

MUENSTER ENTERPRISE

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JANUARY 10, 2003



Newly elected Muenster Hospital Auxiliary officers are, from left, Rosalee Bayer, Christine Weinzapfel, Deb Klement, Bertha Hamric (president of first Auxiliary), and Faye Hamric.
Photo by Janie Hartman

MMH Auxiliary members set to serve

By Janet Felderhoff
Installation of officers was the first order of business as the Muenster Memorial Hospital Auxiliary held its first official meeting on Tuesday, Jan. 7 after re-organizing. Hospital Administrator Richard Arnold presented Bertha Hamric with a fresh green ivy plant as a token of appreciation. She served as president of the MMH Auxiliary when it was first formed in 1964. Arnold also assured the members that he would support them in whatever projects they decided to pursue.

Installed as officers were Faye Hamric, president; Christine Weinzapfel, vice-president; Deb Klement secretary; and Rosalee Bayer, treasurer. Each was presented a folder in colors that represented a quality required for their office. The president's was purple for leadership; the vice-president's was green symbolizing spirit and loyalty, since she will help the organization adhere to the TAHA (Texas Association of Hospital Auxiliaries) membership in all ways; the secretary in red for vigilance

and alertness, qualities needed to help record important events and decisions of the group accurately; white went to the treasurer to denote truthfulness and honesty, since that is the most trustworthy position as the keeper of funds and assets; yellow represented the members who are needed to support the officers so that together the group can perform a real service to MMH.

Administrator Arnold installed the president. She then installed the other

See MMH AUXILIARY, pg 2

MSB is major donor City proceeds with park stage and emergency plans

by Dave Fette

Site work has begun on the performing arts outdoor stage in the Muenster City Park, and Dangelmayr Brothers Construction expects to pour concrete next week. Muenster State Bank has committed a donation of \$10,000.00 to the stage project, and by agreement with the City and Chamber of Commerce, will claim the privilege of naming the structure. The Muenster City Council expressed gratitude for the generous donation from Muenster State Bank and also welcomed news that the Muenster Jaycees have pledged \$2,500.00 to help build the stage. The Council approved an increase of \$25,000.00 to the Park budget to cover stage-related building expenses. The City and Chamber of Commerce continue to seek help for the project. Major donors will be honored with their names on permanent plaques displayed on the stage.

The Council also discussed an emergency management agreement between Muenster and Cooke County. The

agreement recognizes Pat Stelzer as Muenster's Emergency Management Coordinator with necessary powers and authority. Muenster's part will be to give help or receive help depending on the location and scope of a given disaster in this area. City Administrator Linda Webb said, "We're also including plans on taking care of ourselves if the emergency spreads over a wide area and little help is available." Mayor Henry Weinzapfel was named the Emergency Management Director for Muenster.

Other items of discussion and/or action Monday night included:

- The 1985 GMC dump truck will be fixed with a used motor.
- The dedicated alley between Oak and Walnut Streets in block 52 will be opened.
- The sewer plant improvement project should start Jan. 15.
- The Council is reviewing the subdivision ordinances dealing with development just outside the south-east part of the City.

• The Council discussed the poor condition of North Oak Street. Chris Yosten said curbing work should start soon, but he wanted to coordinate removal of old curb and building the new to minimize inconvenience for residents. Street Commissioner John Pagel cautioned him to be sure the base was well prepared under the curb.

• Brush has been cleared from part of the right of way for Second Street just south of the Weinzapfel Lake dam. Mayor Henry Weinzapfel said it was cleared so the problems involved with opening the street could be better studied. The City has no plans to open the street at this time. The street would be in a rough, low-lying area and most of the cost would be on the land owners. Bob Bauer owns adjoining property and encouraged the City to continue studying the project and offering to help with the study.

• Monthly bills for November and December totaling \$124,837.85 were reviewed and approved for payment.



Work crews do final cleanup and put finishing touches on the Main Street Keep Muenster Beautiful project. Below a worker dresses up one of the planter boxes and in the bottom photo the rock finish goes on the Highway 82/Main Street intersection wall.
Photo by Janie Hartman



District Judge Jerry Woodlock, far right, swore Cooke County officials into office on Jan. 1 at the Cooke County Courthouse. Officials pledging service to County residents were from left, County Judge Bill Freeman, County Court at Law Judge John Morris, Justice of the Peace Precinct #1 Dorothy Lewis, Justice

of the Peace Precinct #4 John Roane, District Clerk Pat Payne, County Treasurer Judy Hunter, County Commissioner Precinct #2, Bill Cox County Commissioner Precinct #4 Virgil Hess, and County Clerk Rebecca Lawson.
Photo by Dave Fette



Rehab expands at hospital

Muenster Memorial Hospital is excited to announce the expansion of their Rehab Department. Beginning, Jan. 2, 2003, Orthopaedic and Neurological Rehabilitation, Inc. (ONR), initiated therapy services at Muenster Hospital District, providing physical therapy, occupational therapy, and speech-language therapy services in the outpatient, home health, hospital, and nursing home settings.

Amy Haverkamp, a local therapist with over 10 years experience, will be the Director of Rehabilitation, overseeing the program. She will coordinate the delivery of services, ensuring consistency in the full continuum of care. ONR is a privately held rehabilitation company that was established 15 years ago by CEO Jill Capela, a speech-language pathologist. ONR provides therapy services in over 200 settings in nine states. ONR's therapists have

seamlessly blended in with the Muenster Hospital community, enhancing the quality of the lives of all served. Please feel free to drop by and visit with their local staff, with over 60 years combined experience: Amy Haverkamp, D.O.R., L.O.T.A.; Becky Jones, O.T.R.; Joe Christian, P.T.A.; Mark Shasteen, P.T.; and Pamela E. Osborn, M.S., C.C.C., S.L.P., if you or a loved one is in need of exceptional therapy services.

MMH has contracted with Financial Corporation of America (FCOA), an Austin based company, to provide interim management services and resolve outstanding receivables. As part of this process, former and current patients will be contacted regarding outstanding balances. The main purpose is to ensure that MMH has the appropriate information to secure proper reimbursement. For example, if any insurance exists, then FCOA will verify coverage information,

MMH enlists help with bills

re-file your insurance and solicit your involvement to ensure that your insurance company pays for your medical bills in accordance with their policy terms. If no insurance exists or the remaining balance is the co-payment or deductible, then FCOA will work with each patient to resolve the unpaid portion. FCOA is also working on-site to redesign business processes to ensure that a similar situation does not occur in the future. Please note that this effort will last for 4-6 months.

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MMH AUXILIARY RE-VITALIZED

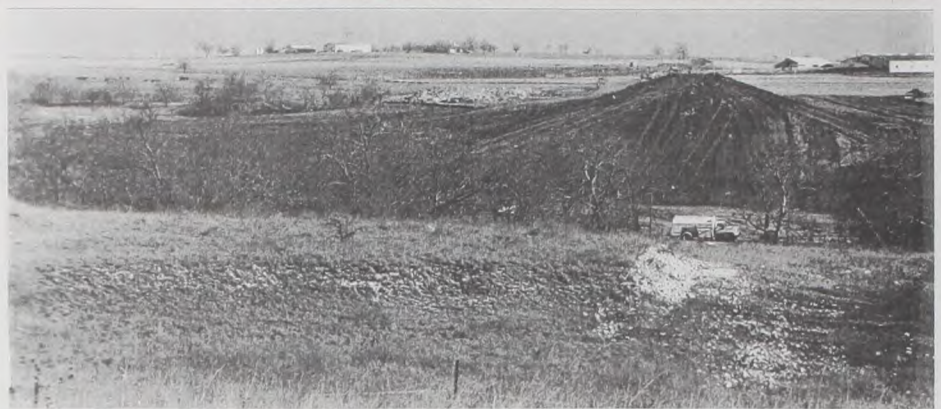
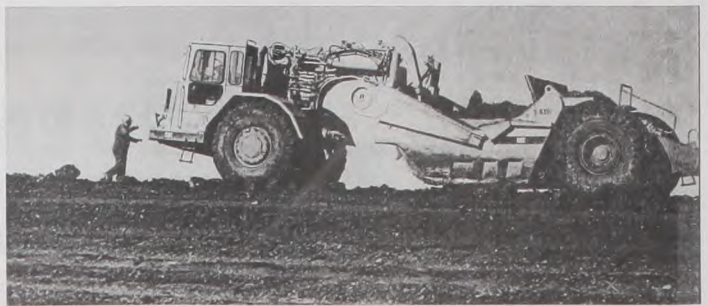
... cont from pg 1

officers. It was stressed that sufficient funds remained in the Auxiliary account from its previous active time. Without a pressing need for fund raising, members are able to concentrate on other service projects. Some of the projects adopted by members include: Pamper Patients; Gift Shop; Scholarships; Junior Volunteers; Greeters; Garden Area; Pamper Staff (doctors, nurses, techs, employees); Rest Home Committee; Memorial Fund; and Chapel. Members volunteered to chair the projects as follows: Pamper Patients Janie Weinzapfel with Imelda Rohmer and Jewel Otto; Gift Shop Mary Kay Sicking; Scholarships and Junior Volunteers Dana Hess; Garden Area Janet Felderhoff; Chapel Carol Aytes. Committee chairs already in place were Membership Cathy Kubis and Darlene Williams; Publicity Janet Felderhoff; and Scrapbook Theresa Walterscheid. A Gift Shop was started a couple of months ago for the convenience of patients and their visitors. Faye Hamric worked with local merchants and hospital staff to set up a gift cart. She said it has been

successful. There are plans to purchase a locking glass case in which to display gift shop items. Mary Kay Sicking volunteered to be chairman for the Gift Shop. Chairmen are being sought for the still unchaired projects and committee members are welcome for all. Anyone wishing to volunteer for a committee may contact the chairman or President Hamric or attend the next Auxiliary meeting. This group is open to new ideas and suggestions. Secretary Deb Klement read a letter from MMH Board President Jerry Hess. He thanked the Auxiliary for all the help and thousands of dollars in equipment that it had donated in the past. He welcomed the reorganized group's assistance. Meetings will be held on the first Tuesday of each month at 7:00 p.m. in the Administration office. New members, both men and women, are always welcome. Dues of \$5 will be charged for both active and sustaining members. Sustaining members are those who wish to show support, but are unable to be active in the organization's projects.

