no substitute for our own common sense in deciding when to approach a loved one about a drinking problem."

Odessa Resident Sentenced for Fraud

An Odessa resident who pleaded guilty to one count of making false statements to the Social Security Administration (SSA) was sentenced on June 21 in Midland federal court to fifteen months in prison, followed by three years of supervised probation. Adelina Lopez was also ordered to pay \$70,191.00 in restitution to SSA plus a \$100.00 special assessment fee.

Lopez, who was paid Social Security survivor's benefits for herself and two children, as the widowed caretaker of two young children, falsely claimed that the children were in her custody.

Agents with SSA's Office of the Inspector General investigated the matter after a referral from the Odessa Social Security office.

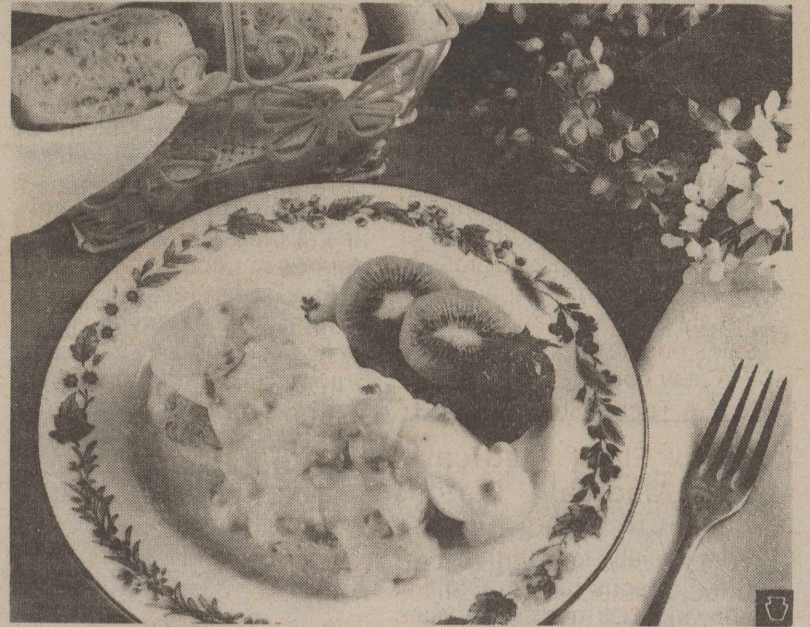
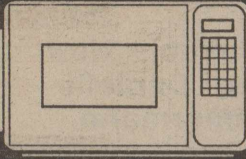
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cooking

DELECTABLE EGG DISHES

the microwave way



(DM)—If you are looking for a simple, low-cost meal idea for spring, consider this new recipe featuring hard-cooked eggs. It's a time-saver too. The whole family will enjoy Creamed Eggs and Veggies over Cheese Biscuits. The sauce is made in the microwave oven and the biscuits are baked conventionally, using the best features of both appliances. The sauce calls for red pepper, corn and peas but other favorite vegetables can be substituted. The biscuit dough will be easier to mix and roll out if the whipping cream is warmed in the microwave oven before adding to the dry ingredients. Whirlpool Corporation home economists recommend that you pop the biscuits into the oven and then microwave the sauce to have this meal ready in under 30 minutes.

CREAMED EGGS & VEGGIES OVER CHEESE BISCUITS

(6 servings. Total cooking time: 11 minutes)

- 1/4 cup chopped red pepper
- 1/3 cup butter or margarine
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 2 cups milk
- 1/3 cup frozen or canned corn
- 1/3 cup frozen or canned baby peas

- 1 teaspoon prepared mustard
- 6 hard-cooked eggs, sliced or chopped
- Cheesy Whipping Cream Biscuits

1. In 2-quart glass bowl, microwave red pepper in butter at

HIGH (100%) for 1 minute. Stir in flour and salt. Gradually stir in milk.

