

## School's in at Muenster



Arriving at school in style - on the bus - were, from front, MacKenzie Sicking, Dane Huchton, Nolan Bayer, and Sadie Sandmann, Muenster ISD Elementary students.  
Janie Hartman photo

## County anticipates more revenue with the newly incorporated lower tax rate

**By Janet Felderhoff**  
After holding two public hearings with minimal comment, Cooke County Commissioners Court set its tax rate at \$0.4768. That amount is expected to bring in 5% more revenue than last year's tax rate of \$0.4868.

Nobody spoke on the tax revenue increase before the tax vote, which was held during the regular Commissioners Court meeting on Monday, Aug. 27.

At the hearing, held Friday, Aug. 24, one audience member addressed the Court. Steve Gaylord expressed his approval of the Court's lowering the tax rate as the property values bring in more revenue at the lower rate. He also approved of more money being spent on law enforcement by the County.

Gaylord questioned what he felt was a high cost of insurance for the County employees. He said that the local college pays a lower amount and he suggested that they investigate other options. That hearing was closed and Monday, Aug. 27 named as the date to set the tax rate.

The \$0.4768 per \$100 property valuation tax rate was broken into the following categories: General Fund .3177; Road & Bridge .1050; Inter-

est & Sinking .0390; Permanent Improvement .0150; Lateral Road .0001.

Change orders requested for the Precinct #4 maintenance facility were approved. They included changes to the foundation, roof, and doors. The changes will add \$8,400 to the total, which is now \$145,500.

The 2008 Sheriff's and Constable fees for all writs and forcible detainers were increased by \$25. All writs

will be charged at \$175 as of Jan. 1, 2008; until that time the cost remains \$150. Forcible detainers will be charged \$100. The early vote was required to get the information to the Comptroller's office by Oct. 1 for printing.

The 2008 holiday schedule was approved with 12 holidays as follows: New Year's Day, Jan. 1; Martin Luther King Day, Jan. 21; President's Day, Feb. 18; Good Friday, Mar. 21; Memorial Day, May

26; Independence Day, July 4; Labor Day, Sept. 1; Veteran's Day, Nov. 11; Thanksgiving Day, Nov. 27 and 28; Christmas Eve, Dec. 24; Christmas Day, Dec. 25.

In other business, Commissioner Court:

• Approved District Judge's order setting the salaries of the County Auditor, First Assistant Auditor, Second Assistant Auditor, Third Assistant

See TAX pg. 3

## Proposed tax rate set by Muenster Hospital Board

**By Janet Felderhoff**  
Muenster Hospital District will be advancing from a small taxing entity designation with tax revenues of less than \$500,000 to that of a taxing entity that is required to publish its tax rate and hold two public hearings before setting the rate.

Last year's tax rate of \$0.189900 per \$100 property

valuation brought in revenues of \$507,166. The tax base was \$267,070,286. New construction is not considered when figuring an entities tax rate or projected revenue.

MMH Administrator Lynn Heller explained that some of the tax revenue comes from new construction. Last year the Muenster Hospital still fell under the small taxing

entity designation. He said that they were told to expect the property values to bring in revenues greater than the \$500,000 this year. Besides new construction, oil and gas values are up and bringing in more tax revenue.

At the Tuesday, Aug. 21 regular meeting, the Board of Directors voted unanimously

See MMH pg. 3

## Texoma Earth Day Conference provides valuable litter enforcement information

**By Janet Felderhoff**  
Muenster Police Chief Bob Stovall attended the Texoma Earth Day Conference held Aug. 16 at the Grayson County Community College in Van Alstyne. This was the

first of what is hoped to become an annual event.

Chief Stovall serves on the Keep Muenster Beautiful Board as Litter and Illegal Dumping Enforcement Committee chairman. He at-

tended the conference to learn more about legal issues dealing with littering and illegal dumping. Civil and Criminal Response to Illegal Dumping was conducted by Roger Haseman, Harris

County ADA, and Clarissa Bauer, Harris County ACA.

"It was well worth attending. These are some of the least enforced laws," remarked Chief Stovall. He called attention to the stiff penalties for some illegal dumping acts such as the unauthorized dumping of lead-acid batteries can result in a fine of up to \$4,000 and one year in jail. Dumping in or adjacent to water can incur a fine of \$1,000 to \$100,000 and up to five years in prison. Dumping waste oil into sewer or any water or on ground or into a landfill can result in a fine of \$1,000 to \$50,000 and up to five years in prison.

Stovall and his group studied the Texas Health and Safety Code and the Texas Litter Abatement Act.

See chart for additional violations and possible legal consequences.

