

THE OBSERVER/ ENTERPRISE

Serving Coke County

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Friday, August 2, 2013

Coke County Sheriff's Office participates in manhunt

Coke County Sheriff killing Keri Berry, 36, and Deputies were deployed Brandon Block, 31, and Sunday evening, July 28, seriously wounding Susan 2013, on roads in Coke Block, 26, at a home in County searching for the Wall, Texas. Following the suspect in a double homicide which had occurred earlier in Tom Green County. Alert was issued for his two children, ages 7 and 9.

The suspect was taken into custody in Andrews County and the children were recovered unharmed. Brian Jones Berry, a graduate of Concho Valley Law Enforcement Academy, is accused of

COKE COUNTY COMMENT

It is again budget time for Coke County Commissioners Court and once again, the Court has failed to recognize the importance of law enforcement within our county.

At the proposed salary for the 2013-2014 budget year, it will be almost impossible to hire qualified personnel should we lose another deputy to an area department or the oilfield. Last year alone, two deputies left to take positions with another department in our area with salary hikes of between \$15,000 and \$20,000 per year. In the 2012-2013 budget, no salary increase was given. Currently the Court is looking at a salary increase. However, even with the proposed increase, Coke County is still vastly under the salary schedules of other small departments in our area.

Currently, two of the deputies have ties to Coke County and have chosen to live and work where they

or their families are from. As it is, though, even the Sheriff has been receiving job offers with huge salary increases from neighboring counties. They are even offering to provide a car where the men won't have to move from Coke County. There have been many times over the last few years when employment advertisements were issued and no one put in an application. After the loss of one deputy last year, there was an applicant. During the reference check, Sheriff McCutchen chose to continue running the employment ad rather than hire the man who applied. If he had hired this applicant, we would be facing this week what Wall is currently facing following the double homicide and manhunt last Sunday night.

Currently, Coke County has a good Sheriff's Office and we've avoided falling victim to the truth "you get what you pay for". However, no one knows how

... Not Just Livestock Calls!

- **Texas Seven Manhunt & Roadblocks - 2000 & 2001**
(Sheriff's Office sets up numerous roadblocks and make a number of traffic stops over a period of months searching for the seven dangerous escaped convicts.)
 - **Robert Lee Hostage Situation -2002**
(Man takes hostage on Highway 208 in Robert Lee. After negotiations, hostage released and suspect taken into custody.)
 - **2011 Fires**
(The Sheriff's Office was responsible for discovering routes for firefighters leading into the fires.)
 - **Bronte ISD Bomb Threat - 2012**
(Sheriff's Office accompanies bomb squad in search of school.)
 - **Pickup Theft & Recovery - 2013**
(Pickup stolen from Stripes in Bronte recovered 15 minutes from the initial report called in. Suspect in custody.)
 - **Berry Double Homicide & Kidnapping Manhunt - 2013**
(Deputies deployed to cover roads leading into Coke County in search for suspect and kidnapped children.)
- These are just a few of the highlights since 2000 showing there are real threats to our safety here in Coke County and we need to ensure our law enforcement is given all they need to continue protecting our citizens.**

long we can beat the odds.

As the oilfield traffic continues to grow on our county's roadways, deputies are kept increasingly busy working accidents, oilfield theft cases, residential burglaries and issuing citations. When asked about the increase in tickets, Sheriff McCutchen attributed the uptick in citations to the increase in oilfield traffic and remarked that if the traffic kept increasing, he could need additional personnel. Will our Commissioners Court take this probability seriously and try to consider possible options to deal with this problem or will the men of the Court refuse to address this issue? Our Coke County Law Enforcement officers are trained professionals with years of education and experience under their belts. These are not minimum wage positions, nor should they be. The safety of Coke County's citizens and property is what is at stake. Unfortunately, it's not 1950 and we no longer live in Mayberry.

However, it's not just Coke County's Law Enforcement that is significantly underpaid. Our County Clerk is responsible

for all of the legal filings (deeds, licenses, etc.) done in Coke County. Our Treasurer and Tax Assessor are responsible for the County's finances, both incoming and outgoing. Do we really want these officials able to qualify for public assistance? We are incredibly fortunate to have the quality of individuals we have in these offices. But, it won't be long before retirement will look better to them than feeling like they are not appreciated for the sacrifice they are making. The County Judge and Attorney are not mentioned here because of the state supplements they receive. The County Auditor is also not mentioned because this position is not elected, but totally under the control of District Judge Barbara Walther.

It's time for citizens of Coke County to determine what they want, need and expect from their county government. Do you want to maintain the status quo we've had for so many years? Or do you want to express to the Court that they are elected to keep the best interests of the citizens of Coke County at the top of their priorities. Law enforcement and

other salaries are only one budget area in which the Court fails. Recently, many citizens have been told the roadways leading from the state maintained highways could not be repaired because the budget was completely depleted from salary expenditures. If this is the case with the budget, would it not make sense for our county to institute a unit road system leaving our commissioners to focus on budget concerns instead of potholes?

If you want to express your concerns, please call County Judge Roy Blair and your County Commissioner.

Precinct 1 Gene Montgomery
Precinct 2 Wendell Lee
Precinct 3 Gaylon Pitcock
Precinct 4 Bobby Blaylock

Hot Dog Supper gives first look at new stadium

Robert Lee's 2014 Project Graduation will hold a Hot Dog Supper Thursday, August 15, 2013, immediately following the Steers' final two-day practice.

This community wide celebration and fundraiser is the first opportunity for the public to get a look at the new stadium.

School Supplies!

School Supply Lists for
Blackwell, Bronte &
Robert Lee Elementary
Schools begin on page 4!

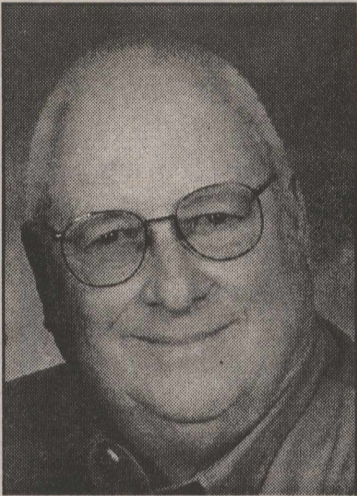
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 Per Year in Coke & Sterling Counties.....\$25.00
 Per Year Elsewhere in Texas.....\$30.00
 Per Year Outside of Texas.....\$32.00

Obituaries



Rasco

Kenneth Wayne Rasco, went to be with his Lord and Savior on his 79th birthday, Monday, July 22, 2013. Visitation was held all day Thursday, July 25, 2013, at the funeral home with the family present from 6 pm to 8 pm. Funeral services were held at 10 am Friday, July 26, 2013, at Robert Lee Baptist Church, officiated by Reverend Danny White. Burial followed in the Robert Lee Cemetery. Services were under the direction of Shaffer Funeral Home.

