

MUENSTER ENTERPRISE

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Doctor Karla Cox joins MMH medical staff

By Janet Felderhoff
Karla Cox always envisioned herself as a small town doc who did everything and the community of Muenster has been seeking a physician who appreciated life in a rural community who could provide general medical care to patients of all ages.

It was at a Health Find in Austin where Dr. Cox met Muenster Memorial Hospital Board members and Administrator Richard Arnold. The Health find is a conference where smaller towns searching for a doctor and residents looking for a small town can meet.

"They really stuck out in my mind because they had their little German outfits on and looked really cute," recalled Dr. Cox. She found that Muenster was near her family and Steve's family. After talking with the Board and visiting Muenster she said, "It's just amazing the way that I'm going to be able to set up a

practice here, I've been waiting for a place like this that needs somebody and that will let me come in and just do my thing. It's just great!" She commented that the small town doctor who does everything is becoming a dying breed with medicine becoming so specialized.

Karla graduated from Alvarado High School as valedictorian of a class of 108. She earned her Bachelor of Science degree from UT Arlington and went on to Texas A&M where she earned her medical degree. Dr. Cox did her residency and internship at the Conroe Family Practice, a three-year program. "It was a rural program so I got a lot of procedural training and obstetrical training," she noted. She took her Board exam for certification in Family Practice a few weeks ago and won't receive her certification in Family Practice until September.

Dr. Cox is trained in obstetrics and is accepting OB patients. She performs surgeries such as C-sections, assisted deliveries (with forceps), colonoscopies, and EDGs, vasectomies, tubals, and minor surgical procedures. She will be taking her turn with emergency room call for the Muenster Hospital. She is certified in ALSO (Advanced Life Support Obstetrics), NRP (Neonatal Resuscitation Program), ATLS (Advanced Trauma Life Support), and ACLS (Advanced Cardiac Life Support).

Karla's curious nature and love of science brought about her decision to become a doctor. "I liked kind of investigatory type stuff - solving riddles, solving puzzles, things like that when I was in junior high," she explained. "So I liked doing mind puzzles and games and things. I kind of saw medicine as an extension of that. I loved

science, which is a standard answer for physicians, but I kind of saw it as a way of putting them (puzzle solving and science) together where I could use science and my knowledge there to help figure out what was wrong with someone then apply something to fix it."

Looking back Dr. Cox said that growing up on the farm she had initially thought that she wanted to be a veterinarian because she liked the medicine part. "But then I knew that my patients weren't going to be able to talk to me," she quipped.

In selecting her field of medicine Dr. Cox remarked, "I was torn when I started medical school rotations because I really liked OB, but I didn't want to hand the baby off to a pediatrician when I was done. I really liked pediatrics, but I didn't want to stand there and wait for



Karla Cox, M.D. will begin practice at the MMH Family Health Clinic on Monday, July 28. Karen Flusche is pictured with Cox waiting to get her physical for the new school year.

Janie Hartman photo

an OB to deliver the baby so with Family Practice I get them both and can take care of grandpa and grandpa at the same time."

Preventative care is something that Dr. Cox plans to make an important

part of her practice. "That's a lot of Family Practice, trying to head things off before it becomes a problem," she said.

Presenting programs to various groups in the See Dr. COX, PG 6

First big city park concert a success

By Janet Felderhoff
It took about 300 volunteers and many hours of planning and work by sponsors, but Muenster's first fundraising concert in the Park was a success. Ticket sales were limited to 5,000. Although the event wasn't a sell-out, more than 3,000 tickets were sold.

Sponsored by the Muenster Chamber of Commerce, the Concert in the Park was a fundraiser for the Chamber and the Sacred Heart Rectory Renovation Fund. According

Volunteers assisted with security, food, fencing, set up, and manned the gates to take tickets and money.

The Concert featured singer Pat Green whose single "Wave on Wave" is currently scaling the music charts. Opening for Green were Shayne Wimmer and Bois D'Arc, Andy Serna and Band, and Tom McElvain, Jr. and the Texas Storm Band.

Starke said the performers indicated that they had enjoyed the



Bois D'Arc, featuring John Darnell, Ricky Broyles, Pete Crowley and Shayne Wimmer performed at the concert before Dave Fette photo

to Chamber Secretary Margie Starke each will receive approximately \$15,000 for its coffers after expenses. Other groups or businesses offering refreshments were Muenster Jaycees, Sacred Heart Robotics, Sacred Heart Alumni and Friends, Muenster VFW, Bayer's Kolonialwaren, The Center Restaurant, and Kettle Korn. The Muenster High Cheerleaders parked cars and are donating half of their proceeds to the Parish Rectory Fund.

evening and commented on how nice the MSB Stage was to perform on.

"The crowd was very well behaved," Starke noted. There was an episode when a fight nearly broke out, but the police officers present quickly handcuffed the person and there was no major disturbance.

There are a few changes being considered for the next concert event. It is speculated that next summer is when it will be held.



The Muenster Jaycees started more dirt work last week at the JC Ball Park Complex. A dozer began leveling off an area on the "high side" or near the west boundary, of the complex, to

prepare the area for a soccer field. Digging out huge boulders makes the job even more consuming.

Janie Hartman photo

Repairs and improvements wind down in preparation for the new school year

By Janie Hartman
The Capital Improvement Program continues to be the number one topic of the Muenster ISD School Board. Mike King of Huckabee & Associates, along with James Price and David Pylar of Pylar Construction were present at the Board's regular monthly meeting on July 16. They presented the preliminary drawings, cost estimates, and suggestions

regarding the weight room/maintenance/technology/transportation building.

During the discussion phase, questions were asked regarding the foundation. King informed the Board of the procedures taken in the design process, especially the geotechnical study conducted in April 2003. Additional discussion centered on moving the building east and/or south towards Seventh Street, but the Board chose to proceed with the final drawing. It was also decided to place an alternate bid for a standing seam roof instead of a screw

down roof and an all electric building instead of gas and electric.

In other business, the trustees approved the 2004 Cooke County Appraisal District's contract for assessment and collection services for a cost of \$48,096.50, an increase of \$1,502.32 from 2002.

Reports presented at the meeting included:

- Delinquent tax collections for May and June totaled \$2,782.78 to Muenster ISD.
- Obsolete and unusable technology equipment was trucked to a computer

salvage company in Fort Worth to free up three storage areas and a classroom.

All junior high/high school teachers are hired and the class schedule is complete. Projected enrollment in grades 7-12 is 240, not counting new enrollees and Life Skills transfer students.

There are 86 transfer students to date. Only one has been denied.

Muenster High School Senior Exit Survey for the class of 2003 shows 60% plan to attend a four year See MUSD, PG. 2



Jon LeBrasseur and Debbie Endres are leading preparations for the new school year at Sacred Heart School. LeBrasseur is the interim principal while Sacred Heart continues actively looking for a new principal after Dr. Jack Murdock's resignation. Endres is Director of Curriculum, Instruction and Assessment for the elementary school and liaison between elementary and high school. Dave Fette photo

Lindsay school board ponders girls softball

By Dave Fette
Lindsay High School Athletic Director John Erwin addressed the Lindsay ISD School Board last Thursday with concerns about starting girls' softball in the Lindsay athletic program. The School Board held their regular monthly meeting at 6 p.m. July 17, in the High School Library.

At School Board request, Erwin studied the softball question. The school does not have a softball or baseball field. The Lindsay City Park has a field which

is "just barely big enough," said Erwin. To play high school games there, he said there must be at least a safety fence built where the dugouts would normally be, back from first and third base lines. A slide area would be needed around each base and home plate.

Rough spots in the field need to be smoothed out. No lights around the field mean reduced playing time and therefore probably no junior varsity schedule. Field preparation for games would require extra

volunteer or paid labor. To properly coach the sport would require hiring a new coach or spreading his staff thinner. Erwin estimated a start-up cost of \$2,441.00 for the most basic of team equipment.

Even with these problems, Erwin indicated his willingness to continue working on the program because of the interest indicated by students and parents. Superintendent Jerry Metzler said he would like to hear more feedback. See SOFTBALL PG. 2

SOFTBALL

.....continued from pg. 1

about softball, especially from the site-based committee, before committing to start a major new athletic program. He especially agreed with Erwin's concern that it would have a negative impact on busy UIL academic activities in the spring as well as other sports.

The School Board voted to table the request to start a softball program until

January 2004. In the mean time, the site-based committee will study the proposal and it will be considered in the school board. The impact on other sports and academics will be studied in addition to the possibility of building a softball field on school property. Metzler told the Board, "If you choose to start the program soon, we will do everything possible to develop a good program."

Board Member Damian Krahl suggested the possibility of starting in the spring of 2004 and maybe play only road games to help gauge interest in the program. Neither Erwin nor Metzler could promise that they could even line up games on this short notice except on an "outlaw" schedule, meaning non-district.

Other agenda items considered included:

- Lindsay ISD enrollment is currently 470 students.
- The School District has paid rent to the Diocese of Fort Worth totaling

\$27,343.00 for school use of buildings owned by the diocese.

Interior painting is finished, while exterior painting and parking lot striping are starting. Painting will include marking for a bus lane along Sixth Street from the gymnasium past the cafeteria.

In a vandalism incident, someone broke into the key lock box on one of the school buses and drove the bus to Muenster, leaving the bus on the lawn in front of

Muenster Junior High School. Lindsay ISD has removed all keys from buses and tightened security on them. Some yard markers from the football field were stolen and left in yards around Lindsay.

Lindsay ISD is still looking for a part-time music teacher and a part-time math teacher.

The School Board reviewed new laws from the Texas Legislature such as the requirement for all students to recite or honor the Pledge of Allegiance to

the United States and Texas Flags with a moment of silence following at the beginning of each class day. Another new law designates Freedom Week in November with emphasis on the U.S. Declaration of Independence.

The contract with Cooke County Appraisal District for \$29,738.00 estimated appraisal cost and \$8,000.00 estimated collection cost for the 2004/2005 tax year was accepted.

The next regular School Board meeting is August 18.

Muenster ISD Board works on 2003-04 budget

By Janie Hartman

The Muenster ISD Board of Trustees were together at a called meeting prior to their regular monthly meeting on Wednesday, July 16. All members were present to review the 2003-04 preliminary budget and tax rate presented by Superintendent Clyde Steelman.

Stelman noted that expenditures and revenue decreased from last year mainly due to a decrease in federal funding, increased property values, and changes in personnel. Steelman also referred to the finance meeting with Dr. Brewer, finance consultant with the Texas Education Agency and the Education Service Center Region 11. Brewer informed the Board that the decisions made over the past two years have placed the District in good financial shape for the next biennium.

The estimated Maintenance and Operation tax rate is \$1.4050, which is a decrease from last year's rate of \$1.45700. The estimated Interest and Sinking tax rate is \$.1710 which is an increase from last year's rate of \$.0750 due to the new bond debt, however, lower than anticipated prior to the bond election due to increased property values and anticipated financial help from the State.

Mr Steelman stressed to the Board that this is a

proposed budget and tax rate based on current information and is likely to change once the Texas Education Agency fully implements the changes from the Legislative period and the Appraisal District certifies property values.

Also at the meeting, Mr. Steelman informed the Board that repairs to the vocational wing are complete and work on the interior wall of the junior high building should be complete by the end of July.

MISD

cont. from page 1

college and 32% a two year college.

Muenster ISD has \$99,123.37 budgeted for Special Ed from the Cooke County Special Ed Co-op for the 2003-04 school year.

Items discussed or approved included:

Nick Walterscheid was appointed a delegate to the TASS/TASA convention. Jim Endres will be the alternate.

The Board discussed the possibility of selecting a replacement for Leon Klement, who will not run for re-election to the Cooke County Appraisal District Board of Directors.