2. Microwave at HIGH for 6 minutes or until mixture thickens and boils, stirring several times.

3. Stir in corn, peas, mustard and eggs. Microwave at HIGH for 4 minutes or until hot. Serve over warm, split Cheesy Whipping Cream Biscuits.

CHEESY WHIPPING CREAM BISCUITS (12 biscuits)

- 2 cups self-rising flour
- 1 tablespoon sugar
- 1/2 cup shredded cheddar cheese
- 1 carton (8 oz., 1 cup) whipping

cream, unwhipped

1. In medium bowl, stir together flour, sugar and cheese. Set aside.

2. Open cardboard carton of whipping cream. Place in microwave oven. Microwave at HIGH (100%) for 30 seconds to slightly warm cream.

3. Pour cream over flour mixture, stirring to make a very stiff dough. Knead 10 to 12 times. On floured surface, roll out to 1/2 inch thickness. Cut into circles, 2 inches in diameter. Place on cookie sheet and bake in conventional oven at 400°F for 15 minutes or until lightly browned. Serve warm.

NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET AND PROPOSED TAX RATE

The Robert Lee Independent School District will hold a public meeting at 6:30 PM, August 29, 2000 in Robert Lee School Library, 1318 Hamilton, Robert Lee, Texas.

The purpose of this meeting is to discuss the school district's budget that will determine the tax rate that will be adopted. Public participation in the discussion is invited.

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

Comparison of Proposed Rates with Last Year's Rates					
	Maintenance & Operations	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
Last Year's Rate	\$1.500000	\$0.000000	\$1.500000	\$4,871	\$3,410
Rate to Maintain Same Level of Maintenance & Operations Revenue & Pay Debt Service	\$1.441000	\$0.000000	\$1.441000	\$4,717	\$3,497
Proposed Rate	\$1.500000	\$0.000000	\$1.500000	\$5,086	\$3,497

* The Interest and Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both. The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.

Comparison of Proposed Levy with Last Year's Levy on Average Residence		
	Last Year	This Year
Average Market Value of Residences	\$35,860	\$37,100
Average Taxable Value of Residences	\$13,690	\$14,680
Last Year's Rate Versus Proposed Rate per \$100 Value	\$1.500000	\$1.500000
Taxes Due on Average Residence	\$205.35	\$220.20
Increase (Decrease) in Taxes		\$14.85

Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in tax rate or property value.

Notice of Rollback Rate: The highest tax rate the district can adopt before requiring voter approval at an election is \$1.501135. This election will be automatically held if the district adopts a rate in excess of the rollback rate of \$1.501135.

Fund Balances	
The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:	
Maintenance and Operations Fund Balance(s)	\$985,393
Interest & Sinking Fund Balance(s)	\$0

Teenagers Can Explore Different Careers

By the time teenagers graduate from high school and are ready to enter the workforce or attend college, many do not have any idea of what they "want to be when they grow up." Experts emphasize the importance of beginning career preparation early when students are able to try things out and explore different interests or job options. High school students have the freedom to intern at a professional theatre, learn Spanish while living with a family in Central America, sail as an apprentice aboard a sloop, dig up dinosaur fossils in Wyoming, have a summer job at NASA, or start their own sales business.

A new book Testing the Waters: A Teen's Guide to Career

Help Fight Medicare and Medicaid Waste, Fraud and Abuse

In society today, most retired persons take comfort in knowing that medical services will be there when needed, thanks to Medicare and Medicaid. It should concern all of us that, due to unscrupulous practices of a small proportion of health care providers, Medicare and Medicaid are being drained of valuable resources.

In 1998 alone, Medicare lost nearly \$13 billion to fraudulent or unnecessary claims. This problem affects all Americans. It affects those who depend on Medicare and Medicaid by diminishing the quality of the treatment they receive. It affects caregivers by decreasing the funding available for important programs. And it affects everyone who pays taxes by wasting billions of tax dollars.

Most health care professionals are honest, trustworthy and responsible. However, fraud occurs when an individual or organization deliberately deceives others in order to gain some sort of unauthorized benefit. Fraud generally involves billing for services that were never rendered or billing for a service at a higher rate than is actually justified. Health care waste and abuse occurs when providers supply services or products that are medically unnecessary or that do not meet professional standards.