Rasco was born on July 22, 1934, in Roscoe, Texas, to Lester Virgil Rasco and Mary Helen Moore Rasco.

He married the love of his life, his high school sweetheart, Nancy Lou Rinker, on November 29, 1957. They spent fifty-two wonderful years together.

Rasco began his teaching and coaching career in Roby, Texas, in 1963, continuing in Klondike and retiring from Robert Lee in 1992. Coach Rasco touched many lives during his 30 plus years in the profession he loved. From the stories he loved to share in the classroom to the battles both won and lost on the field, he cherished every moment and every student he came in contact with. The ultimate motivator and competitor, Rasco enjoyed life to the very end.

Rasco was a man of strong faith and dedication to his Lord and was a member of the Robert Lee Baptist Church where he served as deacon and

teacher of the Beginner Sunday School class for many years.

He was preceded in death by his loving wife Nancy, his mother Mary Helen Moore, and his father Lester Virgil Rasco.

He is survived by his children Karen Rasco, Kenda Rasco, and Kirby Rasco and his grandson Cole Rasco. He is also survived by Karolyn Robertson, Susie and Doug White, William and Alicia Rasco, Flo Rasco and numerous nieces and nephews.

In lieu of flowers, please make memorial contributions to Robert Lee ISD, North Central Texas Academy, Robert Lee Baptist Church, Coke County Food Pantry, or charity of your choice.

Matthew 25:21 sums it up best: "Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your Master."

04-1tc

Bilbo Family Reunion held

The 2013 Bilbo family reunion was held in northeastern Oklahoma at the lakeside home of Jo Ann and Jarvis Littlefield. They live on a high bank that overlooks the Grand Lake of the Cherokees.

Three of the five daughters of Alley and Alto Bilbo, Coke County natives, and the descendants of the five daughters attended the July 3-7 event. Daughters present were Alta Bell Kay of Alpine, TX, Jamie Boren of Robert Lee, TX, and Jo Ann Littlefield of Grove, OK. Janet Rathmell of Progreso, Yucatan, Mexico was unable to attend and Peggy Gilmore is deceased.



Bilbo Family Reunion! Above is approximately one-third of the Bilbo Family who participated in Toga Night on Friday night at the home of Lynda and Tony Caudill. Three of the five daughters of Alley and Alta Bilbo participated in Toga Night. They include Jamie Boren of Robert Lee, (bottom photo, from left) Jo Ann Littlefield of Grove, Oklahoma, and Alta Bell Kay of Alpine, Texas.



On Wednesday night the clan gathered at the home of Rick, Alicia, and Creed Littlefield to celebrate Red-Neck Night.

Picnic tables were scattered around the huge backyard. Decorations included strings of empty beer cans and a clothesline with long underwear and women's apparel hanging on it. To add to the atmosphere, there was a young caged goat and caged rabbit.

Patti Beth, a professional entertainer, played the part of a long-lost cousin. She entertained the crowd with a hilarious monologue. Her husband, Earl, accompanied her and performed magic tricks including fire-eating demonstrations.

Robin Littlefield was the director of the beer-chugging contest. Finalists

Area Churches

Invite You to Worship

- Bronte**
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
First Baptist Church
 424 S. Washington • Bronte
 (325) 473-2331
 Bro. Corey Cornutt, Pastor
 Sunday 9:45 am Sunday School,
 10:55 am Worship,
 5 pm Worship
 6 pm Youth
 Wednesday 7 pm Prayer Meeting
First United Methodist Church
 Corner of Washington & Holmes
 Bronte
 (325) 473-3281
 Rev. Everette Boyce, Pastor
 Sun. 10:00 am Sunday School
 11:00 am Worship
Forgiven Ministries
 117 W. Main, Bronte
 Russ Frasier, Pastor
 Sun. 10 am
St. James Catholic Church
 215 N. Washington, Bronte
 (325) 365-2687
 Rev. Hubert Wade, Jr., Pastor
 Sun. 5 pm
- Coke County**
Pecan Baptist
 PO Box 542 • 12 miles West of
 Robert Lee on Sterling City Hwy
 (325) 453-2065, Bill Hood, Minister
 www.pecanbaptist.org
 Sun. 10 am, Sunday School
 11 am & 7 pm, Worship
United Christians Fellowship
 PO Box 938 • Robert Lee Rec Hall
 (325) 453-2468
 Ed Zimmerman, Minister
 Sunday 10 am Sunday School,
 11 am Worship
Robert Lee
Emmanuel Pentecostal
 PO Box 683 • 1019 Colorado City Hwy
 Robert Lee • (325) 453-2360
 Sun. 10 am & 6 pm, Wed. 7 pm
- First United Methodist Church**
 PO Box 144 • 9th & Chadbourne
 Robert Lee • (325) 453-2417
 Cyndi Weidner, Pastor
 Sun. 10 am Sunday School
 11 am Worship
 5:00 pm Choir Practice
Iglesia Bautista Bethel
 101 Houston • Robert Lee
 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
 Jordan Arnold, Preacher
 Sun. 10 am, Sunday School
 11 am & 6 pm, Worship
 Wed. 6 pm, Worship
Northside Church of Christ
 PO Box 508
 9th & Chadbourne • Robert Lee
 (325) 453-2685, (806) 543-2118 or
 (325) 473-1053
 Services: Sun. 10 am
Our Lady of Guadalupe Catholic Church
 601 W. 10th, Robert Lee
 (325) 365-2687
 Rev. Hubert Wade, Jr., Pastor
 Sat. 6 pm
Robert Lee Baptist Church
 PO Box 493 • 22 W. 11th
 (325) 453-2724
 Danny White, Pastor
 Sun. 9:45 am, Sunday School
 11 am & 7 pm, Worship
 Wed. 7 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. 6 pm, Bible Study
- Tennyson**
Tennyson Baptist Church
 Hwy 277 • Tennyson
 (325) 473-2040
 Sun. 9:45 am, Sunday School
 11:00 am & 6 pm, Worship
 Wed. 6:00 pm Prayer Meeting

Come As You Are

Sunday Mornings • 10 am

Table Time • Tuesday 7 pm

Pot Luck Dinner at 6 pm

Recovery Meetings • Friday 7 pm

FORGIVEN MINISTRIES

Downtown Bronte • Across from Grocery Store

Russ Frasier, Preacher



were Kayce Hungate, Brent Littlefield, and Nicholas Kay. Kayce was declared the winner of the final round.