It was reported that the junior high classrooms and gym are "dried in," with 80% of the duct work complete and air conditioners being installed.

After executive session the Board hired Stephanie Bierschenk on a one year probationary contract as Special Ed teacher and Junior High Theater Arts; Lou Heers as half-time teacher and half-time Junior High/High School assistant principal; and Christy Schneider half-time teacher and half-time Elementary Counselor.

PUBLIC NOTICE BRIEF EXPLANATORY STATEMENTS OF PROPOSED CONSTITUTIONAL AMENDMENTS SPECIAL ELECTION SEPTEMBER 13, 2003

PROPOSITION 1 (HJR 68, Section 1)

HJR 68, Section 1 would authorize the Veterans' Land Board to use excess receipts in the Veterans' Land and Veterans' Housing Assistance funds for payment of revenue bonds, and use excess assets in those funds to provide veterans homes.

The proposed amendment will appear on the ballot as follows: "The constitutional amendment authorizing the Veterans' Land Board to use assets in certain veterans' land and veterans' housing assistance funds to provide veterans homes for the aged or infirm and to make principal, interest, and bond enhancement payments on revenue bonds."

PROPOSITION 2 (HJR 51)

HJR 51 would expand from six months to two years the period in which the former owner of a mineral interest that was sold for unpaid property taxes may buy back the mineral interest.

The proposed amendment will appear on the ballot as follows: "The constitutional amendment to establish a two-year period for the redemption of a mineral interest sold for unpaid ad valorem taxes at a tax sale."

PROPOSITION 3 (HJR 55)

HJR 55 would authorize the legislature to exempt from taxation land owned by a religious organization that is leased for use as a school or that will be used to expand or construct a place of religious worship that yields no revenue.

The proposition will appear on the ballot as follows: "The constitutional amendment to authorize the legislature to exempt from ad valorem taxation property owned by a religious organization that is leased for use as a school or that is owned with the intent of expanding or constructing a religious facility."

PROPOSITION 4 (SJR 30)

SJR 30 would authorize the legislature to allow conservation and reclamation districts to use taxes to develop and finance certain parks and recreation facilities. Also, the amendment would authorize the legislature to allow local elections for the issuance of bonds to improve and maintain parks and recreational facilities in the Tarrant Regional Water District or a conservation and reclamation district located in whole or in part in Bastrop, Bexar, Brazoria, Fort Bend, Galveston, Harris, Montgomery, Tarrant, Travis, Waller or Williamson County.

The proposition will appear on the ballot as follows: "The constitutional amendment relating to the provision of parks and recreational facilities by certain conservation and reclamation districts."

PROPOSITION 5 (SJR 25)

SJR 25 would authorize the legislature to exempt from all property taxes certain tangible personal property, which could include a travel trailer not substantially affixed to real estate and not used as a residential dwelling.

The proposed amendment will appear on the ballot as follows: "The constitutional amendment to authorize the legislature to exempt from ad valorem taxation travel trailers not held or used for the production of income."

PROPOSITION 6 (HJR 23)

HJR 23 would authorize a qualified homeowner to refinance a home equity loan with a reverse mortgage loan.

The proposition will appear on the ballot as follows: "The constitutional amendment permitting refinancing of a home equity loan with a reverse mortgage."

PROPOSITION 7 (HJR 44)

HJR 44 would reduce the number of persons who make up the jury in a district court criminal misdemeanor case from twelve to six.

The proposed amendment will appear on the ballot as follows: "The constitutional amendment to permit a six-person jury in a district court misdemeanor trial."

PROPOSITION 8 (HJR 62)

HJR 62 would authorize the legislature to permit a person to assume office without an election if the person is the only candidate to qualify in an election for that office and the election is required by the Texas Constitution. This proposition applies to state and local political subdivisions, whereas Proposition 18 applies only to local political subdivisions.

The proposed amendment will appear on the ballot as follows: "The constitutional amendment authorizing the legislature to permit a person to take office without an election if the person is the only candidate to qualify in an election for that office."

PROPOSITION 9 (HJR 68, Section 2)

HJR 68, Section 2 would redefine the com-

position of the permanent and available school funds by requiring during the next two fiscal years, and authorizing thereafter, annual distributions to the available school fund of a percentage of any increase in the value of the permanent school fund's total investment assets.

The proposed amendment will appear on the ballot as follows: "The constitutional amendment relating to the use of income and appreciation of the permanent school fund."

PROPOSITION 10 (HJR 61)

HJR 61 would authorize municipalities to donate surplus fire-fighting equipment, supplies, or materials to the Texas Forest Service, which would be authorized to distribute based on need the equipment to rural volunteer fire departments.

The proposition will appear on the ballot as follows: "The constitutional amendment authorizing municipalities to donate surplus fire-fighting equipment or supplies for the benefit of rural volunteer fire departments."

PROPOSITION 11 (HJR 85)

HJR 85 would authorize the legislature to regulate the operation of wineries in Texas, regardless of whether a winery is located in an area in which the sale of wine has been authorized by local option election.

The proposed amendment will appear on the ballot as follows: "A constitutional amendment to allow the legislature to enact laws authorizing and governing the operation of wineries in this state."

PROPOSITION 12 (HJR 3)

HJR 3 would immediately authorize the Legislature to limit non-economic damages assessed against a provider of medical or health care and, after January 1, 2005, to limit awards in all other types of cases.

The proposed amendment will appear on the ballot as follows: "The constitutional amendment concerning civil lawsuits against doctors and health care providers, and other actions, authorizing the legislature to determine limitations on non-economic damages."

PROPOSITION 13 (HJR 16)

HJR 16 would authorize a county, city, town, and junior college district to freeze property taxes on a residential homestead of a person who is disabled or aged 65 or older.

The proposition will appear on the ballot as follows: "The constitutional amendment to permit counties, cities and towns, and junior college districts to establish an ad valorem tax freeze on residence homesteads of the disabled and of the elderly and their spouses."

PROPOSITION 14 (HJR 28)

HJR 28 would authorize the Texas Department of Transportation to issue

notes or borrow money to fund highway improvement projects. The terms of the notes or loans may not exceed two years. The proposition will appear on the ballot as follows: "The constitutional amendment providing for authorization of the issuing of notes or the borrowing of money on a short-term basis by a state transportation agency for transportation-related projects, and the issuance of bonds and other public securities secured by the state highway fund."

PROPOSITION 15 (HJR 54)

HJR 54 would prohibit a local retirement system and the political subdivision that finances the retirement system from reducing or otherwise impairing certain accrued benefits under the local retirement system.

The proposed amendment will appear on the ballot as follows: "The Constitutional amendment providing that certain benefits under certain local public retirement systems may not be reduced or impaired."

PROPOSITION 16 (SJR 42)

SJR 42 would amend the Texas Constitution to allow home equity lines of credit and allow refinancing of a home equity loan with a reverse mortgage loan.

The proposition will appear on the ballot as follows: "The constitutional amendment authorizing a home equity line of credit, providing for administrative interpretation of home equity lending law, and otherwise relating to the making, refinancing, repayment, and enforcement of home equity loans."

PROPOSITION 17 (HJR 21)

HJR 21 would prohibit an increase in school property taxes on residence homesteads of disabled persons.

The proposition will appear on the ballot as follows: "The constitutional amendment to prohibit an increase in the total amount of school district ad valorem taxes that may be imposed on the residence homestead of a disabled person."

PROPOSITION 18 (HJR 59)

HJR 59 would authorize the legislature to permit a person to assume an office of a political subdivision without an election if the person is the only candidate to qualify in an election for that office and the election is required by the Texas Constitution. This proposition applies only to local political subdivisions, whereas Proposition 8 applies to state and local political subdivisions.

The proposed amendment will appear on the ballot as follows: "The constitutional amendment authorizing the legislature to permit a person to assume an office of a political subdivision without an election if the person is the only candidate to qualify in an election for that office."

PROPOSITION 19 (SJR 45)

SJR 45 would repeal the legislature's

authority to create rural fire prevention districts. Effective September 1, 2003, all existing rural fire prevention districts will convert to emergency services districts.

The proposed amendment will appear on the ballot as follows: "The constitutional amendment to repeal the authority of the legislature to provide for the creation of rural fire prevention districts."

PROPOSITION 20 (SJR 55)

SJR 55 would authorize the issuance of general obligation bonds in a total amount not to exceed \$250 million that will be used to provide loans for economic development projects that benefit defense-related communities in Texas.

The proposed amendment will appear on the ballot as follows: "The constitutional amendment authorizing the issuance of general obligation bonds or notes not to exceed \$250 million payable from the general revenues of the state to provide loans to defense-related communities, that will be repaid by the defense-related community, for economic development projects, including projects that enhance the military value of military installations."

PROPOSITION 21 (SJR 19)

SJR 19 would authorize current and retired faculty members of a public institution of higher education to receive compensation for service as a member of the governing body of a water district.

The proposition will appear on the ballot as follows: "The constitutional amendment to permit a current or retired faculty member of a public college or university to receive compensation for service on the governing body of a water district."

PROPOSITION 22 (HJR 84)

HJR 84 would authorize the appointment of a temporary replacement officer to serve on behalf of a state, district, or local public officer who is called into active military duty for longer than 30 days.

The proposition will appear on the ballot as follows: "The constitutional amendment authorizing the appointment of a temporary replacement officer to fill a vacancy created when a public officer enters active duty in the United States armed forces."

Estos son los informes explicatorios sobre las enmiendas propuestas a la constitución que aparecerán en la boleta el 13 de septiembre de 2003. Si usted no ha recibido una copia de los informes en español, podrá obtener una gratis llamando al 1/800/252/8683 o escribiendo al Secretario de Estado, P.O. Box 12060, Austin, TX 78711.

PUBLISHED BY SECRETARY OF STATE GWYN SHEA

2-WEEK EVENTS CALENDAR

Sunday, July 27, 2003 Muenster Museum Open 14 pm	Monday, July 28, 2003	Tuesday, July 29, 2003 Exercise Class, 10:30-11:30, S.N.A.P. Center Storytime Muenster Public Library, 10:30am	Wednesday, July 30, 2003 Exercise Class, 10:30-11:30, S.N.A.P. Center Evening with the Saints presentation, Sacred Heart Church, 7pm / Jaycee Coach Pitch Little League Swim Party, 6:30-9pm, City Park	Thursday, July 31, 2003 Exercise Class, 10:30-11:30, S.N.A.P. Center Muenster Museum Open 14 pm Open House MMH Family Health Clinic, 3-5pm, welcoming Dr. Karla Cox	Friday, August 1, 2003 Muenster Museum Open 14 pm AARP Board meeting, 10am, Stanford House	Saturday, August 2, 2003 Saint Jo Rodeo Parade, 6pm
Sunday, August 3, 2003 Muenster Museum Open 14 pm	Monday, August 4, 2003 City Council meeting 7:30pm, City Hall	Tuesday, August 5, 2003 Exercise Class, 10:30-11:30, S.N.A.P. Center Kiwanis Family Swim Night, 7-9pm, Muenster Pool MMH Auxiliary, 7pm	Wednesday, August 6, 2003 Exercise Class, 10:30-11:30, S.N.A.P. Center TDH Immunization Clinic, 9-11AM, Electric COOP / C of C Board meeting, 5:30pm / Lindsay Knights of Columbus meeting	Thursday, August 7, 2003 Exercise Class, 10:30-11:30, S.N.A.P. Center Muenster Museum Open 14 pm	Friday, August 8, 2003 Muenster Museum Open 14 pm HAPPY BIRTHDAY, ELFREDA FETTE! LISD registration, 12th grade-9am; 11th GR-9:30am; 10th GR-10am; 9th GR-10:30am AARP MEETING & LUNCHEON, 11:30am, Stanford House	Saturday, August 9, 2003

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JOIN OUR TRIBUTE TO MUENSTER'S Volunteer Firemen

The Muenster Enterprise will publish two special pages on August 8 featuring each of Muenster's 23 volunteer firemen to coincide with the annual **Firemen's Barbecue**

(Your Ad HERE)

For \$20⁰⁰ you get a space like the one above to include your name, that of your business or additional tribute to the firefighters. Please call 759-4311 or drop by our office to be part of this special publication. **Deadline is Tuesday, August 5.**



Discount tickets offered at C of C

Muenster Chamber of Commerce has discount tickets available for Six Flags Over Texas and Hurricane Harbor. There are a limited number of tickets and they will be distributed first come first serve.