Phase I, the construction of half of the dam for Muenster Lake, nears completion. At right, dirt movers put down topsoil to level out the top of the dam. Below, the near completed half looking northeast from the future remaining dam location.

Janie Hartman photos



Senator Craig Estes to be sworn in Jan. 14

State Senator Craig Estes, R-Wichita Falls, will be sworn into office for his first full term Jan. 14. Chief Justice Tom Phillips will administer the oath of office to the state's 31 senators during ceremonies slated for noon in the Senate Chamber of the Capitol. Estes was first elected in 2001 during a special election for the year remaining on the tenure of the late Senator Tom Haywood. Estes was re-elected to a full term in November's general elections. "It's been almost a year and a half since I entered the political arena, and I have worked hard during the interim in preparation for my first session of the Texas Legislature," Estes said. "The moment is near, and I am ready to go to work on the floor of the

Senate for the people of North Texas." Estes serves Senate District 30, which includes all of Archer, Baylor, Clay, Cooke, Grayson, Jack, Montague, Palo Pinto, Parker, Shackelford, Stephens, Throckmorton, Wichita, Wilbarger, Wise, and Young counties and parts of Collin and Denton counties. He invites constituents to stop by his office located in Room 3E.8, just off the Senate Gallery on the third floor of the Capitol. The telephone number is 512-463-0130. When members of the Senate and House are sworn in on Jan. 14, the 78th Texas Legislature will begin its 140-day regular session. "The Legislature will face many important challenges this session, and Governor Perry has indicated that he wants us to go to work immediately on solving the problems surrounding homeowners' insurance and medical malpractice," Estes said. "The projected budget shortfall will have a major impact on everything the Legislature does this session."

Senior Day is set for Feb. 4 at state capitol in Austin

Senior Day at the capitol will be observed on Feb. 4, 2003 in Austin, themed "Seniors - the Heart of Texas." It is being organized by the Texas Senior Advocacy Coalition and several other groups to celebrate the contributions older adults have made and will continue to make to the state of Texas in cultural, artistic, and scientific development. Beginning with a rally on the front steps of the Capitol at 10:30 a.m., the rally will feature a celebrity speaker, elected officials, and leaders in the aging network. Those attending will have

See SENIORS, pg 3

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Our family wishes to thank the many friends and family members who expressed sympathy in so many ways during the recent death of Bob Pels. Words cannot express our sincere appreciation and love to all who share in our grief. We wish to thank the Muenster Volunteer Fire Department for their quick response, the Cooke County EMS, Dr. Edd Adunola and John Roane, Justice of the Peace for their compassion. Thank you to the McCoy Funeral Home for your caring and help. Thank you to Father John Oliner for your words, prayers and assistance with the funeral service, plus all who participated in the Mass to make it so beautiful. Thank you to the KC's for the use of the hall and to the Catholic Daughters for preparing a wonderful meal. We will always remember your kindness and thoughtfulness throughout our lives. May God Bless You All! The Family of Bob Pels Linda, Gina, Wendy, Jon & Family

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2-WEEK EVENTS CALENDAR

<p>Sunday, January 12, 2003 Muenster Museum Open 1-4 PM Angelica Cappella New York Fish Fry 11am-1:30pm, Community Center</p>	<p>Monday, January 13, 2003 VFW meeting, 8PM</p>	<p>Tuesday, January 14, 2003 Exercise Class, 10:30-11:30, S.N.A.P. Center Grief Support Seminar, Home Hospice Office, 6-8PM</p>	<p>Wednesday, January 15, 2003 Exercise Class, 10:30-11:30, S.N.A.P. Center Adult Co-ed Volleyball, 7PM, Old MHS Gym Religious Ed Class, 7PM</p>	<p>Thursday, January 16, 2003 Exercise Class, 10:30-11:30, S.N.A.P. Center Muenster Museum Open 1-4 PM</p>	<p>Friday, January 17, 2003 Muenster Museum Open 1-4 PM</p>	<p>Saturday, January 18, 2003</p>
<p>Sunday, January 19, 2003 Muenster Museum Open 1-4 PM</p>	<p>Monday, January 20, 2003 Teacher In-Service SHS, NO SCHOOL SHS Advisory Council meeting, 7:30PM VFW Auxiliary meeting, 8PM</p>	<p>Tuesday, January 21, 2003 Exercise Class, 10:30-11:30, S.N.A.P. Center Grief Support Seminar, Home Hospice Office, 6-8PM MMH Board meeting, 7PM Cooke County Diabetic Support Group meeting, 7PM Culwell Conference Room, GMH</p>	<p>Wednesday, January 22, 2003 Religious Ed Class, 7PM Adult Co-ed Volleyball, 7PM, Old MHS Gym</p>	<p>Thursday, January 23, 2003 Exercise Class, 10:30-11:30, S.N.A.P. Center Muenster Museum Open 1-4 PM</p>	<p>Friday, January 24, 2003 Muenster Museum Open 1-4 PM</p>	<p>Saturday, January 25, 2003</p>

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From My Side of the Fence by Ed Cler

Well, the American Civil Liberties Union, (A.C.L.U.) is back at work. Their wrecking crew, I gather from the papers, after succeeding in outlawing Nativity Scenes, etc. from being displayed in public buildings, now has filed a suit against a public school in Georgia because it has a calendar showing Dec. 25 as Christmas Day.

Will we now have calendars that have dates, such as July 4, without Independence Day? These mean spirited people are also suing a Pittsburgh public parking lot to stop it from designating some parking spaces for people who have driven many miles to view a Nativity

Scene, displayed in a Roman Catholic Church. No more courtesy?

The A.C.L.U. has already had a go at the Boy Scouts and lost that one. They are now trying to get the Ten Commandments removed from public buildings. I always thought everyone should read and heed them.

It really boils down to a minority trying to tell the majority how to live. In other words, the A.C.L.U. wants the few to have rights, and the many to have none.

I hope our servicemen, who are willing to give their lives to protect our rights, never hear of this.

SENIORS DAY

continued from pg. 2

lunch on their own, and then may visit their elected officials; and view the "Senior Day Exhibit" in the Lower Rotunda of the Capitol. It is suggested that groups or individuals pack a lunch or go to a nearby restaurant. Having lunch in the Capitol cafeteria can involve a long wait.

Seniors may FAX letters to their State Senator and the Lieutenant Governor at 512-463-0039 or to their State Representative and the Speaker of the House at 512-463-0675 on Feb. 4, to address issues facing Seniors in Texas.

Next Saint Jo Opry set for Saturday Jan. 11

The Saint Jo Opry's next show is set for Jan. 11 in the Saint Jo School Auditorium. The show will start at 7:00 p.m.

The Opry is happy to announce their special guest this month will be Jeff Clarkson from Henrietta. Jeff plays a number of musical instruments and will be doing some bluegrass numbers, playing banjo, mandolin, guitar, and singing some great songs. He is a very talented young man who thrilled the audience when he appeared on the Opry several months ago, the sponsors say.

Other musicians scheduled to return to the Opry for January are: Marty Bartlett of Lindsay on country fiddle and vocals; Roger Watson of Burk Burnett will be back and will be on steel and doing vocals; Mark McCall, Nocona will be returning on drums.

The Country Cut Ups will be performing on stage and invite everyone to come join in the fun. "Leave the T.V. behind and check out the Opry." In the event of bad weather such as freezing rain, sleet or snow, which would make driving hazardous and dangerous, the Opry will be canceled.

Anyone wishing to have seats reserved for groups who would like to be seated together may call ahead at 940-995-2443 or 995-2586. A small admission of \$2.00 is asked for adults, with children admitted free, as are nursing home residents or health facilities residents. The Opry continues to make donations to Community Service Organizations, including Volunteer FIRE/EMS Departments and others. Concessions will be available.

Attorney General unveils new resources to help protect senior consumers from scams, violence

Attorney General Greg Abbott recently launched a new electronic "Senior Alert" bulletin and Web page as part of an initiative to provide senior Texans with fast, up-to-date warnings about the latest scams, schemes and other crimes against the elderly. The e-mail Senior Alert will be issued as soon as information is available.

"Timely access to information about consumer protection and crime prevention can be a useful tool in helping our seniors lead safe and satisfying lives," Attorney General Abbott said. "I encourage children to send this information to their parents, and I urge local governments and non-profit organizations to distribute

this information through their senior citizen outreach activities."

Also, the Attorney General's Web site www.oag.state.tx.us adds a new "Senior Alert" interactive page where citizens can report scams that have happened to them or to others. This will enable the Attorney General's office, in turn, to issue Senior Alerts informing other senior Texans of such scams. It will also allow the Attorney General's Office to take swifter action against the perpetrators of scams.

"I want senior Texas to assist us by being the eyes and ears in their communities and letting my office know of scams as soon as they occur. Then we can instantaneously share this information with other Texans," Attorney General Abbott said.

The Attorney General's Office sends the alerts to assisted living facilities, Area Agencies on Aging, and other advocates and interested parties. The Attorney General's Web site at www.oag.state.tx.us offers an automated secure subscription service to the free Alerts; subscriptions also are available by calling (800) 252-8011. Subscribers to the e-mail alert also will receive hard copies free of charge via U.S. Mail. Subscribers can choose to receive only the hard copies.

Roberts returns from Naval Reserve Duty

By Janet Felderhoff

Second Class Petty Officer Robert Paul Roberts of Muenster recently returned home from a year of Naval Reserve duty. Paul, his wife Pam, and children Jon Paul, age 13, and Peyton, age 9, moved to Muenster in May of 1997 from Ringling, Oklahoma to be nearer his job at Weber Aircraft. They are members of the First Baptist Church in Muenster.

