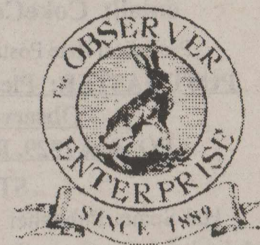


THE OBSERVER/ ENTERPRISE

Serving Coke & Sterling Counties



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

Vol. 121, No. 18

Friday, November 14, 2008

CCRTA meeting set

The Coke County Retired Teachers Association will meet Monday, November 17, 2008. The noon luncheon meeting will be held at the First Baptist Church in Bronte.

CEU's Offered

The Turf, Pest and Ag Expo will be held Friday, November 21, 2008, at the ASU Agricultural Dept. MIR Center, off Highway 87 North, with late registration and breakfast beginning at 7 am.

Five (5) hours of CEU's for the TDA and 6 hours of CEU's for the SPCS will be offered. For more information and to register visit www.TPAEXPO.com. You may also contact Bes-Tex at 325.653.1300. Early registration is \$35, which includes lunch. Registration at the door will be \$50.

RLBC Operation Christmas Child deadline set

The Operation Christmas Child shoebox campaign will soon be drawing to a close. The deadline to turn in boxes at the Robert Lee Baptist Church will be Friday, November 21, 2008.

Please bring the shoeboxes you have filled to the kitchen door behind the church between the hours of 3:30 pm to 5 pm on Wednesday, November 19, Thursday, November 20 or Friday,

November 21. The boxes will then be taken to San Angelo Christian Church on Saturday, November 22, 2008. From San Angelo the shoeboxes will be loaded and sent on to the Collection Center in Abilene.

There are shoeboxes available at the Robert Lee Baptist Church for your use as well as brochures with labels. If you have questions about the Operation Christmas Child shoebox ministry please contact Peggy Coppedge at (325) 453-4637. Your participation is appreciated.

Relay for Life Kickoff slated

The Coke County Relay for Life will have the Kickoff at the Bronte/Robert Lee ballgames on Tuesday, November 25 in Bronte. They will be signing up teams, survivors and caregivers for the Relay for Life in the Spring of 2009. The Relay will alternate to Robert Lee this time. They will also be selling purple "Slam Dunk Cancer" t-shirts. The deadline for shirt orders is Monday, November 17. Contact Dee Anna Harmon, 453-2804 or 453-2545 or Glenn-Bivins Insurance 473-6791 to order a shirt. Some shirts will be available the day of the game. Please show your support of the Coke County Basketball teams and the Relay for Life

by helping "Paint the Gym Purple" by purchasing your t-shirt and coming to the game!

Coke County Food Pantry Thanksgiving schedule

The Food Pantry will be open on Tuesday, November 25, rather than Wednesday, November 26. This change is being made to give customers an additional day to prepare food for their Thanksgiving meal. The hours for shopping (2 pm to 4 pm) will remain the same.

Kickapoo Water Board sets election

Coke County Kickapoo Water Control and Improvement District #1 will hold an election on January

Coke County Playoffs!!

ROBERT LEE STEERS

vs.

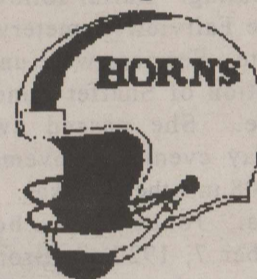
Gordon Longhorns
7:30 pm • Friday
November 14 • May



BRONTE LONGHORNS

vs.

Roscoe Plowboys
7:30 pm • Friday
November 14 • Sweetwater



13, 2009, for the purpose of electing three directors.

Directors filing for re-election to the board are Gerald Sandusky, Ronnie Robbins, and Elton Moore. The election will be held at Bronte City Hall.

For further information concerning the election, contact President Gerald Sandusky by 5 pm on Friday, November 28, 2008.

Win a turkey!

There will be a 27 hole, 2 person, select shot golf tournament on November 15, 2008, at the Singing Winds Golf Course in Bronte. Tee off time is set for 9 am. For more information, call (325) 473-2156.

Want to be a San Angelo Stock Show & Rodeo Ambassador?

Here is your opportunity to become a member of the San Angelo Stock Show & Rodeo Ambassadors.

The tryouts will be held on November 15 at the San

Angelo Stock Show Cattle Barn (South of Spur Arena). Registration will begin at 9 am and Parent and Participant meeting will start at 9:30 am. Tryouts will begin at 10 am. The age requirement is 14-20.

Participants must provide a personally owned horse (not borrowed), current coggins on every horse brought to arena (owner's name listed), and own equipment.

For more information call Leanne at (325) 656-6506.

Windbreak seedlings on sale now

Seedlings for conservation windbreaks are available through the Coke County Soil and Water Conservation District. Order your seedlings now through Monday, January 26, 2009. Delivery is set for February 5, 2009.

For more information and availability, contact the SWCD office at 453-2623, ext. 3 or come by 214 E. 7th Street in Robert Lee.



Area Champs! The Bronte High School Lady Longhorns volleyball team celebrate their win over Sierra Blanca this past Saturday for the area championship. The Lady Longhorns play in the regional semi-finals tonight at 8 pm against Windthorst at Lubbock Christian University.

Congratulations to the Bronte and Robert Lee football teams and the Bronte volleyball team!

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Obituaries

Jones

Funeral services for Anna Maurice Jones, 88, of Athens, were held at 10:30 am, Wednesday, November 12, 2008, at the First Baptist Church of Bronte, Texas, with Corey Cornutt officiating. Burial followed at the Fairview Cemetery of Bronte. Services were under direction of Shaffer Funeral Home. She passed away Sunday evening, November 9, 2008 in Athens, Texas.

Mrs. Jones was born October 7, 1920, in Bronte, Texas, to her parents, Jess and Ara Rogers Scott. She lived her early life in Bronte and graduated from Bronte High School in 1937. After school she worked as a beautician in Dallas, Texas and during World War II she worked in the defense industry in Long Beach, California. Anna married Ben Jones in 1964 and they resided for several years in Portland, Oregon. She later moved to Athens, Texas in 2006. She was a long-time member of the Milwaukie First Baptist Church of Milwaukie, Oregon. She was preceded in death by her parents; her husband; brothers, Darwin Scott, Bobby Scott and Billy Ray Scott.

Survivors include her step-daughter, Gayle Aman and husband, Bob of Beaverton, Oregon; brother, Noel Dean Scott and wife, Sharon of Stephenville; sister-in-law, Lou Ann Scott of Athens; grandchild, Kathleen Aman of Beaverton Oregon; cousin, Ruby Collins of Valencia, California; numerous other cousins, nieces and nephews.

Pallbearers included David Scott, Randy Scott, Ken Scott, Dean Scott Jr., Steve Scott, Gary Scott and Steve Hines.

The family received condolences at Shaffer Funeral Home of Bronte, Texas, on Tuesday evening from 6 pm to 8 pm.

18-1tc

FSA accepting applications

The Farm Service Agency (FSA) is now accepting applications for Emergency Farm Loans resulting from damages and losses caused

by high winds, hail, lightning, and a tornado on June 5, 2008 through June 17, 2008 and also caused by drought that occurred on January 1, 2008 and continuing.

Coke County has been named a contiguous county where eligible farmers may qualify for FSA EM loan assistance. Farm Loan Manager, Justin B. Holland, asks farmers who want to apply for emergency loans to submit their applications as soon as possible. The deadline for applications is June 10, 2009, but if farmers wait too long, a backlog will develop and cause delays.

Generally, farmers who have lost 30 percent of their production due to designated disaster are eligible for emergency loans. The FSA office is located at 103 W. Florida Avenue in Sweetwater, Texas.

Winters Arts and Crafts Show set for Saturday

With dozens of talented vendors exhibiting their goods, the Winters Arts & Craft Show on Saturday, Nov. 15 promises something for just about everyone. The annual event is sponsored by the Winters Area Chamber of Commerce.

"We had almost 60 vendor spaces rented last year and are expecting another great show this year," says Chamber Manager Jean Boles. "We're excited to offer such a wide variety of items from artisans near and far. Craftsmen will be bringing handmade pottery, jewelry, soaps, skin care, home décor, Western accents, Christmas items, and much more. We also have a vendor bringing an inflatable slide, boxing ring, and toddler bounce. Live music will begin around 11 am provided by 'Last Not Lost' of Clyde, Texas."

The show will be in the former Spill furniture building on Main Street.

Doors open at 9 am and the show ends at 5 pm. Admission is free and door prizes will be given. Chamber directors will be selling homemade stew. Other food vendors will offer hot dogs, tacos, baked goods, candy, and drinks.