What can you do to combat waste, fraud and abuse? First, treat your Medicare number as you would your credit card number. Handle it with care. Second, read your explanation of benefits statements carefully. Call your provider or Medicare insurance company for an explanation or clarification of unusual or questionable Medicare charges. Finally, if you have called your provider and your Medicare insurance carrier and continue to have questions, call the Medicare Fraud Hotline at 1-800-447-8477.

Together we can reduce Medicare and Medicaid fraud, waste and abuse and keep these valuable programs financially stable.

For more information about Medicare fraud, or about the Medicare program itself, call 1-800-633-4227, or visit the Medicare website at www.medicare.gov.

Exploration, contains information about these opportunities as well as detailed profiles of over 1,200 other career exploration activities available for teenagers throughout the United States and around the world. These exploration activities include volunteer work, internships, businesses teens can start themselves, and exciting travel and educational opportunities. Indexing by location, area of interest, and cost/compensation makes it easy for teens to target opportunities. This new book fills a unique niche by focusing exclusively on opportunities for high school students. Taking advantage of any of these activities will help high school students try out a career before graduating from high school or declaring a college major.

In addition to being a career exploration guide for teenagers, Testing the Waters: A Teen's Guide to Career Exploration, provides the tools necessary for high school students to seek out even more opportunities. The book includes descriptions of over 150 websites for teens to explore, more than 30 special focus pages providing detailed information about exceptional programs, and an extensive resource listing featuring books, websites, magazines, camps, and organizations.

Testing the Waters: A Teen's Guide to Career Exploration was written by Alice N. Culbreath and Sandra K. Neal. Ms. Culbreath is the owner of JRC Consulting and the former managing editor of Florida Funding Publications. She has a degree in psychology and is an experienced supervisor of student interns. Ms. Neal has a degree in education and is a veteran teacher with eighteen years of experience. As an educator and parent, Ms. Neal has extensive experience in helping young adults explore career options and "test the waters."

Copies of Testing the Waters: A Teen's Guide to Career Exploration are available for \$24.95 from Resource Media Group, Inc., P.O. Box 450297, Miami, Florida 33245-0297, 305/858-7595, or 305/858-1043 (fax). Quantity discounts are available and credit cards are accepted. Copies are also available online from Amazon.com or at your nearest bookstore.

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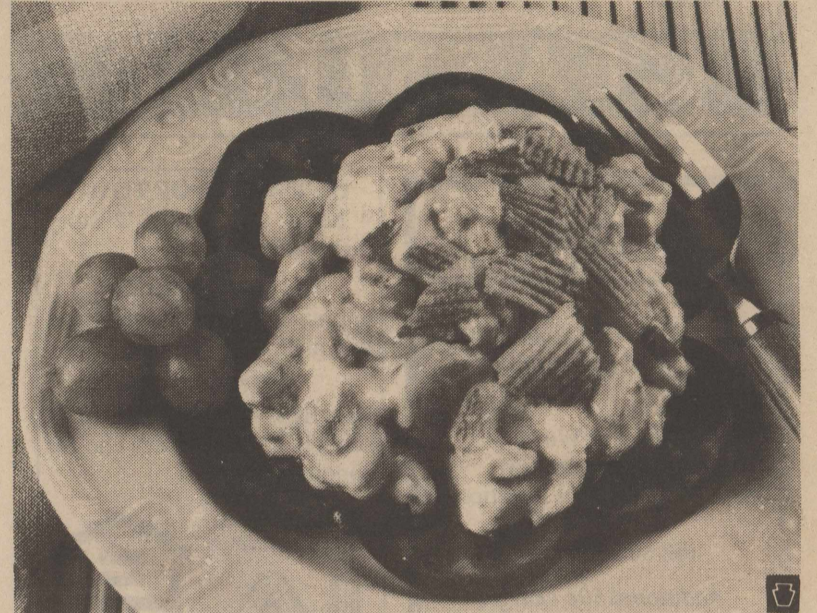
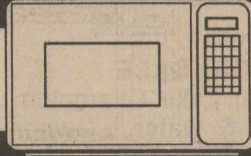
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cooking