Roberts served for one year on the naval base in Yokosuka, Japan. It is the largest naval base in the Pacific, he said. He was shore based the entire time.

While serving before, Roberts was based in Hawaii for four years at NAS Barbers Point where his job was that of helicopter squadron mechanic. When he was recalled on Nov. 9, 2001, Roberts was retrained. His new job was Security. They were trained in the use of pistols and shotguns. Their duties consisted of inspecting private owner vehicles and all commercial vehicles for items that shouldn't be there such as guns and bombs. He noted that many people had children's toy pistols with them.

Paul Roberts drills with the CV Southwest unit out of JRB, Fort Worth. He was mobilized as a part of Operation Noble Eagle. His orders were issued, "in support of Operations Noble Eagle and Enduring Freedom."



AD2 Robert Paul Roberts
2nd Class Petty Officer

While serving in Yokosuka, Paul received honors for National Defense, Armed Forces Reserve Medal, and Navy Achievement Medal.

Roberts' daughter Peyton said she really missed him while he was gone. She said he wasn't there for her birthday or for her mother's birthday. She did enjoy the cake that was part of his send off party from Weber Aircraft.

Roberts remarked, "The most exciting part of the whole experience was coming home to see my wife and kids at the airport!" He said it had been a year since he'd seen his family except for a couple weeks in March when his wife came to Hawaii to visit and they did some site seeing. Roberts noted that with the situation as it is now he could be recalled again at any time.

Texas Monthly oil and gas statistics

NOVEMBER PERMITS TO DRILL

The Commission issued a total of 801 original drilling permits in November 2002 compared to 776 in November 2001. The November total included 603 permits to drill new oil and gas wells, 25 to re-enter existing well bores, and 173 for recompletions. Permits issued in November 2002 included 165 oil, 231 gas, 374 oil and gas, 25 injection, two service, and four other permits.

NOVEMBER OIL AND GAS COMPLETIONS

In November 2002, operators reported 204 oil, 384 gas, 17 injection, and three others compared to 220 oil, 513 gas, 18 injection and four other completions during November 2001. Total well completions for 2002 year to date are 8,638 up from 8,519 recorded during the same period in 2001. Operators reported 320 holes plugged and 64 dry holes in November 2002 compared to 743 plugged and 85 dry holes in November 2001.



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Gardening Tips

- Have patience. Take care of your plants and realize that no amount of fertilizer or watering will make them grow overnight. On the average, flowering plants will bloom from seven to 14 days. Likewise, vegetable plants require a fair amount of time before you will begin to see results.

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Lifestyle

Josh Freeman USMMA 2005 calls from China

Josh Freeman called greetings from Hong Kong, China, to his Cooke County family on New Year's Day, 2003. Josh is a 2000 graduate of Muenster High School. He received an appointment to the U.S. Merchant Marine Academy at Kings Point, New York from Congressman Ralph Hall. Josh reported in July of 2000 for a four-year assignment. His courses have been in engineering and marine science, which he said were really difficult.

Josh telephoned from Hong Kong, China at 8:40 a.m. Texas time and told that it was 10:40 p.m. there. This was a port-of-call with his assigned merchant cargo ship, The President Kennedy of the American

President Line. There are only two USMMA cadets on board with the crew of 21. The other is Justin Mitchell from Dallas.

Josh said he was at a pay phone on the street and that everything was clean and brightly lit. The people were well dressed and he felt very safe. There were signs in English and a number of persons speaking English, also. He had been to an elegant restaurant for Chinese cuisine. He had bought a rugby shirt, which had Chinese characters on the back, to show his team members at Kings Point, USMMA where he plays on the rugby team.

The President Kennedy had a delayed departure from San Pedro, California

on Dec. 8 because of a tremendous Pacific Ocean storm. Josh told that he was seasick a couple of days, but by the time they reached Dutch Harbor, Alaska he was over it. He managed time to climb half way up a snowy mountain but came down because the sun sets very early. The next stop was Yokohama, Japan, then Kobe, Japan. He could not figure out how to use the telephone at those ports and no one spoke English. He was glad to get letters in Yokohama, which helped him get over being homesick.

The next ports for unloading and loading will be Yantinn, China, and Koneshuung, Taiwan. They will then return to San Pedro, California. After

unloading the containers from abroad, the schedule will begin again immediately with delivery to the same ports. He will be on this run for a second time.

Josh said that he has a lengthy assignment to complete before this sea duty semester is over. He is to draw the complete design and mechanization of the engines of The President Kennedy and he said the engines are four stories tall.

Josh is the son of Ken and Jamal Freeman, and grandson of J.E. and Barbara Pybas of Sivells Bend.

Josh's email is: Josh.Freeman@krew16-crew16@jfk.asmhq.com <crew16@jfk.asmhq.com>



The engagement and approaching marriage of Dee Dee Walterscheid, daughter of Nick and Robynn Walterscheid, to Glen Dangelmayr, son of Joe and Pam Dangelmayr, have been announced by parents of the bride-elect. The wedding will be held on Feb. 15, 2003 at 7:00 p.m. in Sacred Heart Church of Muenster, officiated by Father John Ohner OSA, pastor. The bride-elect is a 1999 graduate of Muenster High School and a 2002 graduate of the University of North Texas. She is employed as insurance coordinator for MMH Family Health Clinic. The future-groom is a 1997 graduate of Sacred Heart High School and a 2000 graduate of Texas State Technical College. He is employed by Circuit Breaker Sales in Gainesville.

Leah is four

Leah Knabe celebrated her fourth birthday at home with her parents Steven and Katrina Knabe and her brother Collin on Sunday,



Leah Knabe

Dec. 1. Joining them for a birthday party themed Dora, the Explorer, were her grandparents Tommy and Ruth Knabe; and Dean and Susan Ing and Lanna Terrell and Aunt Tyler Ing; and great-grandparents Ben and Gertie Voth; and cousins Megan, Alexis and Bailey Ing, MaCayla Nash, and aunt and uncle Kathy and Kevin Creed and cousins Kristopher, Mitch, and Lauren Creed. Refreshments included an assortment of pick-up foods, birthday cake and ice cream.

Leah celebrated her birthday with a Celebration of Life, with her friends at Sacred Heart Preschool on Dec. 2. She served cupcakes. She enjoyed fun and games on Dec. 6 with Lauren Creed, Macie Pagel, and Allie Walterscheid at Chuck E. Cheese.

New Arrivals

Hennigan

James and Angela Hennigan of Muenster announce with pride and joy the birth of their second daughter, Kelsey Ann Hennigan on Dec. 30, 2002 at 12:07 p.m. in Gainesville Memorial Hospital, weighing 7 lb. 13 1/2 oz. and measuring 20 1/2 inches in length. She joins a sister Morgan Marie Hennigan, age 2, at home. Grandparents are Donald and Sandra Hennigan and Clinton and Debbie Endres all of Muenster. The great-grandmother is Clara Endres of Muenster.

Tepera

Mark and Kristen Tepera of Rockwall are pleased to announce the arrival of a baby girl, Margaret Louise, born on Dec. 30, at Plano General Hospital. "Maggie" weighed 6 lb. 5 oz. and was 20 1/2 inches in length. Her grandparents are Michael and Nancy Bauer of Iowa Park and Joe and Martha Tepera of Muenster. There are three great-grandmothers, Dorothy Howard of Manteca, California, Alma Simek of Seymour, Texas, and Dale Bauer of Cleveland, Ohio.

Better Living for Texans promotes nutritional health

The purpose of the Better Living for Texans program is to assist individuals and families on a limited income as well as schools, preschool groups and others to have nutritionally sound diets and improve food security and health status. Here are a couple of reasons why the Better Living for Texans program is important: it serves to educate low-income working families to maximize their resources in order to purchase nutritious foods and still meet all of their other monthly expenses. School aged children and adults in poverty are less likely to receive preventive health

care and are at higher risk for disease and decreasing the possibility of a healthy adulthood.

If you are interested in having the Better Living for Texans program come to your school, church, adult class, pre-school/daycare center, or local civic organization, etc., or you would like to have more information on these or other nutrition related issues, please contact: Dee Dee Martin, BLT Program Assistant-Better Living for Texans, a program of the Texas Cooperative Extension in Cooke County, * (940) 668-5412.

Abby Nicole is 1

Abby Nicole Walterscheid celebrated her first birthday on her actual birthday, Dec. 13, and again on Dec. 15. On her actual birthday she had lunch with both grandmas, Charlotte Klement and Alice Walterscheid, and other friends, Nicole, Lydia, and Hunter Hennigan, and Tina Hess. Unable to attend were Kenadie Hess, Billie and Kacie Grewing, Dana and Lauren Alsbrook, and Julie and Nathan Kendrick.



Abby Walterscheid

On Sunday, Dec. 15, Abby celebrated at home with a Winnie the Pooh cake made and decorated by her mother. Joining Abby in her celebration were her parents, Kenneth and Tina Walterscheid, and grandparents, aunts, uncles, cousins, and friends: Dale and Charlotte Klement, Alice Walterscheid, Deano and Jeannene, Dillon, Kendi, and Nolan Bayer;

Cody Klement; Erik Walterscheid and Courtney Haverkamp. Unable to attend were Keith, Christine, and Caleb Klement.

Lindsay VFD announces truck dance fundraiser

The Lindsay Volunteer Fire Department will be sponsoring their annual Truck Dance on Saturday, Feb. 22. The fund-raiser's big draw is the 2003 Ford F150 pickup truck that will be given away, along with many other prizes.

For a \$100 donation, a couple will be treated to a

dinner served from 6-8 p.m., with drinks and a D.J. dance until 11 p.m.

Proceeds will go towards a new grass and rescue truck for the Fire Department.

To purchase tickets, contact Adam Arendt 727-8336, Jeff Arendt 736-0235, Nick Schroeder 665-0439, or Jeff Neu 736-0250.



