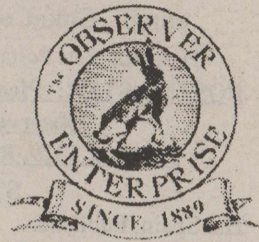


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THE OBSERVER/ENTERPRISE

Serving Coke & Sterling Counties



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Vol. 119, No. 16

Friday, November 3, 2006

County offers hunter appreciation barbecues

Coke County will offer a couple of barbecues on opening day to show our appreciation to you, as hunters, who choose to spend your recreational time in our counties. Each of the barbecues is discussed below.

WCCCD Hunter Appreciation Barbecue

West Coke County Community Development will sponsor their 18th annual Hunters' Appreciation Barbecue on Saturday evening, November 4. Free to area hunters, the barbecue will again take place at the rec hall in the county park in Robert Lee.

The supper will include plenty of barbecued brisket and sausage, beans, potato salad, iced tea, and fixings. Serving will begin at 6:00 pm and will continue until 9:00 pm.

The feed is at no cost to hunters, but tickets are necessary. They are available from the party from whom they lease, or from participating individuals and businesses who have supported the barbecue by donations.

The annual barbecue is produced by WCCCD members and great local volunteers who do the work -- preparing, cooking, serving, clean-up -- and whatever it takes to make the event happen.

Area landowners and hunting lease managers may make a donation and pick up barbecue

tickets at the following locations in Robert Lee: C&H Auto and Hardware, Super H Grocery, Key Feed Store, and Wink Insurance, all in Robert Lee. You may also mail your donation to WCCCD, PO Box 226, Robert Lee, TX 76945.

For more information contact Barbecue Chairman Robert Wink at (325) 453-2713 (ofc) or (325) 453-2003 (home).

The annual barbecue has grown from about 300 the first year to as many as 1,000 hungry hunters in recent years.

Wild Game Barbecue at Bronte

The annual Hunters' Wild Game Barbecue Lunch is once again slated for Bronte, this year on Saturday, November 4, opening day of deer season. As in years past, the barbecue lunch will be at no charge to attending hunters, and is sponsored by Hall's Super Save Grocery and B&K Processing.

The menu will consist of deer and elk sandwiches, smoked sausage, beans, soft drinks, and dessert. Serving will begin at 11:00 am and go until 2:00 pm. The location is B&K Processing (behind Hall's Grocery) in Bronte.

If you haven't eaten the variety of wild game sandwiches and sausages prepared at Bronte, don't miss this opportunity to sample some of these excellent meats. In



Trick or Treat! An assortment of princesses, skeletons and pumpkins made their way around downtown Robert Lee on Halloween morning to do a little trick or treating. The group of local children visited Robert Lee businesses to get their share of some candy.

previous years, the menu has also included rattlesnake and other exotic wild game cooked on the grill for your sampling pleasure.

While you're there, don't forget to tour their state of the art processing facility.

Voters go to the polls on Tuesday

Coke Countians will join the rest of the state and nation on Tuesday, November 7, 2006, by voting in the General Election. Although this is only a mid-term election, and no presidential candidates are featured on the ballot, voters will determine many state officeholders. Voters will select a governor,

U. S. Senator, and U. S. Representative. Also included on the ballot will be Lieutenant Governor, Attorney General, Comptroller, and many other statewide offices relating to Supreme Court and Appellate Court Justice positions.

Closer to home, voters will select a new state representative for our district, as Republican Drew Darby takes on Libertarian Dennis Higgins. In Coke County, incumbent county judge Roy Blair is being challenged by Hal Spain. In the only other contested county race, Andra Arrott will challenge incumbent Phelan Wrinkle for the office of County Treasurer.

Uncontested races in the county include Mary Grim for County/District Clerk; Josie Dean, Tax Assessor/Collector; Robert Feil, County Commissioner, Pct. 2; Bobby Blaylock, County Commissioner Pct. 4; Joan Davis, Justice of the Peace, Pct. 1; Grady Coulter, Justice of the Peace, Pct. 2; and Marshall Millican, Constable, Pct. 1. Please note that due to the many offices on the ballot, a sample ballot has been included on page 16 of this issue.

Early voting will conclude in Robert Lee at the courthouse at 1:00 pm on Friday,

November 3, 2006. General Election polling will be held from 7:00 am until 7:00 pm on Tuesday, November 7. Polling locations are as follows: Pct. 1 - Senior Citizen Building at the park in Robert Lee; Pct. 2 - Senior Citizen Building in Bronte; Pct. 3 - Courthouse in Robert Lee; and Pct. 4 - City Hall in Bronte.

Voters are reminded to bring your voter registration card or ID to vote. For additional information regarding the election, contact the county clerk's office at 453-2631.

Martin Benefit Fund set

The Chad Martin Benefit Fund has recently been set up at Robert Lee State Bank.

Chad Martin, a seventh grader at Robert Lee Junior High and son of Lorrie and Larry Martin, will be needing a serious surgery involving the expansion of his chest cavity. He was born with a sunken chest. Now, as he has hit a major growing stage, his lungs and heart do not have enough room to grow. He also has to have his gall bladder removed.

The family will travel to Ft. Worth to Cook's Medical Center on Friday, November 3, to meet with a surgeon, have some tests run, and establish a game plan. Please keep this family in your prayers!

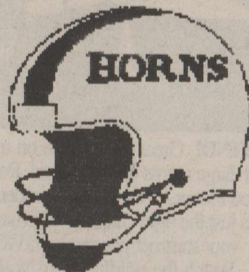
Coke County Football

BRONTE LONGHORNS

vs.

Miles Bulldogs

7:30 pm • Friday
November 3 • Bronte



ROBERT LEE STEERS

vs.

Water Valley Wildcats

7:30 pm • Friday
November 3 • Robert Lee



THE OBSERVER/ENTERPRISE

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Per Year Elsewhere in Texas.....\$22.00
Per Year Outside of Texas.....\$25.00



Welcome Back! A few members of the Robert Lee High School Class of 1976 and some spouses participated in the 2006 Homecoming Festivities on October 6. They included (back row, left to right) Valerie (Baker) Howard, Mary Elaine (Lackey) Ray, Mike Stephens, Sheila (Roberts) Farrar, (front row, left to right) Jimmy Munoz, Janie (Lara) Munoz, LaNell (Flowers) Dean and Stephen Dean.

Coke County dance slated

The monthly dance for Coke County will be held from 6:30 pm to 9 pm on Tuesday, November 7, at the Robert Lee Rec Hall.

Red Hat Society meeting set

Come and join the fun on November 7. At 9 am there will be a breakfast in Blackwell at the City Cafe.

Farm Bureau to host meeting

The USDA has initiated an innovative subsidized risk management solution for insuring Pasture, Rangeland, Forage and Hay (PRF). PRF provides coverage for a reduction in the rainfall index amount in a given geographic area.

The Rainfall Index is based on National Oceanic and Atmospheric Administration data and uses an approximate 12x12 mile grid. Insurance payments to a producer suffering a loss are calculated based on the deviation from normal precipitation.

Producers are not required to insure all acres, but cannot exceed the total number of grazing or haying acres they operate.

The insurance is highly subsidized by USDA and 2007 Crop Year must be purchased by November 30, 2006. The Coke-Sterling Farm Bureau will host a PRF information meeting on Monday, November 6 at 6 pm. There will be a meal provided but you must RSVP to the Farm Bureau office at 453-4505 by Friday, November 3.

RLISD to host Veterans Day program

Robert Lee ISD will honor Veterans with an assembly Friday, November 10, in the auditorium at 9:30 am. The program will include patriotic singing from the elementary music classes, patriotic music from the band, patriotic readings from students. The BETA Club will host a reception in the high school library for any veterans present immediately after the program.

Senior Thanksgiving meal set

The Robert Lee Senior Center will be hosting a Thanksgiving meal at the lunge recreation center on Tuesday evening, November

14, 2006, beginning at 5:30 pm. All senior citizens in the county are invited.

The meal will be potluck and will feature turkey, dressing, and all the trimmings. Also, enchiladas will be available for those who are not fond of the traditional fare.

Call 453-4780 for more information and to RSVP. Last year over sixty people attended and had a fabulous time. Come celebrate and be thankful for AMERICA!

Golf tourney slated for Bronte

There will be a 27 hole, two person select shot golf tournament on Saturday, November 18. The tournament will be held at Singing Winds Golf Course in Bronte, with tee off time at 9 am. For more information, call 473-2156.

Texas NRCS sets deadline for EQIP

The USDA-Natural Resources Conservation Service (NRCS) in Texas has set a Dec. 15, 2006, sign-up deadline for the 2007 Environmental Quality Incentives Program (EQIP).

Immediately following the end of the sign-up period, all applications will be ranked. Producers with an approved application will work with an NRCS conservation planner to develop a contract and a plan and will begin implementing conservation practices next spring.

For more information, contact the Texas NRCS Web Site at the local NRCS office or visit www.tx.nrcs.usda.gov/programs/.

*Please Exercise
Your Privilege to*

VOTE

Tuesday, November 7, 2006

Area Churches

Invite You to Worship

- | | |
|--|--|
| <p>Bronte Church of Christ
PO Box 346 • 118 S. Jefferson
Bronte
(325) 473-3291
Preacher John V. Driggers
Sun. 10 am & 6 pm, Wed. 7 pm</p> <p>Central Baptist Church
324 S. Franklin • Bronte
(325) 473-4811
Tim White, Pastor
Sun. 10 am Sunday School
11 am & 6 pm Worship
Wed. 6 pm</p> <p>Emmanuel Pentecostal
PO Box 683 • 1019 Colorado City Hwy
Robert Lee
(325) 453-2360
Rev. Ray Aldridge, Pastor
Sun. 10 am & 6 pm, Wed. 7 pm</p> <p>First Baptist Church
424 S. Washington • Bronte
(325) 473-2331
Bro. Morris Johnson, Pastor
Sunday 9:45 am Sunday School,
10:55 am Worship, 6 pm Youth
and Worship
Wednesday 7 pm Prayer Meeting</p> <p>First United Methodist Church
Corner of Washington & Holmes
Bronte
(325) 473-3281
Rev. David Bailey, Pastor
Sun. 10:00 am Sunday School
11:00 am Worship
5:00 Youth</p> <p>First United Methodist Church
PO Box 144 • 9th & Chadbourne
Robert Lee
(325) 453-2417
Rev. Steve Rowe, Pastor
Sun. 10 am Sunday School
11 am Worship
Wed. 7 pm Choir</p> <p>Iglesia Bautista Bethel
101 Houston • Robert Lee
(325) 453-5003 • 453-2296
Pastor: Basilio Esquivel
Sun. 9:45, 11:00, & 11:30 am
& 6 pm, Wednesday 7 pm</p> | <p>Southside Church of Christ
PO Box 698 • 8th & Houston
Robert Lee
(325) 453-2176
Frank J. Daniels, Preacher
Sun. 10 am, Sunday School
11 am & 6 pm, Worship
Wed. 7 pm, Worship</p> <p>Northside Church of Christ
PO Box 388 • 9th & Chadbourne
Robert Lee
(325) 655-9784 or 453-2685
Portis Ribble, Minister
Services: Sun. 10 am & 1:30 pm;
Wed. 6 pm</p> <p>Our Lady of Guadalupe Catholic Church
601 W. 10th, Robert Lee
(325) 365-2687
Rev. Hubert Wade, Jr., Pastor
Sat. 6 pm</p> <p>Pecan Baptist
PO Box 542 • 12 miles West of Robert Lee
on Sterling City Hwy • (325) 453-2004
Rev. Richard Easterling, Pastor
Sun. 10 am, Sunday School
11 am & 7 pm, Worship</p> <p>Robert Lee Baptist Church
PO Box 493 • 22 W. 11th
(325) 453-2724
Jason Martin, Pastor
Sun. 9:45 am, Sunday School
11 am & 6 pm, Worship
Wed. 7 pm, Prayer Meeting</p> <p>Tennyson Baptist Church
Hwy 277 • Tennyson
Joe Hodges, Pastor
(325) 473-2040
Sun. 9:45 am, Sunday School
11:00 am & 6 pm, Worship
Wed. 6:00 pm Prayer Meeting</p> <p>Victory Assembly of God
PO Box 638 • 6th & Houston
Robert Lee
(325) 453-2208
Rev. Irving Smith, Pastor
Sun. 9:45 am, Sunday School
10:45 am & 6 pm, Worship
Wed. 7 pm, Prayer Meeting</p> |
|--|--|

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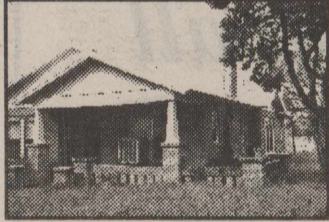
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Fall hunting season begins this weekend

by Hal Spain, Publisher

Ready or not, fall hunting season is upon us. We have been blessed with another Indian summer, and the temperatures, while not nearly as high as some we reached this summer, have been fairly warm, minus an occasional cool front or two this fall.