MAIN DISH SALADS

the microwave way



(DM)—Hot chicken salad is a versatile main dish, equally appropriate for a ladies' luncheon or a family evening meal. This easy-to-prepare microwave recipe for Creamy Hot Chicken Salad takes just 22 minutes of total cooking time. For an attractive serving suggestion, according to Whirlpool Corporation home economists, arrange sliced tomatoes on a plate, top with a large spoonful of the chicken salad and add a cluster of grapes.

CREAMY HOT CHICKEN SALAD

(6 servings. Total cooking time: 22 minutes)

- 1 pound boneless chicken, cut into ½ inch pieces
 - ¼ cup water
 - Garlic pepper
 - 1 cup chopped celery
 - 2 green onions, sliced
 - ½ cup sliced water chestnuts
 - 1 teaspoon lemon juice
 - 1 can (10 ¾ oz.) condensed cream of chicken soup
 - ½ cup regular mayonnaise
 - 2 cups potato chips, crushed to 1 cup
1. Place chicken in medium microwave-safe bowl. Add water. Sprinkle with garlic pepper. Cover and microwave at HIGH (100%) for 2 minutes. Stir and microwave at MEDIUM (50%) for 8 minutes or until thoroughly cooked and no longer pink, stirring twice. Cool slightly. Drain off liquid.
 2. Stir together chicken and all

remaining ingredients except potato chips. Spoon into 2-quart microwave-safe casserole. Cover loosely. Microwave at MEDIUM (50%) for 10 minutes or until hot. Stir. Top with potato chips. Microwave at HIGH for 2 minutes longer.

Nutrition Information (per serving)

Calories	328
Protein	19 g
Fat	22 g
Cholesterol	34 mg
Carbohydrates	12 g
Sodium	727 mg

Whirlpool TimeSmart Tip

This recipe was developed using a microwave oven with a wattage output of 700 watts. Smaller microwave ovens may have a lower wattage output and the recipe will take longer to cook. In an oven with a higher wattage output, the recipe may require less time to cook. Record the length of cooking time needed for each recipe as you make it. This will help when making the same or similar recipes in the future.

Notice of Public Hearing on Tax Increase

The Coke County will hold a public hearing on a proposal to increase total tax revenues from properties on the tax roll in the preceding year by 6.20 percent. Your individual taxes may increase at a greater or lesser rate, or even decrease, depending on the change in the taxable value of your property in relation to the change in taxable value of all other property and the tax rate that is adopted.

The public hearing will be held on August 28, 2000 at 8:00 AM at Commissioner's Courtroom, County Courthouse, 13 E. 7th St., Robert Lee, Texas.

FOR the proposal: Paul Burns, Pct 1 Wayne McCutchen, Pct 2
 Pat Perciful, Pct 3 David Rawlings, Pct 4

AGAINST the proposal:

PRESENT and not voting:

ABSENT:

The following table compares taxes on an average home in this taxing unit last year to taxes proposed on the average home this year. Again, your individual taxes may be higher or lower, depending on the taxable value of your property.

	Last Year	This Year
Average residence homestead value	\$38,740	\$39,770
General exemptions available	\$7,750	\$7,950
<small>(amount available on the average homestead, not including senior citizen's or disabled person's exemptions)</small>		
Average taxable value	\$30,990	\$31,820
Tax rate (per \$100)	0.515708	0.517602
Tax	\$159.82	\$164.70

Under this proposal, taxes on the average homestead would increase by \$4.88 or 3.05 percent compared with last year's taxes. Comparing tax rates without adjusting for changes in property value, the tax rate would increase by \$0.001894 per \$100 of taxable value or 0.37 percent compared to last year's tax rate. These tax rate figures are not adjusted for changes in the taxable value of property.