The Six Flags tickets are buy one get one free. Hurricane Harbor tickets are \$14.99, which is a reduced price. Tickets can be used for up to six people such as with one discount coupon a family or group can buy three and get three free.

OBITUARY

Tom Birchfield
1955 - 2003

Tom Birchfield of Weatherford died Tuesday, July 8 at Harris Hospital in Fort Worth. Funeral services were held Saturday, July 12 at Thompson's Harveson & Cole Funeral Home officiated by Deacon Jerry Klement.



Tom Birchfield

On Sept. 3, 1983, Tom married Susan Schleicher, granddaughter of the late John and Ollie Klement. In addition to his wife, he is survived by three children, Thomas, Angela, and Meredith of the home; his father Jackie Birchfield and his wife Bobbi; and a brother Rick Birchfield. Tom was born Dec. 16, 1955, in De Funiak Springs, Florida and was a member of St. Stephens Catholic Church in Weatherford. Family members attending the funeral from Muenster were Harold and Sug Bindel, Debbie and Tim Endres, Darla and Kevin Anderle, Darren and Karri Bindel, and Krystal Hale and Brandon Ferguson.



Little Shop of Horrors

written by Howard Ashman
music by Alan Menken
continues at

State Theater
Gainesville

Sandy Geyer (Audrey), Corey Hardin (Seymour) and Shane Studdard (Mr. Mushnik) from the top, star in the Broadway musical, *Little Shop of Horrors*, which started last weekend and finished tonight (Friday) and Saturday night in Gainesville. Below, from left, the Divas, Pebbles Nugent, Elizabeth Fette, Connie Richardson and Melissa Carpenter, spice up many of the scenes with vocal numbers as the play tells the classic love story of a boy, a girl, and a man-eating plant. *Little Shop* is a Butterfield Stage production directed by Thom Talbot.

Courtesy photos by David Jones



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6.6.3

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stk. #3145
Power Driver Seat w/ lumbar, Appearance Pkg.

MSRP	\$21,325 ⁰⁰
Pkg. Discount	\$230 ⁰⁰
KFM Discount	\$1,500 ⁰⁰
Ford Rebate	\$2,500 ⁰⁰
Total Savings	\$4,230 ⁰⁰
Sale Price	\$16,380 ⁰⁰ +ttl

All Taurus in stock apply - price may vary

2003 F150 XLT Reg Cab



stk. #3039
4 Speed Automatic, 6 CD Player, Aluminum wheels, Plus more

MSRP	\$23,315 ⁰⁰
Special Value Disc.	\$590 ⁰⁰
KFM Discount	\$3,009 ⁰⁰
Ford Rebate	\$3,000 ⁰⁰
Total Savings	\$6,599 ⁰⁰
Sale Price	\$16,716 ⁰⁰ +ttl

All F150s in stock apply - price may vary

2003 Ford Expedition XLT



stk. #3206
5.4 V8, Captain Chairs w/ console, 3rd seat, rear air, 6 CD player, running boards

MSRP	\$35,675 ⁰⁰
KFM Discount	\$4,886 ⁰⁰
Ford Rebate	\$3,000 ⁰⁰
Total Savings	\$7,886 ⁰⁰
Sale Price	\$27,789 ⁰⁰ +ttl

All Expeditions in stock apply - price may vary

2003 F150 XLT Super Crew



stk. #3213
5.4 V8, 3.55 limited slip axle, XLT special appearance pkg., 2 tone paint, acb steps

MSRP	\$31,360 ⁰⁰
KFM Discount	\$4,478 ⁰⁰
Ford Rebate	\$3,000 ⁰⁰
Total Savings	\$7,478 ⁰⁰
Sale Price	\$23,882 ⁰⁰ +ttl

All F150s in stock apply - price may vary

2003 Ford Explorer XLS



stk. #3177
Automatic Transmission, Sports Group, 4.0 V6

MSRP	\$28,105 ⁰⁰
KFM Discount	\$2,960 ⁰⁰
Ford Rebate	\$3,000 ⁰⁰
Total Savings	\$5,960 ⁰⁰
Sale Price	\$22,145 ⁰⁰ +ttl

All Explorers in stock apply - price may vary

2003 Ranger XLT Reg Cab



stk. #3037
XLT Appearance Package

MSRP	\$16,255 ⁰⁰
Pkg. Discount	\$650 ⁰⁰
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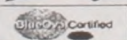
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ASSORTED FLAVORS
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UNION GRIP Gel Pens	\$1.99
MEDIUM BLACK OR BLUE Bic Cristal Pens	\$1.19
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NO. 2 Yellow Pencil	2 \$1
FLUORESCENT PINK OR YELLOW Avery Hi-Liter	2 \$1
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SHURFINE Prune Juice 32 OZ. BTL. **\$1.59**

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SHURFINE ELSON MACARONI OR Long Spaghetti 12 OZ. PKG. **3 \$1 FOR**

SHURFINE PLAIN, WITH MEAT OR WITH MUSHROOMS Spaghetti Sauce 25 OZ. JAR **99¢**

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SHURFINE ASSORTED Pot Pies 7 OZ. BUN. **3 \$1 FOR**

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32 OZ. PATER, CRINKLE CUT FRIS OR REGULAR CUT FRIS Shurfine Potatoes YOUR CHOICE **\$1.39**

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Natural LIGHT 12 PACK

Natural LIGHT \$5.99

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Bone-in Ham
1/2 - \$1.89 LB.
1/2 - \$1.99 LB.
 BUTT
 TENDERIZED BEEF
Cube Steak **\$2.79** LB.
 FRESH
Ground Round **\$1.99** LB.

HEAVY BEEF, BONE-IN
Rib 1
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PREFERRED TRIM
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 PER POUND
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JUMBO Garlic 5 FOR \$1	OLATHE SUMMER SWEET Yellow Corn 5 FOR \$1	NEW ZEALAND BRAEBURN Apples \$1.29 LB.
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Wheat 6 OZ. BAG
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Chicken Breast 10 OZ. CAN, 9 OZ. CAN
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Liquid Soap 16 OZ. BTL.
\$1.39

SHURFINE REFILL
Glass Cleaner 32 OZ. BTL.
\$1.29

NCTC Regents back Connally's suspension

In a unanimous vote, North Central Texas College (NCTC) regents upheld a previous ruling by the president and administration to require substantial improvements in the performance of an instructor who had been suspended from one of her classes due to allegations of unfair treatment of students and questionable teaching practices.

The action came at the regular meeting of the NCTC governing board July 21. In executive session, government instructor Peggy Connally gave a presentation to the regents as the fifth and final stage of a formal grievance procedure she had initiated after her suspension.

According to Dr. Ronnie Glasscock, president, the Board's action means that

Ms. Connally will continue to teach, but as a condition for continued employment she must satisfy all requirements of an extensive "professional growth plan" designed to help her become a better teacher.

"Although efforts have been made to characterize this as something else," said Dr. Glasscock, "the issue here is not and never has been Ms. Connally's personal political beliefs or her rights to express them freely, even in her classes."

"What it's really about is the way she teaches her classes and the way she treats her students, and that covers a lot more territory than just one isolated extra credit assignment made in one class."

Dr. Eddie Hadlock, vice president of instruction said it needed to be made clear that actions taken in regard to Ms. Connally are the result of "a continuing pattern of substandard performance and recurring deficiencies" over an extended period of time rather than one isolated extra credit assignment.

Ms. Connally was suspended, for one class session initially, from teaching one government class after complaints involving an extra credit assignment were received from a student and community members. The suspension, with pay, was extended as a result of a preliminary investigation by college officials which, according to Division of Arts & Sciences Dean Larry Gilbert, "confirmed the

presence, for several students at least, of a hostile learning environment."

Dr. Gilbert said Ms. Connally had offered extra credit to students who would attend and write a report about a rally protesting the Iraq war. However, some students in the class said Ms. Connally denied them an opportunity to earn equal extra credit for attending a pro-war rally.

"It just so happened," Dr. Hadlock said, "that this assignment revolved around a particularly controversial, emotionally charged political issue. But the suspension, in fact, had nothing to do with the political issue itself or whether she or her students were for or against."

Rather, he explained, the suspension came about as a result of claims by some students in the class that Ms. Connally showed very little tolerance and even contempt for differing viewpoints. They said they feared their grades would suffer if they openly disagreed with her. Allegations also were made by students that they learned a lot about the instructor's political beliefs but very little about the way government works.

While some class members said they had no problem with either Ms. Connally as an instructor or with her using the classroom to express her strong political beliefs, others claimed that they were humiliated and ridiculed by the instructor in front of their classmates for expressing views opposite to those of the instructor.

Dr. Glasscock said he could not divulge any details of Ms. Connally's presentation or of the discussion by regents in executive session, but he stressed that her failure to meet the requirements of the prescribed professional growth plan or "any further substantiated reports of her mistreatment of students" would definitely result in immediate termination.

"There is just not room at this institution for instructors in any discipline who do not focus on the intended course content, who repeatedly receive poor numerical scores on student evaluations, whose student evaluations contain an inordinately large number of extremely negative written comments, and who seem unwilling to recognize that they may have deficiencies that need to be addressed."

"We believe our students come to us to learn, to be intellectually stimulated, motivated and maybe even inspired. They do not come to be intimidated, ridiculed, threatened, indoctrinated or proselytized."

In other business related to personnel the NCTC regents approved employment contracts for a number of new faculty members including: Sara Cooper, developmental math instructor; Judy Archer, computer science lab instructor; Shelly Switzer, equine science instructor and program coordinator; Kathy J. Coberly, associate degree nursing instructor; Alice Hupp, vocational nursing instructor; Jill Patterson Swarner, speech instructor; Thom Talbott, half-time drama and theater arts instructor; Robert Burton, English instructor; Martin Kobuck Jr., music instructor and director of the NCTC Jazz Band; Kevin Wood, chemistry instructor; Susan Decker, biology instructor; and Lauren Brammer, science lab instructor.

Employment contracts also were approved for Marcia Wood, new Business Office manager at the Corinth Campus, and

Dr. Karla Cox continued from page 1

community is something for which Dr. Cox will strive. She is especially interested in getting involved with the high schools with programs such as Tar Wars, an anti-smoking campaign, and other anti drug programs. She said that Health Fairs

scope, that's what's great about Family Practice. I never know what is going to be on the other side of that door. It might be a mom or a grandpa or there's no telling."

Karla Cox is an only child. She was born in Fort Worth.

They raise cattle and bale hay. "They're just having fun right now," she said.

Karla and her husband Steve recently bought a home in Muenster. He is a computer engineer with a Houston company. Steve plans to continue working for the company from their home in Muenster. She said that they met while they were students at UTA. He was a Marine for four years. While Karla finished her medical degree at Texas A&M, Steve finished his degree there making them both Aggies.

Some of the hobbies enjoyed by Dr. Cox are scrapbooking, volleyball, gardening, sewing, machine embroidery, and singing with the radio.