Among those attending were Honey Boo-Boo and her mother June, Grandpappy Amos McCoy, the Clampett family. Uncle Daddy and family arrived on a riding lawn-mower pulling a trailer.

The sumptuous supper served included: pulled pork, turkey breasts, fried chicken wings, noodles, beans, cornbread, and a selection of fruit cobblers topped with ice cream.

Kaitlyn Medlin was the winner of the bobbing for pig's feet contest.

On Thursday, July the fourth, the family congregated at the home of Jo Ann and Jarvis for the traditional horseshoe pitching contest. Thirteen teams of two relatives participated in the contest. Shane Littlefield and Bebo Boren were declared the winners. They defeated Jim Littlefield and Billy Havins in the final round.

Jo Ann served a buffet lunch of brisket, ham, and other sandwich ingredients as well as baked beans, Mur's jello salad, watermelon, cantaloupe, lemon cake and chocolate cake.

The Fourth was further celebrated that evening as relatives gathered at the beautiful log home of Jim and Debbie Littlefield for Presidents Night. Among those in attendance were Abraham Lincoln, John F. Kennedy, Bill Clinton, Hillary Clinton, Monica Lewinsky, and a future President.

The evening meal was served in their recreation cabin located next to their home. The celebrities and their constituents were served chili hot dogs with all the trimmings, potato chips, lemonade, tea, and an assortment of fruit pie slices topped with ice cream.

Debbie Littlefield asked trivia questions about the presidents. Several prizes were awarded for correct answers. This was followed by a beautiful fireworks display and visiting as a happy Fourth of July came to an end.

On Friday everybody gathered at the Jo Ann and Jarvis home for traditional Chili-Cook-Off.

After tasting, rating, and balloting by the five judges, the winners were announced by Jerry Littlefield, director of the event. Third place went to Bebo and John Boren; second place to Sandy Evans; and first place to Billy Havins. Billy has won first place three times in the last four reunions.

The group feasted on bowls of chili, chili dogs, and desserts for the noon

meal. Friday evening, the Bilbo descendants traveled about twelve miles to the beautiful plantation-style home of Lynda and Tony Caudill, just south of Grove.

Attendees came in the appropriate attire for Toga night. Hosts Lynda and Tony reigned over the affair as Cleopatra and Marc Antony.

Family members mingled on the multi-leveled decks overlooking the swimming pool and beautiful formal garden. The grounds include rosebushes, shrubs, a variety of flowers, two gazebos, and angel statues, as well as other statuary.

Swimming was enjoyed in the swimming pool by the children and teenagers. There was much visiting and picture taking of the Roman-attired attendees.

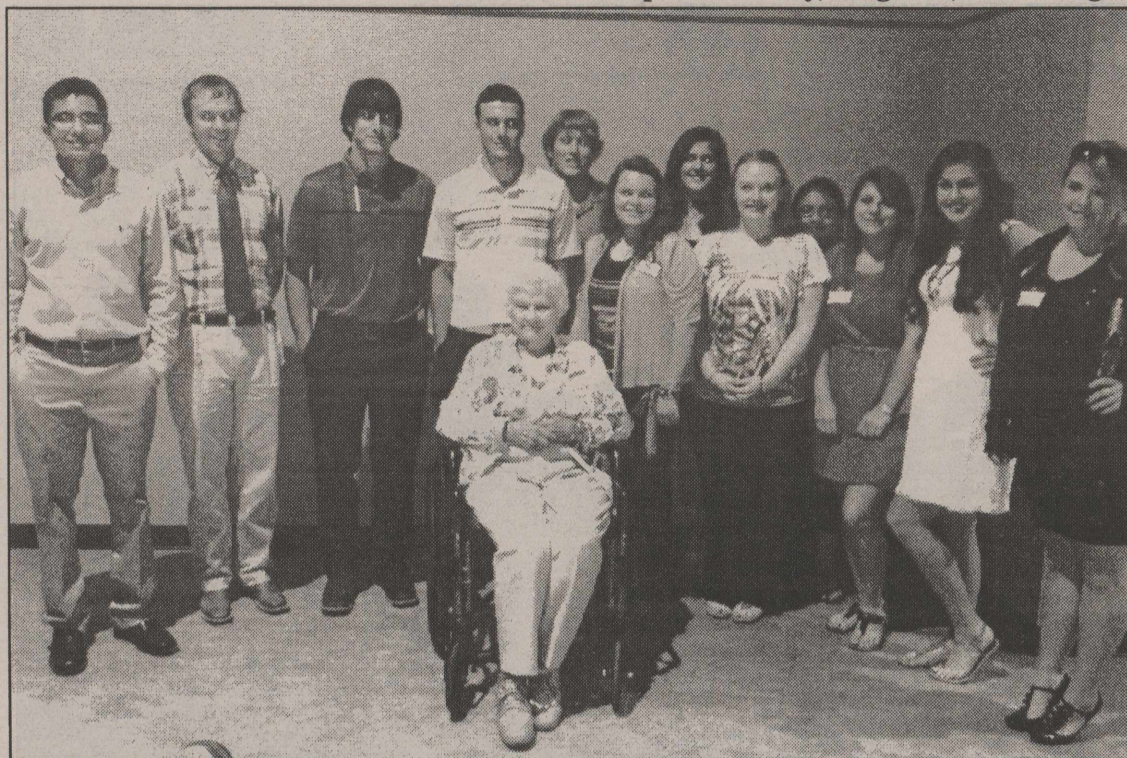
The evening meal consisted of: chicken tenders, potato salad, baked beans, hot rolls, and strawberry Better-Than-Anything dessert.

The delightful evening concluded with a fireworks display.

Saturday morning the family assembled at the Jo Ann and Jarvis home for group pictures by a professional photographer. After the buffet lunch by Jo Ann, a group of seven women went casino-hopping. They had an enjoyable afternoon while the other family members pitched horseshoes and played forty-two.

On Saturday, the final night, the clan congregated at the new lakeside lodge of Jerry and Debbie Littlefield for Beach Night. The six bedroom Moose Lodge is surrounded by a large two-leveled deck. The upper-level looks out over an expanse of Grand Lake, including the 100 foot pier that extends out into the lake. The structure is just right for launching boats and fishing. The lower level deck is centered by a large swimming pool circled by picnic tables, the pool house, and a buffet table laden with piles of fried fish fillets. The catfish were all caught and cleaned by Jerry and fried by Bebo and John Boren. Side dishes were tossed salad, beans, cornbread, corn-on-the-cob, straw-

berry dessert, and birthday cake. The cake was a surprise for the eldest of the fifteen Bilbo grandchildren. Jerry Littlefield was showered with cards and family pictures of the past.