This past summer can be best described with one word, and that word is drought, which means we are coming up on the end of a rather disappointing dove season, for the most part. What affected the feed for the dove also impacted our bob-white quail populations. Lack of weeds, cover, and insect populations have adversely affected our quail nesting. Instead of the usual groups of 6 to 8 baby quail following their two parents, many of us have observed only one or two chicks of different sizes in a covey. By mid-summer, we observed the quail abandoning their partners and going back to the covey formations that we see for most of the year.

Turkey nesting has suffered the same fate; however, the past two years have been so good for turkey poults that total numbers have not been impacted greatly, and turkey hunting for the most part should be good.

I have talked with several ranchers and lease managers who have seen deer mortality during the summer. However, I have also observed does with twins that survived pretty well during the drouthy summer. With the advent of the cooler weather, I have observed a number of six to eight point bucks, some of which have some good width and others with pretty good beam thickness. Concerning the deer populations, some of the more knowledgeable managers are of the opinion that the dry summer will affect our buck numbers and quality four years down the road, and not so much this year's population. Due to adequate moisture this fall, we should expect our numbers showing up at the local processing facilities to be at or near the past couple of years.

Concerning seasons, we are at the tail end of dove season, which runs from Sept. 1 through Oct. 30, 2006. The winter short season runs from Dec. 26, 2006 through Jan. 4, 2007, with a daily bag limit of 12 in the central zone, which includes Coke County.

Archery season for deer and turkey closed on Oct. 29, 2006, with no antlerless permit required except on MLD property. The general deer season will run from Nov. 4, 2006 through Jan. 7, 2007. The special late general season will run from Jan. 8 through Jan. 21, 2007, with antlerless and spike bucks only. The bag limit for deer is 5, with no more than 2 bucks, all seasons combined.

Turkey season will run con-

currently with deer season, Nov. 4 through Jan. 7. Spring turkey season will be March 31 through May 13, gobblers only, with a bag limit of 4 (all seasons combined).

Quail season will run statewide Oct. 28 through Feb. 25, with a daily limit of 15 and a possession limit of 45.

Legal shooting hours for all game animals and nonmigratory game birds are from one-half hour before sunrise to one-half hour after sunset.

Hunting stamp endorsements which are required are an archery stamp - \$7; migratory game birds - \$7; upland game birds - \$7; and a federal migratory game bird (duck stamp) - \$15.

Landowners and lease managers are reminded that a Hunting Lease License will again be required this year, and the different types are defined below:

Hunting Lease License (Types 132, 133, and 134)

Required of a landowner or landowner's agent who leases hunting rights to another person on property they own or control for pay or other consideration. The license must be displayed on the property.

License fee: \$75 for 1 through 499 acres; \$140 for 500 through 999 acres; or \$240 for 1,000 acres or more:

Note: Record book no longer required.

Have a wonderful time during your stay in Coke and Sterling Counties. Please remember that you are the ambassadors for all of us involved in the hunting and outdoor industry. Think Safety every time you handle a firearm, and make proper gun handling and safe shooting a part of your everyday life at home or in the field. Have a safe and successful season.

Local retired teachers attend Fall Convention

The District XV Fall Convention of the Texas Retired Teachers Association was held October 25, 2006, at the Brownwood ISD Administration

building. Dr. Sue Jones, Superintendent of Brownwood ISD, welcomed the Association.

The purpose of the meeting was to conduct the business of the association, nominate officers for 2007-2008 and to hear committee reports. Local presidents and members will take this information back to their local units.

Speaker for the convention, Herber Norris, TRTA Second Vice-President, informed members of issues currently facing retired teachers. Tom Guerin, TRS Representative, and Mike Lehr, representing the Texas Retired Teachers Foundation, gave updates on TRS and TRTF respectively. Brief remarks were made by: Jim Keffer, House District 60 Representative; Drew Darby, candidate for House District 72 Representative; and Isaac Albarado, assistant to Representative Harvey Hildenbran of District 15. A question and answer session followed.

District XV is composed of 9 local units with members from Brown, Coke, Coleman, Comanche, Erath, McCulloch, Menard, Mason, Kimble, Runnels counties and San Angelo Retired Teachers and Associates. Janet Wommack, William and Rhonda Hood represented Coke County Retired Teachers Association at the convention.



Look Who's New!

Aaron Robert Cates

Aaron Robert Cates was born October 17, 2006, at 5:13 pm at a Brownwood hospital. He weighed 6 lbs. 4 ounces. Aaron was welcomed by older brother Kody and his parents Daniel and Sunni Cates. Daniel is a 2000 graduate of Robert Lee High School and is a coach and teacher in Brady.

Aaron's grandparents are Louis Clark and Paula Cates of Robert Lee and John and Melanie Jones of Brackettville.

LEADERSHIP

We need leadership now in the Coke County Judge's Office. I am asking for your support and vote in the upcoming general election. Please VOTE on Tuesday, November 7.

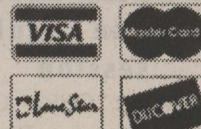
Hal Spain

Candidate for Coke County Judge

Pd. Pol. Adv. by Hal Spain, PO Box 1329, Robert Lee, TX 76945

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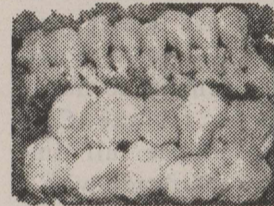


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Pkg. **/\$5**

Save On
Keystone
24 Pack
Cans **Light**
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Keystone
Light 30 Pack **\$17.89**

Reg., Light or Select
Budweiser
Beer
18 Pack
Cans **\$12.29**



WCCHD board meets in regular session

The West Coke County Hospital District Board of Directors met in regular session on Monday, October 30 at the Robert Lee Care Center. President Mary Bessent called the meeting to order at 9:37 am. A quorum, consisting of members Mike Lomas, Dessie Kendall, and Pat Stephens, was present, and President Bessent led the invocation. There were no comments from the visitors. Others present were Cy Jenkins, Administrator, and Christi Phillips, Business Office Manager. The board excused absent board members, and approved minutes, pending a date correction, from the previous meeting of September 29, 2006.

The board voted to rent vending machines from Coke County for use in elections. The board also voted to designate Cy Jenkins to hire a receptionist for the Care Center to assume full time duties in accordance with a selected job description.

Mileage policy was discussed, and a mileage allowance for authorized driver protocol policy and procedure was passed.

On the next agenda item, the board voted to acquire a proposal from a consultant with RGB Human Resources for a review and rewriting, as needed, of the employee handbook. The minutes were taped in accordance with previous decision.

Cy Jenkins will visit with exterminators in an attempt to resolve some current problems. The board voted that the Robert Lee Care Center will host a Flu Clinic and Open House in mid-November. The official date will be announced later in the Observer/Enterprise. The board also approved the request of the Robert Lee Care Center to participate in the Christmas Open House that will take place on Friday, December 3. The public is cordially invited and encouraged to come by for a visit, a tour of the facility, if desired, and to enjoy refreshments with the staff and residents.

In accordance with tradition, the board approved the annual Thanksgiving party for residents, and others by special invitation, to take place on Sunday, November 19. Some operational situations were discussed by the board, and deferred to the administrator to resolve.

The board dismissed for lunch at 11:25 am and went back into regular session at 12:15 pm.

Due to rising costs, the board voted to accept a proposal of a slight increase in room rates at the Care Center, effective January 1, 2007.

The Robert Lee Care

Center budget for 2006-2007 was discussed and approved. The financial report for September was also approved.

Cy Jenkins gave the administrator's report, and called on the head of the Safety Committee, Jan Magness, and member Tammy Riley, to give a presentation of areas of safety violations and a plan to address them. In accordance with the committee's report, the board approved a plan to acquire the services, and work in conjunction with the firm of J.J. Keller, in order that the Care Center would be fully compliant with required safety codes.

Future agenda items were discussed, the date of the next meeting will be November 27, 2006 at the Care Center. The meeting was adjourned at 3:07 pm.



Party Time! The Robert Lee High School Chapter of FCCLA hosted the monthly Birthday Party for Robert Lee Care Center on October 23. The residents enjoyed seeing the school kids in their costumes and visiting with them. Everyone also enjoyed painting the pumpkins that the FCCLA group brought.

Check Out Coke County Library

It was a Winnie the Pooh blustery day, but it didn't stop several princesses, Spider Man, Clark Kent, the lady in blue velvet, a couple of black cats, a baby kitten (lion?), a vampire, a doctor, and several other wonderfully costumed children from trick or treating downtown Robert Lee.

Several moms and dads were along for the trip giving nearly every child a hand to hold or a hip to sit on.

The downtown businesses and offices were their usual generous and appreciative selves and the kids remembered to say, "thank you"

almost every time. Now the offices and businesses are not just a door, but a positive place to enter.

Thanks to all who participated. Winnie the Pooh would have loved the blustery day.

The fall book sale is scheduled for Friday, November 3, from 8 am until 3 pm and on Saturday from 8 am until 12 noon. Lots of good fiction both hardback (\$1.00 for new and 25 cents for others) and paperback (10 cents each) available.

Thanks to those who donate books for the sale as well as to those who shop. Book people on the Christmas list don't mind a sale book.

Use caution in school zones

TxDOT would like to remind motorists of the following schedule for school

zone flashing signals:

Robert Lee 7:30 a.m. - 8:30 a.m.; 11:45 a.m. - 1:00 p.m.; 3:15 p.m. - 4:00 p.m.

Bronte 7:30 a.m. - 8:30 a.m.; 11:50 a.m. - 1:15 p.m.; 2:30 p.m. - 4:00 p.m.

When signals are flashing, the speed limit is reduced and motorists are advised to use extra caution.

Robert Lee Volunteer Fire Department Notes

by Mark Sides, Asst. Chief, Sec./Treas.

The Robert Lee Volunteer Fire Department responded on two fire calls during October. The first was a structure fire in the early hours of October 9 at the

Pecan Baptist Church. The second call of the month occurred approximately 3 miles west of town on Hwy 158, and involved a semi, owned by O&M Farms of Hamilton Texas, hauling cotton burrs.

The Department will have a regular business meeting on Monday, November 6 at 7pm at the station. Training certificates will be awarded, and the donation letter mailout will be discussed. All department personnel are urged to attend.

The Department reminds all residential water department customers to bring their water bill in when paying, so that city hall can record the results of the \$2.00 per meter charge survey.

GIANT BOOK SALE
 Friday, November 3 • 8 am - 3 pm
 Saturday, November 4 • 8 am - 12 noon
 Hardbacks • \$1 new • Used \$.25
 Paperbacks • \$.10
 Coke County Library
 706 Austin, Robert Lee

Although I am unopposed in the General Election on November 7, I would certainly appreciate your support and vote.
 Thank You,
Robert Feil
 Pd. Pol. Adv. by Robert A. Feil, 801 E. Hayrick Rd, Bronte, Texas 76933

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EQUAL HOUSING OPPORTUNITY

Is Your Job The Dirtiest?

Teachers, bankers and accountants might want to rethink their career choices now that new research indicates their jobs are "germier" than others.

Researchers, led by the University of Arizona's Dr. Charles Gerba, recently set out to compare whether some professions are truly "germier" than others.

In the number one spot were teachers, a finding that didn't surprise Dr. Gerba's researchers.

"This is clearly one test on which teachers would not like to receive such 'high marks'," joked Dr. Gerba. "But then again, when your officemates are children, it is no surprise that classroom surfaces are off the germ charts."

The study, which was funded by The Clorox Company, found that the phones, desks and keyboards regularly used by teachers, accountants and bankers harbor two to twenty times more bacteria per square inch than other professions. Phones ranked as the leading home for office germs, followed by desks, keyboards and computer mice.

The Germiest Jobs, ranked from most germ to least germ, are:

1. Teacher
2. Accountant
3. Banker
4. Radio DJ
5. Doctor
6. Television Producer
7. Consultant
8. Publicist
9. Lawyer

Interestingly, accountants had the dirtiest desks and pens, something you may want to think about next time you prepare your taxes. In a change since the researchers first began tracking "Germs in the Workplace" in 2002, bacteria presence on office surfaces overall appears to have decreased, in some cases by nearly five times the initial count, Dr. Gerba said.

"We were pleased to find a decrease in bacteria levels. Perhaps people are becoming more aware of germs in their office and doing something about it," said Gerba.

As people spend more time at their desks, germs find plenty to snack on. According to a recent American Dietician Association survey, 57 percent of workers snack at their desks at least once a day. More than 75 percent of workers "only occasionally" clean their desks before eating; 20 percent never do, the survey found.

"Desks are really bacteria cafeterias," said Dr. Gerba. "They're breakfast buffets, lunch tables and snack bars, as we spend more and more

hours at the office."