Muenster Hospital Administrator Richard Arnold presents first MMH Auxiliary president Bertha Hamric with a gift of appreciation. Janie Hartman photo



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Meeting Notice

The Cooke County Chapter 1049 AARP will be meeting at the Stanford House at 12:00-1:00 p.m. on Friday, Jan. 10. All persons aged 50 and over are invited to attend this meeting and consider the benefits of the AARP. The guest speaker for Friday will be Missionary Bob Hendry. He will speak on some aspects of being a missionary and places discovered. Make your plans to attend this lunch meeting. Contact Shirley Rector at 940-665-2826, ext. 24, for more information on the meeting.


MiniMed (pump company) representative will also be present. A local person with diabetes for 43 years, who presently wears a pump and plans to have an islet transplant in several months, will present her thoughts on her life with diabetes.

Individuals with diabetes and family members are encouraged to attend this free program. For information call Joan Walterscheid at (940) 759-2395.

Diabetes Support Group meeting will be held on Tuesday, Jan. 21 at 7:00 p.m. in the Culwell Conference Room of the Gainesville Memorial Hospital. Information on pumps, pancreas and islet cell transplants will be presented by Jerry Meece, RPh, FACA, CDE. A

Blood drive set

The Texoma Blood Bank will be at Gainesville Convalescent Center, 1900 O'Neal, Gainesville on Monday, Jan. 13, from 12:00 to 5:00 p.m. for Cooke County residents to donate.



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My husband joins me to thank all those who helped make our lives more comfortable before, during and after my surgery.

Thank you to Dr. Edd and Dr. Mike, also Dr. Daniel Morris, the Home Health Staff for their care and concern. A special thank you to Dr. Valentine and his Staff, all the nurses and therapists at Zale Lipsky Hospital.

To all those who sent cards, flowers, brought food, made visits and encouraging phone calls - it meant so much.

To our children and the Grandchildren for their love and support and all their help.

"Thank you All"

Marianne and Eddie Heitman



2002-2003 Muenster Hornet Cheerleaders, from left, Alisha Walterscheid, Shannon Grewing, Kristian Koesler, Kami Klement, Kami Gerstberger, Chelsea Felderhoff, Kelly Endres, and Stevie Klement. Courtesy photo

Muenster cheerleaders make school history

The Muenster High School Cheerleading Squad made school history Dec. 28 by being the first squad to compete in the NCA Senior & Junior High School National Championship held at the Dallas Convention Center.

The squad earned the right to compete in this national competition after attending summer camp at Southern Methodist University in May where they received a bid to compete at the competition. In September, under the direction of Kim Sturm, preparation began for the 2 1/2 minute routine.

The preliminary competition was held Saturday, Dec. 28, when more than 245 teams, more than 5,000 cheerleaders,

from more than 22 states competed.

The MHS Cheerleaders competed against 45 teams in the small varsity division and were judged on jumps, tumbling, stunting, basket tosses, motions, and dance. Twenty-six teams were taken to the finals. Muenster Varsity placed 29th after the preliminary round with a score of 7.15. This did not earn them a spot in the finals on Sunday, but it did earn them the right to compete in the Challenge Cup competition. Sixteen squads competed. Muenster brought home a trophy by placing seventh and improving their score to 7.31.

"Day two was more fun. The pressure was off. The only goals the squad had

Pro-Life essay contest announced

An essay contest for all area Junior High (7th and 8th grade) and High School students is being sponsored by the Cooke County Pro-Life Group, Inc. Three cash prizes will be awarded in each division: First place - \$50, Second place - \$30, and Third place - \$20. Each winner will also receive a framed certificate and complimentary gift.

In the Junior High Division, the essay must be between 100 and 250 words in length. The topic is, "Abortion, the Ultimate Child Abuse." The High School Division essay must be between 250 and 500

words in length. The High School topic is, "Respecting Human Life - From Conception to a Natural Death."

All essays must be typewritten and double-spaced. They will be judged on adherence to topic, clarity of thought, grammar, composition, and length. Each essay entered must include a cover page with the student's name, address, school, grade level, parents' name, and phone number. The deadline for entering is Saturday, Feb. 8.

Entries should be mailed to: Cooke County Pro-Life

Group, Inc., - Rita McCreary, 2018 Cypress Drive, Gainesville, TX 76240. For additional information or contest flyers call 940-759-2907. Winners will be notified by March 1.

The Cooke County Pro-Life Group, Inc. is an organization of local citizens working together to promote respect for the worth and dignity of all human life from the moment of conception to a natural death. This essay contest is being held to encourage young people to become aware, informed, and knowledgeable of pro-life issues.

MHS Student Council busy during holidays

The Muenster High School Student Council started the Christmas season with the lesson that it is better to give than receive, and that they did. On Saturday, November 30, the student council participated in a community service project in which yard work was done for several members of the community. The members raked leaves, mowed lawns, and visited. Christmas cards signed by the student council members were given to everyone who was visited. This is the third consecutive

year of the MHS Student Council's project, which will also be done in the spring.

On Dec. 7 and 8, members of the council helped members of the Historical Commission with their bake sale that was held at Fischer's Meat Market, and also on Dec. 8, 15 of the members helped serve as hosts and hostesses on the Muenster Tour of Homes.

The council assisted with the Texoma Regional Center Blood Drive, sponsored by Muenster Memorial Hospital on Dec. 19 at the Muenster ISD gymnasium.

Student council members, along with the FFA, NHS, and FCCLA members, baked cookies for and helped distribute T-shirts to the 56 donors.

On the final day of the semester, the annual student council sponsored Sr. vs. Faculty volleyball game was held. Admission to the game was \$1.00 or one canned good. The high school student council teamed up with the Jr. High Student Council to distribute these items to local families.

Muenster Junior High Student Council (JHSC) holiday fundraiser benefits ABBA & MVFD

The Muenster Junior High Student Council (JHSC) had many holiday projects to keep them busy this season. Along with collecting canned food items for families in need and baby food and formula for ABBA (All Babies Born Alive), they developed a new idea for a fundraiser. The student council decided they wanted to raise money for the Volunteer Fire Department.

They wanted their fundraiser to be fun and have a Christmas theme. The four 7th and 8th grade homeroom classes nominated a girl and boy from each homeroom. Those nominated students decorated a can with their name on the outside. All the cans were put in a centralized location where all 7th and 8th grade students would have access to them during the school

day. Students would put donations to the fire department in the can of their choice throughout two weeks. The boy and girl who had the most money collected in their can were Muenster Junior High's Mr. and Mrs. Claus. On Dec. 20, Brad Endres and Jessica Walterscheid were announced as Mr. and Mrs. Claus.

Mr. Herbie Knabe and Doug Fleitman accepted the check for \$216.00 on behalf of the Volunteer Fire Dept. The check was presented by JHSC president, Zach Swirczynski. The student council hopes that this will be a new tradition and that they can raise even more money next year.



Zack Swirczynski, Fireman Doug Fleitman, Brad Endres, Jessica Walterscheid, and Fire Chief Herbie Knabe.

Scholarship available to natural resource majors

Students interested in studying range management are eligible for a scholarship fund through the Society for Range Management (SRM). Applicants for the annual Masonic-Range Science Scholarship must be high school seniors, or college freshmen or sophomores, planning to major in range science or a natural resource-related field.

For more information contact SRM at 303-986-3309 or visit online at www.rangelands.org.

The application deadline is Jan. 15.

Save water outdoors

Consider Xeriscaping which takes into consideration how the yard will be used and how it can provide the greatest benefit with the least amount of maintenance. This includes growing plants that are indigenous to the area and appropriate maintenance to reduce water use.

School Lunch Menus

WEEK OF JAN. 13-17 MUENSTER ISD

Mon. - Corny dogs, potato wedges, ranch style beans, pineapple, brownies.

Tues. - Fried chicken, creamed potatoes w/gravy, green beans, pears, hot rolls.

Wed. - Sub sandwiches (ham and turkey), chips, lettuce, tomatoes, oranges, cookies.

Thurs. - Flame broiled beef patty, creamed potatoes w/gravy, corn, peaches, hot rolls.

Fri. - Barbecue sandwiches, French fries, pork and beans, pickles, onions, applesauce, ice cream.

SACRED HEART

Mon. - Chili dogs, pinto beans, chips, salsa, applesauce.

Tues. - Ham, cheesy potatoes, green peas, green salad, strawberries, bread.

Wed. - Italian meatloaf, mixed vegetables, pears, potatoes, bread.

Thurs. - Chicken, potatoes w/gravy, carrots, peaches, bread.

Fri. - Hamburgers w/trimmings, chips, salsa, brownies.

LINDSAY ISD

Mon. - Hot dog w/chili, baked beans, carrot and celery sticks, pineapple.

Tues. - Pepperoni pizza, lettuce salad, corn, mixed fruit, bread.

Wed. - Ham, macaroni and cheese, lettuce salad, peaches, bread.

Thurs. - Beef stew w/veggies, pickle spears, blueberry muffins, pears.

Fri. - Chicken sandwich, French fries, lettuce, pickle, ice cream.

ERA ISD

Mon. - Vegetable beef soup, grilled cheese sandwich, tossed salad, sliced pears, chocolate chip cookie.

Tues. - Chicken fried steak or chicken strips, mashed potatoes, gravy, tossed salad, peaches, hot roll.

Wed. - Salisbury steak or fish sticks, green beans, tossed salad, strawberry applesauce, breadstick.

Thurs. - Soft tacos, trimmings, pinto beans, cornbread, strawberry delight.

Fri. - Steak sandwich, trimmings, French fries, ice cream.

Fun Activities

Egg Carton Gardening

Put potting soil in each section of an egg carton. Plant a pinto bean or other seed in each section. Cover with soil and sprinkle all seeds with water. Set carton in a sunny window and water as needed. When the seed sprouts, plant them outside. Kids love watching their seeds grow!

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Sports

Sacred Heart begins district with wins

Sacred Heart hosted Highlands Tuesday night, beginning district play with two victories. The Highlands girls team gave the Tigerettes nothing to compete against, as Sacred Heart dominated all four quarters for a 71-17 win.