Brewer Scholarship Recipients! The 2013 recipients of the Jack and Nina Brewer Scholarship. They include: Beanca Bower, Jordan Gartman, Justin Gartman, Kelsey Hewitt, Dusty Howard, Sara Lara, Lubbock Roe, Zachary Sanchez, Zach Skinner, Bailey Smith, Blake Smith, Ashlie Wheat, Heidi Austin, Holly Austin-Murray, Molli Hinderliter, Logan Phillely, Kimberly Roach, Kacee Roberts, Meagan Ross, Joshua Tennison, Diana Vera, and Emilee Yanez.

After the delicious supper, the beach-clad family members moved to the upper-deck. They were entertained by the traditional talent show.

Casey Littlefield served as master-of-ceremonies. Kaily Littlefield opened the show with an original Bilbo Reunion rap. Jerry Littlefield played a toe-tapping solo on the harmonica and later played the guitar to accompany others. This included Kaitlyn Medlin demonstrating her barrel racing technique, and Kyla Hummel doing karate demonstrations. Casey and Carly Littlefield sang an original song about the adventures of the Bilbo cousins. Several dance acts were performed (one was led by Christopher Levesque). The highlight of the show was the eleven attending grandchildren sang a tribute to Mur and Grandy-"Precious Memories", their rendition of "Will the (Bilbo) Circle Be Unbroken" and "An Uncloudy Day."

The reunion was declared a "fabulous success" and family members are looking forward to the next Bilbo Reunion in 2015.

Attending were Jo Ann and Jarvis Littlefield, Jerry and Debbie Littlefield, Jeremy and Shasta Littlefield and Keira, all of Grove, OK; Casey and Carly Littlefield and Kaily of Melissa, TX; Michelle and Jim Curry, Bear and Bret of Vinita, OK; Jim and Debbie Littlefield, Shannon and David Sargeant, McKayla and Madison, Charlie and Jessie Bridges and Landon, all of Grove, OK; Brent Littlefield of Afton, OK; Robin Littlefield and Kaden, Ashley Griaque, all of Miami, OK; Tyler Griaque of Claremore, OK; Shane and Allie Littlefield of Lone Jack, MO; Rick and Alicia Littlefield and Creed of Grove, OK; Lorinda and Randy Bolinger, Riley and Avery Jo of Broken Arrow, OK; Lynda and Tony Caudill, Braden and Amber Caudill, Jeremy, Bret, and Caen, Kari and Tyson Medlin, Bretton, Dakota, Glavin, Abel, and Kaitlyn, all of Grove, OK; Krissy and Forrest Hummel, Hailey, Logan, and Kyla of Haysville, KS; Katie and Eric Gilbert, Dantley, Bentley, and Skyley of Orango, MO; Alta Bell Kay of Alpine,

TX; Jan and Bobby Hungate, Kayce Hungate, all of Waco, TX; Maci Knight of Denton, TX; Mark and Judy Kay, Nicholas and Larissa Kay and Kaylyn, all of Andrews, TX; Jamie Boren of Robert Lee, TX; Bebo Boren of Lubbock, TX; John Boren of Snyder, TX; Sandy Evans, Ashley Evans and Matt Daugherty, all of Arlington, TX; Billy Havins and Cyndi Cormicano of Pleasanton, TX; Rebecca Levesque, Christopher, Lucas, and Seth and Kelly Hermes, all of San Angelo, TX.

Hispanic Cemetery meeting set

The Rober Lee Hispanic Cemetery Association will be meeting on Monday, August 5, at 6 pm at Robert Lee City Hall.


All interested persons are welcome to attend.

Robert Lee Cemetery meeting slated for August 5

The Hayrick Lodge Cemetery Committee that oversees the care of the Robert Lee Cemetery will meet on Monday, August 5, at 5:30 pm. The meeting will be held at the lodge hall in Robert Lee.

All interested parties are urged to attend.

Make your financial future a priority.



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floyd@floydpetittinsurance.com



Field Trip to Hummer House! Several ladies who are residents at Bronte Health & Rehab Center enjoyed a visit to Hummer House recently.

Blackwell Elementary

All school supplies for K-6 will be purchased by the school and then reimbursed by parents. You will receive a notice on the first day of school.

Bronte Elementary School Supply List 2013-2014

Preschool Program, For Children With Disabilities

And Pre-Kindergarten

- * 1 - *Blunt 5" Fiskar Scissors
 - 3 - 1.25 oz. Elmer's Glue
 - 3 boxes Kleenex Facial Tissues
 - 1 8 oz. bottle Purell hand sanitizer
 - 1 box "Ziplock" Bags, Quart Size
 - 1 box Crayola Crayons (8 count only - NO Jumbo)
 - 1 set Dry Erase Markers (set of 4)
 - 5 Glue Sticks
 - * 1 Spiral Notebook (100 count wide rule)
 - * 1 Large Zippered Top Backpack
 - * 1 Set of extra clothing Adopt-A-Longhorn t-shirt \$10.00
 - * Indicates items to be labeled with child's name. All other items will be shared in the classroom as community property. For example, each student's glue will be placed in the class' glue box.
 - Please consider clothing that will allow your child to dress and go to the bathroom independently.
- Kindergarten**
- 6 boxes Crayola Crayons (8 count only - NO Jumbo)
 - 3 boxes Facial Tissues (100 count)
 - 12 No. 2 Pencils
 - 1 box Crayola Thick Markers (10 count)
 - 3 - 4.0 oz. Elmer's Glue (No Rose Art)
 - 1 set Dry Erase Markers (set of 4)
 - 10 Folders with only Bottom Pockets
 - 1 Sharp 5" Fiskar

- Scissors
- 1 Canister of pull-up Clorox Disinfectant wipes
- 2 Pink Bevel Eraser
- 1 Small Plastic School Box (no zipper bags please)
- 1 School Bag or Backpack (large enough to hold folders)
- 1 - 1/2" Transparent Tape
- Adopt-A-Longhorn t-shirt \$10.00
- Please label everything your child brings to school.

1st Grade

- 2 boxes Crayola Crayons (16 count)
- * 1 box Facial Tissues (100 count)
- * 10 No. 2 Pencils
- * 2 Elmer's 4 oz. Glue
- 9 Assorted Folders (Pockets only) 9
- 1 Pair Sharp 5" Fiskar Scissors
- 2 Glue Sticks
- * 2 Pink Bevel Erasers
- * 1 Canister of pull-up Clorox Disinfectant wipes
- 1 Plastic School Box
- 1 School Bag or Backpack
- * 1 box "Ziplock" Bags, Gallon size
- Adopt-A-Longhorn t-shirt \$10.00
- * Community Property - You do not need to have your child's name on them.