Although Dr. Gerba's new research measures bacteria level differences among professions, his previous "Germs in the Workplace" studies have looked at the presence of viruses within the workplace. In one study, Dr. Gerba and his researchers found that an infected person can leave a trail of viruses on every surface they touch - and viruses can survive on surfaces for up to three days.

Dr. Gerba recommends frequent hand-washing and using disinfecting wipes daily on surfaces in your cubicle or office to kill illness-causing germs.

For more information on colds and viruses and on keeping your home and personal space clean, visit <http://clorox.com/health.php> on the Internet.

Exercise is good for whole family

The family that exercises together stays healthier together. However, in order to successfully engage the whole family, it helps to make exercise fun by incorporating other activities into your routine.

With obesity in both adults and children seemingly rising out of control, family exercise and other activities can help head-off health problems.

We've all heard about the risks of becoming overweight or obese, including developing diabetes, heart disease, and even psychological problems. Luckily, parents can take steps now to prevent such ailments from becoming realities for themselves and their kids.

Experts at the University of Michigan Health System advise that parents can teach their children by example to get up, get out and together make exercise fun.

Taking family walks or bike rides are just a few simple ways to get everyone physically involved and interacting. Plus, it helps parents to teach their kids how to lead an active and



Reading! The Robert Lee Elementary School Third Grade class enjoyed having a Steer football player and cheerleader read to them and visit with them recently.

healthy lifestyle.

One of the easiest ways to get the family moving is to encourage playing outside during the day. Limit unhealthy habits like watching television, playing video games or sitting at the computer inside, which keep children indoors and inactive.

"Limiting the amount of TV children watch, video games they play or the amount of computer time they have is really an important part of the parents' responsibility to get their kids moving," said University of Michigan exercise physiologist Audrey Hazekamp.

Some helpful keys to motivating family exercise include:

- * Find out what your children like to do and make this a focus of your family activities.
- * Keep the word "exercise" out of your vocabulary. Instead, promote "play time" and encourage activities that are fun and physical such as hop-scotch, jumping rope, tag or hide-and-go-seek.
- * Use family walks or bike rides as a time to do more than just exercise together.
- * Try planning social out-

ings to involve physical activity such as taking the family out dancing or roller-skating.

* Make it a rule to leave the television off one day a week. This encourages physical activity and outdoor play.

* Don't make exercise a chore or work; keep it light and enjoyable.

* Vary the activities, and let your children take turns choosing what the family will do.

* Trips to the park, zoo or miniature golf course can be fun and involve a lot of walking.

* Try to be available as much as possible when your children play games such as tag, capture the flag, or kickball.

"Bringing in other kids will make exercise look

more like play while creating a fun atmosphere for physical activity," added Hazekamp.

For more information on exercise and other health-related topics, visit www.med.umich.edu online.

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RE-ELECT ROY BLAIR

Thank you for your support during my first term as your County Judge. I would like to continue serving Coke County as County Judge and will do so with your VOTE, November 7th on the Democratic ticket.

You are cordially invited to a closing campaign party at the Guadalupe Catholic Church Fellowship Hall after the polls close November 7th.

Pd. Pol. Adv. by Judy Blair, Treasurer, PO Box 245, Robert Lee, TX 76945

BRONTE SCHOOL NEWS



Lady Longhorns Advance! The Bronte High School Lady Longhorns Volleyball team won the District 4-1A playoff game against Sterling City recently. This win sends the Lady Longhorns on the first place playoff route. Their first round is a bye. The Area round game will be Saturday, November 4 at University of Texas at Permian Basin in Odessa at 3 pm.

Longhorns can't quite top Forsan Buffaloes

The Longhorns traveled to Forsan on Friday night and were defeated 54-6. After trailing 14-0 at half, the second half belonged to the Buffaloes, as they rolled up 40 points.

The Longhorns lone score came on Mason Jackson's 4-yard run. On defense the Longhorns were led in seven tackles by Reece Springer and Louie Martinez, and six tackles by Adam Halfacer, Philip Rawlings, and Zach Bennett.

The Longhorns play tonight in Bronte against the Miles Bulldogs.

All-Sports Booster Club meeting slated

There will be an All-Sports Booster Club meeting on Monday, November 6, at 6:30 pm in the library. The cakes brought to the Fall Festival were appreciated.

The workers scheduled for Thursday, November 9 are the parents of Leticia Pena, Jonathan Ehl, Brett Wills, Eddie May, Albert Force, and Ty Mackey.

If you cannot work, please contact either Tammy Royall or Laurie Austin at 473-2251.

Bronte students travel to UIL meet

The following students traveled to Texas State Technical College in Sweetwater, Saturday, October 21, 2006. Justin Taylor - 12th grade Calculator; Eric Hendrickson - 12th grade Number Sense, Math, Science; Cody Wallace - 11th grade Math, Science; Bill Miller - 9th grade Math, Science; Jacob Scott - 9th grade Number Sense; C.J.

McClure - 11th grade Math, Science.

Eric Hendrickson placed second in 12th grade Number Sense and Jacob Scott placed seventh in 9th grade Number Sense.

The High School UIL contest will be in Water Valley on Friday, March 30, 2007.

Junior High and Elementary schools will be participating in UIL Academic contests on Wednesday, November 15, 2006 at Garden City.

How To Develop Good Homework And Study Habits

With so many distractions tugging at kids these days, it's no wonder it's hard for some students to develop good homework and study routines.

Some simple tips, however, can help parents help their children establish better habits and work environments for homework success.

As such, the experts at the American Academy of Pediatrics are offering some homework advice for parents and kids, alike:

- * Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy.
- * Set aside ample time for homework.
- * Establish a household rule that the TV set stays off during homework time.
- * Be available to answer questions and offer assistance, but

never do a child's homework for him or her.

- * To help alleviate eye fatigue, neck fatigue and brain fatigue while studying, it's recommended that youngsters close the books for 10 minutes every hour and go do something else.

- * If your child is struggling with a particular subject, and you aren't able to help him or her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.

More parenting information and advice from the American Academy of Pediatrics is available online at www.aap.org/parents.html.

Common Sense Can Help Prevent Children's Sports Injuries

Participating in sports is a great way for kids to get exercise, challenge themselves and learn to interact with others. And while many parents worry about their children getting injured while playing sports, some common sense can go a long way to helping keep them safe.

More than 30 million kids participate in organized sports in the United States. The fact is that nearly 775,000 children are treated in hospital emergency rooms for sports-related injuries each year, according to the National SAFE KIDS Campaign.

That's why the Nemours Children's Clinic is advising parents that knowing the causes, prevention, and treatment of sports injuries can help make athletic participation a positive, injury-free experience for their children.

"Participation in any sport, whether it's recreational bike riding or peewee football, teaches children to stretch their limits and helps them learn the value of sportsmanship and discipline," said Robert Stanton, MD, pediatric orthopedist with Nemours Children's Clinic. "However, any sport, organized or not, carries the risk of injury."

Nemours is offering some simple advice to help prevent sports-related injuries, including the following tips:

- * Inspect, maintain, and help your child use the right equipment for the sport. Make certain that the correct equipment is being used and fits properly based on your child's height and weight.

- * Inspect and maintain the appropriateness of playing surfaces. Check playing fields for holes and ruts, that could cause your child to fall. Basketball and running tracks should not be concrete.

- * Do your homework. Make sure the club, team, or league your child is playing for is committed to safety and sportsmanship. Qualified adults should supervise any team sport or activity that your child participates in, and the team coach should have training in first aid and CPR. A healthy coaching environment includes a coaching staff that promotes a player's well-being and not one that may encourage children to play through injury.

- * Prepare your child for his or her chosen sport. Make sure your child knows how to play the sport before heading out on the field. Your child should prepare for games and practices with adequate warm-ups and training sessions.

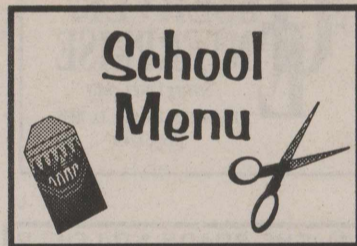
"Proper preparation will lend a hand to ensure that your child has lots of fun on the playing field - without injury," says Dr. Stanton. "Remember to encourage your child to drink plenty of fluids and rest before, during, and after practice or a game - these strategies will help athletes excel in their sports endeavors."

Despite your best efforts to prevent injury, your child may get hurt while playing sports. If your child is injured, remain calm and ensure that he or she gets the immediate medical attention necessary.

To help you better prepare yourself, Nemours has posted several articles online at www.nemours.org relating to sport injury prevention. For more doctor-approved health information for kids, visit www.kidshealth.org.

Walk across Texas

TBC represented the Texas beef industry at two American Heart Association Heart Walks in Dallas and San Antonio. The American Heart Association is a national voluntary health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke. More than 25,000 walkers took part in the Dallas event and 10,000 participated in San Antonio. TBC served more than 2,500 lean beef burgers on whole-meat buns, distributed beef nutrition information and provided cooking tips, recipes and more. TBC will participate in the upcoming Houston and Austin heart walks.



Breakfast

Monday, November 6

Cereal, diced pears, toast, jelly, milk

Tuesday, November 7

Sausage roll, assorted juice, milk

Wednesday, November 8

French toast sticks, assorted juice, syrup, milk

Thursday, November 9

Blueberry muffins, assorted juice, toast, jelly, milk

Friday, November 10

Breakfast pizza, assorted juice, milk

Lunch

Monday, November 6

Chicken fajitas, refried beans, corn, orange smiles, flour tortilla, chocolate pudding, milk

Tuesday, November 7

Pigs in a blanket, pinto beans, tator tots, pineapple-orange salad, milk

Wednesday, November 8

Chicken fried steak, gravy, mashed potatoes, green beans, roll, strawberry shortcake, milk

Thursday, November 9

Beef & bean chalupas, Spanish rice, lettuce & tomato, tostada shells, rosie applesauce, milk

Friday, November 10

Sub sandwich, ham & cheese, lettuce, tomato, pickle, baby carrots w/ranch, baked chips, brownie, milk

Please take the time to exercise your right to vote and to remember those who fought so that you can.

Thank You,
Bobby Blaylock
Candidate for Coke County
Commissioner, Prec. 4

Pd. Pol. Adv. by Bobby Blaylock

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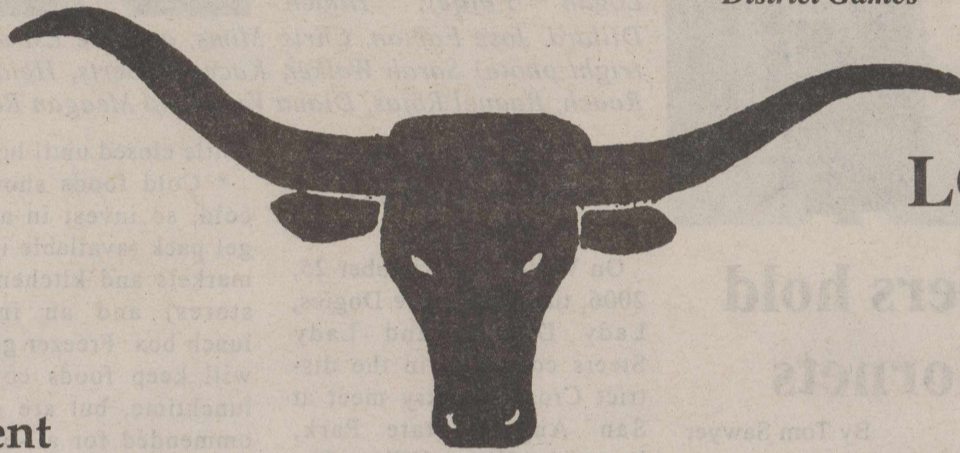
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BRONTE LONGHORNS FOOTBALL

				BHS	
September 1	Cross Plains	There	7:30	21	12
September 8	Rotan	Here	7:30	7	12
September 15	Open				
** September 22	Winters	Here	7:30	25	6
* September 29	Sterling City	There	7:30	12	41
* October 6	Eldorado	Here	7:30	6	0
* October 13	Menard	There	7:30	25	20
* October 20	Irion County	Here	7:30	7	35
* October 27	Forsan	There	7:30	6	54
* November 3	Miles	Here	7:30		
* November 10	Christoval	There	7:30		

* District Games • ** Homecoming

Friday
November 3
7:30 pm
Bronte



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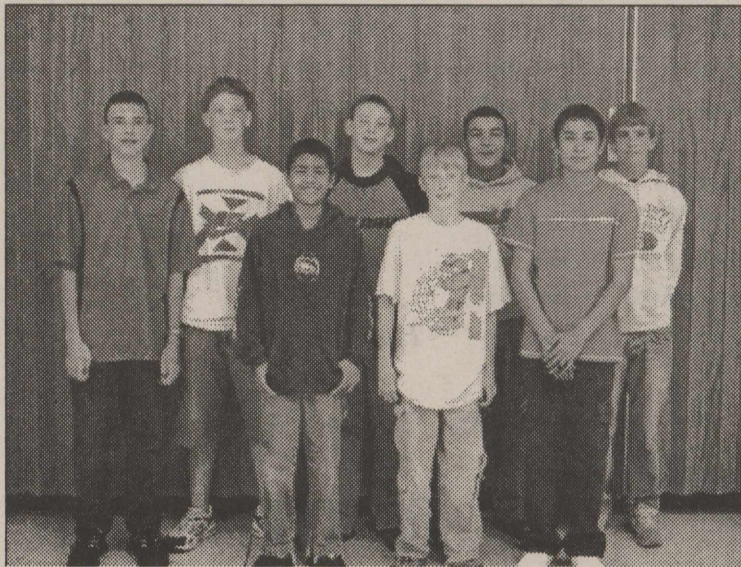
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ROBERT LEE SCHOOL NEWS



Robert Lee Steers hold off Highland Hornets

By Tom Sawyer

The Steers get another one in the win column, that's seven in a row. There was a little chill in the air but the young men stayed hot in their district race this year. Two wins and zero losses in district with two more games to play. Everyone get out to the games and help the Steers keep up the intensity that will keep us on top of the district. We've got another tough game this week when Water Valley comes to town. I'll see you at the game. Go Steers. Steer Pride!