Karen Gehrig led all scorers with 17 points and five assists. Raney Bauer added 13, and Jayna Biffle 10. Biffle also pulled down 11 rebounds and had six blocks. Mary Jane Callahan put in 9 points, with Maggie Farrell and Jana Truebenbach each scoring 7. Stephanie Henscheid, Courtney Hartman, Jennifer Hoedebeck and Whitney Wimmer all dropped in 2 points. Wimmer also had five

SH	23	18	17	13	71
H	2	0	5	10	17

The Tigers also started district action with a 74-45 victory over Highlands. Highlands was cold in the first quarter, which allowed the Tigers to get a good lead on their opponent. Thirteen points by Marty Farrell in the third quarter boosted the Tiger lead toward the district victory.

Farrell was high scorer with 39 points. Jack Biffle added 17, with Daniel Bartush getting 5, Clint Fuhrmann and Clayton Truebenbach 4 each, Zach Barnhill 3, and Tony Koesler 2.

SH	18	17	23	16	74
H	6	12	18	9	45



Tiger Zach Barnhill moves the ball under the basket against Highlands Tuesday night. Also pictured is Marty Farrell (32). Photo by Janie Hartman

Tigers take two

The Sacred Heart Tigers added two more victories to the season with wins over Forestburg and Slidell in after Christmas action.

Eleven Tigers put points on the scoreboard, with Marty Farrell leading the pack with 12 points. Chris Hoedebeck added 7, Clayton Truebenbach 5, with Adam Taylor, Andy Davis, Jared Zimmerer, Daniel Bartush, Zach Barnhill, and Clint Fuhrmann each scoring 4. Jack Biffle dropped in 3, and Wes Wimmer 2 for the Tigers.

Last week Friday, Sacred Heart started the year with a 66-36 win over Slidell. Twenty-three points in the final quarter added the icing to the cake. Three Sacred Heart players scored in the double digits, Farrell, Zimmerer, and Fuhrmann, with 16, 12, and 11 points. Truebenbach added 9 points, Hoedebeck 8, Biffle 6, and Tony Koesler 4.

SH	14	17	10	12	53
F	3	5	4	10	22

Five Tigerettes scored double digit points, led by Karen Gehrig with 18. Jacqueline Bauer added 15, Jayna Biffle 11, and 10

apiece from Maggie Farrell and Raney Bauer. Courtney Hartman scored 7, with Mary Jane Callahan and Jennifer Hoedebeck getting 4 points each. Jana Truebenbach got 3, and Whitney Wimmer 2.

SH	23	24	24	13	84
F	4	3	8	9	24

The Tigerettes played host to Slidell on Jan. 3, sending the Lady Hornets to the doghouse with a 69-23 whipping. Farrell, Callahan, and Truebenbach finished the game with double/double-points and rebounds. Callahan scored 13, with Farrell and Truebenbach getting 10 points each. All three pulled down 10 rebounds each.

SH	14	14	22	19	69
S	4	12	2	5	23

"Our defense was outstanding in the second half," noted Coach Jon LeBrasseur. "We are starting to recognize the value of the ball." The Tigerettes got 11 turnovers.

God Bless America!

Muenster was matched against Saint Jo again on Jan. 2 in another hard fought loss, 59-53. The Hornets again had the early lead, allowing the Panthers to close the score to 1 point at half-time. Saint Jo took the lead in the 3rd period and wouldn't give it up.

M	8	17	14	20	59
Mi	7	9	11	13	40

Mitch Felderhoff led the Hornets with 13 points, with Walterscheid adding 11, Endres 9, Cory and Fuhrmann 7 each, Miller 4, and Wolf 2.

M	17	19	8	9	53
SJ	13	22	16	8	59

Muenster splits with Petrolia Pirates

Muenster traveled to Petrolia Tuesday night with the Lady Hornets getting their 19th victory, while the Hornets fell in their last practice game before conference action begins.

The Lady Hornets took total control of their game, jumping to a 25 point lead in the first period of play, increasing the point spread to a 56-9 score at half-time. The second half, Petrolia was allowed in the game for an 84-41 final score.

Melinda Walterscheid was high scorer for

Muenster	18	26	20	8	84
P	30	26	20	8	84
M	30	26	20	8	84
P	5	4	19	13	41

The Hornets had a good first quarter, taking a 4 point lead into the second period, but cold shooting turned in Petrolia's favor to put Muenster behind 20 points at the half-time break. The Pirates continued to increase their lead for an 89-46 win over the Hornets.

Putting points on the scoreboard for Muenster were Mitch Felderhoff with 12, Russell Endres 9, Tyler Walterscheid 7, Chase Cain 6, Justin Wolf 5, Cody Cory 4, Michael Endres 2, and Clint Miller 1.

M	17	5	12	12	46
P	13	29	27	20	89

Lady Hornets open district with win

The Lady Hornets and Lady Knights began district competition last week Friday in Lindsay. After four quarters of play, Muenster improved their season record to 18-1 with a 56-39 victory over the Lindsay Ladies. Muenster domination of the boards the first quarter of play, 25-6, predicted the outcome of the contest.

JoAnna Felderhoff was the game's high scorer with 21 points. Brooke Endres added 11, Melinda Walterscheid 9, Lisa Felderhoff 6, Megan Lippe 4, Robyn Hermes 3, and Amanda Felderhoff 2. The Lady Hornets hit 82% from the free throw line.

Emmy Trammell led the Lady Knights on the score board with 12 points. Elaine Hess added 10, Katie Schneider 6, Cheryl Knabe 5, Lindsey Williams 4, and Whitney Neu 2. Lindsay was 60% on their free throw shooting.

M	25	10	13	8	56
L	6	8	16	9	39

Tigerettes get two more pre-district wins for 18-0

Big wins over Forestburg and Slidell gave the Sacred Heart Tigerettes an 18-0 pre-district record to start the new year.


New Year's Eve, Sacred Heart hosted Forestburg's five players, handing the Lady Hornets an 84-24 beating.

Five Tigerettes scored double digit points, led by Karen Gehrig with 18. Jacqueline Bauer added 15, Jayna Biffle 11, and 10




At left, Courtney Hartman (12) takes the ball to the basket. At right, Whitney Wimmer attempts a lay-up, defended by a Highlands player. Photo by Janie Hartman


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Muenster Hornets making the All District Football Team are, from left, front - 1st team Jared Ledbetter, Mitch Felderhoff, Cody Cory, and Cameron Walterscheid; middle - 2nd team Tyler Walterscheid, Kyle Endres, John Sturm, Justin Hess, Dustin Hiser; back, honorable mention - Kirk Hartman, Justin Wolf, and Jake Freeman.

Photo by Janie Hartman

ALL-DISTRICT 11-A First Team

MVP - Ross Harrison*, P.
Offensive MVP - Justin Creech, P.

Offensive Newcomer - Kyle Brewer, SJ
Defensive MVP - Cris Harris, SJ

Defensive Newcomers - Trinity Otto, L; Darrin Reeves, SJ
Coaches of the Year - Scott Ponder, P; Tim West, SJ

OFFENSE

Quarterback - Cody Melton*, C.
Fullback - Keith Dieter, L.

Running Backs - Cody Cory, M; Cris Harris, SJ
Tight Ends - Dallas Roberts, SJ; Mitch Felderhoff, M.

Wide Receivers - Jeremy Jones*, P; David Nelson*, P; Trinity Otto, L.
Center - Andrew Weiss, P.
Offensive Linemen - Ryan Kasperek*, L; Jared Ledbetter*, M; Tyler Shoemaker*, P; Hayden Stone, SJ; David Bowers, P.

Punters - Ryan Peck, C; Bradley Anderle, L.
Kicker - Cris Harris, SJ.

DEFENSE

Defensive Ends - Hayden Stone, SJ; Duane Sawers, E; Kyle Gardner, P; Justin Patterson, C.
Tackles - Raul Romo, C; Arthur Ridinger, P; Clay Mayo, P.

Linebackers - Cameron Walterscheid*, M; Jeremy Jones, P; Sam Hellinger, L; Andy Duke, C.

Defensive Backs - Cody Melton*, C; Chris Horner, L; Caylob Thompson, SJ; Jeremy Weatherly, P.

3/4 Americans store change at home. 28% stash their cash in jars, only about 15% use piggy banks.

ALL-DISTRICT 11-A Second Team OFFENSE

Quarterback - Sam Hellingner, L.
Fullback - Marcus Davis, C.

Running Backs - Ty Jones, C; Chris Horner, L.

Wide Receivers - Jarrod Moore, SJ; Tyler Walterscheid, M; Colby Schwartz, P.

Center - Michael Wagner, SJ.

Offensive Linemen - Eric Fleitman, SJ; John Sturm, M; Josh Loucks, P; Andy Duke, C; Kyle Endres, M.

Kicker - Eddie Rubio, C.

DEFENSE

Defensive Ends - Zach Howell, P; Brett Quisenberry, C; Jared Ledbetter, M.
Tackles - Eric Fleitman, SJ; Heath Lambeth, P; Mark Schreiber, L; Justin Hess, M.

Linebackers - Ryan Kasperek, L; Colby Schwartz, P; Justin Sutton, SJ; Kyle Endres, M.

Defensive Backs - Tyler Walterscheid, M; Jake Bussey, P; Bradley Anderle, L; Dustin Hiser, M; Clayton McKinney, C.

HONORABLE MENTION

Muenster
Defensive End - Kirk Hartman.
Center - Jake Freeman.
Fullback - Justin Wolf.

Junior Varsity Action

Sacred Heart 41 Slidell 18

The JV Tigertettes improved the season record to 9-1 last Friday. Nine Sacred Heart players put points on the board. Lisa Endres scored 7, with Katie Flusche and Joelle Fuhrmann each adding 6. Fuhrmann also was the leading rebounder, pulling down 11 balls. Shannon Hartman dropped in 5 points, with Nicole Bayer, Diana Knabe, and Melissa Thomas all getting 4 points. Brittany White scored 3, and Debra Yosten 2.

The game was called with 7:17 remaining when Slidell had only four players available after injuries.