2nd Grade

- 1 box Crayons (24 count)
- 1 box Kleenex
- 12 or more No. 2 Pencils
- 1 4 oz. bottle Elmer's Glue
- 1 pair Scissors
- 2 Pink Erasers
- 1 School Box
- 1 School Bag or Backpack
- 6 Folders with Pockets
- 1 Ruler

- 1 - 1" 3-ring binder
- 6 Glue Sticks
- 1 Large Cloth book covers
- 4 Dry Erase Markers (Black)
- Adopt-A-Longhorn t-shirt \$10.00

3rd Grade

- 2 boxes Facial Tissues
- 4 Glue Sticks
- 1 Elmers Glue
- 3 Permanent Markers
- 4 Folders (Pockets only)
- 3 packages Notebook paper (wide rule)
- 1 box Quart size "Ziplock" bags
- 2 Pencil sharpeners & Erasers
- 1 box Multiplication flashcards
- 3 Red pens
- 1 Supply box/bag
- 1 box Crayons or Markers

4th Grade

- 2 boxes Facial Tissues (100 count)
- 24 No. 2 Pencils
- 1 School Bag or Backpack
- 6 Pocket folders
- 4 Cloth Book Covers
- 2 packages Notebook Paper (Wide Rule)
- Adopt-A-Longhorn t-shirt \$10.00

5th Grade

- 3 boxes Facial Tissues
- 6 Pocket Folders
- 4 Jumbo Book Covers
- 1 package Index Cards (3x5)
- 2 Pencil Sharpeners (hand held)
- 24 No. 2 Pencils
- 2 Highlighters - Yellow
- 1 package Wide Ruled Notebook paper
- 1 box Quart Size "Ziplock" bags
- 2 Glue Sticks
- 1 - 1" 3-Ring Binder

- 6th Grade**
- 12 No. 2 Pencils (wood)
 - 2 packages Notebook Paper (200 wide rule)
 - 2 boxes Facial Tissues
 - 5 Cloth book covers (Jumbo size)
 - 6 Pocket Folders
 - 1 - 1" 3-Ring Binder
 - 2 Hand-held pencil sharpeners
 - 4 Glue Sticks
 - 1 package Color Pencils (12 ct.)
 - 1 box Gallon size "Ziplock" bags
 - 1 Composition Notebook 1 small package
 - Highlighters
 - Adopt-A-Longhorn t-shirt \$10.00

- 1 large Zipper Pencil Pouch (no boxes)
- 1 pair 7 inch Fiskar Scissors
- 2 boxes Kleenex
- 2 boxes 24 count Crayons
- 1" Ruler with inches and centimeters (not bendable)
- 2-4 oz. bottle Elmer's Glue
- 2 Elmer's Glue Sticks
- 1 box Ziploc bags (Girls-Snack size)(Boys-Quart size)
- 1 Backpack - NO WHEELS
- 1 Addition and 1 Subtraction boxes of Flashcards (to 20)
- 1 Clipboard
- * PLEASE DO NOT LABEL THE SUPPLIES!

Robert Lee Elementary 2013-2014 School Supply List Pre-K

- 2 boxes 8 or 16 count Crayola Brand crayons (no 24 count)
- 1 pair Scissors
- 2 packages Glue Sticks
- 1 package Assorted Construction Paper
- 4 Pencils
- 1 box Quart Size Ziploc Bags
- 4 boxes Kleenex
- 1 set Water Colors
- 1 package of 3x5 Index Cards
- 2 large Disinfectant Wipes
- 1 set of extra clothes
- 1 old large shirt that can be used for painting

Kindergarten

- 3 boxes Crayola Brand crayons (no more than 24)
 - 8 Glue Sticks
 - 6 regular Yellow #2 Pencils
 - 1 Spiral Notebook-wide ruled
 - 1 Small Plastic School Box
 - 3 large boxes Kleenex
 - 2 sturdy, slick plastic Pocket folders (no brads)
 - 2 large Pink Erasers
 - 3 packages 3x5 Index Cards
 - 1 larger Hand Sanitizer
 - 1 box Quart Size Ziploc Bags
 - Towel for rest time (no vinyl mats)
 - Backpack
 - 1 set of extra clothes
 - *Initial each eraser and crayon and leave crayons in the original box
- 1st Grade**
- 2 large Pink Erasers
 - 2 packages of pencil top erasers
 - 2 Red Plastic Folders with brads and pockets
 - 2 Black Marble Composition Notebooks (100 sheets-Wide Ruled)

- 2nd Grade**
- 2 Composition Notebooks (100 sheets-Wide Ruled)
 - 2 Red Plastic Folders with Pockets and Brads
 - 1 Pair of Fiskar 7 inch Scissors
 - 1 Ruler with Metric and Standard Measurements
 - 1 box of Crayons (doesn't matter how many)
 - 1 box of Map Colors
 - 1 4 oz. bottle of Glue
 - 1 large Zipper Pencil Pouch (no boxes)
 - 2 Pink Erasers
 - 2 boxes of Pencil Top Erasers
 - 1 Backpack (NO WHEELS)
 - 1 Clipboard
 - 2 boxes Kleenex
 - Girls-1 box of Gallon size Ziploc Bags
 - Boys-1 box of Quart size Ziploc Bags
- 3rd Grade**
- 2 packages (24 count) #2 Yellow Pencils
 - 2 Pink Erasers
 - 6 Red Grading Pens
 - 1 large Zipper Pencil Bag (no boxes)
 - 1 pair Scissors
 - 2 boxes Kleenex
 - 2 boxes 12 count Map Pencils
 - 1 box 24 count Crayons
 - 1 Ruler with Metric and Standard Measurements
 - 1 small bottle of Glue or 3 Glue Sticks
 - 2 packages Wide Ruled Notebook Paper
 - 1 folder with pockets
 - 1 container of Disinfectant Wipes
 - 1 Backpack (NO WHEELS)
 - Girls-1 box Gallon Size Ziploc Bags
 - Boys-1 box Snack Size and 1 box Quart Size Ziploc Bags
 - *PLEASE LABEL ALL SUPPLIES!