"We also invite shoppers to browse the stores in our downtown area," said Boles. "We're looking forward to a great, fun-filled day."

For more information, call the Winters Chamber at 325-754-5210 or e-mail at wacc@wtxs.net.

Answers on Aging and Community Outreach programs set

On November 24, 2008, Rosie Quintela will be available to discuss the many services offered by the Area Agency on Aging for seniors through its various programs including Care Coordination, Benefits Counseling, Caregiver Support, Foster Grandparent, Senior Companion Services, nursing facility Ombudsman, and The Community Outreach Program for all ages.

"Answers on Aging and Community Outreach "will be offered at the following locations:

- Answers on Aging**
 Bronte Senior Center, 613 East Oliver, Bronte, 10:45 am;
 Robert Lee Senior Center, 1402 County Park Road, Robert Lee, 11:30 am.
- Community Outreach**
 Coke County Courthouse, 13 E. 7th Street, Robert Lee, 1 pm.

American Cancer Society Can Help Smokers Quit and Save Money

Many people are cutting corners and searching for new ways to save a dollar due to today's economic disorder. If you use tobacco products, you can save money and your health by kicking the habit on November 20, 2008, the day of the American Cancer Society Great American Smokeout. Each year, smoking accounts for an estimated 438,000 premature deaths - including 38,000 deaths among nonsmokers as a result of secondhand smoke - and costs the nation \$167 billion in health care expenditures and productivity losses. Not only does smoking reduce life expectancy by approximately 14 years, but it can also be costly for consumers. The economic costs of smoking



10 Point! MSgt. (Ret.) Mike Hinckley took this nice 10 point buck the morning of November 6 in southeast Nolan county. Mike lives at Blackwell.

are estimated to be about \$3,391 per smoker per year. Smokers are paying for possible health problems in the future. Furthermore, tobacco use increases the risk of 15 types of cancer, and 30 percent of all cancer deaths, including 87 percent of lung cancer deaths, can be attributed to using tobacco.

Evidence consistently indicates that tobacco use prevention and cessation initiatives work. Thanks to these programs, progress is being made in the fight against tobacco. For example:

- Cigarette smoking among adults ages 18 and older declined 50 percent from 1965 to 2005.

Area Churches

Invite You to Worship

- 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
- Central Baptist Church**
 324 S. Franklin • Bronte
 (325) 473-4811
 Dale Patterson, Pastor
 Sun. 10 am Sunday School
 11 am & 6 pm Worship
 Wed. 6 pm
- 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
- First Baptist Church**
 424 S. Washington • Bronte
 (325) 473-2331
 Bro. Corey Cornutt, Pastor
 Sunday 9:45 am Sunday School,
 10:55 am Worship,
 6 pm Youth
 and Worship
 Wednesday 7 pm Prayer Meeting
- First United Methodist Church**
 PO Box 144 • 9th & Chadbourne
 Robert Lee
 (325) 453-2417
 Rev. George Bradley, Pastor
 Sun. 10 am Sunday School
 10:50 am Worship
 Wed. 6 pm Choir
- Iglesia Bautista Bethel**
 101 Houston • Robert Lee
 (325) 763-9208 • 320-1354
 Sun. 10 am • Worship
 11 am & 6 pm • Service
 Wed. 7 pm
- 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
- Northside Church of Christ**
 PO Box 508 • 9th & Chadbourne
 Robert Lee
 (325) 655-9784 or 453-2685
 Portis Ribble, Minister
 Services: Sun. 10 am & 1:30 pm;
 Wed. 6 pm
- Our Lady of Guadalupe Catholic Church**
 601 W. 10th, Robert Lee
 (325) 365-2687
 Rev. Hubert Wade, Jr., Pastor
 Sat. 6 pm
- Pecan Baptist**
 PO Box 542 • 12 miles West of
 Robert Lee on Sterling City Hwy
 (325) 453-2482
 Jim Dominey, Pastor
 Sun. 10 am, Sunday School
 11 am & 7 pm, Worship
- 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
- 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
- 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
- St. James Catholic Church**
 215 N. Washington, Bronte
 (325) 365-2687
 Rev. Hubert Wade, Jr., Pastor
 Sun. 5 pm

Tommy E. Neal, AAMS
 Financial Advisor

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MAKING SENSE OF INVESTING

- Cigarette smoking among American high school students declined from 36 percent in 1997 to 23 percent in 2005.

- Annual cigarette consumption among adults in the United States continues to decline.

- More than 40 percent of the reduction in male cancer deaths between 1991 and 2003 can be attributed to declines in smoking during the last half century.

Despite these positive trends, progress in reducing smoking among adults and high school students has slowed in the last few years. Aggressive practices from major tobacco companies may be contributing to the stall. The tobacco industry spent \$100 million nationally to defeat smoke-free legislation and increases in excise taxes in the 2006 mid-term elections, and industry expenditures to promote tobacco continue to outpace tobacco control spending by a ratio of nearly 24 to one. In addition, the tobacco industry is aggressively marketing new and existing smokeless tobacco products as "bridge" products (i.e. supplemental sources of nicotine in smoke-free settings), even though compared to quitting completely, the use of any smokeless tobacco product as a substitute for smoking is harmful.

In support of the American Cancer Society's leadership role in cancer prevention and early detection, the Society is engaged in year-round efforts to fight tobacco. The Society and its nonprofit, nonpartisan advocacy partner, the American Cancer Society Cancer Action NetworkSM (ACS CAN), have been successful in making tobacco seem like it has no place in healthy society and protecting the public from secondhand smoke by encouraging communities to pass smoke-free legislation:

- Today, more than 65 percent of the United States population is covered by smoke-free laws, despite aggressive efforts by tobacco companies to defeat such laws.

- Twenty-nine states, the District of Columbia, and Puerto Rico now protect nonsmokers by prohibiting smoking in workplaces, and/or restaurants, and/or bars.

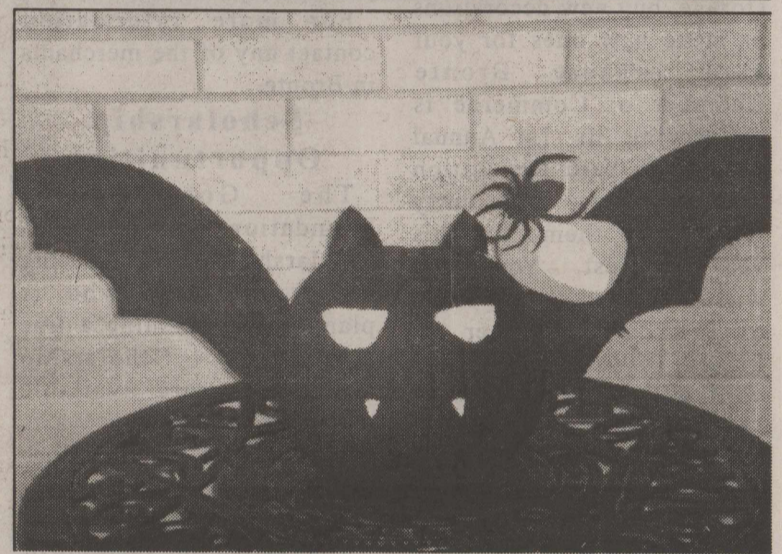
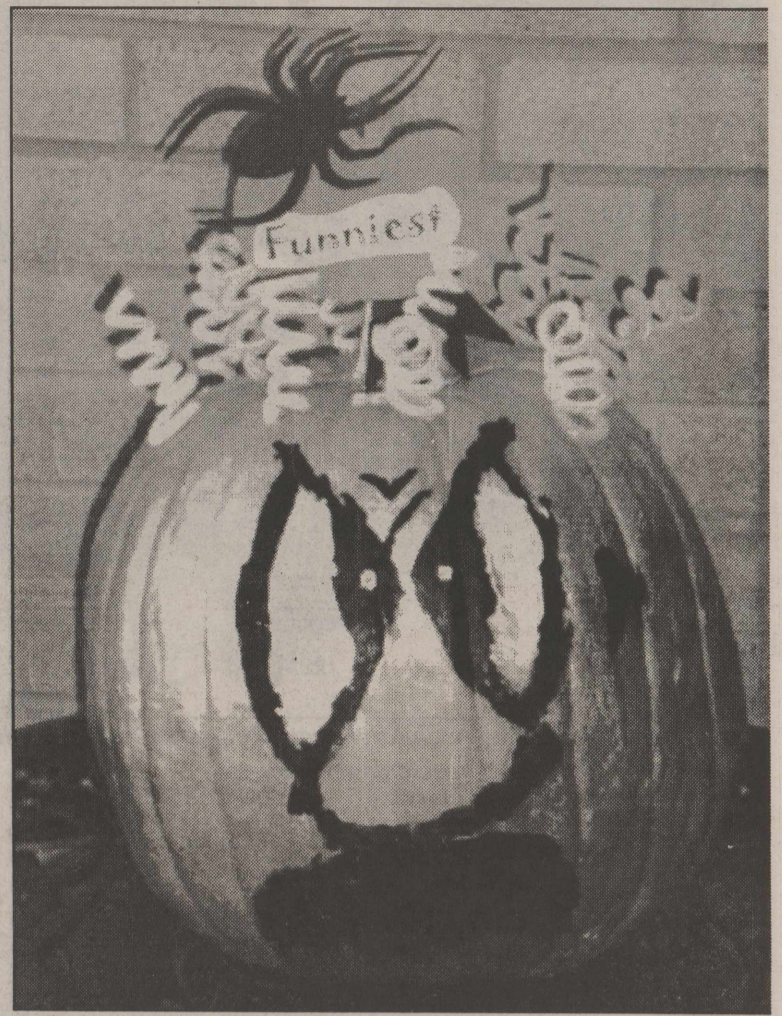
- Forty-four states and the District of Columbia have increased their cigarette taxes since 2002.