"I can't wait to get started and meet everybody. I can't wait to be everybody's doctor. This is a great opportunity," noted Karla. Her first day at the Muenster Memorial Hospital Family Health Clinic is Monday, July 28. Her hours from 9 a.m. to 5 p.m. Appointments can be made by calling the Clinic at 759-2226. Katie Walterscheid is Dr. Cox's office nurse.

"We're just thrilled she's here and are really looking forward to working with her," said MMH Administrator Richard Arnold. "We invite everyone who can to come meet Dr. Cox in person at an Open House at the Health Clinic on Thursday, July 31 from 3-5 p.m."



Steve and Dr. Karla Cox

such as the one recently hosted by Muenster Memorial Hospital were a great way to contact people.

Dr. Cox shared a quote that she first read in medical school. She said, "It sums up my goal as a physician - it's a 15th century folk saying, 'to cure sometimes, to relieve often, to comfort always.'"

"I pretty much want to take care of everybody," remarked Dr. Cox. "Full

Her parents moved to Alvarado when she about eight. Her grandfather died and her dad moved the family so that he'd be closer to help her grandmother with the dairy farm. Her parents have been married for 33 years. Her dad worked as a draftsman until he retired. Her mother was an executive secretary for Lockheed. They now spend their time on the land he grew up on near Alvarado.

Information meeting set for Saint Jo Humane Society

There will be a meeting of the Saint Jo Chapter Humane Society, Sunday, July 27 at 3:00 p.m. at the Saint Jo Church of Christ annex, located at the corner of Hwy. 82 and William's Street. The annex is located behind the church.

It is important for people to know that the Humane Shelter is NOT ready to receive animals. At this point, members are taking care of the Saint Jo "dog pound."

A special volunteer is David Sumpter, who has been very dedicated to the care of the animals. But more volunteers are needed to help in many different ways. This is why it is so vital to have people attend the meeting. Anyone who will be interested in using this facility when officially opened, anyone interested in volunteering their time, equipment, materials, or tax exempt donations are urged to attend this meeting.

It is of great importance to Montague County

residents. Also an invitation is extended to the Muenster area residents. Members will be meeting with or speaking to all towns' officials, explaining their inter-local agreement.

They will be starting and completing the shelter in stages. The first stage is very near completion. Wesley and Betty Booker of Muenster spent most of a day mowing with a small mower, and cleaning up the area where the animals are now kept in 4 foot by 8 foot pens. Tom Meador volunteered his time and equipment mowing the "high growth" areas, in order to clear brush, etc.

These acts of kindness make it possible to see Stage 1 completed, and that is putting up a 40 foot square, 6 foot chain-link fence. This will give the animals approximately 1600 square feet to romp in, instead of the 32 square feet many towns offer.

Donations are tax exempt. There is a building to build,

animals to feed and care for, shots to give, and spaying/neutering. Mail donations to Saint Jo Chapter Humane Society, P.O. Box 217, Saint Jo, Texas 76265, or come and be a part of the organization and bring donations with you.

Following is a list of items needed: hard plastic dog houses of various sizes (must be hard plastic so they can be cleaned properly), automatic feeders, water troughs, water hoses, leashes and collars, and large metal trash cans with lids.

Please help if you can, as this facility will help everyone in one way or another. If you don't care for animals, this shelter will help get them out of the community so they are not a menace to you. If you do like animals, this shelter will give them a good safe place, needed care, and the opportunity to be adopted by someone who wants them.

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Package C	4" 14 Gauge Square Tubing Posts 8" 14 Gauge Purlins & Receiver Channel 26 Gauge Commodity Panels Does Not Include Trim	BEST \$495.00*
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Welcomes

Doohi Lee, M.D., to the medical staff

Doohi Lee, M.D.

- Board Certified: Diplomate, American College of Radiology
- Member, Radiological Society of North America
- Radiologist for 1996 Summer Olympics, Atlanta
- Author and Editor for Radiology Journals and Textbooks; Faculty in International Conferences

Please join Gainesville Memorial Hospital in welcoming Doohi Lee, M.D., to our hospital and to our community. Dr. Lee brings to Cooke County an extensive background in the field of Diagnostic Radiology, with special interest in Sports Imaging and in the emerging science of Musculoskeletal Ultrasound.

As a radiologist, Dr. Lee has a comprehensive knowledge of general radiography, diagnostic and vascular ultrasound, mammography, nuclear medicine, CT and MRI. His expertise in Musculoskeletal Imaging gives Dr. Lee an advantage in analyzing patients with joint and soft tissue problems, including athletes.

Gainesville Memorial Hospital is pleased to welcome Dr. Doohi Lee and the expertise he brings to our patients. For more information on services available through the GMH Radiology Department, or to make an appointment, please call today.

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GMH
 Gainesville Memorial Hospital
 Soon to be... NTMC

Opinion / Editorial

From My Side of the Fence by Ed Cler

It seems as if there is always another item to worry about. A letter in today's (July 21) mail warned of another attempt by our lawmakers to pay out our Social Security funds to people who are not entitled to them.

First there is a new proposition to pay for prescription medications out of our Social Security funds which are due to run out around 2016. I suppose the Administration thinks the younger generation can pay for it. Well, I, for one, feel the younger folks have their hands full now.

The letter I received today tells of another crazy scheme being pushed by both political parties. It would pay regular Social Security benefits to illegal aliens from Mexico, directly from our Social Security Fund.

The Administration is already worrying about where the money is coming from for prescription drugs, and at the same time contemplating a new way to throw our funds to the winds.

It doesn't take a lot of figuring to see how important the Mexican vote is to both of our political parties, but this is going completely overboard.

I am writing our congressman to ask him to use any influence he might have to get this nutty idea voted down. The illegals have already found ways to have their babies birthed in America, to make them citizens, at no cost to them.

It seems that "uncle sugar" is looked upon as the "great provider," even though the Mexicans don't like us, and refused to give any help when we went to war with Saddam Hussein.

Capitol Update

The Struggle of Redistricting -- A Special Session Update

By Senator Craig Estes

Texasans have a strong history of achieving consensus on important public issues. However, some issues like redistricting are inherently partisan and prone to conflict. This was certainly the case in 2001, when a divided legislature was unable to approve a Congressional redistricting map. In the absence of a legislative solution, a federal court imposed a remedial plan for the 2002 elections, thus leaving the political responsibility to the legislature.

Once again, the legislature must reach an agreement on the issue of redistricting. As we approach the final days of this special session, we face another obstacle. The Democrats are currently holding up the redistricting process under the two-thirds practice. The two-thirds practice is a long-standing Senate tradition of placing a 'blocker bill' at the top of the legislative calendar, which prevents bills from being considered out of sequence unless two-thirds of the members agree to suspend the rules requiring bills to be considered in order. This tradition has served our state well for many decades to promote a legislative consensus. However, this practice is not a rule and can yield to Senate precedent.

For instance, in 1992 after a federal court drew new Texas legislative district maps in response to legal challenges, Governor Ann Richards called a special session so that the Democrats could redraw the maps to their liking. During this special session, Lieutenant Governor Bob Bullock set aside the blocker bill and placed the Senate redistricting map as the first item on the Senate Intent Calendar. Then, the Senate Democrats were able to pass their map against Republican opposition without the inconvenience of the two-thirds practice and quickly closed the special session.

The Bullock Precedent has clearly established that while the two-thirds practice is the preferred method of running the Senate, there are times when such conventions may be set aside in the interest of securing the agenda and completing the assigned duties, whether they be caused by the court or directed by the Governor.

Also at issue are charges that Republicans are breaking new ground with unprecedented mid-decade redistricting. However, this clearly ignores the 1992 special session. It further ignores that while the federal court rejected the 1992 Senate map, the Democrats continued their legal fight and eventually were allowed to replace the federal court's map for the 1994 elections. On the Texas House side, the legislature approved the federal map for the 1992 election, while approving a separate map to be effective for the 1994 elections. So when Democrats charge Republicans with mid-decade redistricting, they should recognize it when they see it. Democrats claim they were under a court order to redraw the Senate map. However, that is not the case. The court created an interim map for the 1992 election in anticipation of continued legal action. The Democrats exercised their authority to step in with a legislative solution.

Ironically, the only map to survive the initial court challenges was the Frost congressional map, drafted by a congressional aide to Democrat Congressman Martin Frost. This map was nationally known as the shrewdest politically gerrymandered map in the nation and guaranteed a Democrat majority in the Texas delegation for more than 10 years. However, this map too would be eventually declared unconstitutional in 1996.

As the Republicans try to fulfill what the courts and history demonstrate is a clear legislative obligation, the Democrats are crying foul at the possibility that Republicans may invoke the precedents set merely a decade ago.

The redistricting process strains the cooperative nature of the Texas Senate. However, we have been down this road before and the traditions and practices of the Senate will survive the current partisan dissent that occupies Austin because that is the nature of the Senate and the expectation of the people.

Idea Exchange

By Don Rohmer

The exchange hasn't yet received any responses to my request for ideas about how we can find out what's really going on in our political system. Well, I can't say I have any great ideas, so maybe they're not that easy to come up with. But I'll bet somebody has some.

While we're waiting for those to arrive, I'll throw out a few musings to get things started.

I don't think I can completely trust any source of news. In my experience so far, no source has maintained a consistent image of trustworthiness. So I try to look at news from a variety of sources. For example, I'm trying a subscription to *World Press Review*. Each issue carries a selection of news articles published around the world since the previous month's issue. The source of each article is labeled "liberal," "conservative," or something else.

An old issue caught my attention recently as I was straightening up my reading area. It was the June 2003 issue, which was actually published in May and was the first issue to be compiled after the April 9 end of the Iraq war. The magazine's cover borrowed a headline from the April 10 edition of a Buenos Aires newspaper, which said, referring to the U.S. victory in Iraq, "The End (To Be Continued)."

That headline had caught my attention when I first received the magazine, because it was different from anything the American press was saying at the time. And now, in retrospect, it seemed to have accurately predicted the present situation. That's the kind of thing that makes me start paying attention to a news source. Of course, being right once doesn't make a publication trustworthy. But it did cause me to start paying more attention to the articles in *World Press Review*. The picture they paint is very different from the one presented in the American media. So the question is, "whose reporting is closer to the truth?"

Just as the Enterprise is putting together the final copy for this week's issue, the news networks have announced the death of Sadaam's sons. Having them accounted for is great news. It should reduce Iraqi fear that Sadaam might return. And maybe we'll soon have Sadaam himself. If that happens, things ought to get easier for our troops.

Also in today's news was that deputy national security adviser Stephen Hadley, the top aide to Condoleezza Rice, had admitted having seen the CIA warning about the unreliability of the uranium claim three months before the president gave his State of the Union speech. So CIA Director George Tenet wasn't to blame after all for the president's gaffe. Hadley said he had received two memos from the CIA and a phone call from Tenet about the problems with the information.

Are we to believe he said nothing to his superiors? If he didn't, how is it possible that the president stood behind him after such an outrageous dereliction of responsibility? The way the story keeps changing is especially disconcerting because, leading up to the war, newspapers around the world had accused Cheney, Rumsfeld, and Wolfowitz of making the decision to go to war before starting to look for reasons for going to war.

So I'm anxious to see what happens if and when Sadaam is found. If his capture does not diminish the attacks on U.S. troops in Iraq, yet another story will have to change. If that happens, the question will become, "if everything we have been told about the reasons for the war is true, why aren't the Iraqis showering our troops with rose petals?"

Hopefully, Sadaam will be captured, and his departure will bring peace to Iraq. But we'll have to wait and see.

DPS needs more recruits to offset retirements

With a fast-approaching application deadline of August 4, the DPS is stepping up efforts to attract trooper applicants to an October recruit school.