Game Summary

1st Quarter

Hornets - 25 yard run with

School Menu

Breakfast

Monday, November 6

Juice, cinnamon roll, cereal, milk

Tuesday, November 7

Juice, burrito, cereal, milk

Wednesday, November 8

Juice, pop tart, cereal, milk

Thursday, November 9

Juice, muffin, cereal, milk

Friday, November 10

Juice, pancake & sausage on stick, cereal, milk

Lunch

Monday, November 6

Pizza, corn, salad, breadsticks w/sauce, pears, milk

Tuesday, November 7

Grilled ham & cheese sandwich, baked chips, pickles, orange, shape up milk

Wednesday, November 8

Fajitas, salad, ranch beans, Spanish rice, fruit cocktail, milk

Thursday, November 9

Chicken fried steak, creamed potatoes, green peas, sliced bread, pineapple, milk

Friday, November 10

Hamburger, salad, pickles, tator tots, peaches, milk

9:03 left, PAT kick good;

Steers - 3 yard run by Gallegos with 7:40 left, PAT failed.

Robert Lee - 6, Highland - 8

2nd Quarter

Steers - 32 yard run by Gallegos with 6:09 left, PAT kick Gallegos;

Hornets - 13 yard pass with 3:14 left, PAT failed;

Steers - 30 yard run by Gallegos with 2:23 left, PAT kick Gallegos;

Hornets - 15 yard pass with :25 left, PAT kick good

Robert Lee - 22, Highland - 22

3rd Quarter

Hornets - 37 yard run with 6:06 left, PAT failed;

Steers - 14 yard pass from Gallegos to Honse with 1:30 left, PAT kick Gallegos.

Robert Lee - 30, Highland - 28

4th Quarter

Steers - 80 yard interception by Hodge with 8:44 left, PAT kick Gallegos;

Hornets - 6 yard run with 6:01 left, PAT kick failed;

Steers - 40 yard pass from Gallegos to Percifull with 5:40 left, PAT kick Gallegos;

Steers - 48 yard run by Gallegos with 3:33 left, PAT kick Gallegos;

Hornets - 3 yard run with 1:12 left, PAT kick good.

Robert Lee - 54, Highland - 42

Steer Stats

Taylor Percifull - 6 tackles, 1 reception for 40 yds. and 1 TD;

Brody Dillard - 18 tackles, 2 for 2 passing for 24 yards, 1 fumble recovery;

Josh Gallegos - 10 tackles, 1 interception, 2 of 4 passing for 54 yards and 2 TD's, 17 carries for 163 yards and 4 TD's;

Kevin Honse - 11 tackles, 2 receptions for 23 yards and 1 TD;

Cameron Hodge - 11 tackles, 1 interception for 80 yd TD, 1 reception for 15 yards, 5 carries for 64 yards;

Chase Roe - 20 tackles;

Eleasar Vera - 1 tackle.

See everyone this week when Water Valley comes to town. Go Steers!

Cross Country! The Robert Lee Junior High and High School Cross Country recently participated at the District Cross Country meet in San Angelo. The Robert Lee Dogie Cross Country team (left photo) includes Luke Sheldon, Jorge Rostro, Logan Philley, Haden Dillard, Jose Fabian, Chris

Mims, and Joe Estrada. The Robert Lee Lady Dogie team (right photo) Sarah Walker, Kacee Roberts, Heidi Austin, Amanda Mendoza, Kimberly Roach, Raquel Rojas, Diana Vera, and Meagan Ross.



RL runners go to District Cross Country

On Wednesday, October 25, 2006, the Robert Lee Dogies, Lady Dogies, and Lady Steers competed in the district Cross Country meet at San Angelo State Park, hosted by Water Valley. The Dogies finished the day with a third place overall finish. Luke Sheldon earned sixth place, Jorge Rostro was tenth. Other finishes included: Logan Philley, Haden Dillard, Jose Fabian, Chris Mims, and Joe Estrada.

The Lady Dogies ended the day with a second place team finish, just one point away from first! Sarah Walker finished eighth and Kacee Roberts was twelfth. Heidi Austin, Amanda Mendoza, Kimberly Roach, Raquel Rojas, Diana Vera, and Meagan Ross also competed for Robert Lee.

The Lady Steers finished only fifth, but all were able to improve their times. Competing were Erika Percy-Sheldon, Jodi Sheldon, Emilee Yanez, Molli Hinderliter, Briana Brisbin, and Nancy Landeros. Amber Reed coached the teams.

Quick Tips For Packing A Safe School Lunch

Whether you're rushing to get the kids out the door in the morning or preparing tomorrow's school lunches the night before, following some simple advice and "tricks of the lunchbox trade" can help keep your children's meals safe.

The experts at the Partnership for Food Safety Education are serving up these helpful tips when preparing school lunches:

* Always keep it clean. Make sure your hands, food preparation surfaces and utensils are clean. Use hot, soapy water to effectively get rid of bacteria. Teach your children to wash their hands before they eat. Also wash fruits and vegetables before packing them in your child's lunch.

* Be sure to keep hot foods such as soup, chili or stew hot by using an insulated bottle. Fill the bottle with boiling water and let it stand for a few minutes. Empty the bottle and then fill it with piping hot food. Keep the

bottle closed until lunchtime.

* Cold foods should stay cold, so invest in a freezer gel pack (available in supermarkets and kitchen supply stores) and an insulated lunch box. Freezer gel packs will keep foods cold until lunchtime, but are not recommended for all-day storage. Any perishable food (such as meat, poultry, or egg sandwiches) not eaten at lunch should be discarded.

* If your child chooses a brown paper bag to carry lunch, it's especially important to include a cold source. A freezer gel pack or a frozen sandwich works well. Because brown paper bags tend to become soggy or leak as cold foods thaw, be sure to use an extra paper bag to create a double layer. Double-bagging will also help insulate the food better.

* Tell your child to use the refrigerator at school, if one is available. If not, make sure they keep their lunch out of direct sunlight and away from radiators, baseboards and other heat sources found in the classroom.

* Every parent should have a supply of shelf-stable foods for easy packing. These include fresh fruits and vegetables, crackers, peanut butter sandwiches, packaged pudding and canned fruits or meats.

* Freeze single-sized juice packs overnight and place the frozen drink in your child's lunch. The juice will thaw by lunchtime, but it will still be cold. The frozen drink will also keep the rest of the lunch cold.

* If you make sandwiches the night before, keep them in the refrigerator until pack-

ing up to go in the morning.

For more information on safe food handling, visit www.fightbac.org.

How To Read Food Nutrition Labels

Deciphering food labels can be a challenge - especially when the claims on the front of the package don't always match the "Nutrition Facts" label on the back.

Here are some quick tips on how to read those labels to make healthful choices.

According to Molly Morgan, Registered Dietitian and author of "Supermarket Shopping Guide," you should first review the serving size, to determine how much of the product to eat. If you eat two servings of the item, you need to remember the Nutrition Fact information doubles.

Next look at the saturated fat and trans fat, aiming for the lowest amount possible.

"Glance at sodium. It is a good idea to choose foods that are lower in sodium," says Morgan. "The American Heart Association recommends keeping your sodium intake to less than 2300 mg per day. So if a food has 300 mg, don't get worried and put it back, after all that is only a seventh of your daily intake."

Next it's on to dietary fiber. When selecting grain products, look for two grams or more of dietary fiber per serving. Fiber can help your heart and keep your body "regular."

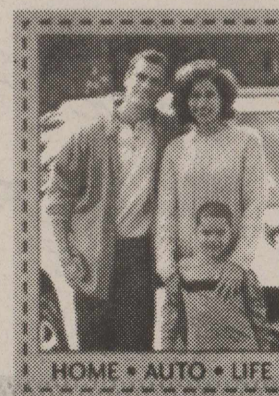
"Scan the percentage of vitamins and minerals and see what is provided in the food. If there are no additional vitamins and minerals, likely the food is not the best way to spend your calories because it would be considered 'empty calories,' or a food that lacks much beneficial nutrition," she says.

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Dead Deer Found in West Central Texas Counties

With deer season just around the corner, deer experts are concerned about reports of an unusually high number of dead deer in several West Central Texas counties.

Dr. Dale Rollins, Texas Cooperative Extension wildlife specialist at San Angelo, said most of the calls he has received are from Schleicher County landowners that have found dead deer at water sources.

The affected region encompasses an area roughly from Eden to Ozona to Sterling City, said Dr. Don Davis, associate professor, Department of Veterinary Pathobiology, College of Agriculture and Life Sciences at College Station.

"While some level of deer mortality is not newsworthy, it looks like we have a hot-spot developing for epizootic hemorrhagic disease," Rollins said. "Epizootic hemorrhagic disease is a viral disease very similar to bluetongue in sheep and cattle, but EHD tends to be most common in white-tailed deer."

"When you see an abnormal number of dead deer in August and September, and the mortalities are near water holes, epizootic hemorrhagic disease is often the culprit."

Davis agreed with Rollins that so far, the first-hand reports he's received are consistent with Bluetongue and/or epizootic hemorrhagic disease, which cause hemorrhagic disease in white-tailed deer.

"Both diseases are viral in nature and both are vectored or spread by small biting flies called *Culicoides*," Davis said. "Epizootic hemorrhagic disease is seen clinically only in white-tailed deer while Bluetongue can affect other species, including sheep and exotics."

"To my knowledge, only one necropsy by a veterinarian has been made," he said "I have had conversations with wildlife biologists and ranchers with experience or training that have observed signs, symptoms and particularly the gross lesions consistent with both diseases. So, bottom line is, it appears to be a fairly widespread outbreak of Bluetongue or epizootic hemorrhagic disease. But we cannot entirely rule out other diseases."

Davis said Bluetongue Virus and epizootic hemorrhagic disease are not a threat to public health, but since a definite diagnosis is yet to be made, extreme caution should be used when handling dead deer in the affected area.

Rollins said deer deaths attributed to epizootic hemorrhagic disease are seasonally predictable, but unpredictable about where mortalities will crop up from year to year.

More information on epizootic hemorrhagic disease can be found at: <http://www.vet.uga.edu/VPP/graybook/FAD/blt.htm>.

Livestock Assistance Grant Deadline coming up

Agriculture Commissioner Susan Combs reminded eligible livestock producers in 216 Texas counties that applications for the federally-funded Livestock Assistance Grant Program must be post-marked by Nov. 13.

"The application must be post-marked by Nov. 13, 2006, and mailed to TDA headquarters in Austin," Combs said.

The application must be addressed to: Livestock Assistance Grant Program, Texas Department of Agriculture, P.O. Box 12847, Austin, Texas 78711. Incomplete applications and applications postmarked after Nov. 13 will not be considered.

Applications are available on TDA's Web site at www.agr.state.tx.us; at all TDA offices; and at Texas Cooperative Extension and U.S. Department of Agriculture Farm Service Agency county offices in the 216 eligible Texas counties.

Although local Cooperative Extension and FSA staff may have basic knowledge of the program, they will not have received specific training on the program, so producers with any questions are encouraged to call TDA at (512) 463-2459 or 1-800-TELL-TDA (1-800-835-5832).

To qualify for LAGP funds, a producer must meet all the following criteria:

- * Must have suffered livestock forage production losses because of drought conditions from March 7 through Aug. 31, 2006 (eligibility period);

- * Must have a livestock operation that suffered forage production losses in one or more of the 216 Texas counties classified as D3 Drought-Extreme or D4 Drought-Exceptional during the eligibility period; and

- * Must have raised adult beef cattle two years of age and older and sheep one year of age and older for commercial use as part of a farming operation during the eligibility period.