Additionally, ACS CAN continues to keep constituents and the general public updated on state and federal tobacco control legislation and offers opportunities to support their passage.

In addition to legislative efforts, the wide range of counseling services, self-help materials, and medicines



Scary, Funny & Creative! Bronte Elementary School recently held a pumpkin decorating contest. Winning the award for Scariest (above photo) was second grader Damian Puentez. The Funniest pumpkin award went to Jayden Baumann, a fifth grader (top right photo). Second grader Jacob Eubanks' bat pumpkin was awarded Most Creative.



available through the Society today offer smokers more tools than ever to help them quit successfully.

Recent studies, including those done by the American Cancer Society Behavioral Research Center, confirm anecdotal evidence that social support is an essential element in the decision to quit smoking. Studies are finding that people tend to quit smoking in, and as a result of the influence of, large groups of their social peers. This strategy works hand-in-hand with the current American Cancer Society approach to smoking cessation, which employs this knowledge through a two-step process:

1. The Society encourages large numbers of smokers to consider quitting (and protecting the health of nonsmokers) through advocacy for broad policy change, e.g. increasing the cost of cigarettes through higher taxes, providing widespread smoke-free environments, and regulating tobacco products.

2. The Society provides its Quitline® service (1-800-ACS-2345) to help individual smokers who have made the decision to quit, and encourages smokers to see their physician for advice on smoking cessation techniques, prescription medications, and NRT s (nicotine replacement therapies).

The American Cancer Society's Great American Smokeout offers a timely opportunity to encourage smokers to quit.

The Smokeout is designed to motivate and empower smokers with personalized tools, tips, and support to help them quit for good. The

Society inaugurated its first Great American Smokeout in 1976 as a way to inspire and encourage smokers to quit for one day. Today, however, with 44.2 percent of the 45.3 million Americans who smoke having attempted to quit for at least one day in the past year, Smokeout does more than urge smokers to quit for a single day; it encourages people to commit to making a long-term plan to quit for good. Additionally, Smokeout is a time to encourage all Americans to advocate for comprehensive smoke-free laws that help protect workers and community members from exposure to secondhand smoke.

As more communities are making progress in the fight against tobacco, the American Cancer Society is here to help you make the lifestyle changes necessary for a healthier you and a healthier nation.

Plan for and set the Great American Smokeout – November 20, 2008 – as the day to quit. Quitting is hard, but you can increase your chances of success with help. Call the American Cancer Society anytime, day or night, to help double your chances of quitting for good. Advocate for smoke-free laws in your community. Visit www.cancer.org/GreatAmericans to find out how or call your local American Cancer Society office.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering, and preventing cancer through research, education, advocacy and service.

Founded in 1913 and with national headquarters in Atlanta, the Society has 13 regional Divisions and local offices in 3,400 communities, involving millions of volunteers across the United States. For more information anytime, call toll free 1-800-ACS-2345 or visit www.cancer.org.

Help a family in need this holiday season

Food banks across the nation are facing a dire situation, one that finds more families in need of assistance but community donations being far less because of the current economic upheaval.

In Texas, the situation is no different. Hurricane Ike saw Texas food banks jump into action to provide meals to displaced families and individuals at emergency shelters. This assistance now finds food banks low on supplies. This is where H-E-B is giving its customers an opportunity to help. Beginning October 29, Texans can visit their neighborhood H-E-B and participate in the 2008 H-E-B and Procter and Gamble "Stock Up and Give" promotion.

With each purchase of Bounty, Cascade, Charmin, Crest, Duracell, Downy, Febreze, Folgers, Gain, IAMS, Luvs, Pantene, Pringles, Swiffer or Tide

products, a \$1 donation will be made to the local area food bank servicing the area where the donation is collected, up to \$50,000.

In most instances, for every \$1 donated, meals can be provided to feed a family of up to six people - a meal that certainly will be most welcome during the approaching holiday season. The promotion runs through December 2, 2008 at all Texas H-E-B stores.

"So many in our community will be in need of assistance this holiday season and while our Texas food banks are doing what they can, they need our help," said Danny Flores, Manager, H-E-B Public Affairs. "We invite our customers to participate in Stock Up & Give and make a difference one purchase at a time."

SAT Registration deadline set for November 18

Any student wanting to take the December 6 SAT test may late register through Tuesday, November 18. Registration packets are available in the high school counselor's office or online at www.act.org for the ACT test or www.collegeboard.com for the SAT test. Please remember that students who are on free or reduced lunches may take each test two times for free. Please see Mrs. Timmerman, Bronte High School counselor, for fee waiver form.



Singing and Visiting! Children from Robert Lee Baptist Church went to visit and sing to Robert Lee Care Center residents recently.

Bronte COC Christmas activities detailed Yard Decoration contest

Get your decorations out of storage, buy new decorations or make new ones for your yard because Bronte Chamber of Commerce is sponsoring its 1st Annual Christmas Yard Decoration Contest. There is no entry fee and no theme for this year's contest. Your yard will be judged on the night of Thursday, December 18. Prizes for best decorated yard will be: 1st place - \$100 in Bronte Bucks; 2nd place - \$75 in Bronte Bucks; 3rd place - \$50 in Bronte bucks. Residence must be within Bronte city limits. Entries must be turned into City Hall by deadline of Monday, December 15.

Prizes will be awarded Saturday, December 20 at the Train Depot. You can ride in the carriage or the surrey with the fringe on top to view the Christmas lights in Bronte. Rides will cost \$1 per person. Children 12 years and under must be accompanied by an adult.

Entry forms for the Yard Decoration Contest are available in Bronte stores.

Parade of Lights

Enter your organization, business, or family in the Parade of Lights. Entry deadline will be Tuesday, November 25. For more information, see entry form.

Community Christmas Tree Ornaments

Hurry! Hurry! Hurry! Be one of the first organizations or businesses to create an ornament for the City of Bronte Community Christmas Tree. Use the following guidelines: must be weatherproof; a minimum of 10 to 12 inches in size; must have your name and date located somewhere on your design. Take your ornament to City Hall to be placed on the tree.

Merchant Drawings

Effective November 15, boxes will be placed in Bronte businesses. Entry forms will be available at each business location

throughout Bronte.

Drawings will be held on November 29, December 6, 13, 14, and December 20 will be the drawing for the grand prize.

For more information contact any of the merchants in Bronte.

Scholarship Opportunities

The Goss-Michael Foundation is offering a scholarship to a graduating senior in Texas who is planning on pursuing a fine arts degree. Scholarship applications are available online at www.gossmichaelfoundation.org or in the counselor's office at Bronte High School.

The Ayn Rand Institute is offering scholarships to students in graders 8 through 12. Students in grades 8 through 10 must read the Ayn Rand book Anthem and write an essay to a prescribed topic. The deadline to apply for this scholarship is March 20, 2009. Students in grades 11 and 12 must read The Fountainhead and answer one of the topics mentioned in the application. The deadline to apply for this scholarship is April 25, 2009. For contest information and essay topics, please go online to www.aynrand.org/contests or see the scholarship bulletin board outside the counselor's office at Bronte High School.

Students and parents, also please remember to visit www.collegeguidanceconsultants.com to access many more scholarships.

Hugh O'Brian Youth Leadership Seminar

Any sophomore interested in attending the Hugh O'Brian Youth Leadership Seminar in May 2009 may now apply. The HOBY seminars provide great networking and leadership skills development as well as a focus on community service for future leaders. One sophomore student from Bronte High School will be selected by a committee from the applications turned in. The deadline to apply is

November 21. For more information please visit www.hoby.org/students or see Mrs. Timmerman, counselor, Bronte High School.