"The deadline is just around the corner, and we have an urgent need for trooper-trainees to offset retirements and to fill trooper openings associated with NAFTA," said DPS Director Col. Thomas Davis Jr. "We need an immediate influx of applicants to ensure a quality, diversified applicant pool to fill our next recruit school."

The six-month training academy will start October 13 in Austin. Application packets can be picked up at the nearest DPS office and extensive information is accessible on the DPS Web site, www.txdps.state.tx.us. Information also is available by calling a toll-free number, 1-866-TXTROOP (898-7667), that

rings directly into the recruiting office at DPS Headquarters in Austin.

Graduates are initially assigned as uniformed officers in one of several services. After gaining experience, troopers can compete for a variety of assignments in the Traffic Law Enforcement, Criminal Law Enforcement, Driver License, Administration and Texas Ranger divisions.

An applicant must be a U.S. citizen, at least 20 years of age by the time they are accepted as trooper-trainees and have completed 90 hours of college credit. Law enforcement, jailer or military experience may be used toward fulfilling the college requirement.

An applicant's background will be carefully scrutinized, including prior criminal history. DPS is an equal opportunity employer.

Texas monthly oil and gas statistics

JUNE PERMITS TO DRILL

The Commission issued a total of 1,019 original drilling permits in June 2003 compared to 851 in June 2002.

The June total included 808 permits to drill new oil and gas wells, 24 to re-enter existing well bores, and 187 for re-completions. Permits issued in June 2003 included 254 oil, 297 gas, 441 oil and gas, 11 injection, one service and 15 other permits.

MAY CRUDE OIL PRODUCTION

Texas preliminary May 2003 crude oil production averaged 951,317 barrels daily, down from the 969,324 barrels daily average of May 2002.

The preliminary Texas crude oil production figure for May 2003 is 29,538,279 barrels, a decrease from 30,049,037 barrels reported during May 2002.

JUNE OIL AND GAS COMPLETIONS

In June 2003, operators reported 323 oil, 539 gas, 16 injection, and one other compared to 223 oil, 379 gas, 22 injection and three other permits during June 2002.

Total well completions for 2003 year to date are 4,781 down from 4,961 recorded during the same period in 2002.

Operators reported 649 holes plugged and 100 dry holes in June 2003 compared to 885 plugged and 65 dry holes in June 2002.

MAY NATURAL GAS PRODUCTION

Texas oil and gas wells produced 453,962,616 Mcf (thousand cubic feet) of gas based upon preliminary production figures for May 2003, up from the May 2002 preliminary gas production total of 436,432,724 Mcf.

Texas production in May 2003 came from 141,157 oil and 61,356 gas wells.

North Central Texas College

.....continued from page 6

Mitzie Keeling, replacing Condo Parrent as director of admissions and registrar. Ms. Parrent recently was named new dean of student services.

Dr. Hadlock pointed out that with only a few exceptions, these do not represent new positions but are replacements for vacated existing positions.

In other business, the regents:

- Heard a report on second summer term enrollment which showed the headcount total system wide at 1,177-up by 12 students or 1.1 percent over last summer. Most of the increase came at the Gainesville Campus where headcount went up by 39 students over a year ago.
- Heard first reading of a proposed revision to district policy related to orientation and training new Board members.
- Approved an extensive set of revisions and updates to both legal and local policies contained in the district policy manual. The recommended revisions came as part of this year's major annual review by the Texas Association of School Boards policy service.

- Approved "forward purchase" out of the 2003-04 budget of up to \$150,000 of design and construction plans and specifications for a proposed performing arts center on the Gainesville Campus. The project had been put on hold indefinitely several months ago due to uncertainties surrounding state funding.
- Approved sealed competitive bids as the method to use in soliciting construction proposals for a multi-purpose pavilion structure to be built near the Lions Field House to accommodate a wide range of outdoor college events and activities.
- Approved a planning calendar setting forth dates for meetings to consider the tax rate for the 2003-04 academic year. The first meeting, to discuss the new tax rate, is set for Thursday, July 31, at 6 p.m.
- Approved a requested waiver of delinquent taxes on a piece of property donated to the City of Gainesville.
- Tabled consideration of the proposed new budget for the Cooke County Appraisal District.

Submitted by Rodger Boyce

Letters to the Editor

To the Editor,

I am very grateful that physical therapy is available at Muenster Memorial Hospital. July 10 I had an appointment to see an orthopedic doctor at North Richland Hills. Physical therapy was prescribed and the doctor hoped that I could see a therapist close to home since it was going to be necessary to have therapy three times a week.

I am glad that it is available at Muenster Memorial Hospital.

Mark, Heath, Amy, and Sue, thank you for being there as therapists, and Muenster Memorial Hospital, thank you for having this service in Muenster.

Janie Weinzapfel
P.O. Box 201
Muenster, TX 76252

Mark Your Calendar For Savings

Comptroller Carole Keeton Strayhorn recently reminded shoppers that they can stock up on clothes and shoes without paying sales tax August 1-3.

During the Sales Tax Holiday most clothes and shoes priced under \$100 are exempt from state and local sales taxes.

Strayhorn estimates Texans will save \$43.8 million in sales tax, including \$34.6 million in state sales tax and \$9.2 million in local sales taxes.

For more information about the Sales Tax Holiday, including a list of tax-exempt and non-exempt items, visit the Comptroller's Web site at http://www.window.state.tx.us/taxinfo/taxpubs/bx96_237_2_03.html#holiday

SOURCES: Comptroller Carole Keeton Strayhorn and the Texas Water Development Board.



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The districts below do not include Muenster, but do include part of Cooke or Montague Counties

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Lifestyle

David and Juanita Bright celebrate their 50th wedding anniversary

David and Juanita Bright celebrated their 50th wedding anniversary on July 2, 2003. The 5-day celebration began on July 1, when they, their children, children-in-law, and grandchildren gathered at the vacation home of Sam and Elaine Bright on the Medina River Ranch northwest of San Antonio.

On July 2, a special anniversary Mass was held in St. Frances Chapel, a tiny stone church overlooking Lake Medina. The Mass was performed by Monsignor Thomas Weinzapfel who officiated at their marriage 50 years ago. David's Best Man at their marriage, Henry Weinzapfel, and Juanita's Maid of Honor, Mary (Weinzapfel) Birden, were special guests at the Anniversary Mass and stood with them during the renewal of their vows. Before the Offertory of the Mass, each of David and Juanita's children presented gifts symbolizing the most significant contribution their parents made in their lives. The readers,

musicians, acolytes, Eucharistic ministers and presenters of the Offertory gifts were all children, children-in-law or grandchildren.

Other special guests who attended the Anniversary Mass were Juanita's surviving siblings and in-laws including Agnes (Weinzapfel) Hellman, Dora (Weinzapfel) Jackson, and Janie Weinzapfel, and Elaine Bright's parents, Knox and Arlene Miller.

A catered reception at the Bright/Miller riverfront home followed the ceremony where the family and guests enjoyed a delicious dinner, boating, skiing, swimming and visiting.

David Bright was born in Anniston, Alabama on Nov. 6, 1915 to Albert and Eva Bright. Juanita Bright was born in Muenster on June 21, 1926 to Joseph and Julia Weinzapfel. They met while Juanita was teaching in Germany and David was serving in the USAF at Wiesbaden AFB. After their marriage, they spent another 14 years in the military until David's



Mr. and Mrs. David Bright ... on their wedding day

retirement in 1967 at which time they moved to Muenster.

The Bright family includes David Bright, Jr. of Idaho Falls, Idaho and children Jessica, Morgan, David, and Aliece; Lola and Frank Rust of Era and children Julia and James; Joseph Bright of Muenster; Thomas and Denise Bright of Tampa, Florida and children Nicholas and Thomas; Sam and Elaine

Bright of San Antonio and children Ben and Bonnie; Julia and Brian Beattie of Santa Clara, California and children Audrey, Elizabeth, and John; and James and Jill Bright of Stuttgart,

Germany and daughter Maggie (and another baby due in November). In addition, they have one great-grandchild, Liza Bright, granddaughter of David Bright Jr.



Juanita and David Bright

In the Service

Marine Corps Pfc. Cody L. Compton, son of Sheriff Michael and Francis Compton of Gainesville recently graduated from the Marine Corps Basic Combat Engineer Course at Marine Corps Engineer School, Marine Corps Base, Camp Lejeune, North Carolina.

During the five-week course, Compton received instruction in the fundamentals of engineering support for combat units, including the

procedures for building and repairing bridges, roads and field fortifications. Compton also received training on demolition concepts, land mine warfare and camouflage techniques.

Compton will accompany Marine infantry forces to build roads, set up camps and fortify living areas.

Compton is a 2000 graduate of Gainesville High School and joined the Marine Corps in December 2002.

Low/moderate cost measures for good payback in energy savings

When replacing appliances, always buy EnergyStar appliances and/or look for the EnergyGuide label to compare energy efficiencies between products (e.g., windows, air conditioners, water heaters, refrigerators and computers).

UNT Opera Theater launches season with double bill of Puccini hits!

The double feature vanished from movie houses without a whimper, but its cousin, the double bill is alive and well in opera houses all over the world due to several one act gems that have been paired by imaginative directors, such as Dr. Stephen Dubberly, Music Director of the University of North Texas Opera Theatre, who has two Puccini masterpieces scheduled for Aug. 1-5.

The UNT Opera Theatre's Summer Workshop will present Giacomo Puccini's comic farce "Gianni Schicchi" and his tragedy "Suor Angelica" at the Lyric Theatre on the UNT campus in Denton Aug. 1, 2, and 5 at 8:00 p.m. and Sunday

Aug. 3 at 3:00 p.m. The Lyric Theatre is in the Murchison Performing Arts Center at the corner of North Texas Boulevard and I-35W, across from the Radisson Hotel.

Tickets for all performances are \$5.00 each and may be reserved by calling 940-369-3782. The Murchison box office will be open Monday through Friday from 1:00 to 5:00 p.m. and one hour before curtain time, starting July 28.

According to Dr. Dubberly, both operas are appropriate for all ages. They will be performed in Italian, with English supertitles projected over the stage.

New Arrival

Hacker

Gary and Michelle Hacker of Muenster are the proud parents of their second daughter, Makayla Shyann Hacker, born in Gainesville Memorial Hospital on June 27, 2003 at 8:18 p.m. weighing 8 lb. 12 oz. and measuring 22 inches in length. She joins a sister Mandy Nicole Hacker, age 3, at home. Grandparents are Mark and Ruth Cler of Muenster, Kenneth and Wanda Hacker of Saint Jo, and O.M. and Marie Molsbee of Nocona. Great-grandparents are Ed and Aileen Cler of Muenster and Marie Ford of Rosston and the late Lewis Ford.

Herr

Doug and Melanie Herr of Gainesville announce with pride and joy the birth of a daughter, Landrie Lane Herr on July 12, 2003 at 5:03 a.m., weighing 7 lb. 7 oz. and measuring 20 1/4 inches in length at Gainesville Memorial Hospital. Joining her at home is a sister, Chandler, age 7. Their grandparents are Ronnie and Alma Herr of Gainesville, David Bayer of Muenster, and Janice Bayer of Muenster. The great-grandmother is Louise Bayer of Muenster.

This happy union began 40 years ago with one sweet slice time for seconds!



Happy 40th Anniversary

July 27, 1963

Love, the Kids and Grandkids

MMH FAMILY HEALTH CLINIC

Welcomes



KARLA DAVIDSON-COX, M.D.

FAMILY PRACTICE

Dr. Cox will begin accepting patients on Monday, July 28.

Her hours will be Mon.-Fri., 9-5.

509 NORTH MAPLE • MUENSTER • (940) 759-2226

Open House

will be held on Thursday, July 31, from 3-5pm at MMH Family Health Clinic to give the community an opportunity to meet and welcome Dr. Cox.