Forage production losses may include costs incurred to buy supplemental feed and hay, costs to relocate livestock to new pastures, feed transportation costs, the cost of emergency water supplies and the loss of forage production including hay and pasture.

Funds will be paid on a per head basis. Per head payment rates will be determined by the total number of livestock claimed by all eligible applicants and will differ for cattle and sheep based on standard animal units. The per head payment rate will be determined after all applications are received and processed.

Additional information about LAGP and the application process is available on TDA's Web site at www.agr.state.tx.us.

Producers may also contact TDA's Governmental Affairs Division at (512) 463-2459 or 1-800-TELL-TDA (1-800-835-5832) or e-mail ga@agr.state.tx.us.

Bargain Shopping for food

Shopping for food - especially for a family - can be pretty costly these days. And you don't want to break the bank at the supermarket when you're going to have to put food on the table all over again next week.

Here are some helpful tips on how to discount shop for food, from bargain-shopping expert, Karen Hoxmeier of MyBargainBuddy.com, a Web site that lists great deals, coupons and special discounts from online stores.

- * Clip all coupons from the Sunday paper, whether you think you'll use them or not.

- * Review the grocery store sale ads and pair up sale items with the coupons you have on hand. "I've received many items for free when shopping this way!" says Hoxmeier.

- * Grocery shop early in the morning for the best selection of "reduced for quick sale" merchandise.

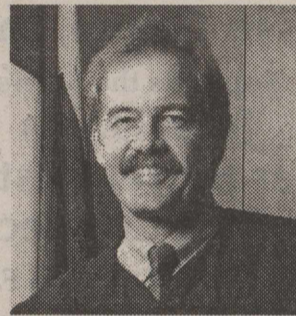
- * Stock up on meat when it



Pumpkin Painting! Residents of Robert Lee Care Center were treated to a visit by the Robert Lee High School FCCLA chapter for the October Birthday Party. Some of the residents above are pictured painting pumpkins with Robert Lee High School FCCLA members.

is on sale and freeze it for later.

- * Don't assume economy size or a store brand is always a better value. Look closely at the price per ounce.



Re-elect Justice David Puryear
3rd Court of Appeals

About Justice Puryear

Justice Puryear has been on the Third Court since January of 2001. He has authored some 936 opinions and has consistently rendered a fair application of controlling law. According to the state Office of Court Administration, Justice Puryear was the third most productive appellate court justice in the entire state of Texas last year, demonstrating his work ethic and commitment to his position on the Court.

Serving on a Court that hears both civil and criminal cases, Justice Puryear is the only Justice on the Court to have served as both a trial court judge and criminal prosecutor.

As a fifth-generation Texan and Central Texas rancher, Justice Puryear understands traditional Texas values, such as personal responsibility and respect for private property rights.

"David Puryear is an exemplary jurist with strong law enforcement credentials. He has earned our trust and I'm proud to endorse his re-election." —State Senator Ken Armbrister (D) Chairman, Senate Natural Resources Committee

"Justice David Puryear is a proven conservative who understands that judges should interpret and apply the law, not legislate from the bench." —Attorney General Greg Abbott (R)

Compare the Candidates

Justice David Puryear	His Opponent
JUDICIAL EXPERIENCE—15 YEARS 6 years, Justice, Third Court of Appeals 8 years, County Court of Law Judge 1 year, Justice of the Peace	NONE
PROSECUTORIAL EXPERIENCE—9 YEARS 7 years as a Criminal Prosecutor 2 years as an Assistant Attorney General	NONE
ENDORSEMENTS Attorney General Greg Abbott Agriculture Commissioner Susan Combs Texas Farm Bureau Ag Fund Texas Cattle Raisers Assn. PAC Combined Law Enforcement Associations of Texas (CLEAT) Associated Texans Against Crime Texas Municipal Police Association National Rifle Association Texans for Lawsuit Reform Texas Medical Association Texas Civil Justice League Texas State Association of Fire Fighters	Austin Gay & Lesbian Political Caucus
LEGAL OPINIONS AUTHORED 936	NONE

Vote Tuesday, November 7th

The difference is clear. The Choice is clear. www.davidpuryear.com

Re-elect Justice David Puryear
Third Court of Appeals, Place 5

Political Advertisement Paid by Friends of David Puryear, Jim Nassour, Treasurer, 1200 San Antonio, Austin, Texas 78701, in compliance with the Judicial Campaign Fairness Act. Not printed or mailed at state expense.

Quitting smoking has several benefits

Homeowners will breathe a sigh of relief in 2007 as the property tax rates that fund our schools will be going down thanks to an increased tax on tobacco products. Why not breathe better, too?

January marks the beginning of the tobacco products' tax increase, but you do not need to wait until then to quit smoking. The tax will increase over time by a dollar, from 41 cents to \$1.41. Because the increase is gradual, you may not feel the pinch all at once; but, it will be there.

You may not notice the health benefits all at once, either, but the economic damage will be evident. An individual that continues to smoke is not going to help fund the schools because the cost to the health care system far outweighs the tax revenue.

"Quitting today will be easier than tomorrow. Every day you continue to smoke makes it just a bit more difficult to quit," said Brian Colwell, Ph.D., associate professor and head of the Department of Social and Behavioral Health at the Texas A&M Health Science Center School of Rural Public Health. He has developed award-winning curriculums that teach kids not to smoke and to quit if they do.

"It is obvious that taxes on tobacco will never go down. The only way to avoid these increased costs is to quit using tobacco."

Traditional New Year resolutions don't always stick, and you do not have to wait until January to change things for the better. There are many resources for smokers and tobacco users in general to get assistance in quitting tobacco use.

The American Cancer Society offers several resources at their Web site, www.cancer.org, or by calling 800-ACS-2345 (800-227-2345). Local hospitals or community centers may also offer "Quit Classes" to help.

Protect Your Pets From Holiday Hazards

With the holiday season in full gear, our homes can get filled with decorations and foods that pose potential dangers to pets. While many pets are curious about the gifts, trimmings, sweet treats and trees, these seasonal goodies can threaten the safety, and possibly life, of these furry family friends.

"Holiday plants, especially mistletoe berries, can be most harmful," said Todd Tams, Vice President and Chief Medical Officer for VCA Animal Hospitals, the largest network of free-standing animal hospitals in the U.S. "Ingested pine needles can puncture your pet's intestines, and juice or leaves from poinsettia, mistletoe, holly, and Christmas greens are toxic enough to cause severe intestinal damage, and possibly the death of your pet. If your pet is exhibiting some unusual

symptoms, and you suspect that they may have ingested parts of a plant, the best course of action is to take them immediately to your local veterinarian for prompt care."

Even the smallest amounts of holiday chocolate, depending on the size of an animal, can be extremely harmful. Other foods, such as ham, steak and poultry bones, should not be offered and kept out of reach.

Human food is too rich for most pets and can cause intestinal disease as well as perforations and obstructions to the stomach. Additionally, other fatty foods we as humans lavishly enjoy during the holidays can cause vomiting and diarrhea. Poultry bones and carcass can splinter easily, if chewed or swallowed, causing serious damage to internal organs.

Pets are often inquisitive about items found on Christmas trees. Breakable tree ornaments, angel hair, tinsel, ribbon, hooks, rubber bands and strings of lights are especially dangerous. If ingested and swallowed, these holiday staples can lead to obstruction in the gastrointestinal tract and either endoscopy or surgery may be required to remove obstructing objects.

All tree decorations and ornaments should be hung high enough from the bottom, making them inaccessible to pets.

Also, pets may be tempted to drink water from the base of the tree, which is enough to cause diarrhea, mouth sores, vomiting and loss of appetite. Owners should place a tree skirt securely around the trunk to prevent pets from becoming ill.

"To prevent complications or illnesses to pets during the holiday season, owners should implement simple safety guidelines," explained Dr. Tams. "Cleaning routinely around Christmas trees and plants, as well as not giving human food as treats will ensure pets aren't digesting toxic foods."

For more information about pet health, visit VCA Animal Hospitals online at www.vcapets.com.

Avoiding Senior Scams

The majority of older Americans have excellent credit histories, which makes protecting their "golden" credit records more important than ever.

Americans 55 and older control 70 percent of the country's personal wealth and are the fastest growing group of new Internet users, making them prime targets for scams. Unfortunately, fraud complaints to the Federal Trade Commission by older Americans increased by 80 percent last year.

Your Credit Card Companies, a group of financial services companies that provides credit resources, is urging older Americans to take some simple steps to better understand their credit pictures, protect themselves from identity theft and credit card fraud, and practice online safety.



Austin Street! This was the scene that visitors saw when looking down Austin Street in Robert Lee on October 7, 2006, during the Sixth Annual Street Affair. It looks a little different than it usually does during the week!

* **Understand Your Rights.** Under the Equal Credit Opportunity Act, it is illegal for creditors to deny credit or terminate existing credit lines simply because of age.

* **Determine your limits.**

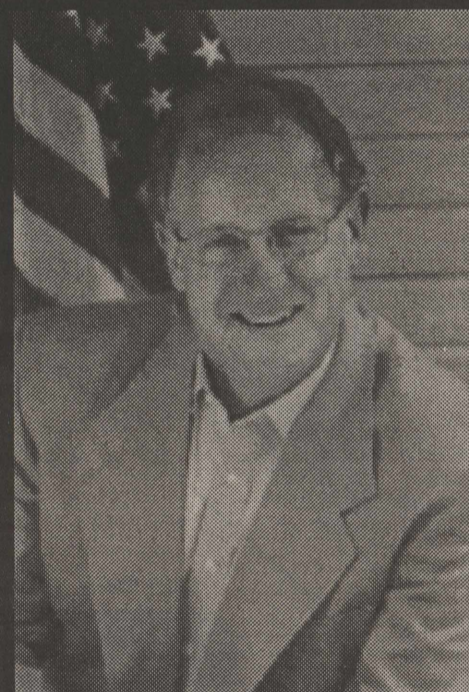
Since retirees may have fixed incomes, or fluctuations in their income due to changes in investments, pensions and Social Security, they should keep in mind what they can afford when applying for and

spending on credit.

* **Never give personal information to a stranger, especially your Social Security number, birthday, bank account number, credit card number or address.**

(Continued on Page 12)

Congressman Mike Conaway



Reminds You To: EARLY VOTE REPUBLICAN TODAY!

Remember to Vote Tuesday, November 7th!!!

Call your county voting official or visit www.mikeconaway.com to find your early voting location

Paid for by Conaway for Congress

...Senior Scams

(Continued from Page 11)

* Reject offers from companies that require you to pay up-front fees to get approved for a credit card. This is the number one type of credit card scam, according to the Federal Trade Commission. Legitimate credit card companies do not require an up-front fee to obtain a credit card.

* If you think a deal is too good, it probably is. When offered a deal to get credit for a fee or to repair your credit overnight, the offer is most likely fraudulent. If you receive a credit offer you think seems questionable from unsolicited mail or a telemarketer, check with your local Better Business Bureau at www.bbb.org or the National Consumer League National Fraud Information Center at www.fraud.org.

* Be alert for email and Internet scams where scammers pose as legitimate businesses, asking seniors to either respond to an email or visit a Web site to "update" their private information. Be aware that such email requests for personal information (such as user ID, account number or password) are usually fake.

* Create passwords that are easy to remember, but difficult for "outsiders" to guess. Mix letters and numbers, avoid using birthdays and Social Security numbers. Use a different password for financial-services Web sites and transactions than for other accounts. Change passwords regularly.

* Deal only with companies that post their privacy policies on their Web site. Reputable companies should prominently display their policies before asking for credit card or other personal information.

To learn more about protecting your credit and personal information, and what to do if you think you have been scammed, visit the Your Credit Card Companies Web site at www.yourcreditcardcompanies.com.

Pet Talk

When it comes to canine healthcare, make no bones about it - experts say to have your dog vaccinated against canine parvovirus. The disease, which can usually be prevented through the use of appropriate vaccination, can have devastating effects on man's best friend if owners forgo this important step.

Canine parvovirus is a highly contagious disease that attacks the gastrointestinal tract of dogs, especially puppies. The animals contract the virus from particles shed in the feces of affected canines.

"The virus is very resistant to heat, chemicals and drying, meaning that the virus is tracked everywhere," says Dr. Mike Willard, a veterinarian at the College of Veterinary Medicine & Biomedical Sciences at Texas A&M University. "Essentially all dogs get exposed sooner or later."

Because exposure to the disease is nearly inevitable, prevention is vital to a dog's health, or it is at risk of suffering the effects of this serious illness, Willard says. Vomiting, diarrhea, refusal of food and lethargy are all symptoms of canine parvovirus. "You can see all, one, some or none of these signs," says Willard, "and they vary from very mild to severe."