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4th Grade

- Sandwich baggies
- 8 Washable Markers
- Map Pencils
- 2 Composition Notebooks
- 3 Single Subject Spiral Notebooks
- 3 Glue Sticks
- Scissors
- 3 Dry Erase Markers
- 2 packs Notebook Paper
- 3 boxes Kleenex
- 2 tubs Disinfectant Wipes
- 24 pencils
- 5 Pens (at least 2 Red, 3 Blue or Black)
- 2 Highlighters
- Ruler with Centimeters and Inches
- Index Cards
- School Box
- Zippered Pencil Bag with Binder Holes
- Plastic Folder with Brads
- 3 Pink Erasers
- 1 Three Subject Spiral
- 1 Hand Held Pencil Sharpener
- 2 Black Sharpies

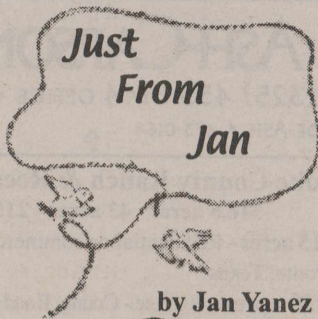
5th Grade

- Sandwich baggies
- 8 Washable Markers
- Map Pencils
- 2 Composition Notebooks
- 3 Single Subject Spiral Notebooks
- 3 Glue Sticks
- Scissors
- 3 Dry Erase Markers
- 2 packs Notebook Paper
- 3 boxes Kleenex
- 2 tubs Disinfectant Wipes
- 24 pencils
- 5 Pens (2 Red, 3 Blue or Black)
- 2 Highlighters
- Ruler with Centimeters and Inches
- Index Cards
- School Box
- Zippered Pencil Bag with Binder Holes
- Plastic Folder with Brads
- 3 Pink Erasers

6th Grade

- Sandwich baggies
- 8 Washable Markers
- Map Pencils
- 2 Composition Notebooks
- 3 Single Subject Spiral Notebooks
- 3 Glue Sticks
- Scissors
- 3 Dry Erase Markers
- 2 packs Notebook Paper
- 3 boxes Kleenex
- 2 tubs Disinfectant Wipes
- 24 pencils
- 5 Pens (2 Red, 3 Blue or Black)
- 2 Highlighters
- Ruler with Centimeters and Inches
- Index Cards
- School Box
- Zippered Pencil Bag with Binder Holes
- Plastic Folder with Brads
- 3 Pink Erasers
- Deck of Playing Cards
- 1 Three Subject Spiral

ObserverEnterprise.com



by Jan Yanez

Eating Well Over 50

Nutrition and Diet Tips for Healthy Eating as You Age

For adults over 50, the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced. But healthy eating doesn't have to be about dieting and sacrifice. Whatever your age, eating well should be all about fresh, colorful food, creativity in the kitchen, and eating with friends.

Feeding the Body, Mind and Soul

Remember the old adage, you are what you eat? Make it your motto. When you choose a variety of colorful fruits and veggies, whole grains, and lean proteins you'll feel vibrant and healthy, inside and out.

Live Longer and Stronger

Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. Also, eating sensibly means consuming fewer calories and more nutrient-dense foods, keeping weight in check.

Sharpen the Mind

Key nutrients are essential for the brain to do its job. People who eat a selection of brightly colored fruit, leafy veggies,

and fish and nuts packed with omega-3 fatty acids can improve focus and decrease their risk of Alzheimer's disease.

Feel Better

Wholesome meals give you more energy and help you look better, resulting in a self-esteem boost. It's all connected—when your body feels good you feel happier inside and out.

What Your Body Needs

Adults over 50 can feel better immediately and stay healthy for the future by choosing healthy foods. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age.

Focus on My Plate:

Fruit – Focus on whole fruits rather than juices for more fiber and vitamins and aim for around 1 1/2 to 2 servings each day. Break the apple and banana rut and go for color-rich pickings like berries or melons.

Veggies – Color is your credo in this category. Choose antioxidant-rich dark, leafy greens, such as kale, spinach, and broccoli as well as orange and yellow vegetables, such as carrots, squash, and yams. Try for 2 to 2 1/2 cups of veggies every day.

Calcium – Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. Older adults need 1,200 mg of calcium a day through servings of milk, yogurt, or cheese. Non-dairy sources include tofu, broccoli, almonds, and kale.

Grains – Be smart with your carbs and choose whole grains over processed white flour for more nutrients and more fiber. If you're not sure, look for pasta, breads, and cereals that list "whole" in the ingredient list. Older adults need 6-7 ounces of grains each day (one ounce is about 1 slice of bread).

Protein – Adults over 50 need about 0.5 grams per pound of bodyweight. Simply divide your bodyweight in half to know how many grams you

need. A 130-pound woman will need around 65 grams of protein a day. A serving of tuna, for example, has about 40 grams of protein. Vary your sources with more fish, beans, peas, nuts, eggs, milk, cheese, and seeds.

Important vitamin and minerals:

Water – As we age, some of us are prone to dehydration because our bodies lose some of the ability to regulate fluid levels and our sense of thirst may not be as sharp. Post a note in your kitchen reminding you to sip water every hour and with meals to avoid urinary tract infections, constipation, and even confusion.

Vitamin B – After 50, your stomach produces less gastric acid making it difficult to absorb vitamin B-12—needed to help keep blood and nerves vital. Get the recommended daily intake (2.4 mcg) of B12 from fortified foods or a vitamin supplement.

Vitamin D – We get most of our vitamin D intake—essential to absorbing calcium—through sun exposure and certain foods (fatty fish, egg yolk, and fortified milk). With age, our skin is less efficient at synthesizing vitamin D, so consult your doctor about supplementing your diet with fortified foods or a multivitamin.

Tips for

Wholesome Eating:

Once you're used to eating nutrient-dense food, your body will feel slow and sluggish if you eat less wholesome fare. Here's how to get in the habit of eating well.

Reduce sodium (salt) to help prevent water retention and high blood pressure. Look for the "low sodium" label and season meals with garlic, herbs, and spices instead of salt.

Enjoy good fats. Reap the rewards of olive oil, avocados, salmon, walnuts, flaxseed, and other monounsaturated fats.

The fat from these delicious sources can protect your body against heart disease by controlling "bad" LDL cholesterol levels and raising "good" HDL cholesterol levels.

Add Fiber

Avoid constipation, lower the risk of chronic diseases, and feel fuller longer by increasing your fiber intake from foods such as raw fruits and veggies, whole-grains, and beans.

Avoid "Bad" Carbs

Bad carbohydrates—also known as simple or unhealthy carbs—are foods such as white flour, refined sugar, and white rice that have been stripped of all bran, fiber, and nutrients. Bad carbs digest quickly and cause spikes in blood sugar levels and short-lived energy. For long-lasting energy and stable insulin levels, choose "good" or complex carbs such as whole grains, beans, fruits, and vegetables.

Look for Hidden Sugar

Added sugar can be hidden in foods such as bread, canned soups and vegetables, pasta sauce, instant mashed potatoes, frozen dinners, fast food, and ketchup. Check food labels for other terms for sugar such as corn syrup, molasses, brown rice syrup, cane juice, fructose, sucrose, dextrose, or maltose. Opt for fresh or frozen vegetables instead of canned goods, and choose low-carb or sugar-free versions of products such as tortillas, bread, pasta, and ice cream.