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Red Cross teaches swimming to 315

The Red Cross learn to swim program has completed another successful year at the Muenster pool. Seven levels of swimming skills were taught to 315 students over a two-week period. Each student received a lesson of about 50 minutes a day for 5 days with a student-teacher ratio of 2-1. Eighty volunteer teachers came from Muenster, Arlington, Saint Jo, Watauga, Era, Nocona, Henrietta, Oklahoma and California. Some teachers taught three hours a day for both weeks, clocking in about 30 volunteer hours. Many teachers were adults who wished to return to the program the time that was devoted to them when they were young. A lot of paper work is required and volunteers come for that volunteer job too.

The volunteers came from far and wide, including; Montague, Valley View, Fort Worth, Oakridge, Garland, Rosston, Forestburg, Nocona, Myra, Henrietta, Arlington, Saint Jo, Watauga, Lindsay, Gainesville, Muenster, and Oklahoma, California, and Maryland.

Seven levels of skill are taught. Level I teaches water exploration making the student comfortable in the water and building safe practices around the water. Level II promotes success with the fundamental skills of floating and locomotion and includes self-help and basic rescue skills. Level III teaches the stroke readiness needed for the front crawl

and back crawl. Also taught is the introduction of treading water, the elementary backstroke, safe diving, and additional safety skills. Level IV develops confidence in the strokes and increases distance and coordination. Recognition of swimming hazards and rescue of swimming victims is introduced. Level V refines the previously learned strokes with increased distance. Safety skills are again stressed. The advanced levels of VI and VII build on endurance and refinement of skills. CPR and advanced rescue skills are taught. Swimming is an essential skill that all should learn well enough to save themselves and assist in the rescue of others.

Those volunteering time to the program include Frances Bayer, Carol Grewing, Audrey Barnhill, Rose Hermes, Shaina Felderhoff, Cassie Hale, Whitney Neu, Chad Henscheid, Will Taylor, Ryan Henscheid, Christina Eckart, Michael Eckart, Anne Walterscheid, Dana Walterscheid, Natalie Endres, Victoria Endres, Michelle Benders, Krystal Wolf, Genevieve Knauf, Shannon Hartman, Carmen Thacker, Connie Fluke, Kristen LeBrasseur, Dainah Hartman, Allison Miller, Denise Pagel, Joanna Felderhoff, Teresa Greathouse, Lisa McAden, Katie McAden, Matthew McAden, Kallie Gerstberger, Karen Flusche, Diane Knauf, Nicole Pagel Jennifer Luke, Kelly

Liddell, Joe Hesse, Jake Bayer, Sam Sparkman, Kathy Metzler, R. J. Metzler, Nathan Metzler, Lauren Sepanski, Karissa Reiter, Michael Whitecotton, Greg Knauf, Jackie Klement, Bret Walterscheid, Dustin Neu, Elizabeth Gaston, Josey McAlister, Chris Gaston, Diana Knabe, Marshall Gaston, Julia Beattie, Carol

Harris, Kayla Harris, Renate Pagel, Kelly Schumacher, Kate Sepanski, Leah Hess, Amanda Knabe, Amanda Dangelmayr, Ritchie Sweeney, Megan Felderhoff, Casey Bayer, Rebeka Hesse, Megan Hesse, Victoria Endres, Brooke Caldwell, Michael Conoway, Sherry Bain, and Jeannine Flusche.

Hannah celebrates two with Pooh

Hannah Metzler, child of Joel and Susie Metzler of Lindsay, celebrated her second birthday with a party at her home on June 22, 2003. She was born June 25, 2001.



Hannah Metzler

The party had a Winnie the Pooh theme. Hamburgers, hot dogs, cake and ice cream were served. Hannah enjoyed opening gifts and playing with her baby sister and cousins.

Guests included her sister, Rachel; grandparents David and Sharon Arendt and Bill and Ethel Metzler; great-grandmother Mary Ann Arendt; aunt and uncle Juli and Phil Metzler with cousins Dalton, Luke, and Jake; aunt Amy Arendt; uncle Jeff Arendt with cousin Katie; and great-uncle R.J. Loerwald.

Hannah also shared cupcakes and celebrated her birthday on June 25 with friends at her aunt Donna Reed's daycare.

Steven Reiter is Texas Tech graduate

Steven Reiter is a graduate of Texas Tech University in Lubbock with a Bachelor of Science degree in Exercise, and Sport Sciences and a minor in English. The ceremony was held in the United Spirit Arena on May 17, at 9:00 a.m., and was attended by his parents, Johnny and Jeanette Reiter of Muenster, accompanied by Matt and Leigh Ann Artho of Dallas, Adam Klement of Muenster, and several friends from Lubbock.

Schilling named to TSTC Spring Honor Roll

Joel Schilling of Muenster has earned a place on the Dean's Honor Roll for the Spring semester at Texas State Technical College (TSTC) in Waco. He is a student in Diesel Equipment Technology. The Dean's Honor Roll recognizes the scholastic achievement of students with a grade point average of 3.5 to 3.99 for the semester. He is the son of Frank and Eileen Schilling.



Jayna Sue Hofbauer and Russell David Griffith, both of Muenster, have announced their engagement and approaching marriage. Jayna is the daughter of Dale and Dolores Hofbauer of Muenster. She is a 1991 graduate of Sacred Heart High School and is currently employed at Security Finance Corporation in Gainesville. Russell is the son of David and Carolyn Griffith of Gainesville. He is a 1993 graduate of Gainesville High School and is currently employed at Hanson Aggregates located in Thackerville, OK. They will be married on August 16, 2003 at 1:00 pm in Sacred Heart Church.

Baptism

Klement

Katherine Rose Klement, daughter of Scott and Zonya Klement, was baptized in Sacred Heart Church on Sunday, June 22, 2003. Rev. Don Brennan officiated the ceremony. Katherine wore the baptismal gown worn by the Robert G. and Gloria Klement family. In addition to the gown, Katherine wore a cross necklace given to her by her parents, a tatted hat and booties given to her by her grandparents Roland and Zoe Ann Bell, and a pendant given to her by her great-aunt and uncle David and Cindy Drennan, and Caleb and Hannah.

Katherine's godparents are Uncle Justin Klement and Aunt KaTina Bartel. Along with the parents, godparents, her brother Toby, and sisters Tori and Tressa, others attending the

baptism were great-grandparents Frank and Lucille Zimmerer and Pete and Maxine Dickerson; grandparents Roland and Zoe Ann Bell and Robert G. and Gloria Klement. Also present were David, Cindy, Caleb, and Hannah Drennan; Sam, Tana, Ashlea, Kacea, and Ryan Booker; Greg, Melody, Lauren, Adrien, and Megan Rohmer; Terry, KaTina, ShyAnn, and Dalton Bartel; Chris, Leslie, Kaly, and Travis Dangelmayr; Justin and Amanda Klement; Shelley Klement and Gary Kline; and Cory Melton.

Following the baptism everyone enjoyed barbecue and cake at the home of Katherine's grandparents Roland and Zoe Ann Bell.

Unable to attend were great-grandparents Ed and Rose Klement.

Nasche to explain Sacred Heart Church windows

"An Evening with the Saints" will be presented by Steven Nasche, youth minister at St. Mark's in Plano. He will talk about the saints who are pictured in the stained glass

windows in Sacred Heart Church. The presentation will take place in Sacred Heart Church at 7 p.m. on Wednesday, July 30. Everyone is invited.

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August 2 and August 9 - Saturdays, 9 A.M. to 12 noon

Diabetes Education Program for Total Health Two-Part Series

- Culwell Conference Center, Gainesville Memorial Hospital
- Call 612-8340 or 759-2395 for information, pricing.

GMH Board Meeting

August 26 - Tuesday, 5:30 P.M.

- Culwell Conference Center, Gainesville Memorial Hospital
- All meetings are open to the public

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Website: www.cookehealthnet.com

NEW ARRIVAL

DUE
AUGUST
25TH

+

Expanding medical services to the people of North Texas is a priority for Gainesville Memorial Hospital, and we are happy to announce the addition of **Amy Klein, D.O.**, to our staff of obstetricians/gynecologists.

Doctor Klein will be officing with Doctor Roane McLaughlin in Gainesville. For additional information or appointments, call (940) 665-6679.

Gainesville Memorial Hospital offers a full range of women's health services including:

- Diagnostic and Wellness Exams**
Mammography, Bone Density Studies
- Surgical Services**
Diagnostic laparoscopy and other gynecological procedures
- Obstetrical Services**
From ultrasound to delivery

Soon to be ... NTMC
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JUST MARRIED

When a young couple is about to be married they talk to their parents and they talk to their minister. We think it would be a good idea for them to come in and talk to their banker about the financial side of their life.

What are their goals? How much are their living expenses? What kind of income can they expect to make now?

We'd like to help get our area's young people off to a good start towards a financially secure future.

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Natural family planning week is July 20-26

When it comes to spacing children, many couples are turning to natural family planning (NFP) for a healthy alternative to artificial contraception and sterilization.

Here are some of the benefits of NFP:

1. **Stronger communication** between husband and wife. When a couple has to communicate each month about whether or not they should be open to a pregnancy, this impacts on all other areas in their lives. Regular discussions on family size and the reasons for limiting or growing family size rank among the most important communications married couples have.

2. **Moral consistency** with our children. When using NFP, it is easier to talk with our teens and give them a consistent moral message of chastity. You then have the moral authority to instruct your children to wait until marriage for sexual relations. We must practice what we preach. How can we expect our children to remain chaste if we cannot practice sexual self-control ourselves? In the words of Pope John Paul II, "Chastity protects authentic love."

3. **NFP provides a courtship/honeymoon**

experience each month. This helps keep the marriage fresh and romantic, especially for women. Women feel respected when their husbands share in the knowledge of their fertility cycles and practice self-mastery. Contraception can lead to the wife feeling used instead of being respected as a loving companion and spouse.

4. A scientific survey conducted in 2000 at the University of Chicago showed that couples who used NFP have a 0.2 percent divorce rate.

5. NFP is perfectly healthy with no side effects from synthetic hormones.

6. NFP respects life, whereas a woman using an abortifacient contraceptive (the pill) faces the possibility of taking the life of a newly conceived baby.

7. NFP fosters an openness to life. NFP couples learn that children are not a burden, but a joy, and that loving families thrive amidst the interactivity of children.

A new series of NFP classes teaching the Sympto-Thermal method will begin Sunday, Aug. 10 at 2:00. Call Gary and Mary Endres for more information at 940-759-4810.

Submitted by Christy Hesse



Kathy Bauer was installed as president of the Gainesville Rotary Club for the next year. She is shown with past president Jerry Parr who presented Bauer with the Distinguished Service Citation award. The Club won all of the major trophies for service to the community and their international allies last year, with Bauer playing a big role in securing these awards. She is the first Muenster resident to be named president of the Rotary Club. Courtesy photo

Annual meeting set for Illinois Bend cemetery

The Illinois Bend Cemetery Association will have their annual meeting August 2 at the cemetery beginning at 11:00 a.m. It will be followed by lunch at noon. The meeting is always the first Saturday of August.

"We are very proud of work accomplished and we

have great plans for the future," said Association President Billie Grigsby. "We hope all interested in the cemetery will feel welcome and be in attendance, bringing food, a hearty appetite, good will, and good ideas."

For more information call 995-2605.

What? No phone service??

By Martha McCool

Why is the telephone line dead? To answer the question that you're probably thinking, ... the phone bill was indeed paid.

Recently, (on Wednesday evening July 16) at about 10:15 p.m., residents south of Era (with Valley View phone numbers) discovered that when they tried to use the telephone, there was nothing, that's right, no sound, total silence.