According to the American Veterinary Medical Association (AVMA), vomiting and diarrhea can cause rapid dehydration and most deaths from parvovirus occur within 48 to 72 hours after the onset of clinical signs. Although the illness can be life threatening, Willard reminds owners that the disease can be so mild the owner is unaware the dog has contracted parvovirus. "This means that dogs with relatively minor symptoms can ultimately infect other dogs that end up having extremely severe signs," Willard says.

Regardless of the severity of the illness, parvovirus is difficult to kill and no specific medication exists that can eradicate the virus once it has infected a pet. At that point, a veterinarian can only provide supportive care. Therefore, prevention is key.

Prevention of canine parvovirus is two-fold: hygiene and vaccination. The latter is done in a series starting when the pup is about two months old, and the former should be practiced until the pet has received a complete set of vaccinations.

Because of the nature of how the virus is spread, puppies are put at risk when they are near other young canines, especially if they come into contact with fecal material. The AVMA gives the examples of pet shops, parks, obedience classes and grooming establishments as places where owners should exercise caution. Avoiding other dogs and their fecal material in these areas will lower the risk that a pet will contract the disease.

Willard says his best advice also includes inoculation and hygiene. "Get your dog vaccinated starting between six and eight weeks of age," says Willard. "Do not let puppies less than 12 to 14 weeks of age be exposed to lots of other dogs, directly or indirectly, until they have had two shots of parvoviral vaccine."

Generation gap

They say age is a state of mind, and a new survey suggests this may be particularly true in the office. Eighty-four percent of workers polled said they would be comfortable reporting to a manager who is younger than they are; 89 percent said they wouldn't mind supervising employees older than themselves.

The survey was developed by OfficeTeam, a leading staffing service specializing in the placement of highly skilled administrative professionals. It was conducted by an independent research firm and includes responses from 567 individuals 18 years of age or older and employed in office environments.

Workers were asked, "How comfortable would you be reporting to a manager who is younger than you?" Their response: Very comfortable-51%; Somewhat comfortable-33%; Somewhat uncomfortable-11%; Very uncomfortable-3%; Don't know/no answer-2%.

Those polled also were asked, "How comfortable would you be managing a worker who is older than you?" Their responses: Very comfortable-70%; Somewhat comfortable-19%; Somewhat uncomfortable-9%; Very uncomfortable-2%.

"For the first time in history, four generations of employees are in the workforce, from the Silent Generation and baby boomers to Generations X and Y," said Diane Domeyer, executive director of Office Team. "Companies recognize the benefits of having diverse, well-rounded teams, and employees may be just as likely to report to a younger supervisor as an older one. In either case, the boss's management abilities are more of a factor in employee

job satisfaction than his or her age."

Domeyer added that employees today are recognized more for performance than tenure with a company. "In an ideal office setting, managers and staff are focused on the skills and knowledge people bring to their roles, not what year they were born," she said.

Office Team has more than 300 locations worldwide and offers online job search services at www.officeteam.com.

THE OBSERVER/ENTERPRISE
Serving Coke County
P.O. Box 1329 Robert Lee, TX 76945
(915) 453-2433

drop box is located at
HOMETOWN HARDWARE
in Bronte

Editorial & Advertising

Deadline is 2 pm on Tuesday preceding publication.

THE OBSERVER/ENTERPRISE
Serving Coke County
P.O. Box 1329 Robert Lee, TX 76945
(915) 453-2433

The Governor's race may not be the most important race on the ballot

Make sure you cast an informed vote in the **3rd Court of Appeals**

races. If private property rights, water rights and keeping criminals locked up are important to you, then you want to elect experienced conservatives judges, not a bunch of Austin liberals.

We are proud to join the political committees of

- The Farm Bureau
- Texas and Southwest Cattle Raisers Association
- The Texas Medical Association
- The National Rifle Association

and many more groups who have endorsed the following candidates:

Vote Smart Texas 2006

Place 2
 Alan Waldrop

Place 3
 Will Wilson

Place 5
 David Puryear

Place 6
 Bob Pemberton

www.votesmarttexas.com

MARK YOUR CALENDAR

November 2006

Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Vote Smart 2006

Note: In the last six contested elections for this court we have endorsed three Democratic candidates and three Republican candidates. This year in all four races the Republican candidates are superior. One example is the place 5 race. Justice David Puryear is the incumbent, having served six years on the court. He is the hardest working judge on the present court, having written more opinions than any of the other judges. Before joining the court he was both a criminal prosecutor and a trial court judge before joining the Court of Appeals. He is also a hill country land owner and rancher. His opponent has no judicial or prosecutorial experience and is being supported by the Austin liberal crowd.

Get More Sleep To Better Enjoy Your Job

There seems to be a coffee shop on just about every corner and in every strip mall from coast to coast. Go into one early in the morning and you're bound to run into some cranky, tired people on their way to work.

As America becomes a nation of caffeinated insomniacs, a new University of Florida study shows lack of sleep not only makes people tired and cranky but also causes them to dislike and even hate their jobs the next morning.

"It's intuitive that one might feel a little irritable, but to experience emotional spillover to the point of actually feeling less satisfied with work is a little surprising," said Brent Scott, a UF graduate student who led the research.

The effects were most pronounced in women, who reported suffering more fatigue and hostility and being less attentive and happy than their male counterparts, said Scott, whose study is being published in the Journal of Management.

Forty-five employees at a regional office of a large national insurance company participated in the study. Every day for three weeks they completed a survey at the end of the workday asking them to rate their level of work satisfaction, the extent to which they suffered from sleep problems and how often they experienced certain emotions.

Employees reported higher rates of job satisfaction if they had slept soundly the night before and lower levels if they had experienced insomnia, he said.

The issue is becoming increasingly important because people are getting less

sleep. A recent survey by the National Sleep Foundation found that Americans sleep an average of 6.8 hours a night on weekdays, with as many as a quarter sleeping well only a few nights a month.

By not doing anything, businesses risk more frequent turnover if their employees are not content in the workplace. Companies can address the problem by giving employees flexibility in making their schedules, providing on-site child care and offering wellness programs designed to teach employees how to reduce insomnia.

Individuals can take steps of their own by exercising more and limiting consumption of caffeine and alcohol.

"Undoubtedly one of the reasons Americans are getting less sleep is the growth in dual-career couples," Scott said. "When husbands and wives both work, they come home having to do household duties and take care of children, which leaves them little time for sleep."

Employers contribute to the problem by making more demands. "With employers trying to squeeze every last bit of productivity out of employees and having them work extended hours, a 40-hour week is basically nonexistent anymore in some occupations," he said.

Employers should pay attention to workers' needs, though, because lack of sleep may ultimately hurt job performance. According to the UF researchers, one of the first changes that might be apparent is employees being less willing to help co-workers who miss work because of illness or another reason, he said.

"Although managers often complain about employees' poor job performance, this research suggests that they actually may be responsible for it by creating conditions

that lead their employees to suffer insomnia," said Jerald Greenberg, a profes-

or of management and human resources at Ohio State University. "Hop-

efully, managers will take note by becoming part of the solution."

PUBLIC NOTICE

NOTICE OF GAS RATE INCREASE REQUEST

On May 31, 2006, Atmos Energy Corporation, Mid-Tex Division ("Atmos" or "the Company"), filed a Statement of Intent with the Railroad Commission of Texas ("Commission") and each city within Atmos' service territory, to increase its gas rates and implement a new schedule of rates and riders applicable to all customers in the Mid-Tex Division. The proposed revisions to the rates and riders will impact all classes of service, and each of Atmos' approximately 1,500,000 customers (1,371,625 residential, 121,643 commercial, 235 industrial, and 715 transportation customers).

The Company has requested a systemwide increase of its revenues to \$1,758.7 million, resulting in an increase in annual revenues of approximately \$60.9 million or 3.6%, including gas costs, or 14.1% excluding gas cost. In addition, the Company has requested that it recover its rate case expenses and any rate case expenses for cities that are ordered by the Commission. The proposed change in revenues constitutes a "major" change as that term is defined by state law.

The monthly bills of typical customers would be affected by the proposed changes as follows:

Customer Class	Current Bill	Proposed Bill	Difference	Percentage Increase With Gas Cost	Percentage Increase Without Gas Cost
Residential Customer (R)	\$75.00*	\$79.02*	\$4.02	5.36%	21.48%
Commercial Customer (C)	\$326.64*	\$344.80*	\$18.16	5.56%	40.53%
Industrial Customer (I)	\$3,360.85*	\$3,367.95*	\$7.10	0.21%	5.26%
Transportation Customer (T)	\$569.54	\$576.64	\$7.10	1.25%	5.26%

*Includes gas cost of \$8.6452 per Mcf (2005 average cost)

**The calculation of bill impacts assumes monthly consumption of 6 Mcf for residential, 30 Mcf for commercial, and 300 Mcf for industrial and transportation customers.

The Company is also requesting approval of its revised depreciation rates, a weather normalization adjustment rider based on 10-year normal weather, a revenue stabilization adjustment rider, the recovery of uncollectible gas cost as well as the cost of required odorant for natural gas through Rider GCR instead of through base rates, and updated upstream pipeline cost allocation factors. The Company is further requesting rate design changes to Rates R, C, I and T. In addition, the Company is seeking a determination that its interim rate adjustments for 2003, 2004, and 2005 are just and reasonable in accordance with Texas Utilities Code § 104.301; the impact of these interim rate adjustments is reflected in the table above.

Persons with specific questions or desiring additional information about this filing may contact Atmos Energy Corporation at 1-800-460-3030. Affected persons may view a copy of the Statement of Intent at Atmos' offices located at 5420 LBJ Freeway, Suite 1800, Dallas, Texas 75240, or at the Commission's offices located at 1700 North Congress Avenue, Austin, Texas 78711. At any time within 30 days following the date on which Atmos' proposed rate changes would become effective, affected persons may file written comments or protests with the Commission at the following address:

Docket Services Section
Office of General Counsel (Re: Gas Utilities Docket No. 9670)
Railroad Commission of Texas
P. O. Box 12967
Austin, TX 78711-2967

Pursuant to an order entered by the Commission on May 16, 2006, the proceeding initiated by Atmos at the Commission is being consolidated with all appeals from all other municipal rate proceedings, including those initiated by the filing of the Statement of Intent. The proposed effective date of the requested rate changes is October 1, 2006. Rates in unincorporated areas will become effective when rates become effective within the nearest incorporated municipality. The Commission hearing on the merits of Atmos' request will begin on or after October 31, 2006.

Éste es un aviso a los clientes de Mid-Tex División de Atmos Energy Corporation, (la "Compañía"), que la Compañía está solicitando un aumento en la tarifa del gas. Este aumento afecta a todos los clientes de la Compañía en el sistema de Mid-Tex. Si usted tiene preguntas con respecto a este aumento, por favor llame a Atmos Energy Corporation al 1-800-460-3030.

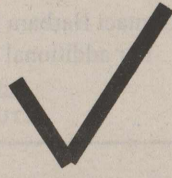
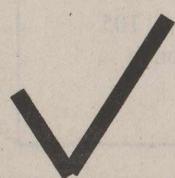
Please Exercise
Your Privilege

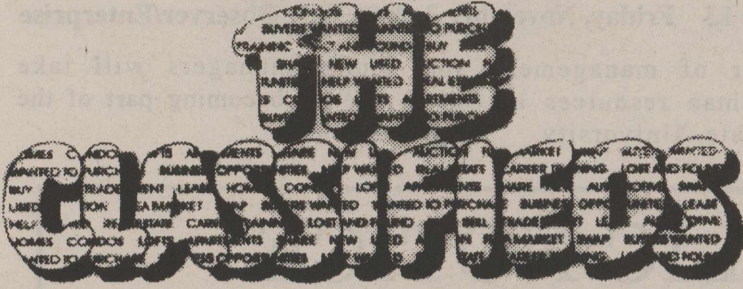
to

VOTE

Tuesday,

November 7, 2006





BUY IT! SELL IT! FIND IT!

CLASSIFIED ADVERTISING RATES

Rates when paid in advance.

- First Insertion 20¢ Per Word \$3 Minimum
- Subsequent Insertions 16¢ Per Word \$2.50 Minimum
- Legal Notices: 25¢ Per Word

A service charge will be added to all ads which must be billed.

ADVERTISING DEADLINE
Tuesdays at 2 pm

PUBLISHER'S NOTICE:

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18.

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.



FOR SALE

MAKE BEST OFFER

1989 Toyota Camry. Sell for parts. New battery, new rebuilt alternator, good tires. Water pump went out and overheated engine. Not in running condition. Call 450-8008.

12-tnc

COMPUTERS

New and Used. Repairs, upgrades, internet service. Ed Martindale, 473-3004.

22-tnc

FOR RENT

FOR LEASE

Large shop with office & restroom on over 350' of Hwy 277 frontage in Bronte. Call 325/672-0204. \$500/ month.