Think Texas

By Agriculture Commissioner Todd Staples

Whether serving as a decoration on your front porch welcoming fall or served as a delicious Thanksgiving pie, pumpkins are a hallmark of a new season. Lucky for us, they are also a staple for the Texas economy with an economic impact of \$7 million every year.

About 6.7 million pounds of the fruit are planted annually in Texas on roughly 3,300 acres. If you lined up all the pumpkins grown in Texas side-by-side, they would probably go from Austin to Houston. Now that's a lot of jack-o-lanterns!

About 90 percent of pumpkins grown are strictly for ornamental use. But pumpkins can be used to make soups, pies and bread, and even for animal feed. Pumpkin seeds can also be roasted for a salty snack.

Native Americans valued pumpkins as a delicious food and thought the seeds processed medicinal powers. Native American people also used them for home decorating by drying strips of pumpkin and then weaving them into rugs.

Not only versatile, pumpkins are also good for you. They get their bright orange color from the high amounts of the antioxidant, beta-carotene. Pumpkins are also rich in vitamin A, potassium and fiber.

Just like the great state of Texas, the pumpkin has a long and rich history, and pumpkins have been giving Texans enjoyment throughout the years, as tasty treats or as spooky decorations. This fall, take the time to appreciate the versatility of the Texas pumpkin.

Make-a-Wish Foundation

The Make-a-Wish Foundation of North Texas, West Texas Regional Office,



Another First Place! Mike Barrett of Odessa placed first in the Robert Lee Street Affair with this iron sculpture entry. Mike is the son of Betty Barrett of Robert Lee.

wants to share the power of a "wish" by reaching out to the 42 counties in the West Texas region. It is the desire of the foundation to reach every child who might qualify to receive a wish.

Children are eligible for a wish if they are between the ages of 2 1/2 and 18 years of age and have a life-threatening medical condition that has been certified by their attending physician. Contrary to popular misconception, a child does

not have to be terminally ill to be eligible for a wish. The Foundation grants the wishes of children who have been diagnosed with progressive, degenerative or malignant conditions that have placed the child's life in jeopardy.

Children are eligible to receive only one wish and cannot have received a wish from another wish granting organization. There are no other qualifications based on sex, race, religion, socioeconomic status or any other demographic category.

Ranch Land Co.

Leon Nance, Broker
Sunni Gothard, Agent
(325) 234-2507 Cell
(325) 658-8978 Office
San Angelo, Texas
www.ranchlandco.com



Highway 277 - Bronte - \$110,000
4,000 sq. ft. metal barn, 9 lots.

708 Meadow Lane - Bronte - \$139,000
3 Bedroom/2 Bath remodeled brick home with 30 year metal roof, 3 acres, close to school, 2 car garage, new appliances, nice yard with lots of trees.

310 N. Lombard - Bronte - \$53,000
3 Bedroom/1 Bath remodeled home with carport, new appliances.

312 Woods - Bronte - \$139,000
3 Bedroom/2 Bath brick house with metal roof, completely remodeled with new appliances, 3 car carport and enclosed back porch on 4 lots.

211 E. McCaulley - Bronte - \$49,000
2 Bedroom/1 Bath, completely remodeled with all new appliances and a 30 year metal roof, 1 car carport and storage room.

117 W. 10th - Robert Lee - \$89,500
2 Bedroom/2 Bath with 30 year metal roof, completely remodeled with new appliances and new carpet.

For more information,
call **Sunni** at (325) 234-2507!



Grant! Wal-Mart of Ballinger awarded a check in the amount of \$1,000 to the Bronte Independent School District on Tuesday during a school assembly. Mrs. Poehls, Bronte elementary principal, filled out the grant application last summer and won the award to be used for students in the district. Brenda Turney and Kenneth Hicks represented the Wal-Mart Ballinger and presented the check to Mrs. Poehls. "We cannot say enough good things about Mrs. Turney and Wal-Mart. They have helped our school district many times."

Parents, medical professionals, social workers or the child themselves can make a referral for a wish by calling the West Texas Regional office at (432) 683-9474 or toll free (800) 257-9474. They may also go to www.northtexaswish.org and make a referral online. If a medical professional or social worker is making a referral, it is important that the family has been notified that their child is being referred for a wish from the foundation.

For more information about the Make-A-Wish Foundation, please contact the office at (432) 683-9474 or toll free at (800) 257-9474.

Hispanic Scholarship Fund now open

The Hispanic Scholarship Fund (HSF), the nation's preeminent organization supporting Latino higher education, announced today scholarship applications for the 2009-2010 academic year will be available online beginning September 1, 2008. Current and prospective students may apply online at APPLY.HSF.NET.

To be eligible for HSF's General College Scholarship Program, applicants must be: a U.S. citizen or legal resident planning to enroll full-time in a degree-seeking program at an accredited institution of higher learning in the U.S., Puerto Rico, Guam or the U.S. Virgin Islands and have a minimum GPA of 3.0.

By filling out an HSF application, a student automatically is considered for more than 3,000 different scholarships. Applications are available

only online. There no longer are any paper application forms.

The online system allows a student to begin an application in a file that can be accessed and revised again later, prior to completion. The finished application must be submitted prior to the February 18, 2009 deadline.

High school seniors, with a GPA of 3.3 or higher, may also apply to the Gates Millennium Scholars Program. A separate application is required for this program and can be found at www.gmsp.org.

Cattle Brucellosis tests still required in Texas

Selling or buying cattle? A cattle brucellosis, or "Bang's" test is still required for changing ownership of adult cattle in Texas, says Dr. Bob Hillman, Texas' state veterinarian. For many years, Texas ranchers and livestock health officials worked to eradicate cattle brucellosis, a bacterial disease that can cause cows to abort, deliver weak calves, or produce less milk.

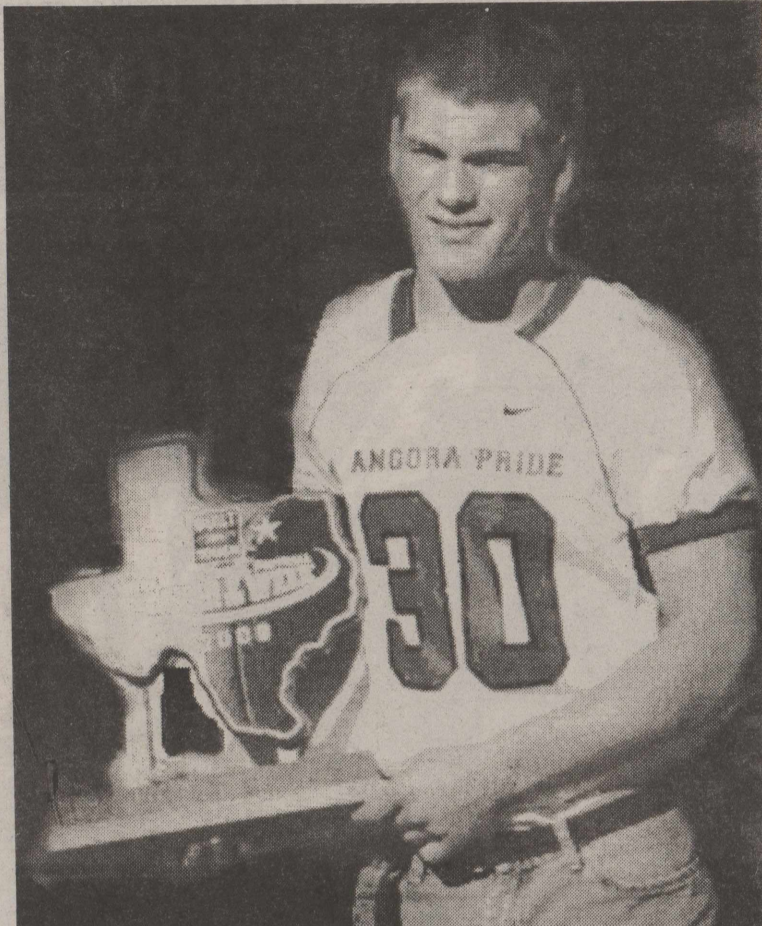
"We have enjoyed Class 'Free' status for cattle brucellosis since February 2008, but testing is still required at livestock markets, special sales and private treaty sales, for at least two years," said Dr. Hillman. "This testing requirement is part of the national brucellosis program standard, and it assures that a state is clearly free of the disease and that we can quickly identify and deal with reintroduced or yet undetected infection." Slaughter testing surveillance will continue across the country for an indefinite period, to ensure

that the disease is completely eradicated from cattle herds in Texas and other states.