SH 12 13 14 2 41
S 5 7 6 0 18

Sacred Heart 71 Slidell 45

The junior varsity Tigers outscored the Hounds, beginning the new year with a win. Paul Bartush scored 20 points the second half to assist in leading the Tigers in the victory. Bartush had a total of 23. Wes Wimmer and Andy Davis dropped in 15 and 12 points, with Adam Taylor adding 7, Adam Dangelmayr 6, Arlie Bayer 3, Timmy Otto and Mark Gehrig 2 apiece, and Thomas Otto 1.

SH 10 16 20 25 71
S 6 12 13 14 45

Muenster 21 Lindsay 25

The Lady Knights took a New Year victory from Muenster Jan. 3. Scoring for the Lady Hornets were

Sacred Heart Alumni plays Annual Holiday Basketball Games

The annual Sacred Heart Alumni Holiday Basketball games were held Dec. 21 at the Tiger Den. Both the women's and men's games had exciting, close-scoring action, with the women going into overtime and the men's winner determined with a last second shot.

Members of the winning women's White team were Andrea Bauer, Sarah Hess, Amy Walterscheid Swirczynski, Debbie Schmitt Hogan, and April Truembach Walterscheid.

The White team led 18-16 at half-time with a tied 30-30 at the end of regular time. The White outscored the Red 4-2 in overtime for a 34-32 final.

Red team members were Noelle Hesse Henry, Anne Felderhoff Hesse, Leslie White, Vickie Schmitt Fleitman, and Susan Walterscheid Flusche.

In men's action, the White team defeated the Reds 46-44. Members of the White team were Jason Hess, John Bartush, Jr., Paul Swirczynski, Glen Swirczynski, Michael Gehrig, Vince Felderhoff, Jonathan Yosten, and Billy Hogan.

The Red team consisted of Andy White, Jack White, Neil Hesse, Matthew Grewing, Luke Endres, Duncan Campbell, Kelly Bayer, and Jonathan Knabe.

R 8 10 15 11 44
W 9 10 14 13 46

ALL-STATE TAPPS - 2A Sacred Heart Tigers
First Team Offense
Lineman - Adam Krahl
First Team Defense
Lineman - Adam Krahl
Linebacker - Thomas Whitecotton
Secondary - Clint Fuhrmann
Punter - Chris Hoedebeck
Second Team Offense
Lineman - Clayton Truembach
Back - Johnny Krahl

ALL-DISTRICT TAPPS - 2A Sacred Heart Tigers
First Team Offense
O-Line - Clayton Truembach, Adam Krahl
Running Back - Johnny Krahl
First Team Defense
D-Line - Adam Krahl
Secondary - Clint Fuhrmann
Punter - Chris Hoedebeck
Linebacker - Thomas Whitecotton
District Defensive MVP - Thomas Whitecotton
Second Team Offense
O-Line - Kevin Walterscheid
Running Back - Chris Hoedebeck, Thomas Whitecotton
Second Team Defense
D-Line - Clayton Truembach
Secondary - Michael Voth
Linebacker - Andy Davis
Honorable Mention
O-Line - Matt Donohue
D-Line - Kevin Walterscheid, Matt Donohue
Utility Back - Chris Fuhrmann
Secondary - Chris Fuhrmann
Tight End - Clint Fuhrmann
Receiver - Michael Voth

Junior High Action

Muenster 30 Slidell 5

The Muenster 'B' team girls took a big win from the Lady Puppies on Dec. 9. Christina Eckart was high scorer with 10 points. Melissa Cox added 6, Meredith Hennigan 5, Jordan Ledbetter 4, Cassie Hale 3, and Chelsea Bewley 2.

M 7 6 13 4 30
S 0 0 2 3 5

Muenster 32 Slidell 11

The 'A' team Lady Stingers also brought home a big victory after taking a 20-1 half-time lead. Seven Muenster players put points on the board, led by Sandy Endres with 12. Rebecca Grewing, Megan Felderhoff, Jessica Walterscheid and Lindsey Watson each got 4. Allison Teafatiller and Alison Miller scored 2 points apiece.

M 12 8 8 4 32
S 0 1 4 6 11

Muenster 24 Era 12

The 'B' team Lady Stingers brought home a victory on Dec. 16. Muenster had an 18-2 lead at half-time before allowing Era into the game. Megan Hennigan put 6 points on the board, with Cassie Hale, Jordan Ledbetter, Chelsea Bewley, and Libby Orsburn each scoring 4. Christina Eckart added 2 points to round out the final score.

Muenster 32 Era 13

The 'A' team Muenster junior high girls got a victory over the Era Lady Hornet 8th graders. Allison Teafatiller was high scorer with 9 points. Rebecca Grewing and Laura Heers each added 7, with Lindsey Watson scoring 6, Alison Miller 2, and Megan Felderhoff 1.

M 17 6 7 2 32
E 5 0 2 6 13

Lindsay teams share wins with Collinsville Pirates

The Lindsay varsity basketball teams were challenged at the Collinsville court Tuesday night as district action was

in full swing. The Lady Knights got their first district win, but the Knights fell to the Pirates in overtime.

The first half of the girls contest was a close, hard fought battle, but third quarter action saw Lindsay take control for an 11 point lead going into the final period.

Elaine Hess was high scorer in the match with 21 points. Emmy Trammell added 8, with Katie Schneider, Mallory Block, Whitney Neu, and Cheryl Knabe each scoring 4 points. Lori Kasperek got two free throws.

The Lady Knights are now 1-1 in district, and 16-5 overall on the season.

L 14 8 16 9 47
C 9 11 7 4 31

The Knights' game had a see-saw score, with both teams taking the lead throughout the contest. Free throws in the final period allowed the Pirates to tie the score 42-42 and put the game into overtime. The 5th period was controlled by Collinsville, who outscored Lindsay 14-2 to take a 56-44 win.

Chuck Hinds led Lindsay on the scoreboard with 14 points, which included four 3-pointers. Mitch Creed added 12, Rhett Rimmer 8, Trinity Otto 6, Bradley Anderle 3, and Brandon Kiesel 1.

L 12 6 14 10 2 44
C 6 16 5 15 14 56

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Call Bill Bayer at 759-2514
Thank You.

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Card of Thanks

Brenda and Phillip Flusche would like to thank all of those who gave food, Masses, cards, kind words and prayers after the passing of Brenda's father, Martin Krahl.
May God bless you for your kindness.
Sincerely,
The Phillip and Brenda Flusche Family

Agricultural

PAUL J. HESS NO. 1 Kansas Alfalfa hay for sale. Any amount. 665-7601 or 665-9228.

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Auditions for Sandy, the dog, are open!!! Sacred Heart's Musical Theater Department will present Annie this Spring and we are searching for the right dog to play Sandy. If you think you have the pet who could make a good stage dog, contact Pam Fette at 759-2894 for more information.

Garage Sale

FREE Garage Sale Signs Call Christine RE/MAX First Realty 940-759-4749.

Real Estate

MOBILE HOME FOR RENT: 2 bedroom, a block from school on N. Walnut. Phone 759-2938, Jerome Pangel.
3 Bedroom House For Rent CHA. Near schools. Phone (day) 759-4411 (evening) 759-2843

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LEGAL NOTICES

NOTICE OF APPLICATION FOR OIL AND GAS WASTE DISPOSAL WELL PERMIT
WFW Production Company, Inc., 616 North Hickory, Muenster, TX 76252 is applying to the Railroad Commission of Texas for a permit to dispose of produced salt water or other oil and gas waste by well injection into a porous formation not productive of oil or gas.

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FOR RENT: HIGH PRESSURE Sprayer, 2500 lbs. For removing paint etc. Muenster Building Center, 421 N. Main. 759-2232

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LEGAL AUTHORITY: Chapter 27 of the Texas Water Code, as amended, Title 3 of the Texas Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

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NO. 15,544

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF W. C. KILLION, DECEASED

Notice is hereby given that original Letters Testamentary for the Estate of W.C. Killion, Deceased were issued on December 12, 2002, in Cause No. #15,544, pending in the County Court at Law of Cooke County, Texas - Probate Division, to the following named executrix whose mailing address is listed below:

Toya V. Killion
404 Kiowa Drive East
Lake Kiowa, Texas 76240

All persons having claims against this estate which is currently being administered are required to present them within the time and in the manner prescribed by law.

Dated this 12th day of December, 2002.
Respectfully submitted,
s/Russell Dunca, P.C.
P.O. Drawer 1219
Gainesville, Texas 76241-1219
(940) 665-1671
Bar Card No. 06219000
Attorney for the Estate

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New cholesterol lowering guidelines explained in May 16 Journal of the American Medical Association

The middle-aged woman was a little concerned. A recent checkup showed her cholesterol count had gone above 200 '06, in fact for the first time in her life. She didn't eat that much saturated fat; she loved donuts but indulged only rarely; she quit smoking and didn't drink; and she had been getting more exercise. What could have happened?
The doctor said not to worry. Her cholesterol count was "borderline" and needed to be watched. If it was still above 200 next checkup, well, then they'd discuss possibilities, but for now, don't worry. It wasn't that much above the magic number of 200.
But in just a matter of days the National Cholesterol Education Program (NCEP) of the National Institute of Health

(NIH) issued new guidelines recommending that even people with borderline cholesterol counts could benefit by taking cholesterol lowering medications and sticking to more restricted diet.
Now what? What does all this mean?
According to Dr. Mary "Mickey" K. Bielamowicz, professor and Extension nutrition specialist at Texas A&M University, it means people who are not able to adjust their cholesterol levels through diet and exercise alone will have a new tool to use to improve their health. Bielamowicz includes Nutrition Education for Medical Conditions as one of her areas of expertise.
The guidelines, which were published in the May 16 issue of the Journal of the American Medical

Association, recommended total acceptable cholesterol levels remain at 200, and that a total of less than 100 mg/dL is optimal for LDL-cholesterol (low-density lipoprotein, or "bad" cholesterol); 130-159 mg, borderline; 160 mg, high; and 190 mg, very high. The guidelines also listed HDL ("good" cholesterol) levels are too low if they are less than 40 mg.
According to the National Heart, Lung and Blood Institute (NHLBI) of the National Institutes of Health (NIH), too much fat in the diet can lead to too much LDL cholesterol in the blood. This "bad" cholesterol can build up on the inside walls of arteries, causing restricted blood flow and leading to heart disease, as well as stroke and other vascular diseases.