27-tnc

HANDYMAN CONSTRUCTION

LICENSED ELECTRICIAN • INSURED & BONDABLE ANY TYPE OF JOB

TOMMY WILLIAMS
ROBERT LEE, TX
325-453-4477
MOBILE: 325-277-7370

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 JUDGE**
Roy Blair
Hal Spain
- COKE COUNTY TREASURER**
Phelan Wrinkle
Andra Arrott
- COMMISSIONER PRECINCT 2**
Robert Feil
- COMMISSIONER PRECINCT 4**
Bobby Blaylock
- JUSTICE OF THE PEACE PRECINCT 1**
D. Joan Davis
- COKE COUNTY TAX ASSESSOR-COLLECTOR**
Josie Dean
- CONSTABLE PRECINCT 1**
Marshall Millican

TAKING APPLICATIONS for one, two & three bedroom apartments. Washers, dryers, RO water systems in each unit. Contact Housing Authority of Robert Lee, 710 N. Bishop, 453-2912. Equal Housing Opportunity.

16-eow

FOR RENT

2 BR, 2 BA house, 315 N. Randall, Bronte. Fenced back yard. FMI contact Rosemary at (325) 452-3443.

14-3twp



24 hr. Emergency Water Damage Service

HANDYMAN SERVICES

Flat Repair • Vehicle Service • Equipment Rental

402 Commerce • Robert Lee
325/453-2797 • 453-4477
FAX 453-4690

MISCELLANEOUS

THE "BARBER" SHOP
Debora England, 107 W. Main, Bronte. 650-1970. Monday, Tuesday, Wednesday. 9 am - 5 pm.

33-tnc

TREES TOPPED
Trimmed, or removed. Call 473-8712 or 453-9902 after 5:00.

07-tnc

FOUND
Someone left a portable phone at the O/E office. Come by to claim.

03-tnc

CEMETERY MAINTENANCE
Plot maintenance or repairs. Call 473-8712 or 453-9902 after 5:00.

07-tnc

WARNING!
The air in your home or office could be making you sick! Doesn't it make sense to breathe the cleanest air possible? Ask about free in-home trial. For more information, call (325) 453-2768 or 1-888-553-2768.

28-tnc

PARKER PLUMBING
Residential & Commercial. All types plumbing repair - new construction, remodeling, fixtures, and sewer service. Licensed Master Plumber. 473-2131, Bronte.

34-tnc

STUMP GRINDING
You have an unsightly tree stump in your yard? We'll grind it out without leaving a hole or a mess. Richard Baker. 473-2017 (home), (325) 669-7415 (cell).

20-tnc

PAINTING
Interior & exterior. Over 20 years experience. Some drywall & texturing done. Also other home repairs. Call 453-4647.

14-4tp

HELP WANTED

TRES AMIGOS CONVENIENCE STORES

Water Valley location Cashiers/Food Service Workers Apply in person

15-2tc

OUTREACH HEALTH SERVICES

is hiring attendants in the Bronte and Robert Lee areas. Must be 18 years of age with Texas driver's license. Please call 1-800-669-2291. EOE.

15-2tc

GARAGE SALES

GARAGE SALE
Mini warehouse #9, 6th & Commerce, Robert Lee. Furniture, lots of misc. Sat., Nov. 4th, 9 am-?.
16-1tp

FOR SALE

3 BR/1 BA
Large Older Home on Large Lot at 401 N. Jefferson, Bronte
Price reduced!
\$12,500 OBO As Is.
658-3155 Christy or 473-2117 Debbie

ASH-MILICAN-CARSON REAL ESTATE

453-5144 OFFICE • 5 E 6TH STREET • ROBERT LEE, TX
JOE ASH • 473-0164 MARSHALL MILICAN • 473-0437

For information & photos, visit our web site at www.amcwesttexasranches.com

Coke County ~ Ranch & Hunting Properties

- 954 +/- ac., all pasture, **SOLD** wells, seasonal creek.
- 654 +/- ac., all pasture land, **SOLD** wells, seasonal creek.
- 650 +/- ac., all pasture land, 3 surface tanks, near Colorado River.
- 314 +/- ac., all pasture land, 2 water wells, barn & pens.
- 300 +/- ac., all pasture **SOLD** well, additional 40+ ac. under fence.
- 164 +/- ac., 25 ac. cultivation, rural water, 1 water well, seasonal creek, nice home, 40x80 barn, mountainous views.
- 160 +/- ac., All pasture land, rural water, hilltop view of Lake Spence.
- 93 +/- ac. All Pasture land **SOLD** well, electricity, 16x32 Morgan building.

We have Buyers, We need Land Listings.

Lake Front Property, 3 BR, 2 Bath home, 1550 sq. ft., vaulted ceiling in living area, 2 car carport, on approx. 4.5 ac. with magnificent views, additional guest house.

3 FAMILY GARAGE SALE

Saturday, November 4. 506 W. 9th St., Robert Lee. Furniture, tools, lots of clothes (all sizes) from children to plus sizes, toys, dishes & misc.

16-1tp

CARD OF THANKS

THE BRONTE VFD would like to thank Hall's Grocery Store for the excellent briskets; also, Gary Shaffer and Lee Ranch for the use of their barbeque pits. We are most appreciative of all the volunteer firemen and Coke County employees that helped with the preparation and "all night" cooking of the meat served at the First National Bank's 100 year anniversary lunch.

16-1tc

I WANT TO SEND OUT a GREAT BIG THANK YOU to all the wonderful people who sent me flowers, cards, food, phone calls, and especially for the prayers on my recent surgery. It's great to have awesome friends like you.

God Bless Each of You!
Irma Torres
16-1tp

NOTICES

NOTICE TO CONTRACTORS OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS

Sealed proposals for contracts listed below will be received by TxDOT until the date(s) shown below, and then publicly read. **CONSTRUCTION/MAINTENANCE/BUILDING FACILITIES CONTRACT(S)**
Dist/Div: San Angelo Contract 6145-24-001 for **MOWING THE RIGHT OF WAY** in COKE County will be received on November 30, 2006 until 1:00 pm and opened on

15-2tc

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or Dist/Div offices listed below. If applicable, bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.dot.state.tx.us and from reproduction companies at the expense of the contractor.

NPO: 21755
State Office
Constr./Maint. Division
200 E. Riverside Dr.
Austin, Texas 78704
Phone: 512-416-2540
Dist/Div Office(s)
San Angelo District
District Engineer
4502 Knickerbocker Rd
San Angelo, Texas 76904
Phone: 325-944-1501



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

is accepting applications for the following positions at the Coke County Juvenile Justice Center. Successful candidates will be required to pass security clearance.

Sr. Correctional LVN (Req# 72619)
2 pm-10 pm Monday-Friday (occasional weekend)
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Great State Benefit Package

Contact Barbara Smith DON • 325-473-5700 ext. 105
For additional information and to apply log on to

<http://jobs.texastech.edu>
TTUHSC is an EEO/AA Employer

...More Classifieds

NOTICES

NOTICE TO CONTRACTORS OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS
Sealed proposals for contracts listed below will be received by TxDOT until the date(s) shown below, and then publicly read.

CONSTRUCTION/MAINTENANCE/BUILDING FACILITIES CONTRACT(S)
Dist/Div: San Angelo
Contract 0035-06-030 for RETRACE PAVEMENT MARKINGS & RAISED PAVEMENT MARKERS in MENARD County, etc will be opened on December 05, 2006 at 1:00 pm at the State Office.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or Dist/Div Offices listed below. If applicable, bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.dot.state.tx.us and from reproduction companies at the expense of the contractor.

NPO: 21827
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Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.

16-2tc

New Law Will Help Families Buy Safer Cars

Finding a vehicle that's safe for your family is about to get a lot easier thanks to a new federal regulation requiring safety ratings on the window stickers for all new cars, mini-vans and sport-utility vehicles.

The new rule will go into effect in 2007 and will require that rating information from the National Highway Traffic Safety Administration's (NHTSA) be displayed on part of the window sticker on new cars beginning with the 2008 model year.

Dubbed the "Stars on Cars Rule," the requirement will help consumers measure a vehicle's safety information by the number of safety stars on the sticker.

The new vehicle price stickers will contain NHTSA safety ratings in three areas - front and side crash and non-destructive rollover tests. All three

tests use the five-star rating, with five stars being the safest.

"By making safety a selling point, it is my hope that this rule will encourage the faster development of these kinds of technologies," Nicole Nason, National Highway Traffic Safety Administrator.

While this safety information is already accessible on the Internet at www.safecar.gov, the new rule will make it a lot easier for car buyers - as all they will have to do is go from car to car and compare the numbers of safety stars on the window.

"This measure just makes sense. By placing safety ratings directly on new car window stickers, consumers will have the ability to make more informed decisions right there on the car sales lot," said Ohio Senator Mike DeWine, who sponsored the legislation creating the "Stars on Cars" program.

The new star ratings will join other information on car pricing stickers already required by law -- such as cost, fuel economy, and vehicle features.

If you want to review a car's safety ratings before the new rule goes into effect, visit www.safecar.gov, a government Web site that offers detailed safety information on all sorts of car makes and models dating back to 1990. This information can be useful when evaluating the purchase of a new or used car.

Avoiding the Flu this winter

If you are sick and tired of getting the flu or a really bad cold each year, take heart and follow some practical advice to try to avoid being felled by germs this season.

Flu shots should be your first line of defense, especially if you're at high risk. Vaccines are recommended for young children, pregnant women, seniors and those with chronic medical conditions. However, remember that your immune system takes a few weeks to develop flu-fighting capability.

Here are some other common sense preventative measures from Dr. Jeff Robertson, Chief Medical Officer for Regence, the largest not-for-profit health insurance carrier in the northwest:

Get enough rest, exercise and eat right. Eat a balanced diet, including plenty of fresh fruits and vegetables. Good nutrition, including foods rich in vitamins A, C and E, helps support a healthy immune system. Examples of such foods rich include citrus fruits, green vegetables, nuts, carrots

and tomatoes. Be sure to drink plenty of fluids carefully.

Keep your distance from people displaying symptoms like sneezing and coughing, Robertson stresses.

Wash hands often. If no sink is available, use alcohol-based hand wipes or sanitizing gel.

"Keep sanitizing gel or alcohol-based hand-wipes in your car, kids' backpacks, purse or brief case," Robertson says. He also points out that some hand-wipes are not alcohol-based and won't be as effective, so read labels

When you talk, you repeat what you already know; when you listen, you often learn something.

Jared Sparks

The great secret of power is never to will to do more than you can accomplish.

Henrik Ibsen

Baby: An alimentary canal with a loud voice at one end and no responsibility at the other.

Elizabeth Adamson

NOTICE OF REQUEST FOR PUBLIC COMMENT AND NOTICE OF A PUBLIC MEETING FOR TWO TOTAL MAXIMUM DAILY LOADS

The Texas Commission on Environmental Quality (TCEQ or commission) has made available for public comment two draft TMDLs for chloride and total dissolved solids in the Colorado River Below E. V. Spence Reservoir (Segment 1426) of the Colorado River Basin, in Coke and Runnels Counties. The TCEQ will conduct a public meeting to receive comments on the draft TMDLs. This announcement also constitutes notice that the TMDL will become part of the State Water Quality Management Plan upon approval by the United States Environmental Protection Agency (EPA).

Texas is required to develop TMDLs for impaired water bodies included in the state of Texas Clean Water Act, §303(d) list of impaired water bodies. A TMDL is a detailed water quality assessment that provides the scientific foundation to allocate pollutant loads in a certain body of water in order to restore and maintain designated uses.

The TCEQ will conduct a public meeting on the draft TMDLs for chloride and total dissolved solids in the Colorado River Below E. V. Spence Reservoir (Segment 1426) of the Colorado River Basin, in Coke and Runnels Counties. The purpose of the public meeting is to provide the public an opportunity to comment on the draft TMDLs. The commission requests comment on each of the six major components of the TMDL: problem definition, endpoint identification, source analysis, linkage between sources and receiving waters, margin of safety, and pollutant loading allocation. After the public comment period, TCEQ staff may revise the TMDLs, if appropriate. The final TMDLs will then be considered by the commission for adoption. Upon adoption of the TMDLs by the commission, the final TMDLs and a response to all comments will be made available on the TCEQ Web site referenced below. The TMDLs will then be submitted to EPA Region 6 for approval. Upon approval, the TMDLs will be certified as an update to the State of Texas Water Quality Management Plan.

The public comment meeting will be held on November 14, 2006, at 7:00 p.m., at the Ballinger City Hall, 700 Railroad Avenue, Ballinger, Texas, 76821. At this meeting individuals have the opportunity to present oral statements when called upon in order of registration. There will be no agenda or presentations given, open discussion will not occur during the meeting. However, an agency staff member will be available to discuss the matter 30 minutes prior to the meeting and will answer questions before and after all public comments have been received.