Dr. Hillman noted that cattle which are sexually intact and 18 months of age or older must be tested prior to sale. The test requires a small blood sample from the animal, collected by an accredited veterinarian, or TAHC or USDA personnel. A chute-side test is conducted at livestock markets on sale days, with laboratory confirmation by the State-Federal laboratory.

For private treaty or special sales, an accredited, private veterinary practitioner can draw the blood sample and submit the blood sample to the State-Federal laboratory, where the test will be run. Cattle owners should allow at least four days for private testing, to allow for shipping the blood sample to the laboratory, testing of the samples and receiving the test results that will be recorded on the document that will accompany the animal to the sale.

"Texas was the last state to achieve cattle brucellosis free status, but there is no guarantee we can maintain this status, if we aren't vigilant," said Dr. Hillman. He stressed that the continued testing will identify potential cases of cattle brucellosis that weren't detected during the eradication effort. Brucellosis status can be lost, if two infected herds are detected within a two-year period. It is essential that we continue to follow the national standards for the brucellosis program. Montana recently lost its brucellosis-free status, due to exposure to infected wildlife in the Greater

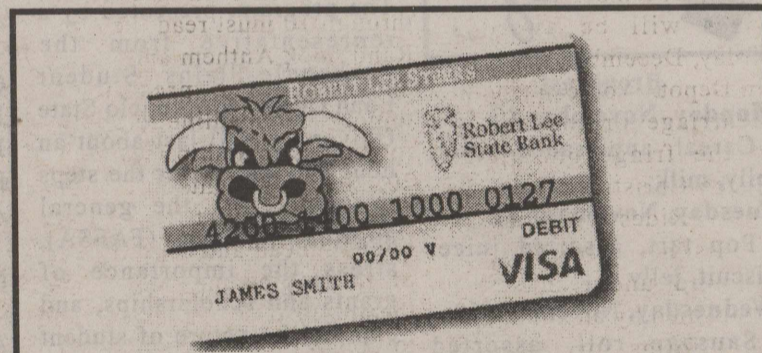


Built Ford Tough! Ryan Taylor, a football player for Rocksprings High School, recently received the Class 1A Texas Built Ford Tough Award. He is a running back and middle linebacker who ran the ball 28 times for 273 yards to beat Menard in a big district game. Ryan is also a member of the Rocksprings Student Council and the National Honor Society. He is the son of Sandy Meeks and is the grandson of Barry Hilliard of Bronte.

Yellowstone Area, and widespread testing must be conducted to regain the ranking.

"Eradicating a disease is a livestock health victory, and that makes vigilance even more important now," said Dr. Hillman. "Don't risk buying infection. Ensure that the breeding cattle you buy have been tested."


Dr. Hillman also reminds cattle owners, especially those in the eastern portions of the state, that heifers should be vaccinated against cattle brucellosis, particularly if they will be used as breeding animals. Accredited veterinarians can administer the RB-51 vaccine to heifers between the ages of four and 12 months to provide lifelong protecting against the disease.



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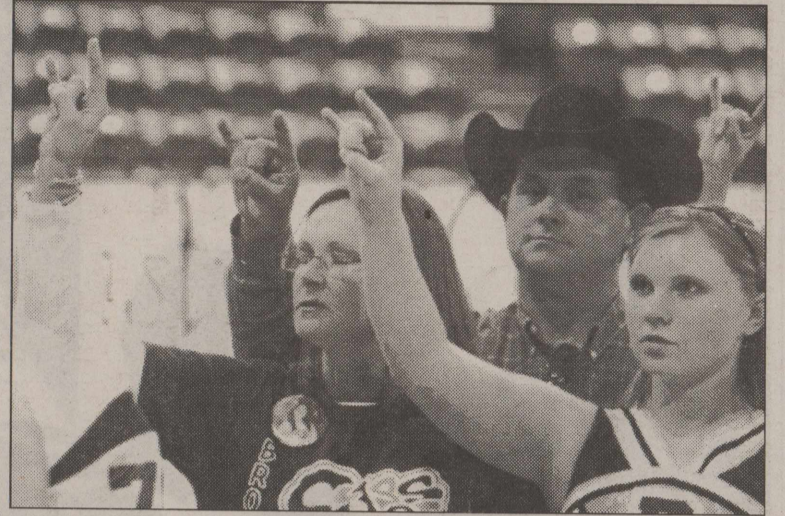
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BRONTE SCHOOL NEWS



Longhorn Football! Rob Rosson (#9) attempts to take down a Lion from Albany this past Friday, November 7. Although the Longhorns fell to the Albany Lions 17-27, they still advance to the playoffs tonight and will play Roscoe in Sweetwater.



Hook 'Em Horns! Deanna and Cliff Reed support the Longhorns recently, along with their daughter, Nicole Reed, a senior at Bronte High School.

Great American Smokeout Day Assembly at BISD

Representatives from the Alcohol and Drug Abuse Council of San Angelo will be presenting a program to the students of Bronte ISD on the dangers of smoking and tobacco use on Thursday,

November 20, which also is recognized as the national day promoting the Great American Smokeout. The elementary program begins at 1 pm and the high school program begins at 2 pm. Parents and community members are invited to attend.

College financial aid night planned

Bronte ISD will host a free college financial aid orientation on Tuesday, January 27 at 6 pm in the school library. The program, presented by a representative from the Panhandle-Plains Student Loan Center and Angelo State University will last about an hour and will cover the steps in completing the general application form (FAFSA), stress the importance of grants and scholarships, and explain the nature of student and parent loans. Pizza and drinks will be served.

Although the presentation will focus on seniors, all students and parents are welcome and would benefit from the session. A drawing will be held for a \$200 scholarship for attending seniors or those represented by a parent. For more information, please call Mrs. Timmerman, Bronte ISD counselor, at (325) 473-2521.

Veteran's Day Program held at Bronte ISD

Veteran's Day at Bronte ISD began at 8 am with a school wide flag raising ceremony with the band playing patriotic music. There was also a Veteran's Day program that included an introduction of the veterans who were in attendance, a speech delivered by WW II Veteran, Mr. C.B. Barbee, the reading of the two winning patriotism essays, and a DVD video about Veteran's Day. It was a very special and memorable

program and Bronte ISD appreciates all the veterans in our community who served our country. After the Veteran's Day Program, the leadership class hosted a brunch for all veterans. This event was a great time for veterans and students. Many great stories and food were shared.

BJH/BHS Honor Roll 2nd Six Weeks 12th Grade

A Honor Roll
Lahne Burns, Ariel Coalson, Shannon Dellar, Jessi England, Will Macon, Johnnye Michael, Sam Rawlings, Reece Springer
AB Honor Roll
Geoffrey Ehl, Ty Mackey, Nicole Reed

11th Grade
A Honor Roll
Crawford James, Louie Martinez, Bill Miller, Jacob Scott

AB Honor Roll
Wayne Aaberg, Ernesto Casillas, Chelsea Cook, Jonathan Dannheim, Ryan Everheart, Stephanie Frasier, Fernando Fraune, Kasey Glover, Jason Horton, Jose Luis Perez, Rob Rosson, Shelbi Waller, Kim Womack

10th Grade
A Honor Roll
Chase Harris, Arlis McMullan, Heath Richey

AB Honor Roll
Kaycee Baker, Cheyenne Boyd, Rachael Deller, Skyler Ellis-York, Ally Franco, Kim Nixon, Dakota Rawls, Kerwin Rawls, Kelsey Sedden, Shandee Vaughn

9th Grade
A Honor Roll
Shelby Amendt, Katie Austin, John Dellar, Leah Jones, Mackenzie Gibbs, Kim Lee, Kaleb Parks, Jill Scott, Harley Wallace

AB Honor Roll
Jordan Baumann, Austin

Brackeen, Lauren Burns, Creed Coalson, Kassie Fillman, Amy Godinez, Beau Grigg, Austin Mertz, Brenda Perez

8th Grade

A Honor Roll
Brooke Bedford, Kaitlyn Braswell, Mikayla Fraune, Kyle Kelton, Caleb Rosson, Jael Williams

AB Honor Roll
Connor Clark, Nathan Fillman, Mason Hoyt, Carson James, Erika Puentez, Michelle Rhodes

7th Grade

A Honor Roll
Rachel Everheart, Ty Lee, Megan Yackley

AB Honor Roll
Nathaniel Rosales, Marisa Sanchez, Courtney Wyatt

CV Volleyball Assn. scholarship

The Concho Valley Volleyball Association sponsors a \$500 scholarship to a graduating high school senior who plays volleyball. Senior girls may pick up an application off the scholarship bulletin board at Bronte High School. The deadline to apply is January 15, 2009.