HDL cholesterol is called "good" because it protects disease, so higher numbers are preferred for HDL, Bielamowicz said. Less than 40 mg/dL of HDL can increase risk for heart disease. HDL levels of 60 or more are preferred, she added.
The strategy behind the new guidelines is this: Since

high blood cholesterol levels have been linked to heart disease and strokes, lowering blood cholesterol will help prevent these and other serious medical conditions.
Even people with slightly-elevated cholesterol levels may find themselves with prescriptions for cholesterol-lowering medications. In

fact, the NIH has estimated, if these guidelines are followed across the country, the number of people who are prescribed these drugs could almost triple "from 13 million to about 36 million."
Some experts believe these new guidelines could help lower rates of heart disease by as much as 40 percent.

Enjoy beef chili recipe!

Trudy Lucas, Texoma CattleWomen

Lucas Chili
2 lb. chili meat
3/4 c. pinto beans (uncooked)
1 (1 lb.) can tomatoes (3 c.)
1 (10 oz.) can Ro-Tel tomatoes, diced
3 Tbsp. chili powder
2 tsp. salt (more or less to taste)

Boil beans in about 3 or 4 cups of water for 30 minutes. Add meat and other ingredients except salt and chili powder. Return to boil. Check in about 30 minutes, and if it is not soupy enough, add more water. Add salt and

chili powder; simmer about 2 hours (at least). Stir occasionally to keep from sticking.
This chili recipe has been in my husband's family well over 50 years. I serve cornbread muffins and a relish tray along with it.

Farm & Ranch

Federal officials postpone TB movement restrictions on Texas cattle

Restrictions on interstate movement of Texas feeder cattle due to TB will be delayed for at least nine months, federal officials announced Nov. 27.

USDA's Animal and Plant Health Inspection Service had previously said that testing and identification requirements would go into effect on Jan. 1, 2003, because of a downgrade in Texas' bovine tuberculosis status.

The Texas TB Working Group has been working tirelessly with federal and state animal health officials to minimize the impact of the downgrade on cattle producers.

Dr. Linda Logan, executive director for the Texas Animal Health Commission, applauded the livestock industry for their teamwork.

"During the spring and summer, the TB working group met with USDA representatives repeatedly to seek relief from unnecessary burdensome restrictions on feeder cattle movement," said Dr. Logan.

The group was organized when Texas and Southwestern Cattle Raisers Association invited representatives of industry organizations to a meeting shortly after the downgrade was announced.

Included in the group were leaders of the Independent Cattlemen's Association, Texas Cattle Feeders Association, Livestock Marketing Association, Texas Veterinary Medical Association and Texas Farm Bureau.

"Our livestock industry moves about 1.5 million feeder steers, feeder bull calves and feeder heifers out of state each year," said Dr. Logan. "Had the movement restrictions been imposed, we would have been required to identify feeder steers with an official ear tag and also TB test all feeder heifers and feeder bull calves."

Restrictions would be costly.

"These requirements would have cost millions, not only for the ear tags, which would have been provided by the USDA, but also for the industry's labor costs to handle each feeder animal individually. The cattle industry's ability to move feedlot cattle efficiently would have been damaged," she declared.

"I expect that, by late January, the USDA-APHIS staff will complete its risk assessment to determine if Texas feeder cattle pose a health danger to other states' cattle," Dr. Logan continued.

"According to our cattle TB records, less than one in three million Texas feeder cattle has been found to have TB, so we see these

animals as a negligible risk for the disease," she said.

"However, should a statistically significant risk be shown, the USDA could propose and publish additional movement requirements. Any new federal regulations on this issue, however, likely would not go into effect until at least fall 2003."

USDA's action to delay implementation of any additional restrictions will not affect current requirements for Texas breeding cattle.

"Texas breeding cattle still must have a negative TB skin test and be identified with an official ear tag prior to being transported out of Texas," said Dr. Logan. "The TB test can be waived only if the breeding animals originate from a TB accredited-free herd, are going directly to a slaughter plant or are transported to an approved (restricted) feedlot."

from Cattlemen's Association



The Cooke County Farm Bureau Board of Directors held their annual Christmas party on Dec. 17. U.S. Congressman Ralph Hall was a special guest. Directors attending were, from left, Robert Klement, Rudy Schumacher, Leonard Hartman, Rudy

Zimmerer, Keith Colteryahn, Kenneth Sicking, Jeff Hellman, Carl Enderby, Tim Hartman, Harold Nortman, Albert Zimmerer, Congressman Hall, and Demps Knight. Courtesy photo

Development taking prime farmland

The U.S. is losing farmland to development at the rate of two acres every minute, according to a recent study by the American Farmland Trust. From 1992 to 1997, more than 6 million acres of agricultural land were lost to development.

The study further contends that the land we are losing is some of the most fertile and productive. The rate of conversion of "prime land" was 30% faster than the rate of "non-prime land" from 1992 to 1997. An estimated 86% of the country's fruit and

vegetable crops are produced in "urban-influenced" areas, and 63% of the dairy products are produced in these areas.

The rate of land loss has accelerated dramatically in recent years. Development claimed 1.2 million acres of farmland each year during the 1992-1997 period, 51% more than the farmland claimed in the period from 1982 to 1992. The study finds that wasteful use of the land is a major factor, rather than the growing population. The amount of land per person for new housing almost doubled since 1994, and 10-plus acre lots have accounted for 55% of the land developed.

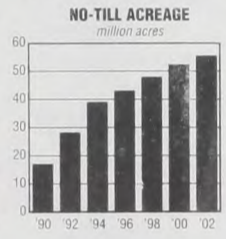
Texas has lost the most land to development in recent years, followed by Ohio, Georgia, North Carolina, and Illinois. In every state the loss rate has accelerated in recent years. The new farm bill allocates \$100 million per year to protecting farmland from development, but that may not be sufficient to slow the loss of good farmland.

Doane Marketing Research

No-till planting systems continuing to gain ground

No-till planting systems were used on more than 55 million acres in the U.S. this year - surpassing mulch-till as the most popular form of conservation tillage, according to a new report published by the Conservation Technology Information Center (CTIC), CTIC's 2002 National Crop Residue Management Survey is a biannual survey of tillage systems used in the United States.

"We've seen a steady growth in no-till acres. IN the last 10 years, no-till acreage has grown 227%. Other forms of conservation tillage have remained the same or decreased in the same period," says Dan



Towery, CTIC natural resources specialist.

The 2002 Survey reports that no-till was used on nearly 20% of all cropland acres; mulch-till was used on 16% and ridge-till on 1%. Although the percentage of cropland farmed with some sort of conservation tillage has remained basically the same since 1997, no-till acres continue to increase steadily. No-till acres increased 3.1 million acres from 2000 to 2002. In 2002, no-till soybean acres increased 1.3 million acres and corn and cotton no-till acres increased 600,000 acres each.

Doane Marketing Research

In a recent study of those who recall advertising, 73% said they were influenced by meat advertising.

A new blood test that detects bovine TB easily and inexpensively has been developed by scientists with USDA's Agricultural Research Service. The breakthrough is important because it is applicable for most, if not all, species of mammals and requires only a single blood sample. That means animals are handled just once. Currently, the only government-approved tuberculosis-detection method is a skin test that causes a reaction that is measured 72 hours later. The new test detects nitrite — as an indication of nitric oxide production — in blood-sample cultures. Mammals produce nitric oxide as a natural response when fighting tuberculosis.

FWS wants 10,000 Bexar County acres for

endangered species. The U.S. Fish and Wildlife service is proposing the designation of 9,516 acres as critical habitat for nine species that live exclusively in Bexar County caves. The species include three beetles, five spiders, and one harvestman, which scientists say are "indicator species" for the health of the Edwards Aquifer. If the species are having problems, so may the aquifer. About half of the land surrounding the caves is state or federally owned; the rest belongs to private landowners. A federal report states that much of the \$22.1 million required to

save the creatures will fall on private landowners who would need to purchase and preserve additional land in exchange for permission to develop particular properties.

In a study of more than 300 grocery shoppers, 82% physically examine and compare packages of meat before purchasing. Also 83% said the meat department is a planned weekly shop-stop. Most consumers plan on buying meat, but many don't know the cut until they get to the meat case.

MUENSTER LIVESTOCK COMMISSION
 15560 Hwy 82, West
 940-759-2201
CATTLE AUCTION MEDIA REPORT
 Sale Date: Jan. 2, 2003
 Steers, 300-400 lb. \$95 to \$110:
 400-500 lb. \$90 to \$100;
 500-600 lb. \$80 to \$88;
 600-700 lb. \$77 to \$84.50;
 700-800 lb. \$75 to \$80.
 Heifers, 300-400 lb. \$90 to \$100:
 400-500 lb. \$80 to \$90;
 500-600 lb. \$75 to \$82.50;
 600-700 lb. \$75 to \$80;
 700-800 lb. \$72 to \$76.50.
 Packer Cows, Utility Boning, \$36 to \$40.50; Canner/Cutter, \$32 to \$36;
 Bulls, \$47 to \$54.50.
 Bred Cows, Choice, \$650 to \$700;
 Med.-Good, \$550 to \$625;
 Med.-Poor, \$375 to \$450.
 Cow-Calf Pairs, Choice, No test, Medium-Good, \$650-\$700;
 Medium-Poor, \$475 to \$550.