terminated by the Hospital District Board of Directors. Services of the Shamrock Clinic will be available as compensated services. Eligibility for compensated services will be limited to persons who currently are and have been residents of the WCCHD for a period of six months or more and whose family income is within the income guidelines established by the WCCHD Board of Directors and shown to be effective August 1, 1999. Application for this program can be made at the business office of the Robert Lee Care Center. This notice is published in accordance with Chapter 315, H.B. 1013 enacted April 8, 1993 establishing the WCCHD. This notice is made in compliance with the plan administration for annual public notification of service availability.

04a-1tc

NOTICE OF AVAILABILITY OF INDIGENT HEALTH CARE ASSISTANCE

West Coke County Hospital District of Robert Lee, TX, will provide from October 1, 2000 to September 30, 2001 Indigent Health Care services to all eligible persons who meet the Hospital District eligibility requirements. Any resident of WCCHD is eligible to apply for these services. Eligibility criteria includes household composition, income and other available resources. Supporting documentation is required for all components of eligibility. Eligibility for Indigent Health Care services will be limited to persons who can prove residency in the WCCHD and whose family income meets the criteria of the current poverty income guidelines established by the Texas Department of Health as shown to be effective May 8, 1998. Application for this program can be made at the business office of the Robert Lee Care Center. This notice is made in compliance with the plan administration for annual public notification of service availability.

04a-1tc

NOTICE OF PUBLIC HEARINGS

The Region F Regional Water Planning Group will conduct two public hearings to receive comments on the initially prepared regional water plan for Region F. Region F includes the counties of Andrews, Borden, Brown, Coke, Coleman, Concho, Crane, Crockett, Ector, Glasscock, Howard, Irion, Kimble, Loving, Martin, Mason, McCulloch, Menard, Midland, Mitchell, Pecos, Reagan, Reeves, Runnels, Schleicher, Scurry, Sterling, Sutton, Tom Green, Upton, Ward, and Winkler.

Copies of the initially prepared regional water plan are available in the County Clerk's office of the counties listed above and the main public library of the county seat in each county, if one exists.

Public meetings will be held at the Texas A&M University Research and Extension Center, 7887 US Highway 87 North, San Angelo, Texas, on Tuesday, September 5, 2000, at 6 p.m.; and at the

UTPB Center for Energy and Economic Diversification, 1400 North FM 1788, Odessa, Texas, on Wednesday, September 6, 2000, at 6 p.m. Written and oral comments will be accepted at these hearings on the information contained within the initially prepared regional water plans. Written comments will also be accepted through Monday, September 11, 2000. Written comments or requests for additional information are to be directed to the following: Mr. John Grant, Chairman, Region F Regional Water Planning Group, c/o Colorado River Municipal Water District, P.O. Box 869, Big Spring, Texas 79721-0869, Telephone: 915-267-6341.

04a-1tc

PUBLIC NOTICE

Notice is hereby given that a budget hearing will be held at 6:45 pm on September 7, 2000, in the City Hall, Bronte, Texas.

The budget for the City of Bronte for the fiscal year October 1, 2000, to September 30, 2001, will be adopted.

The public is invited to attend and participate in these proceedings.

Pat Martindale
City Secretary
04b-1tc

NOTICE OF PUBLIC MEETING ON AGENCY PLANS

August 21, 2000 at 5:30 P.M. Bronte Housing Authority

The Quality Housing and Work Responsibility Act of 1998 requires the Housing Authority of the City of Bronte to prepare a five year plan and an annual plan covering operations of the Public Housing. On August 21, 2000 at 5:30 P.M., the Board of Commissioners for the Bronte Housing Authority will hold a public meeting to receive comments on the Housing Authority's five year and annual plan. The meeting will take place at 116 Northeast Railroad in the office of the Bronte Housing Authority. The draft plans and all supporting documentation are available to the public for viewing at the Administration Office of the Housing Authority located at 116 NE Railroad, Monday, Wednesday, Friday during the hours of 9:00 A.M. until 11:00 A.M.