New Guaranteed Tuition Program for Texas A&M

Texas A&M University President Elsa Murano recently announced that the university would pay tuition for any incoming student whose household income is less than \$60,000.

"Despite our efforts to keep tuition increases as low as possible, many of our students find it difficult to pay for college without mounting significant amounts of debt in the form of student loans," Murano said. These scholarships will provide

much-needed relief to our middle-income students and their families now and into the future."

Students at A&M will be eligible for their first four years of school if they fill out the Free Application for Federal Student Aid, Scholarships and Financial Aid annually.

Any aid that the student already receives from the school or from outside sources will count toward the fund, and the university will make up the difference. For more information please go online to www.tamu.edu or call 979-845-3741.

SAT and ACT Online Practice Questions

Students interested in receiving the SAT question of the day e-mailed to them may sign up at www.collegeboard.com. This is a free service. Additional free practice questions are also available on this web site.

ACT also provides free online practice questions at www.act.org.

Free ACT and SAT study guides are available in the counselor's office at BHS as well as study manuals in the BHS library.

All high school students are encouraged to visit these sites but in particular junior and senior students who plan on taking the SAT or ACT test. Current junior students are encouraged to sign up for the spring administration of either test. Mrs. Timmerman, BHS counselor, will meet with the juniors in the spring to help get them signed up for the test. Please note that any junior or senior who currently receives free or reduced lunches may take either test two times for free. Waiver forms are in the counselor's office.



School Menu

Breakfast

Monday, November 17
Cereal, applesauce, toast, jelly, milk

Tuesday, November 18
Pop tart, assorted juice, biscuit, jelly

Wednesday, November 19
Sausage roll, assorted juice, milk

Thursday, November 20
Breakfast pizza, assorted juice, milk

Friday, November 21
Pancake and sausage on a stick, assorted juice, milk

Lunch

Monday, November 17
Chicken nuggets, gravy, creamed potatoes, green beans, roll, rosie applesauce, milk

Tuesday, November 18
Tacos with cheese, lettuce & tomatoes, Spanish rice, pinto beans, taco shell, fresh fruit cup, milk

Wednesday, November 19
Grilled cheese sandwich, beef & vegetable soup, carrot sticks w/ranch, corn break, milk

Thursday, November 20
Sliced turkey & gravy, creamed potatoes, green beans, roll, pumpkin pie, milk

Friday, November 21
Cheeseburgers, lettuce & tomato, French fries, assorted fruit, bun, milk

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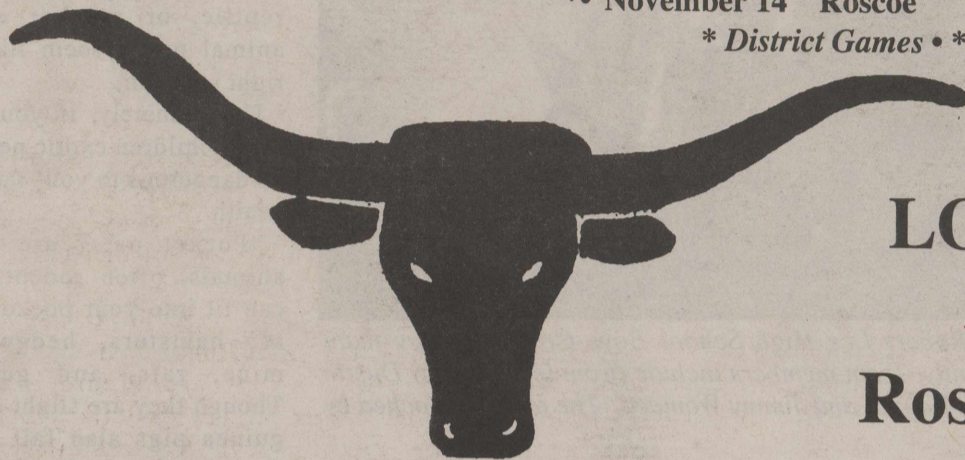
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BRONTE LONGHORNS FOOTBALL

				BHS	
August 29	Junction	Here	7:30	10	21
September 5	Roby	There	7:30	35	0
** September 12	Rotan	Here	7:30	26	22
September 19	Irion County	There	7:30	32	26
September 26	Hamlin	There	7:30	42	21
October 3	OPEN				
* October 10	Baird	Here	7:30	35	13
* October 17	Winters	There	7:30	21	13
* October 24	Cross Plains	Here	7:30	44	12
* October 31	Miles	Here	7:30	35	13
* November 7	Albany	There	7:30	17	27
* November 14	Roscoe	Sweetwater	7:30		

* District Games • ** Homecoming • * Playoffs

Friday
November 14
7:30 pm
Sweetwater



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John Burns #22
Jamie Martin #12
Ernesto Casillas #5
Kc Barber #4S
Coach Moore #19
Alisha Bracker #71
Jonathan Danaher #75
Nabi #11
Ryan Everett #63

Handwritten notes:
Coach Miller
Coach Paul
John Peller #1
Jose Luis P. #7
Kaleb Parks #32
Jordan Baumann #8
Mickell Barber #30
Lace #65
Larry Rosales #70
Rowin Parks #20
Chase Harris #52
Stilly
#78
#60
#72
#55

ROBERT LEE SCHOOL NEWS



Robert Lee Cross Country! The Robert Lee High School Boys Cross Country team qualified for regionals in Arlington recently. Team members include (from left to right) Dustin Brown, Jorge Rostro, Luke Sheldon, Jose Fabian and Jimmy Womack. The team is coached by Amber Reed.

Steers collar the Eden Bulldogs

By Tom Sawyer

Well Steer fans your team has done it again. With this win over the Eden Bulldogs we will advance to the playoffs. The Steers played a long hard fought game to ensure another week of sixman football.

Everyone needs to take advantage of the drop in gas prices and make the trip to May to cheer on the Steers as the take on the Gordon Longhorns.

Scoring summary

1st quarter

Steers - 3 yard run by Gallegos with 7:02 left, Gallegos PAT kick;

Bulldogs - 55 yard run with

School Menu

Breakfast

Monday, November 17

Juice, pancake & sausage on stick, cereal, milk

Tuesday, November 18

Juice, muffin, cereal, milk

Wednesday, November 19

Juice, cinnamon roll, cereal, milk

Thursday, November 20

Juice, biscuit, cereal, milk

Friday, November 21

Juice, pop tart, cereal, milk

Lunch

Monday, November 17

Rib-B-Que, scallop potatoes, corn, applesauce, graham crackers, milk

Tuesday, November 18

Frito pie, cheese, salad, orange, crackers, milk

Wednesday, November 19

Chicken spaghetti, salad, carrots, breadstick, pears, milk

Thursday, November 20

Corn dog, tator tots, baked beans, chocolate pudding, peaches, milk

Friday, November 21

Turkey, dressing, creamed potatoes, gravy, roll, fruit salad, cranberry sauce, milk

6:44 left, PAT kick failed; Steers - 9 yard run by Gallegos with 5:04 left, Gallegos PAT kick

Robert Lee - 16
Eden - 6

2nd quarter

Steers - 67 yard pass from Brosh to Gallegos with 9:47 left, PAT kick failed;

Steers - 53 yard run by Gallegos with 7:56 left, Gallegos PAT kick;

Steers - 6 yard run by Gallegos with 4:30 left, Gallegos PAT kick;

Bulldogs - 7 yard run with 2:23 left, PAT kick good;

Steers - 3 yard pass from Brosh to Millican with :31 left, PAT failed

Robert Lee - 44
Eden - 14

3rd quarter

Steers - 2 yard run by Gallegos with 7:45 left, Gallegos PAT kick;

Bulldogs - 9 yard pass with 4:46 left, PAT failed;

Bulldogs - 35 yard fumble return with 4:32 left, PAT good;

Steers - 42 yard run by Gallegos with 4:22 left, Gallegos PAT good;

Bulldogs - 44 yard run with 3:36 left, PAT failed;

Bulldogs - 13 yard run with 1:06 left, PAT failed;

Steers - 13 yard pass from Brosh to Dillard with :18 left, PAT failed

Robert Lee - 66
Eden - 40

4th Quarter

Steers - 12 yard pass from Gallegos to Dillard with 8:33 left, Gallegos kick;

Bulldogs - 2 yard run with 4:43 left, PAT failed;

Steers - 20 yard pass from Gallegos to Dillard with 3:06 left, PAT failed;

Bulldogs - 70 yard kickoff return with 3:04 left, PAT pass good

Robert Lee - 78
Eden - 53

Steer Statistics

Stetson Nesbit - 10 tackles, 4 hurries, and 1 sack;

Blake Hewitt - 2 receptions for 19 yards, and 1 tackle;

Josh Gallegos - 26 carries for 273 yards and 7 TD's, 3 of 9 passing for 44 yards with 1 interception and 2 TD's, 2 receptions for 70 yards and 1 TD, 16 tackles, 1 hurry, and 1 interception;

Haden Dillard - 3 receptions for 45 yards and 3 TD's, 7 tackles, 2 hurries and 1 fumble recovery;

Michael Rodriguez - 2 receptions for 38 yards, and 7 tackles;

Blake Millican - 5 carries for 4 yards, 3 receptions for 24 yards and 1 TD and 10 tackles;

K.W. Roe - 3 tackles;

Cody Brosh - 9 of 12 passing for 152 yards and 3 TD's, 8 tackles and 1 hurry.