Sharing their experiences, some said they were unaware that there was no phone service until they tried to communicate (utilizing the phone lines) the next morning; the computer would not do what it is supposed to do; routine confirmations for appointments, Tee Time or Tea Time were left in limbo; phone orders were not made; unless there was a cell phone handy, it was difficult to report an emergency ... and the list went on!

Our dependence on continuous phone service is taken for granted. But today, let us salute those unsung heroes who are there day and night, rain or shine, in extreme hot and/or cold weather, making certain we are able to communicate via telephone.

Early that evening as I was taking my not so brisk walk in 100 degree weather (I thought it would be cooler by then, but it wasn't), and yes, we were still without phone service 21 hours



Bob Williams and Jerry Yosten repairing damaged telephone pedestal. Courtesy photo

later, I spotted two Nortex specialists ... our unsung heroes, Bob Williams and Jerry Yosten repairing a faulty telephone pedestal that was probably responsible for the phone outage in the area.

"The first outage was noticed early this morning; the damage apparently occurred at approximately 10 p.m.," said Bob Williams. "We thought we had a system problem instead of a cable problem until people got home from work in the evening and noticed their phones were out. Probably after 5 p.m. (17 hours later)

when people started calling in, we realized we might have a cable problem somewhere and we were looking for this and found it just a few minutes ago. The problem was diagnosed; the cables were shorting out ... burning fuses and things. We worked on that all day," said Williams, as he and Yosten (and the team that works behind the scenes) got that system back up.

There were 30 dedicated and talented technicians that were working outside all day, just dealing with the cable. Williams noted

"with the other system we had down we probably had another 20 that were out working; the damage to the pedestal tore up a bunch of wires."

By the time I returned home from my walk, Susan from Nortex phone company called me to let me know that the phones were now working. Now I ask you, how many big city folks receive that kind of personal service?

Years ago, I remember being told by my parents that having a telephone (a party line, at that) in the 1940s was considered a luxury; and now, yesterday's luxuries have become today's necessities. Thank you, my friends from Nortex, for all your help. You are greatly appreciated.

GMH offers Diabetes In-Depth in August

Individuals with diabetes are now able to receive comprehensive training in diabetes self-management through Gainesville Memorial Hospital's Diabetes In-DEPTH - Diabetes Education Program for Total Health.

Scheduled for Aug. 2 and Aug. 9, 9 a.m. to noon, this comprehensive two-part series will be taught by GMH dietitians Lucy Krahl and Elaine Garrett and certified diabetes educator Joan Walterscheid, RN. Both sessions will be held in the Gerald Culwell Conference Center at Gainesville Memorial Hospital.

"Diabetes In-DEPTH" is ideal for newly diagnosed patients or for those who need improved control or a better understanding of their diabetes," according to Krahl.

Participants will receive six hours of group training, individual sessions with

Joan and a registered dietitian, follow-up phone calls, a free glucose meter and personal instruction notebook.

Topics will include Nutrition - meal planning carbohydrate counting Medication - oral medications, insulin therapy; Monitoring - keeping on track, reaching target goals; Staying Active - exercise, foot care and weight control; and Coping Skills - stress management getting help.

For information and questions, call Joar Walterscheid at 940-759-2395 or Lucy Krahl, 940-612-8340.

For information on fees, insurance coverage and enrollment, call GMH Therapy Services at 940-612-8133.

The American Diabetes Association recognizes "Diabetes In-DEPTH" for Quality Outpatient Self-Management Education.

Students named to Dean's List at TWU

TWU of Denton has released its Dean's List for the Spring 2003 semester. To qualify for the Dean's List, students must complete at least nine hours with a minimum grade point average of at least 3.3 with no failing grade. Among local students named for this honor is Christopher Grewing, majoring in Nursing. He is a graduate of Muenster High

School and is the son of Glenn and Connie Grewing of Muenster.

Making the list from Lindsay were: Amy Arendt, communication sciences; Katie Eberhart, studio art-photography; Carolyn Krebs, mathematics; Jo Sparkman, child development; Stephanie Stoffels, business administration-management.

News of the Sick

Joan Hartman of Muenster is a patient at Medical City Dallas where she is doing well as she recovers from surgery. Her surgery was done on Monday. Cards will reach her at Box 243, Muenster, TX. 76252.

Smart Snacks

Chicken noodle or lentil soup, fresh fruit, bagel with fat-free cream cheese.

Courtesy of OHS WIC

Bartush named to Dean's List

Andrea Bartush, daughter of John and Lanie Bartush, has been named to the Spring Dean's List at Benedictine College in Atchison, Kansas. To qualify for the Dean's List the student is required to carry a minimum course load of 12 credit hours and earn a grade point average between 3.5 and 3.9. Andrea Bartush is a junior majoring in Sociology and is a graduate of Sacred Heart High School.

Bond features master's art at Santa Fe Depot

Gainesville artist Retha Bond has finished her master's degree in art and is exhibiting many of her paintings now through Sunday at the Santa Fe Depot in Gainesville. Her goal for her master's project was to complete works using the subject matter of trees

in their natural state or damaged by weather and disasters. Various impressionistic and expressionistic techniques personify mood, appearance, character, and personality in her trees. Call Sanders Jewelry, 665-2242 for information.



There are no small victories in the fight against heart disease.

American Heart Association
© 1992, American Heart Association

Exercise prevents physical decline

The evidence is clear: a healthier and fitter lifestyle -- not to mention a younger attitude -- can delay, prevent or even reverse much of the physical decline normally associated with aging.

Yet, many retirees do no meaningful exercise, and half of American retirees are completely sedentary, according to the latest

research from the Centers for Disease Control and Prevention.

A common misperception, is that by the time someone is 60 or 65, it's too late to start exercising, that the damage is done and can't be reversed. It has been proved that exercise for seniors can produce a variety of benefits.

Benefits of Exercise

Older inactive adults lose ground in four areas that are important for staying healthy and independent: endurance, strength, balance and flexibility. Fortunately, exercise programs can maintain or restore these areas.

Endurance -- Exercise increases breathing and heart rate. It improves the health of the heart, lungs and circulatory system. Having more endurance can improve stamina for the tasks needed to live independently.

Strength -- Exercise can do more than just increase strength. It gives the elderly the ability to do things on their own. Even very small increases in muscle mass can make a big difference in ability, especially for frail people.

Balance -- Exercise is designed to help prevent a common problem in older adults: falls. Falling is a

major cause of broken hips and other injuries that often lead to disability and loss of independence.

Flexibility -- Exercise helps keep the body limber by stretching muscles and the tissues that hold the body's structures in place. Physical therapists and other health professionals recommend certain stretching exercises to help patients recover from injuries and to prevent injuries from happening in the first place.

For the most part, when older people lose the ability to do things on their own, it is not because they have aged. More likely, it is because they have become inactive. A program of regular exercise has been proved to slow several key aspects of aging -- such as loss of muscle and bone -- allowing physically active adults to perform like someone much younger.

Talk with your primary care physician before starting any exercise program. He or she will be able to direct patients which exercises are best for them.

Keeping it going
Seniors who decide to begin exercising need to start at a level they can manage and build upon. More importantly,

commitment and enthusiasm need to last a lifetime. The benefits of exercise and physical activity come from making them a permanent habit.

How much one exercises depends on their unique situation. It might mean lifting 1-pound weights to strengthen the arm muscles enough to use a washcloth. That might make the difference in being able to maintain one's own care needs instead of being dependent on someone else. The goal is to improve from wherever you are right now.

Courtesy of ARA Content

TXU Energy Safety Tips: Before a storm

Before lowering a TV antenna or satellite, unplug TV sets -- and avoid power lines.

Happy Birthday, Kristine Hartman

Fun, safe summer activities

Pet Rocks
Collect lots of rocks in different sizes and shapes. Choose rocks to serve as various body parts for the pet. Paint the rocks one color with acrylic paint and wait for it to dry. Next paint on features such as eyes, teeth and whiskers. Glue the "ears" to the "head," the "tail" to the "torso," and so forth. Pet rocks can take the shape of dinosaurs, dogs, cats, birds or whatever a child's imagination can dream up.

Courtesy of OHS WIC

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Happy 40th Anniversary, Herb and Edna Knabe

Friday, August 1, 2003, will be my last day of work at Mane Attractions. I want to thank all my clients for their patronage over the years. Margie Wimmer and Alethea Morris will be there to continue to service your needs. All hair supplies will be **50% OFF** July 28th - Aug. 1st. Supplies are limited, so come early!

Shari Flusche
Mane Attractions
303 N. Mesquite St.
Muenster, TX 759-4033

Sepanski selected to participate in national leadership program

Kathryn Sepanski, a junior at Sacred Heart High School in 2002-2003, is selected to participate in *The Gillette Company, Economics for Leaders* program being conducted at Beloit College, Beloit, Wisconsin, July 20 to 27. Kathryn is one of 30 students from around the country who is honored by being accepted into the Beloit *The Gillette Company, Economics for Leaders* program, which is sponsored by *The Gillette Company* in partnership with the Foundation for Teaching Economics, a Davis, California, nonprofit foundation. All of the students have been selected because they have demonstrated leadership potential.

The week-long course combines leadership training and economics. During the week, students learn an economic way of thinking about human behavior and experience the interaction of different leadership styles within a group. As a result, they develop a clearer insight into how the world works, knowledge that is especially helpful to those aspiring to leadership positions. Economic education for these future leaders is especially important because the costs of bad or misdirected public policies can be enormous.

Students attending *The Gillette Company, Economics for Leaders* programs in prior years have called it "the experience of a lifetime."



Kate Sepanski

TXU Energy Safety Tips: Before a storm

If someone in your home is dependent on electric life-sustaining medical equipment, make arrangements to relocate.

LISD Dates to Note

The administration of Lindsay ISD has announced several upcoming events. Lindsay High School students will have registration on Friday, Aug. 8 in the high school as follows:
 12th grade - 9:00 a.m.
 11th grade - 9:30 a.m.
 10th grade - 10:00 a.m.
 9th grade - 10:30 a.m.
 Orientation is scheduled for Thursday, Aug. 14 for 7th and 8th grade students. It is at 6:00 p.m. in the high school.
 Elementary students, K through 6th, are invited to a Back to School Night on Friday, Aug. 15 from 5:00 - 7:00 p.m.
 Classes begin on Monday, Aug. 18.

Use brain not brawn - get wheels

Make the most of the tight spaces of a terrace garden by putting heavy potted plants on wheels. Plant dollies are readily available wherever plants are sold. For outdoor use, select ones with sturdy wheels, and a pot-platform with open spaces to allow for water drainage.
 Why move plants? Why not? It's fun to rearrange a rolling garden to create different dramatic effects by mixing and matching plant heights and colors throughout the season. And there are practical reasons too. Having a party? Move plants around to create more space. Your lilies are in full bloom? Roll them forward to command center stage. The neighbors too close? Create instant privacy by pushing pots of tall cannas and elephant ear plants in that direction to form a dense screen of huge upright green and striped tropical leaves. Going out of town? Group plants so the friend you "leaned on" for help can easily water them all at once.

Compliments of Netherlands Flower Bulb Information Center Brooklyn, NY 11225 (718) 693-5400

ACT registration deadline is Aug. 22

The next ACT Assessment will be administered on Sept. 27. College-bound high school students must register for the exam by Aug. 22 - the deadline for having the registration postmarked. There is a late registration postmark deadline of Sept. 5, but an extra fee is charged for late registration. Students can get registration packets from their high school counselors or register online at www.act.org.

ACT scores are accepted by virtually all U.S. colleges and universities, including all Ivy League schools. Many colleges, including Yale, Duke, Amherst, Vassar, Colgate, Johns Hopkins, and other will accept ACT scores in lieu of both SAT I and SAT II scores. The ACT is not an aptitude test - it is an academic achievement test that measures students on what they learned in high school. The test fee is \$26 (\$29 in Florida).