04b-1tc

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BRONTE ISD is accepting bids for petroleum products, gasoline and diesel. Mail bids to Alan Richey, P. O. Box 670, Bronte, Texas 76933. Deadline for bids is August 31, 2000, 10 a.m. For further information contact Alan Richey, Superintendent 915-473-2511.

04b-2tc

Individual management plan makes living with asthma easier

The diagnosis is asthma. Check which symptoms you have to live with daily: coughing, wheezing, shortness of breath, feeling a tightness in your chest, being absent from work or school often, or sitting on the sidelines of sports or games.

None of the above, according to State Epidemiologist Dennis Perrotta at the Texas Department of Health (TDH). "People don't have to live with asthma symptoms as a daily part of their lives." The key, he says, is an individualized management plan worked out between patient and health care provider and sometimes including other family members.

Asthma, which affects about 17 million Americans including nearly 5 million children, is a serious, chronic lung disease. Often beginning in childhood, asthma affects the way people breathe. Airways to the lungs become inflamed and swollen, produce mucus, often are blocked and are especially sensitive to irritants.

Although the specific cause of asthma is not known, genetics and exposure to a variety of conditions in the environment play a role. Asthma symptoms can be triggered by such things as:

Allergens-dander, dust mites, cockroaches, pollen, foods

Environmental conditions-cold temperatures, indoor/outdoor air

Pollution such as smoke, fumes or odors

Emotions, stress

Upper respiratory infections including flu and the common cold

Exercise

Other improperly treated medical conditions such as sinusitis or acid reflux.

"We don't know what causes asthma and we can't cure it," Perrotta said. "But we do know it can be managed successfully so people with asthma can live long, healthy, symptom-free lives."

Asthma is the most common chronic disease among chil-

dren and the leading cause of school absences among youngsters under 16. Children with asthma miss twice as many school days as do children without the illness.

If not well controlled, asthma takes an increasing toll on the health of people of all ages. Those with asthma may visit emergency rooms, may need to be hospitalized or may die. Since 1980 in Texas, the death rate from asthma has nearly doubled, with 343 deaths recorded in 1998. The highest death rates are for people over age 60.

People who guess about symptoms, try different ways of self-medication and use the emergency room for quick treatment often do not get consistent care for asthma. Good control, according to Perrotta, comes with a carefully crafted, long-term asthma management plan. And it becomes a continuous part of a person's daily life.

A health care provider can diagnose asthma by taking a medical history, giving a physical exam and testing how the lungs function. Treatment varies with the severity of the disease and persistence of symptoms. Long-term medications are used to maintain control of chronic asthma and to prevent airway inflammation that contributes to asthma attacks. Quick-relief medications are used to treat acute symptoms and to prevent asthma brought on by exercise.

A typical asthma plan, set up by a physician together with the patient, is based on the colors of a traffic light. It helps people anticipate problems and get help when needed. The plan identifies for the individual things that start an asthma episode, when and how to check breathing, daily medications needed and when they should be used.

In such a plan, green means go, use preventive medicine. In the green zone, a person has good breathing, no

coughing or wheezing, sleeps through the night and can work and play. Yellow means caution, add quick-relief medicine. In the yellow zone, a person has the first signs of a cold, has been exposed to a known trigger, has a mild wheeze, a tight chest, coughs at night and can do some but not all usual activities. Red is danger, get help from a doctor. In the red zone, asthma is getting worse fast. Medicine is not helping, breathing is hard and fast, the nose opens wide, ribs show and a person cannot talk well.

Living with asthma includes following the management plan and knowing what activities and resources are available in your community.

People have access to such things as summer camps for children with asthma, com-

Campfire Concerts at Fort Concho

An outdoor variety show featuring cowboy music, poetry, storytelling and specialty acts will be held August 19, and September 16, 2000, at 7:30 p.m. - 9:30 p.m. The variety show will be held at Historic Fort Concho in San Angelo, Barrack Courtyard at Avenue B & Burgess. The show will be moved inside in case of inclement weather.