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Feeder Steers (per lb.)
 200-300 lbs.: No. 1, 1.05-1.15; Nos. 2 & 3, 90-1.05; 300-400 lbs.: No. 1, 96-1.09; Nos. 2 & 3, 85-96; 400-500 lbs.: No. 1, 92-1.08; Nos. 2 & 3, 75-92; 500-600 lbs.: No. 1, 84-95; Nos. 2 & 3, 65-84; 600-700 lbs.: No. 1, 78-81; Nos. 2 & 3, 65-78; 700-800 lbs.: No. 1, 73-80; Nos. 2 & 3, 60-73.
Feeder Heifers (per lb.)
 200-300 lbs.: No. 1, 88-95; Nos. 2 & 3, 75-88; 300-400 lbs.: No. 1, 84-94; Nos. 2 & 3, 70-84; 400-500 lbs.: No. 1, 83-89; Nos. 2 & 3, 70-83; 500-600 lbs.: No. 1, 77-85; Nos. 2 & 3, 62-77; 600-700 lbs.: No. 1, 74-78; Nos. 2 & 3, 60-74; 700-800 lbs.: No. 1, 65-73; Nos. 2 & 3, 55-65.
Slaughter Cattle (per lb.)
 Slaughter, Bulls: Yield Grade 1-2, 1,200-1,050 lbs. - 40-50; Slaughter, Cows: #1-3, 33-41; Cutter, 15-33.
Stocker Cows (per head)
 Pregnancy-tested, 3- to 9-year-olds - Large Frame, \$600-\$680; Medium Frame, \$350-\$600.
 Cow/Calf Pairs w/calves under 250 lbs. - Large Frame, \$700-\$845; Medium Frame, \$550-\$700.
 Holstein Baby Calves, \$30-\$70; Crossbreds, \$95-\$175.
Barrows & Gilts:
 US #1, 230-270, 34-37; US #2, 220-280, 28-33.
Feeders (per head):
 100-175 lbs., \$30-\$50, 25-90 lbs., \$22-\$35.
Sows:
 Feeder, 400 or less, 10-20; Light wt., 400-500, 16-24; Med. wt., 500-600, 16-24; Heavy wt., 600-up, 16-24.
Boars:
 300 lb. up, 04, 200-300 lbs., 10-15; Light wt., 15-25.
Sheep (per lb.)
 Feeder lambs: 40-60 lbs., NT, Light lambs: 60-90 lbs., 90-105; Fat lambs: 90-120 lbs., 80-90.
Ewes:
 Stocker, 30-50; Thin, NT, Fat, 30-50.
Bucks:
 Thin, NT, Fat, NT.
Barbados (per head)
 Lambs \$15-\$40. Ewes, \$25-\$50. Bucks: \$40-\$155.
Kids (per head)
 Kids 20-35 lbs., \$20-\$50; 35-55 lbs., \$35-\$65; 55-75 lbs., \$50-\$75. Yearlings, 75-120 lbs., \$80-\$115.
Nannies (per head)
 Stocker, \$30-\$75; Milk Type, \$30-\$60; Slaughter, Thin, \$20-\$40; Fat, \$40-\$60.
Billies (per head)
 120 lbs up Breeders, \$75-\$125; Slaughter, \$75-\$100.
Boer Goats (per head)
 1/2 Nanny, NT, 3/4 Nanny, \$50-\$100; Full Nanny, \$50-\$260.
Boer Goats (per head)
 1/2 Billy, NT, 3/4 Billy, NT; Full Billy, \$75-\$165.



TOWNTALK SANDWICH
White Bread
24 OZ. LOAF
2\$
for



ASSORTED
Doritos® Chips
PRE-PRICE \$3.29 ... for **2\$4**

QUALITY FRESH MEATS

PILGRIM'S PRIDE SMALL PACK
Drumsticks
or
Thighs
49¢ LB.

Rib-I Steak
\$4.99 LB.

FISCHER'S BONELESS Sliced Ham	FISCHER'S ALL BEEF Smoked Sausage	FRESH PORK Spare Ribs	MARKET CUT Boiled Ham
\$2.99 LB.	\$2.99 LB.	\$1.29 LB. FROZEN 89' LB.	\$1.49 LB.
FARM RAISED RAW Catfish Nuggets	COVERED WAGON Sliced Bacon	BONELESS BEEF Stew Meat	PREFERRED TRIM CENTER CUT-BONE IN Pork Loin Roast
\$1.49 LB.	\$9.99 10 LB.	\$2.59 LB.	\$2.19 LB.
HORMEL LINKS OR PATTIES Little Sizzlers	BONELESS Pork Chops	HORMEL SLICED Pepperoni	MARKET CUT WISCONSIN Colby Cheese
10-12 OZ. 99¢	LB. \$2.39	3.5 OZ. \$1.49	LB. \$1.99

WINTER SAVINGS!



BANQUET ASSORTED
Pot Pies
7 OZ. BOX for **3\$**



SHURFINE ASSORTED
Saltine Crackers
15 TO 16 OZ. **79¢**

CAMPBELL'S ASSORTED
Chunky Soups
18.6 TO 18.8 OZ. ... for **2\$3**



WHITE OR PRINTS
Brawny Towels
SINGLE ROLL **69¢**



BATHROOM TISSUE
Angel Soft
4 ROLL PKG. **89¢**



2 LB. PACK SHURFINE Brown or Powdered Sugar **99¢**

12 OZ. - 12 PK. **Coca Cola** \$2.99

15 OZ. SHURFINE **Pork & Beans** 4 FOR \$1

GARDEN FRESH PRODUCE



CELLO WRAPPED Iceberg Lettuce EA. **69¢**

ITALIAN, FRENCH OR AMERICAN BLENDS **Dole Salads** 10 OZ. **\$1.99**

MARIE'S SELECT GROUP Dressing 12 OZ. **2\$5**

CELLO PACK PEELED Mini Carrots 2 LB. BAG \$1.99

MEDIUM Yellow Onions 3 LBS. \$1

CHERRY Tomatoes PINT 2 FOR \$3

YELLOW, ZUCCHINI OR MEXICAN Squash LB. 99¢

NEW CROP CHILEAN RED Seedless Grapes LB. \$1.29

FRESH Turnips LB. 79¢

MPK Squash Batter 1 OZ. 99¢

GROCERY SPECIALS

WISH-BONE ASSORTED Salad Dressing 16 OZ.	ORVILLE REDENBACHER'S ASSORTED Microwave Popcorn 3 PACK
2 FOR \$4	\$1.99
LOUISIANA Hot Sauce 12 OZ.	OZARKA OR ARROWHEAD Spring Water 6 PK/24 OZ.
99¢	2 FOR \$4
19.25 OZ. OATMEAL CRISP RAISIN, 17.25 OZ. HONEY NUT CLUSTERS, 16.25 OZ. BASIC 4 OR 18 OZ. TOTAL RAISIN BRAN General Mills Cereal	LUCKY LEAF ORIG. OR CINNAMON Apple Sauce 6 PACK
2 FOR \$5	\$1.79
ASSORTED Ranch Style Beans 15 OZ.	ELBO-RONI, RONI-MAC, SHELL-RONI LONG OR THIN SPAGHETTI American Beauty 24 OZ.
2 FOR \$1	2 FOR \$3
CHUNK LIGHT OIL OR WATER PACK Star-Kist Tuna 6 OZ.	SHURFINE ASSORTED Spaghetti Sauce 25 OZ.
2 FOR \$1	99¢
ASSORTED Fitti Diapers 16-28 CT.	LANGER Cranberry Cocktail 64 OZ.
\$3.49	2 FOR \$4
OLD FASHIONED OR QUICK 3 Minute Oats 18 OZ.	LANGER ASST'D Cran/Raspberry, Cran/Grape Cocktail 64 OZ.
\$1.19	2 FOR \$4
BETTY CROCKER ASSORTED Fruit Snacks 4.5 TO 9 OZ.	
2 FOR \$4	

HEALTH & BEAUTY



ASSORTED **TheraFlu** 6 CT. PKG. **\$3.99**

ASSORTED MAXIPADS **StayFree** 14-24 CT. \$2.79

VASELINE INTENSIVE CARE ASSTD. **Lotion** 11 OZ. \$2.99



SHUR SAVER Flour 5 LB. 79¢

ZESTA Crackers 16 OZ. 99¢

KEBBLER Graham Cracker Crust 6 OZ. 99¢

SHUR SAVING Tomato Sauce 8 OZ. 6 FOR \$1

SHUR SAVING Corn or Vegetable Oil 48 OZ. \$1.49

JET PUFF Marshmallow Creme 13 OZ. \$1.69

AUSTEX Chili 19 OZ. 99¢

Vermicelli 5 OZ. 4 FOR \$1

Happy New Year! Thanks...

Fischer's is open
Mon - Sat 6am-7pm
Sunday 9am-5:30pm

FROZEN & DAIRY



PILLSBURY ASSORTED Toaster Strudel 11.5 OZ. PKG. **2\$4** for

SOFT SPREAD Blue Bonnet 48 OZ. TUB **99¢**

PILLSBURY ASSORTED Toaster Scrambles 10 OZ. 2 FOR \$4

HUNGRY JACK HMSTYL./ BTRMLK. Waffles 19 OZ. 2 FOR \$4

HEALTHY CHOICE SELECT GROUP Entrees 8-10 OZ. 2 FOR \$4

BANQUET ASSORTED Kid Cuisine 6-10.6 OZ. \$1.79

ORE-IDA CRISPERS! ASSTD. TATER TOTS OR French Fries 20-32 OZ. \$2.29

1/2 GALLON **Blue Bell Ice Cream** 2 FOR \$7

THRIFTWAY Since 1927 We Wouldn't be 75 Without You!

SENIOR CITIZENS: No Amount of Purchase Necessary On Limited Sale Items! NOT RESPONSIBLE FOR PICTORIAL OR TYPOGRAPHICAL ERRORS.

Fischer's Meat Market SINCE 1927

304 North Main, Muenster, TX • 1 (800) 259-7248 or 759-4211

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AFFILIATED FOODS INC. of Amarillo
ALL ITEMS NOT AVAILABLE AT ALL AFFILIATED STORES
PRICES EFFECTIVE JAN. 13-19, 2003

DOUBLE COUPONS EVERY DAY