Cook Smart

The best way to prepare veggies is by steaming or sautéing in olive oil—it preserves nutrients. Forget boiling—it drains nutrients.

Put Five Colors on Your Plate

Take a tip from Japanese food culture and try to include five colors on your plate. Fruits and veggies rich in color correspond to rich nutrients (think: blackberries, melons, yams, spinach, tomatoes, zucchini).

Changing dietary needs

Every season of life brings changes and adjustments to your body.

(Continued on Page 7)

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NOTICES

**PUBLIC NOTICE
CITY OF BRONTE
TxCDBG**

The City of Bronte will hold a workshop open to the public at 6:30 p.m. on Tuesday, August 13th, 2013, at 114 S. Washington, Bronte, Texas, in order to gather information for its Texas Community Development Block Grant program (TxCDBG) Planning and Capacity Building Fund Contract No. 712134. The City encourages citizens to attend this workshop. The goal of the meeting is to record public input on the City's vision for its future. Discussion will include identifying challenges faced by the City, prioritizing desired projects; and defining the City's character. Persons with disabilities wishing to attend this meeting should contact the City at (325) 473-3501 so that appropriate arrangements can be made.

04-1tc

BLACKWELL CISD

is accepting bids for gasoline and diesel to be used in school vehicles for the 2013-2014 school year. Bidder must furnish two 1,000 gallon on site tanks for dispensing fuel. Bidder must be responsible for all tax exempt documents. Blackwell CISD reserves the right to accept or reject any and/or all bids.

For more information contact Abe Gott, Superintendent, PO Box 505, Blackwell TX 79506, Phone: 325-282-2311. Deadline for accepting bids is August 26, 2012 AT 2:00 p.m. Winning bid will be approved on August 28, 2013 Board Meeting.

03-2tc

**... Eating Well
Over 50**

(Continued from page 5) Understanding what is happening will help you take control of your nutrition requirements.

Physical changes

Metabolism

Every year over the age of forty, our metabolism slows. This means that even if you continue to eat the same amount as when you were younger, you're likely to gain weight because you're burning fewer calories. In addition, you may be less physically active. Consult your doctor to decide if you should cut back on calories.

Weakened Senses

Your taste and smell senses diminish with age. Older adults tend to lose sensitivity to salty and bitter tastes first, so you may be inclined to salt your

food more heavily than before—even though older adults need less salt than younger people. Use herbs, spices, and healthy oils—like olive oil—to season food instead of salt. Similarly, older adults tend to retain the ability to distinguish sweet tastes the longest, leading some to overindulge in sugary foods and snacks. Instead of adding sugar, try increasing sweetness to meals by using naturally sweet food such as fruit, peppers, or yams.

Medications and Illness

Some prescription medications and health problems can often negatively influence appetite and may also affect taste, again leading older adults to add too much salt or sugar to their food. Ask your doctor about overcoming side effects of medications or specific physical conditions.

Digestion

Due to a slowing digestive system, you generate less saliva and stomach acid as you get older, making it more difficult for your body to process certain vitamins and minerals, such as B12, B6 and folic acid, which are necessary to maintain mental alertness, a keen memory and good circulation. Up your fiber intake and talk to your doctor about possible supplements.

**Tips for Creating
a Well-Balanced Diet**

It doesn't have to be difficult to swap a tired eating regimen for a tasty, well-balanced eating plan.

Avoid Skipping Meals

This causes your metabolism to slow down, which leads to feeling sluggish and making poorer choices later in the day.

Breakfast

Select high-fiber breads and cereals, colorful fruit,

and protein to fill you with energy for the day. Try yogurt with muesli and berries, a veggie-packed omelet, peanut-butter on whole grain toast with a citrus salad, or old-fashioned oatmeal made with dried cherries, walnuts, and honey.

Lunch

Keep your body fueled for the afternoon with a variety of whole-grain breads, lean protein, and fiber. Try a veggie quesadilla on a whole-wheat tortilla, veggie stew with whole-wheat noodles, or a quinoa salad with roasted peppers and mozzarella cheese.

Dinner

End the day on a wholesome note. Try warm salads of roasted veggies and a side of crusty brown bread and cheese, grilled salmon with spicy salsa, or whole-wheat pasta with asparagus and shrimp. Opt for sweet potatoes instead of white potatoes and grilled meat instead of fried.

Snacks

It's okay, even recommended, to snack. But make sure you make it count by choosing high-fiber snacks to healthfully tide you over to your next meal. Choose almonds and raisins instead of chips, and fruit instead of sweets. Other smart snacks include yogurt, cottage cheese, apples and peanut butter, and veggies and hummus.

Stuck in a Rut

No matter how healthy your diet, eating the same foods over and over is bound to get boring. Rekindle inspiration by browsing produce at a farmers market, reading a cooking magazine, buying foods or spices you haven't tried before, or chatting with friends about what they eat. By making

variety a priority, you'll find it easier to get creative with healthy meals.

**Mini Cheer Camp
set for Robert Lee**

A Mini Cheer Camp will be held from 9 am to 11 am August 12-16 at the Robert Lee High School Tennis Courts. Cheers, chants and sideline routines will be taught by the 2013-2014 RLHS Cheerleaders to children going into Pre-K through 6th grade.

Thursday will be Crazy Day and Friday will be Steer Spirit Day. Presentations and awards will be held at 10:30 am Friday.

Children need to bring their own water bottle. Snacks will be available for purchase. Campers need to bring their money in a purse/sling-pack or baggie with your name. All those attending will get to perform at one High School pep rally and 5 minutes at a home football game.

For more information, contact Maranda Hood at maranda.hood@rlisd.net.

**Benefit style show
slated for August 3**

An afternoon of fashion, wine and motivation is slated for 2 pm Saturday, August 3, 2013, to benefit the Concho Valley Rape Crisis Center!

Motivational speaker, Charlene Trumet, will be the keynote speaker, followed by a runway of local women of all ages and sizes modeling some of the fabulous fashions of Glorious Styles. Models will be escorted by the handsome and beautiful canines of Concho Valley PAWS. There will also be door prizes and a raffle!

The event will be held at Beauregard Place, located at 1421 W. Beauregard in

San Angelo. Tickets can be purchased at Concho Valley PAWS in Sunset Mall or by calling the Concho Valley Rape Crisis Center at 655-2000.

Please help make a difference by celebrating the beauty of strength and survival. For more information, contact Karla Payne at 655-2000.

**21st Annual
Mesquite Show
Returning to
Fredericksburg**

The 2013 Texas Mesquite Arts Festival returns to Fredericksburg, Texas on October 11, 12, and 13.