For more information contact: Roger Banks at 949-6870, or e-mail BanksR7690@aol.com. Hayden Whittington at 949-7282 or call Fort Concho 481-2646.

Personal

Bobby and Jeffie Roberts and Dolores Roe of Robert Lee made a one day trip to Arlington, August 7, 2000. They were practicing for the upcoming 118th Session of the Grand Chapter of Texas to be held October 5, 6, 7, 2000, in San Antonio.

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453-2715

Use Safety at Automatic Teller

It's late at night when you realize you're short on cash. No problem you think to yourself, most convenient ATMs operate 24 hours a day. In search for a cash machine, you find a sidewalk bank terminal at the end of the street and another within a neighborhood grocery store.

The PULSE EFT Association recently launched an ATM Safety campaign to aid in the education process. A list of security measures have been established to assist account card holders.

1. You should avoid using ATM machines at night if they are not in well-lit areas. Using an ATM inside a busy grocery store would be more preferable to the sidewalk machine located in a darkened neighborhood.

2. Bypass terminals near bushes, fences or other obstructions that could provide easy hiding places for criminals.

3. Take a friend along for safety.

4. Reduce time spent at the terminal. Have your card ready for use.

5. The Personal Identification Number (PIN) is the password for your account that may be assigned or chosen. Do not choose your birth date, address or other predictable codes, thieves know all the standard tricks.

6. Memorize your PIN. Do not write your access code on your card or keep it in your wallet to be seen by a thief.

7. Cover the ATM key pad when typing your PIN, so others can not see.

8. Keep your windows rolled up, engine running and doors locked when using a motor terminal.

9. Don't forget to keep your receipts. You need them to compare your records with your monthly statements. If there are any discrepancies, contact your financial institution for clarification. It is always a good idea to follow up all calls with a written letter.

10. Report lost or stolen ATM cards immediately to your financial institution and the police. Time is a key factor, the longer you wait the more money you may lose. If you discover your card is missing before it is used, you are not responsible for any unauthorized withdrawals.

Provided as a public service by the Independent Bankers Association of Texas (IBAT).

Know the facts about skin cancer

Skin cancer is the most common of all cancers. One out of every five people in the US will develop skin cancer during their lifetime.

Because we live in a southern state where the sun is stronger, the number of skin cancers diagnosed is higher than in most other states. This year an estimated 3,400 Texans will be diagnosed with the most deadly form of skin cancer - malignant melanoma.

Exposure to UV radiation through sunlight or tanning booths increases the risk of all skin cancers.

Besides skin cancer, the sun's UV radiation also increases the risk of cataracts and certain other eye problems, and can suppress the immune system.

People with a lot of moles or who have moles that are large have an increased risk of malignant melanoma. Risk of malignant melanoma is greater if there is a family history (mother, father, brother, sister, child) of the disease.

People that have been treated with medicines that suppress the immune system may also have an increased risk of melanoma.

Exposure to certain chemicals, such as arsenic and coal tars, or to high dose x-ray treatments have been associated with skin cancers.

Sunscreen is necessary even on cloudy days when 70-80% of the harmful rays can go through cloud cover.

The sun's rays can burn in up to 3 feet of water and can reflect off sand, water, concrete and similar surfaces.

Certain medications can make your skin more sensitive to sun damage.

Both basal and squamous cell cancers are typically found on exposed parts of the body such as the face, neck, forearms and scalp. Malignant melanoma, the most deadly form of skin cancer, may be found on skin that is always covered.

Malignant melanoma, like basal cell and squamous cell cancers, is almost always curable in its early stages. Melanoma is much more likely than basal or squamous cell cancer to spread to other parts of the body. Although rare, melanoma skin cancer can develop in the childhood or teenage years.

Self-exams of the skin are recommended every one to three months. Any suspicious skin problems should be checked by a dermatologist.

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