Written comments should be submitted to Kerry Niemann, TCEQ Water Programs Division, MC 203, P.O. Box 13087, Austin, TX, 78711-3087 or faxed to (512) 239-1414. All comments must be received by 5:00 p.m., December 4, 2006, and should reference, Two Total Maximum Daily Loads for Chloride and Total Dissolved Solids in the Colorado River Below E. V. Spence Reservoir, For Segment Number 1426. For further information regarding the draft TMDLs, please contact Kerry Niemann, Water Programs Division, at (512) 239-0483 or kniemann@tceq.state.tx.us. Copies of the draft TMDL document will be available and can be obtained via the commission's Web site at: <http://www.tceq.state.tx.us/implementation/water/tmdl/index.html> or by calling (512) 239-4900.

Persons with disabilities who have special communication or other accommodation needs who are planning to attend the meeting should contact the Commission at (512) 239-4900. Requests should be made as far in advance as possible.

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White • Tan Leather • Rear DVD • Diesel! • One of a Kind!
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Bright Red • V-6 • XLT • Auto • 42,000 Miles! #4879A
- 2003 Lincoln Town Car Signature #7031A \$15,995
White • Tan Heated Leather Seats • Light hail
- 2005 Ford Focus ZX5 #F114A \$11,995
Silver • Gray Cloth • 4 Cyl. • Auto • Great fuel economy!
- 2002 Toyota Celica GT #7013A \$12,995
Satin Silver • Automatic • Very Sporty! • 29K Miles
- 2005 Ford Mustang #7035 \$17,750
Vibrant White • Charcoal Interior • 21,000 Miles • Very Sporty!
- 1998 Ford Expedition XLT #4838A \$9,995
Toreador Red • Tan Cloth • Great Buy!
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Windveil Blue • 21K Miles • CD
- 2005 Lincoln Towncar Signature #7037 \$23,995
French Silk • Beige Leather • Light hail
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- 1996 Ford F-150 SuperCab XLT #4884B \$4,995
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Ask For: **453-4561**
Randy Flanagan • Marsha Wink
Billy Wayne Roe

Family dinners have positive outcome

It's time to drag the kids away from the TV set or computer and to the dining room.

Corralling the whole family to the dinner table several times a week can actually promote better school performance and keep your kids from such risky behaviors as smoking, drinking and using drugs.

Teens who have infrequent family dinners (two or fewer per week) are twice as likely to smoke daily and get drunk monthly, compared to teens who have frequent family dinners (at least five per week), according to a new report from The National Center on Addiction and Substance Abuse (CASA) at Columbia University.

And academic performance also is enhanced by sitting down regularly to the family dinner table, say the researchers.

Of course, sharing a meal is about more than just sharing the mashed potatoes - it's about sharing the events of the day and communicating with each other.

"This year's findings prove that family dinners and the communication that occurs over the course of a meal are critical in building a relationship with your children and to understanding the world in which they live," said Joseph A. Califano, Jr., CASA's chairman and president. "Parents who have frequent family dinners are those who take the time to know their child's friends and the parents of these friends, know their child's teachers and chaperone their parties, and have healthier kids."

Indeed, compared to teens who have five or more family dinners per week, those who have two or fewer are:

- * More than twice as likely to have tried cigarettes;
- * One-and-a-half times likelier to have tried alcohol;
- * Twice as likely to have tried marijuana; and
- * More than twice as likely to say future drug use is very or somewhat likely.

And teens who have frequent family dinners are likelier to get better grades in school, and higher academic performance is associated with lower substance abuse risk.

"Of course there are no silver bullets; teen substance abuse can strike any family. But one factor that does more to reduce teens' substance abuse risk is parental engagement and one of the simplest and most effective ways for parents to be engaged in their teens' lives is by having frequent family dinners," Califano concluded.

For more information about keeping teens safe from drugs, alcohol and other harmful substances, visit www.casacolumbia.org on the Internet.

How To Ease Allergies

With allergy season seemingly always upon us these days, millions of Americans battle itchy, watery eyes, sneezing and other allergy symptoms.

Seasonal allergic rhinitis, or "hay fever," affects more than 20 percent of the people living in the United States, according to the American Academy of Allergy, Asthma & Immunology (AAAAI). Allergies are triggered by substances called allergens, such as pollen or mold spores.

Allergy sufferers don't have to cope with these symptoms, however. In addition to visiting an allergist for a plan for relief, the AAAAI is offering several tips to help allergy sufferers find some relief:

* Clean your house thoroughly. Windows, book shelves and air conditioning vents collect dust and mold throughout the winter that can provoke allergy symptoms.

* Minimize outdoor activity when pollen counts are high. Peak pollen times are usually between 10 a.m. and 4 p.m. Get up-to-date pollen information for your area from the National Allergy Bureau online at www.aaaai.org/nab.

* Take medications at least 30 minutes prior to outdoor activity. Consult with an allergist/immunologist to ensure medications are helping you, and notify the doctor when reactions to medications occur.

* Shut windows in your house on days pollen counts are high. Avoid using windows or fans that may draw pollen inside.

* Wash bedding weekly in hot water.

* Dry laundry indoors. Sheets hanging on an outside line are an easy target for blowing pollen.

* Shower and wash your hair before bed -- pollen can collect on your hair and skin.

* Keep pets off of furniture and out of the bedroom. Pollen can cling to the dog or cat after being outside.

* Keep car windows closed during peak season. Use air conditioning and point vents away from face.

* When mowing lawn or gardening, wear a filter mask.

Of course sometimes you just need to see the doctor. According to the AAAAI, people should see an allergist/immunologist if they:

- * Have prolonged or severe symptoms of rhinitis.
- * Have nasal polyps.
- * Have co-existing conditions such as asthma or recurrent sinusitis.
- * Have symptoms interfering with quality of life and/or ability to function.
- * Have found medications to be ineffective or have had adverse reactions to medications.

* Are a child with allergic rhinitis, because immunotherapy may potentially prevent the development of asthma.

SAMPLE BALLOT

GENERAL ELECTION OFFICIAL BALLOT
ELECCION GENERAL BOLETA OFICIAL

COKE COUNTY, TEXAS

CONDADO DE COKE, TEXAS

November 07, 2006 - 7 de noviembre de 2006

Precinct Precinto 1, 2, 3, 4

<p>Instruction Note: Please use a black or blue ink pen to mark your choices on the ballot. To vote for your choice in each contest, completely fill in the box provided to the left of your choice. To vote for a write-in candidate, completely fill in the box provided to the left of the words "Write-in" and write in the name of the candidate on the line provided.</p> <p><i>Nota de Instrucción:</i> Favor de usar una pluma de tinta negra o azul para marcar su boleta. Para votar por su selección en cada carrera, llene completamente el espacio cuadrado a la izquierda de su selección. Para votar por voto escrito, llene completamente el espacio cuadrado a la izquierda de las palabras "Voto Escrito" y escriba el nombre del candidato en la línea provista.</p> <p>To cast a straight-party vote, choose the option to the left of the name of that party. Selecting a party automatically selects all candidates associated with that party. If you select a candidate associated with a party other than the straight-party selection, your vote for that candidate will be counted in that particular contest. Para marcar un voto de partido completo, escoge la opción a la izquierda del nombre de ese partido. Seleccionar un partido automáticamente escogerá todos los candidatos asociados con ese partido. Si selecciona un candidato asociado con un partido distinto a su selección de partido completo, su voto por ese candidato se computará en esa carrera.</p> <p>Straight Party Partido Completo</p> <p><input type="checkbox"/> Republican Party Partido Republicano</p> <p><input type="checkbox"/> Democratic Party Partido Democrata</p> <p><input type="checkbox"/> Libertarian Party Partido Libertario</p> <p>United States Senator Senador de los Estados Unidos</p> <p><input type="checkbox"/> KAY BAILEY REP HUTCHISON</p> <p><input type="checkbox"/> BARBARA ANN DEM RADNOFSKY</p> <p><input type="checkbox"/> SCOTT LANIER LIB JAMESON</p> <p>Presiding Judge, Court of Criminal Appeals Juez Presidente, Corte de Apelaciones Criminales</p> <p><input type="checkbox"/> SHARON KELLER REP</p> <p><input type="checkbox"/> J.R. MOLINA DEM</p> <p>Judge, Court of Criminal Appeals, Place 7 Juez, Corte de Apelaciones Criminales, Lugar Núm. 7</p> <p><input type="checkbox"/> BARBARA REP PARKER HERVEY</p> <p><input type="checkbox"/> QUANAH PARKER LIB</p> <p>Judge, Court of Criminal Appeals, Place 8 Juez, Corte de Apelaciones Criminales, Lugar Núm. 8</p> <p><input type="checkbox"/> CHARLES REP HOLCOMB</p> <p><input type="checkbox"/> DAVE HOWARD LIB</p> <p>Member, State Board of Education, District 15 Miembro de la Junta Estatal de Educación Pública, Distrito Núm. 15</p> <p><input type="checkbox"/> BOB CRAIG REP</p> <p><input type="checkbox"/> BRANDON LIB STACKER</p> <p>State Representative, District 72 Representante Estatal, Distrito Núm. 72</p> <p><input type="checkbox"/> DREW DARBY REP</p> <p><input type="checkbox"/> DENNIS HIGGINS LIB</p> <p>Justice, 3rd Court of Appeals District, Place 2 Juez, Corte de Apelaciones, Distrito Núm. 3, Lugar Núm. 2</p> <p><input type="checkbox"/> ALAN WALDROP REP</p> <p><input type="checkbox"/> JIM SYBERT DEM CORONADO</p> <p>Justice, 3rd Court of Appeals District, Place 3 Juez, Corte de Apelaciones, Distrito Núm. 3, Lugar Núm. 3</p> <p><input type="checkbox"/> WILL WILSON REP</p> <p><input type="checkbox"/> DIANE HENSON DEM</p>	<p>United States Representative, District 11 Representante de los Estados Unidos, Distrito Núm. 11</p> <p><input type="checkbox"/> MIKE CONAWAY REP</p> <p>Governor Gobernador</p> <p><input type="checkbox"/> RICK PERRY REP</p> <p><input type="checkbox"/> CHRIS BELL DEM</p> <p><input type="checkbox"/> JAMES WERNER LIB</p> <p><input type="checkbox"/> RICHARD 'KINKY' FRIEDMAN IND</p> <p><input type="checkbox"/> CAROLE KEETON IND STRAYHORN</p> <p><input type="checkbox"/> Write-in Voto-escrito</p> <p>Lieutenant Governor Gobernador Teniente</p> <p><input type="checkbox"/> DAVID DEWHURST REP</p> <p><input type="checkbox"/> MARIA LUISA DEM ALVARADO</p> <p><input type="checkbox"/> JUDY BAKER LIB</p> <p>Attorney General Procurador General</p> <p><input type="checkbox"/> GREG ABBOTT REP</p> <p><input type="checkbox"/> DAVID VAN OS DEM</p> <p><input type="checkbox"/> JON ROLAND LIB</p> <p>Comptroller of Public Accounts Controlador de Cuentas Públicas</p> <p><input type="checkbox"/> SUSAN COMBS REP</p> <p><input type="checkbox"/> FRED HEAD DEM</p> <p><input type="checkbox"/> MIKE BURRIS LIB</p> <p>Commissioner of the General Land Office Comisionado de la Oficina General de Tierras</p> <p><input type="checkbox"/> JERRY REP PATTERSON</p> <p><input type="checkbox"/> VALINDA DEM HATHCOX</p> <p><input type="checkbox"/> MICHAEL A. 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DEM BLAYLOCK</p>	<p>Commissioner of Agriculture Comisionado de Agricultura</p> <p><input type="checkbox"/> TODD STAPLES REP</p> <p><input type="checkbox"/> HANK GILBERT DEM</p> <p><input type="checkbox"/> CLAY WOOLAM LIB</p> <p>Railroad Commissioner Comisionado de Ferrocarriles</p> <p><input type="checkbox"/> ELIZABETH AMES REP JONES</p> <p><input type="checkbox"/> DALE HENRY DEM</p> <p><input type="checkbox"/> TABITHA LIB SERRANO</p> <p>Chief Justice, Supreme Court, Unexpired Term Juez Presidente, Corte Suprema, Duración Restante del Cargo</p> <p><input type="checkbox"/> WALLACE REP JEFFERSON</p> <p><input type="checkbox"/> TOM OXFORD LIB</p> <p><input type="checkbox"/> Write-in Voto-escrito</p> <p>Justice, Supreme Court, Place 2 Juez, Corte Suprema, Lugar Núm. 2</p> <p><input type="checkbox"/> DON WILLETT REP</p> <p><input type="checkbox"/> WILLIAM E. 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JOAN DAVIS DEM</p> <p>Justice of the Peace, Precinct No. 2 Juez de Paz, Precinto Núm. 2</p> <p><input type="checkbox"/> GRADY COULTER DEM</p> <p>Constable, Precinct No. 1 Unexpired Term Condestable, Precinto Núm. 1, Duración Restante del Cargo</p> <p><input type="checkbox"/> MARSHALL DEM MILLICAN</p>
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