Juried artists from around Texas and beyond will gather in Fredericksburg Marktplatz for a three-day celebration of the exquisite and attractive mesquite.

"Besides seeing the absolute best selection of mesquite, visitors will enjoy the largest mesquite show in the world," show organizer Al Carr said.

The Mesquite Arts Festival has become one of the top events in Fredericksburg. Organizers expect over 10,000 visitors during the weekend.

Visitors will be treated to collections of sculpted wood from the world's absolute finest mesquite craftsmen. Items range from large furniture items such as beds, dressers and chairs made entirely from mesquite, to unique craft and gift items such as beautifully turned lamps, delicate scroll work, handsome pen and pencil sets, unique Christmas tree ornaments, sturdy gun stocks, and sculpted vases, all carefully crafted of mesquite.

More information on the Texas Mesquite Arts Festival is available at www.texasmesquiteartfestivals.com, or by calling the Fest Office at 830-993-8515.

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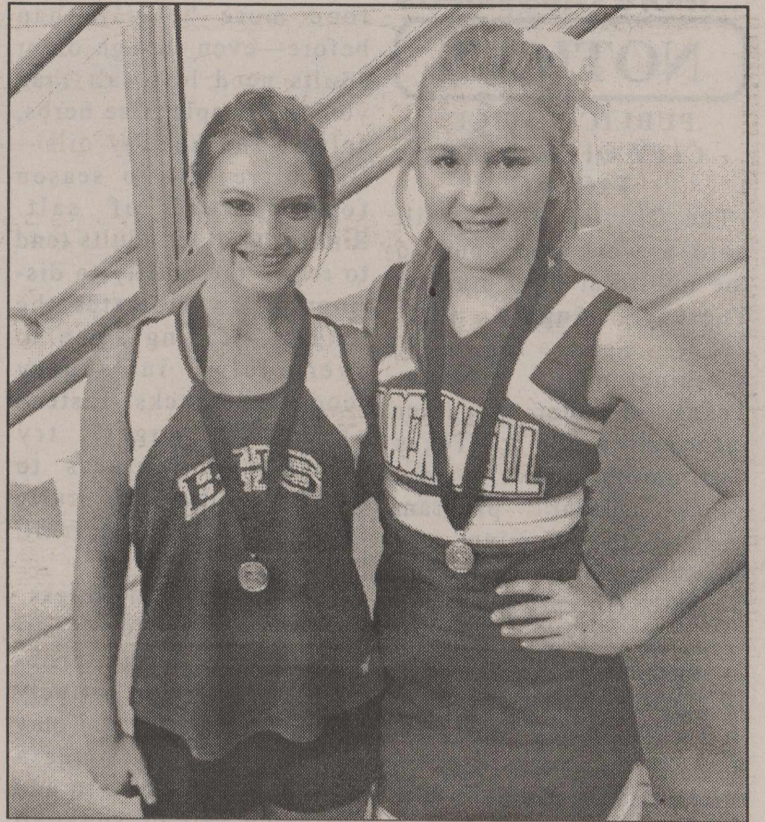
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Cheerleading Camp! The Blackwell High School cheerleaders (top left photo) attended camp at Angelo State University July 23-26 and came home with two trophies in the small varsity division for 3rd place Extreme Routine and Champion Chant. BHS Cheerleaders for the coming year



include freshman Krista Clower, sophomore Hailey Bennett, jr. Stephanie Metcalf, sr. Captain Summer Mull, sophomore Shianne Solis, and freshman Halee Sanderson. Blackwell High School freshman cheerleader Krista Clower (above, left) and Blackwell Junior High 8th grade cheerleader Shelby Panzer got All American squad at the camp. They qualified to march in the Houston Thanksgiving Day Parade in November.

Twirling Camp! Blackwell High School freshman twirler Audrey Mink (bottom left photo) attended Tops in Texas Twirling Camp at Kilgore College July 24-27 where she finished both levels 1 and 2.

Community Band to organize

Persons interested in forming a community band for Robert Lee will meet in the Band Hall in Robert Lee High School on Tuesday, August 6, at 6 pm.

Students in grades 8-12 are invited to come and play. The Robert Lee School provided instruments for last year's band, so please come and join even if you do not own an instrument. Come and check it out!

Back to School Swim Party slated

The annual end of summer back to school swim party will be held at the Bronte Swimming Pool for all Coke County 4-H members on Tuesday, August 13, 2013, from 6:15 pm to 8:15 pm.

This is the first opportunity of the year to enroll in 4-H for the 2013-2014 year and to meet other 4-H members from Coke County.

If you live in Robert Lee and need a ride, please call the office at (325) 453-2461.

23rd Fredericksburg Food & Wine Fest

The best of Texas wines, food, and entertainment will be showcased at the annual Fredericksburg Food & Wine Fest on Saturday, October 26, 2013. All of the fest's activities are located on Fredericksburg's beautiful downtown Marktplatz (Market Square).

Twenty-nine Texas wineries will be on hand with over 100 types of wine. Guests will have an opportunity to visit with some of

the wine makers. A wide variety of Texas made products will be available for sampling and purchase as well.

The ever-popular Grape Expectations Cooking School will be held start-

ing at noon on Saturday and seating is limited. Three other Special Events are planned to enhance the experience of this year's fest.

More information on the event, and advance ticket purchase, is available by

contacting the Fest Office at 830-997-8515, or by visiting www.fbgfoodandwinefest.com. Proceeds from the Fest go towards the continued beautification and upkeep of Marktplatz.

BHRC to host benefit hamburger meal

Bronte Health and Rehab Center is hosting a hamburger meal Tuesday, August 6. The meal will begin at 11 am and continue until sold out. Donations for the meal will benefit Hannah McKinney.

Hannah was injured in a recent accident that required surgery and will involve rehabilitation. In addition to the meal, raffle tickets will be sold for an opportunity to win an antique quilt, a flat screen television and a popcorn machine. These items will be on display at BHRC during the benefit. Please join in this opportunity to support this young lady and her family.

For additional information, please contact BHRC at 473-3621.

Oldies, But Goodies Car Show set for Saturday, August 17

The 5th Annual Oldies, but Goodies Car Show will be held Saturday, August 17, at the Depot in Downtown Bronte.

The Bronte Volunteer Fire Department will be on hand with their annual lunch fundraiser.

Registration for the car show begins at 8 am. There is no fee to enter the show.

For more information, contact Tammy Thorn at (325) 473-3201.

5th Annual

Begins at 8 am!

No Fee to Enter!

Lunch Concession provided by the Bronte Volunteer Fire Department!

Saturday • August 17th, 2013

Bronte Depot

For More Information, Contact Tammy Thorn at (325) 473-3501.