ALF residents ride Amtrak train

All aboard! The whistle blows, and the Amtrak train pulls away from the Gainesville station on its journey to Fort Worth. This was a special train ride for 10 men who live in a Denison alternate living facility (ALF) operated by Mental Health Mental Retardation Services of Texoma.

Belcher added, "They all rode in the train's dome where they could see the countryside as we traveled to Fort Worth. They met people on the train from Oklahoma City and San Antonio and chatted with them during the trip. When we arrived, the men were so excited to be in a big city and wanted to walk to a Mexican restaurant to eat."

Most of the men had never ridden a train and had anxiously awaited the trip for several weeks. Pat Belcher, a staff member of the residence, conceived the trip idea and made the arrangements. Belcher had never ridden a train either and decided it would be a great Saturday activity.

Mike Dixon, Dale Kay, Dennis Hightower, and Ricky Engle agreed it was the best trip they had ever taken. Dale Kay said, "I didn't waste my money on a souvenir." Mike Dixon laughingly said, "We got to Gainesville early enough to go through the train museum at the depot. In Fort Worth, we were near Billy Bob's nightclub, but we didn't go. We saw Alliance Airport, and we went to the Farmers' Market."

Belcher's daughter from Arlington donated \$200 towards the trip. Sheila Hensley, long time ALF staff member, said, "We had planned many outings through the years, but this is the first one that all 10 men have enjoyed. Each one of them had a great time. They were smiling during the entire trip. They came home tired and happy."

For Engle, whose father works for the railroad in Omaha, Nebraska, the high point of the trip was riding the train. Engle said, "I have been dreaming of riding the train to Omaha to see my family."

As Belcher discussed the trip's success, she said, "The men want to take another Amtrak trip in the early fall. Their sites are set on San Antonio, the Alamo, and the River Walk. We need donations to help purchase the train tickets, food, and lodging accommodations."

Any one wishing to make a tax-deductible donation for the San Antonio trip, should make the check payable to the Volunteer Services Council and mail to Attention: Paula Cawthon, MHMR Services of Texoma, 5001 Airport Drive, Denison, TX 75020 or call 903-337-4865 for more information.

PULSE beats its way to Omni Theater

Pulse: a STOMP Odyssey, a giant-screen celebration of the global beat, will beat a path to Fort Worth for a special limited engagement, Aug. 15 - Sept. 14. The highly praised film will show at the Omni Theater at the Fort Worth Museum of Science and History.

While providing stunning large-format visuals and unparalleled sound recorded live on location, the film chronicles a world without boundaries or prejudices and provides a striking example of the global spirit that is a common thread within all of us. Its message and energy serve as an outstanding, and of course timely, reminder about a fundamental harmony that can exist across time, space, and society.

For show times and information, call 817-255-9300 or go to www.fortworthmuseum.org.

Bauer enjoys Rotary exchange

Jacqueline Bauer, daughter of Bob and Kathy Bauer, was ecstatic with surprise upon meeting her adopted Mexican family arranged by Rotary International through student and family interchange efforts.

Jacqueline departed DFW on June 26 and returned July 15. Her family, the Erosa family, consisted of Maurio and Effy, the parents, and Marao, Rodiago, Ricardo, and Rashig, the sons.

Everything she encountered was different and beautiful. The food was especially different but delicious, like the real tacos. Downtown, art of some kind was displayed along the sidewalks every 20 feet or so; either statues or other objects. The view of the ocean from the casa was beautiful as well, and Jacqueline was able to swim there often. Automobile drivers scared her in that they drove on any part of the road honking their horns as they warned all to clear their path. Plus they were untethered about the speed they drove.

The main family home was located in Merida, but they also had a home in the mountains pronounced something like Shup Shuloop?

Jacqueline is a student at Sacred Heart High School.
 Submitted by Reagan Vestal

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Sports

Law offers landowners relief against hunting liability

Whether it's negotiating a deer or dove hunting lease or just getting access to a neighbor's ranch, the issue of liability can sometimes be an obstacle. But it doesn't have to be.

According to the Texas Parks and Wildlife Department, those concerns may be based more in perception than reality. Current law actually provides some liability protection for landowners who lease land to others for recreational purposes, including hunting. However, a recent survey showed many Texas landowners are unaware of liability limits put in place by state lawmakers.

The law considers anyone whom a landowner gives permission to use his property for recreation,

Jaycees to host swim party for boys Coach Pitch and boys Little League

The Muenster Jaycees are hosting a swim party for boys Coach Pitch and boys Little League on Wednesday, July 30 in the Muenster City Park. Hot dogs will be served at 6:30 p.m. The swim party will be from 7 p.m. to 9 p.m. For more information, Call Brian Herr at 736-8238.

including fee-paying hunters, school children, mountain bikers or bird watchers, as a recreational guest. Under this definition, landowners are not required to issue warnings about dangerous conditions on their property, inspect their property or make repairs to dangerous conditions.

The law does not exempt landowners from all liability, but does provide a cap for any claim as long as the income derived from recreational use fees falls within a certain framework. A new amendment to the law, HB 408 passed by the 78th Texas Legislature,

Flag football sign-up announced

The Boys and Girls Clubs of Cooke County will begin football sign-ups on Aug. 1. Flag football will be offered to kindergarten through second grade students. The program fee for Flag football will be \$35 with a \$15 membership fee. Tackle football will be offered to 3rd/4th graders and 5th/6th graders. The program fee for Tackle football is \$50 with a \$15 membership fee. All games will be played on the football fields across from the club at 315 W. Hird in Gainesville. Call Tricia or Melissa for more information at 940-665-6527.

increases the allowable recreational use fee income from four times to 20 times the total ad valorem tax assessed on the premises during the previous year. Landowners are required to purchase liability insurance coverage equal to the caps and those premiums are often included in a lease fee.

Landowners can also use waivers, or legal documents signed by guests, intended to release the landowner from liability. Waivers must meet certain criteria to be valid; before using a waiver, landowners should consult with an attorney.

MAD COW effects hunts in Canada

Because of a single case of bovine spongiform encephalopathy - known as mad cow disease - confirmed on May 20 in a cow in Alberta, Canada, hunters will not be able to bring anything back but the trophies, and the memories, from anywhere in Canada this hunting season.

"In terms of meat, you can't bring any back," Teresa Howes, a spokeswoman for the Animal Plant Health Inspection Service of the U.S. Department of Agriculture office in Denver, told reporters. Hunters will be allowed to bring back no more than two sets of cleaned antlers, hides or finished taxidermy mounts. The two-antler maximum is a rule that has to do with commercial antler importation, not the mad cow meat importation ban.

Right now, U.S. and Canadian officials are working for some sort of resolution to the sport-killed-meat-importation ban, but there is no word yet. The ban applies to all ruminants, deer, elk, bison, caribou, moose, musk ox, pronghorn, bighorn sheep and mountain goat.

In a significant victory for the firearms industry, Brooklyn, New York Federal Judge Jack B. Weinstein Monday dismissed the NAACP's lawsuit against firearms manufacturers and distributors. The ruling brings to an end yet another expensive and unfounded court action against the gun industry.

In May, an advisory jury refused to find a single defendant's lawful business practices had created a public nuisance in New York or harmed the NAACP or its New York members. "The advisory jury understood that federally licensed manufacturers and distributors of firearms are not responsible for the criminal misuse of their

products," said Lawrence G. Keane, vice president and general counsel of the National Shooting Sports Foundation, the firearms industry's trade association. This decision is the latest defeat for anti-gun interest groups attempting to circumvent the legislative process and use the courtroom to impose changes to gun laws that federal and state legislators have roundly rejected.

Just a month ago, a New York appellate court upheld the August, 2001 dismissal of New York State Attorney General Eliot Spitzer's lawsuit against gun makers. The appellate court said manufacturers of lawful and non-defective products cannot be sued for allegedly creating a "public nuisance" when criminals misuse firearms. The appellate court acknowledged what the firearms industry has maintained all along - "that courts are the least suited, least equipped, and thus the least appropriate branch of government to regulate and

micro-manage the manufacturing, marketing, distribution and sale of handguns."

Despite this recent appellate ruling and the conclusion of the jury in the NAACP case, Weinstein, a well-known activist judge, in his lengthy decision denigrates gun makers. "While we are pleased this junk lawsuit has been dismissed, we are disappointed, but not surprised, by some of Judge Weinstein's rhetoric that both ignored both New York law and the jury's findings," said Keane.

Today's decision underscores the urgent need for Congress to pass common-sense legal reform to stop these kinds of "junk" lawsuits that try to bankrupt an entire industry and improperly blame law-abiding manufacturers for the actions of criminals. "Our industry should never have been forced to spend an estimated \$10 million to defend itself against the NAACP's baseless lawsuit," said Keane.

"Congress must act to stop these harassing lawsuits and restore integrity to our nation's courts," said Keane. "The Protection of Lawful Commerce in Arms Act is the vehicle for the reform."

The House of Representatives overwhelmingly passed the Protection of Lawful Commerce in Arms Act, and there are 54 co-sponsors for the bill. The White House has said President Bush would sign the legislation. Over thirty states have already enacted similar laws.

From the Outdoor Wire

Peace & Happiness to you on your Birthday



7-25-15

Legal Notices

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF PAUL J. SCHAD, DECEASED

Notice is hereby given that original Letters Testamentary for the Estate of Paul J. Schad, Deceased were issued on July 15, 2003, in Cause No. #15,644, pending in the County Court at Law of Cooke County, Texas - Probate Division, to the following named executor whose mailing address is listed below:

Thomas J. Schad
FM Road 1630
Gainesville, TX 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 15th day of July, 2003.

Respectfully submitted,
/s/Russell Duncan, P.C.
P.O. Drawer 1219
Gainesville, Texas 76241-1219
(940) 665-1671
Bar Card No. 06219000
Attorney for the Estate

7-25-11

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF ROBERT F. CLARK, DECEASED

Notice is hereby given that original Letters Testamentary for the Estate of Robert F. Clark, Deceased were issued on July 16, 2003, in Cause No. #15,643, pending in the County Court at Law of Cooke County, Texas - Probate Division, to the following named executor whose mailing address is listed below:

Tommy Gene Clark
7906 Indiana Drive #132
Lubbock, TX 79423

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 16th day of July, 2003.

Respectfully submitted,
/s/Russell Duncan, P.C.
P.O. Drawer 1219
Gainesville, Texas 76241-1219
(940) 665-1671
Bar Card No. 06219000
Attorney for the Estate

7-25-11



That's right - it's back to school time. And back to school time usually means back to school shopping. Between the pencils and glue to the tuition and computers, and let's not forget the new clothes, back to school costs can really add up. But Muenster State Bank can help ease the stress that comes with paying for all of

these supplies with a back to school loan. With loan rates as low as 8% APR* for up to 12 months, fast application turnaround and a flexible repayment schedule, getting a back to school loan will be the easiest part of getting your kids ready for the new school year. Pick up an application today.

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You Could Win this HOT RACER



Eland Green and Amber Knabe display the Bridgestone Go-Kart to be raffled to a lucky winner at the Firemen's Barbecue in the Muenster City Park at 10:00pm, August 9. \$5.00 per ticket.

This cool Go-Kart has been donated by Bridgestone Tires and Knabe Tire & Battery.

7-25-15

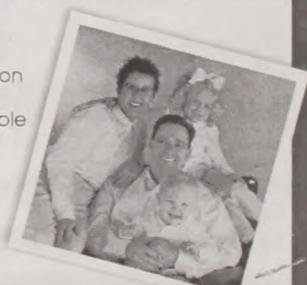
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