Good Luck tonight when the team takes on the Gordon Longhorns in May for the first round of the playoffs. GO STEERS-----STEER PRIDE !!!

RL Head Start taking applications

Robert Lee Head Start is taking applications for three to five year olds. Call Mrs. Garcia at 453-2536.

RLISD Thanksgiving lunch set

Thanksgiving lunch will be served in the Robert Lee Cafeteria on November 21 from 11 am until 12:30 pm. The public is invited to attend.

The cost of the lunch is very minimal. Call Rosa Long at 453-4555 by November 14 to make reservations.

ASU Announces Carr Scholarship

Angelo State University has posted the Carr Scholarship application online for graduating seniors at www.angelo.edu. Eligibility includes that students must score at least 21 on the ACT test or a minimum of 970 on the SAT test and be in the top

40% of their class. The priority deadline to apply is February 1, 2009. For more information, please call the financial aid office at ASU at 942-2246.

Exotic Pets and Children

Depending on your family's lifestyle, the responsibility of taking care of a cat or dog may be too time consuming. Left with the desire for a pet but time constraints that aren't conducive to a cat or dog, some people think that getting a "pocket pet", reptile, or another exotic animal might seem like the right solution.

Unfortunately, if you have small children exotic pets can be dangerous to your family's health.

"Pocket pets" are small animals, often rodents that can fit into your pocket such as: hamsters, hedgehogs, mice, rats, and gerbils. Though they are slight larger, guinea pigs also fall under the "pocket pet" category. Other exotic pets that people often turn to for companionship include baby chickens, baby ducks, and reptiles such as lizards, snakes, iguanas, and turtles.

"If you have kids under the age of 5, you should be extremely careful if you elect to have exotic pets in your home," states Dr. Sharman Hoppes, an assistant clinical professor at the Texas A&M University College of Veterinary Medicine and Biomedical Sciences. "Reptiles, 'pocket pets', baby chicks and ducks are not always in the best health when we acquire them, making these animals more prone to be shedding Salmonella."

According to The Department of Human Health's website, Salmonella is a bacteria that is passed from the feces of people or animals to other people or animals. Symptoms of a Salmonella infection include diarrhea, fever, and abdominal cramps 12 to 72 hours after exposure. In severe cases, the infected individual may be hospitalized for dehydration. Furthermore, if the infection spreads from the intestines into the blood stream and is not treated properly, Salmonella can cause death.

"As adults we tend to be

more hygienic than children meaning we are less likely to contract Salmonella from exotic pets," notes Hoppes. "Children however, are constantly putting their hands in their mouths and often do not wash their hands after handling these animals, which puts them at greater risk for infection."

In addition to lacking the proper hygiene practices of adults, kids are also more likely to get scratched or bitten by exotic pets.

"This is primarily due to the fact that children often do not know how to properly handle exotic pets. Not using the proper handling techniques for these animals can cause them stress, making them more likely to bite or scratch. These wounds create a point of entry for bacteria," explains Hoppes.

Because of the risk of contracting a Salmonella infection from an exotic pet, it is important to make sure our animals are healthy when we get them and that we maintain our pet's health.

"Anyone adopting exotic pets should take the animal to a qualified veterinarian for a wellness examination," advises Hoppes. "Make sure your animal is healthy and not under stress from lack of proper care and poor nutrition. Stressed animals are more prone to bacterial infections."

"Not all veterinarians are equipped to treat exotic pets," adds Hoppes. "If your veterinarian is not able to care for your pet, ask for a referral to one who can." Once you find a veterinarian that treats exotic animals, Hoppes recommends asking them about the proper husbandry and nutrition for your pet.

"Animal husbandry refers to the proper way to take care of your species of animal. Animal husbandry includes how to house your pet properly, and special needs they may have as far as temperature, humidity, and lighting. Proper nutrition includes type of food or diet, how frequently to feed, and the amount that should be fed," explains Hoppes.

Making sure your pet maintains good health and employing proper animal husbandry and nutrition can help reduce the risk of the animal carrying an infection, and thus lessen you and your family's chances of contracting an illness from your exotic pet.

(Continued on page 11)

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...Exotic Pets

(Continued from Page 8)

To further reduce the chance of infection from exotic pets, Hoppes recommends the following:

- Always wash your hands and your child's hands after handling an animal.
- Children handling pets should be under constant supervision.
- Keep the animals out of your kitchen and bathroom. (Don't let your iguana soak in the sink or bathtub)
- Do not let your exotic pet have free roam of your house; this is dangerous for both you and them.
- Teach your children to avoid approaching exotic animals outdoors and avoid bringing exotic animals found outdoors into your home.

If you have young children under five years of age, having exotic pets can be risky to your child's health. If you choose to have an exotic pet, make sure your animal maintains good health and that you employ the proper precautions to reduce the risk of infection.

Preparing Your Home for Winter Weather

The first day of winter is not until December 21, but many homeowners may be taken by surprise by dropping temperatures. "The time to winterize your home is before the cold weather really sets in," according to Ray Palermo, director of public relations for Response Insurance. He said that taking a few simple steps now could save time, money and a lot of stress later on, adding that "prevention is the key in maintaining a warm, safe environment, and in minimizing the risk of winter damage."

Indoors:

- Chimneys used for wood burning stoves and fireplaces should be checked for creosote build up. This tar-like substance can lead to a chimney fire if not cleaned off.

- Have a professional check your home heating system both for energy efficiency and carbon monoxide. Buy a carbon monoxide detector for any nearby living spaces and affix it near the ceiling.

- Never use a kerosene heater. If a space heater is needed, use only an enclosed heating element product with an approval label from an independent testing organization, such as Underwriters Laboratories.

- Nearly half of a home's heat loss is through the roof. Make sure your attic has insulation with an R-value of at least 45.

- Weather strip windows and doors to maximize your heating efficiency.

Outdoors:

- Clean gutters of debris and fall leaves to prevent ice build up that can back up under the roof line.

- Swimming pools should be drained to the manufacturers recommended water level and winterized with the recommended pH level and chlorine. Drain skimmer, heater filter, pump and piping. Disconnect and store any water slides or diving boards and secure the fence and gate around the pool.

- Be sure to close the interior shut-off valve of any exterior water faucets and then drain any remaining water from the exterior faucet itself. Disconnect any hoses and drain out any remaining water. Insulate exterior faucets and pipes to help prevent freezing.

The power of compound interest

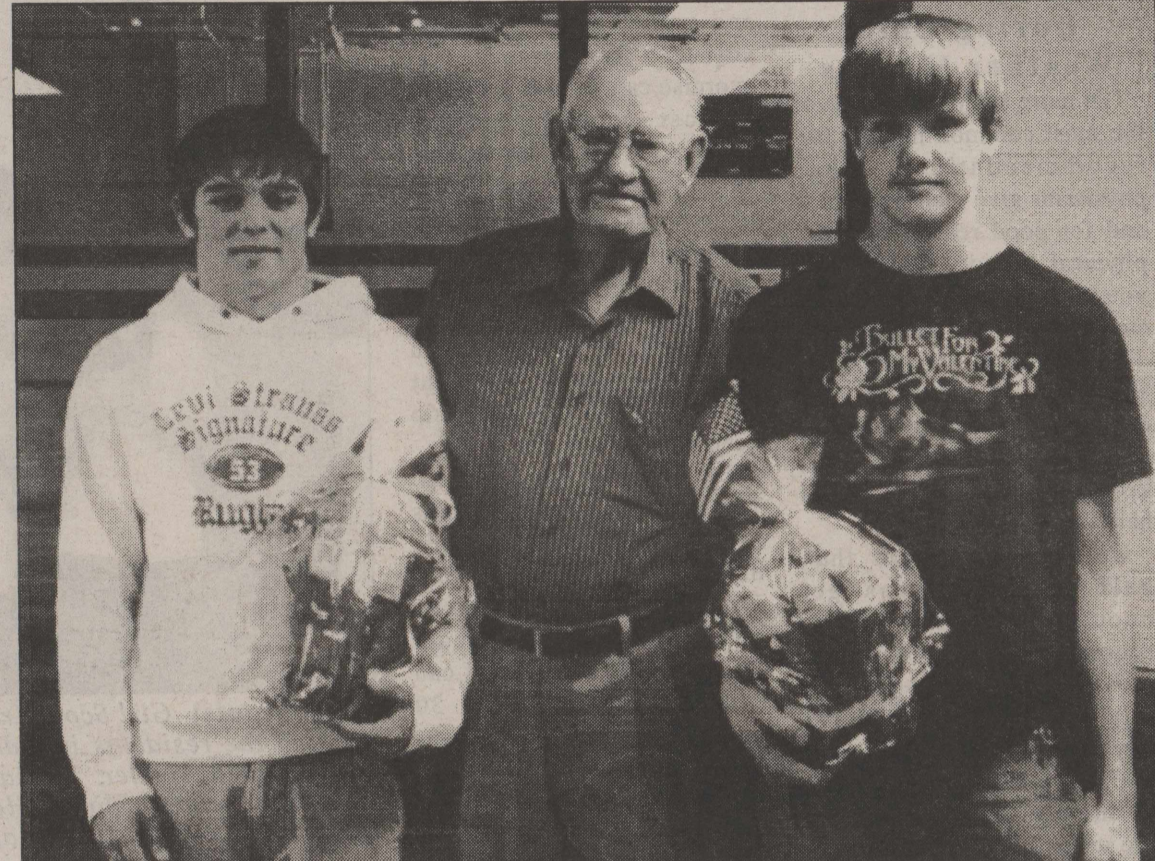
By Jason Alderman

Among the most valuable financial wisdom you can teach your kids is how to harness the power of compounding. This life lesson is best learned early because the payoff grows exponentially the sooner you start practicing it.

What is compounding? Basically, it's where you put aside money - whether in savings, a retirement account or the stock market - and then essentially leave it alone. As your account earns interest or dividends, you continually reinvest those profits, generating (compounding) additional earnings at an accelerated rate.

Numerous interactive calculators are available online to help you estimate potential savings under different scenarios. I used several at www.dinkytown.net/savings.html in the following examples, but similar tools are located on financial and investment sites across the Web:

How investments grow over time. Using the Dinkytown "Compound Interest and Your Return"



Essay Winners! Bronte High School sponsored an essay contest in honor of Veteran's Day. The topic was "What Veteran's Day Means to Me". The winning essays were read at the Veteran's Day program last Tuesday, November 11. The winners of the essay contest were Louie Martinez (left) and Caleb Rosson. The boys are pictured with Mr. C.B. Barbee, a World War II veteran, who spoke at the program.

calculator, you can estimate how quickly a one-time investment will grow at varying interest rates and periods of time. For example, \$10,000 invested at an 8 percent annual percentage yield would be worth \$21,589 after 10 years; \$46,610 after 20 years; and \$100,627 after 30 years.

Escalating impact of regular monthly savings. By setting money aside every month, your savings will grow even faster. According to the "Cool Million" calculator, if at age 21 you began saving \$100 a month at 8 percent interest, by 65 your account would be worth over \$450,000. Increasing the monthly contribution to \$200 would double that to more than \$900,000. And, by saving \$300 a month, you'd reach \$1 million by age 61.

Interest rates matter. The riskier the investment, the greater your potential gains - and losses. For example, regular savings accounts typically offer very low

interest rates in exchange for very low risk of loss. On the other hand, investing in the stock market can potentially earn double-digit investment rates over long periods of time. Of course, stocks can be a risky short-term investment, as we've seen this past year.

So why not simply park your money in a safe haven? Simple: inflation. If your money is earning 2 percent interest but the inflation rate is 3 percent, you'll actually net a 1 percent loss.

Go back to the "Cool Million" \$100-a-month example above. If you expect to earn 8 percent interest but factor in a 3.1 percent expected annual inflation rate, your account balance at age 65 would be worth more like \$110,000 in today's dollars, versus \$450,000-plus unadjusted for inflation. Furthermore, by reducing the expected annual interest rate to only 4 percent, your account balance would drop to around \$140,000 - or less than \$40,000 after adjusting

for inflation.

A good financial advisor can help you devise a well-diversified investment strategy that will help you balance your appetite for risk with methods to beat inflation. If you don't know a financial planner, www.plannersearch.org is a good place to start looking.

Postponing savings can hurt. The longer you delay saving, the harder it is to catch up. According to the "Don't Delay Your Savings" calculator, if you saved \$100 a month at 8 percent interest, after 20 years your account would be worth \$57,266. But wait only two years to begin saving and that balance would shrink to only \$46,865 - over \$10,000 less. A five-year delay would reduce the balance to only \$33,978.

Bottom line: Don't let the economic volatility of the last few months stop you from saving. And get your kids on the compounding bandwagon as well; they'll thank you in 20 years.

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Keep Active During Cold Weather Months

Get more exercise. It's one of the most common healthy life recommendations that physicians give their patients—and for good reason. Regular physical activity can reduce your risk of heart disease, stroke, some cancers, Type II diabetes, osteoporosis, high blood pressure, and high cholesterol. It can improve your ability to perform daily tasks, keep you mentally sharp, and help you avoid injuries.

Unfortunately, fewer than half of Americans get enough exercise. ACOG recommends at least 30 minutes of moderate-intensity exercise on most days of the week to lower the risk of chronic disease, 60 minutes on most days of the week to maintain weight, and at least 60 to 90 minutes a day to maintain weight loss. Even if you can't get a full workout in every day, any physical activity will make a difference. Try raking leaves, walking, bicycling, vacuuming, or taking the stairs.

Fight the urge to be a

couch potato during the fall and winter months and get active. Remember that exercise can help you:

Boost your immunity. During cold and flu season, exercise can help you dodge the seasonal sniffles. Regular activity appears to boost the immune system, making it easier for your body to handle wintertime bugs. Flu vaccination and frequent hand-washing can also help keep you healthy.

Stave off holiday spread. The average American gains up to two pounds over the holidays—an amount that may seem insignificant on its own. But over the years those pounds add up and can contribute to the 20 to 30 pounds that most Americans gain during adulthood. Exercise can help you balance the number of calories that you eat with the number of calories that you burn, so you can enjoy some treats without the negative consequences.

Have more energy. Late nights, gift shopping, additional social commitments—all of these factors can be a drain on your energy stores. Physical

activity can reduce muscle tension and lead to better sleep and more energy.

Reduces stress and improve your mood. The shorter days of fall and winter cause some women to experience seasonal affective disorder, a condition marked by

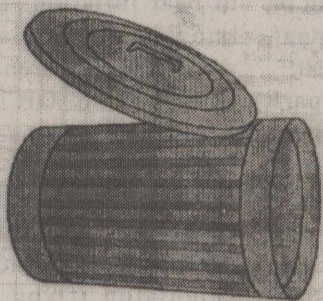
symptoms such as tiredness, irritability, cravings for complex carbohydrates (such as bread and pasta), and depression. For others, a hard day at work or holiday visits with family and friends cause stress and anxiety.

Exercise is one of the best

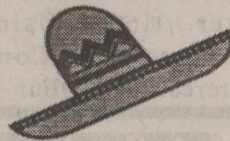
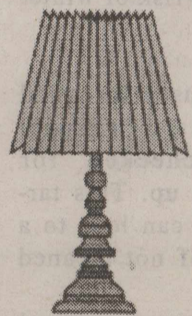
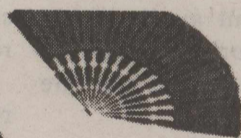
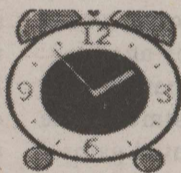
natural antidepressants around and can help relieve stress and anxiety and improve your mood. It can induce a calming effect by raising body temperature and increases blood flow to the brain. Exercise can also help lower levels of the stress hormone.



Girl Scouts! Girl Scout Troop #5142 visited the Robert Lee Care Center recently and assisted the residents in making halloween crafts. Troops include (back row, left to right) Daria Tinkler, Mariah Munoz, Samantha Roe, Desiree Roe, Jessica Wheat, Justice Saucedo, Elona Gloria, (front row, left to right) Kelsey Benson, Megan Bohannon, Margo Mendoza, Chelsea Horne, Jullisa Ureno, Shalen Ellsworth and Veronica Ureno.



One man's trash is another man's treasure.



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