## Sepanski tours construction site of Dallas Cowboys Stadium

The Discovery Channel's show "Build It Bigger" gives one insight into the unique challenges of constructing the tallest buildings, the most effective military tanks, the largest luxury cruise ships, and the most extreme thrill rides. On Aug. 6, Muenster native and master of architecture student Sara Sepanski visited what may be next on the show's line-up—the new Dallas Cowboys Stadium in Arlington, under construction since 2006 and set to open for the 2009 season.

"Having read about the construction of the \$1 billion stadium, its astounding engineering feats, and its noteworthy architectural features in *Texas Architect* magazine," said Sepanski, "I knew this was something I had to see before I went back to school. When I called HKS, Inc., the design firm for the project, and told them of my interest, they were more than happy to arrange a site tour and for me to visit the firm afterwards to have any questions answered."

Unknown to many, planning for a new Cowboys stadium began almost 10 years ago when Dallas Cowboys owner Jerry Jones held a national design competition for the stadium in 1998. Mark A. Williams, project director for the Cowboys Stadium project and associate principal in the

Sports & Entertainment Group at HKS, credits the foresight and planning of Jones for what will be a smooth transition from Texas Stadium. "Jerry Jones started the process of designing a new venue several years earlier than most other NFL owners."

Winner of the competition, HKS, Inc. submitted a design animation and an 11x17 proposal bound in pig skin that

contained the firm's qualifications and conceptual ideas.

"We had several hand drawings, but the majority of the graphics were 3D computer renderings of the venue because that's what captures a client's imagination and makes the building real to them," Williams said.

Interestingly enough, the commission was ultimately

See STADIUM pg. 4



Proposed design of the new Dallas Cowboy Stadium being built in Arlington.



From left, Jain Cain, Shelly Trubench and Terri Klement, of Girlfriends Boutique. Deb Wood photo

## Girlfriends, more than just a boutique

What began as a dream in the minds of three different women has now turned into a unique shopping experience for all. Jain Cain, Shelly Trubench, and Terri Klement made their dream come true with the opening of Girlfriends Boutique.

Girlfriends Boutique invites you to bring your girlfriends and spend the day with them! Their Grand Opening celebration is in full swing. It began Monday and concludes on Sat., Sept. 1.

The Boutique has a three

chair hair salon featuring Kelly Green, Amy Smith, and Tanya Jones as hair stylists. It is a full service salon. Susan Dunn is the nail technician, offering solar nails, repair, fills, and spa pedicures. Candace Cheaney Burnett is the licensed massage therapist. She offers one hour, 30 minute, hot stone and neck and shoulder massages.

Jan Cain is a licensed aesthetician/facialist who does facials which are chosen to fit the customer's unique skin care needs. She also does waxing and permanent makeup (eyebrows, lips, and eyeliner). Jan is a makeup consultant and offers a new Ultra Sonic Scrubber. Vickie Cox also does permanent makeup and is an asset to the team.

Another service available is Girls Birthday Parties, Cinderella, or Rock Star Birthday Parties. Everything is supplied from costumes to fun, so your little princess can have a special birthday party

with her friends.

Special pricing for spa packages are available, as well as all the services that are available in the Spa/Salon. There are three tanning beds, one of which is a 12 minute power bed.

The rest of the business is retail. Jan, Shelly, and Terri all have several lines they carry. PJ Salvage pajamas, Kathy Van Zeeland & Kurtmen Design Handbags, Baby LuLu, Lolita Glass/Partyware, Mud Pie, and Barefoot Dreams are just a few of the brands carried. Greggory Girl and Silver jeans are on the way, as well as the long awaited cappuccino bar and other treats for the customer's taste buds!

Girlfriends enlisted the help of 17 other vendors who all bring their own flavor to the mix at the Boutique. Children's clothing, infant gifts, quilts, and other handmade items to die for. There is home decor for every style.

See BOUTIQUE pg. 3

**Keep Texas Beautiful**  
Notice of Illegal Dumping

The following violations may be charged for the dumping referenced on the attached letter. Littering and illegal dumping are both serious crimes in Texas and can result in large fines and/or time in jail or prison. The law enforcement office issuing this warning notice urges you to:

**Avoid Jail and Fines—Keep Texas Beautiful!**

Violation	Penalty
<b>Non-commercial dumping (i.e., not for commercial purposes)</b>	
H&S 385.012 (d)	Under 5 lbs./5 gal. of liquid Fine to \$500
H&S 385.012 (e)	5 to 500 lbs. 5 gal. to 100 cubic ft. Fine to \$2,000 Jail to 6 months
H&S 385.012 (f)	500 to 1,000 lbs. 100 to 200 cubic ft. Fine to \$4,000 Jail to 1 year
H&S 385.012 (g)	Over 1,000 lbs./200 cubic ft. Fine: \$10,000 State jail to 2 years
<b>Commercial dumping (i.e., for purposes of economic gain)</b>	
H&S 385.012 (d)	Under 5 lbs./5 gal. Fine to \$500
H&S 385.012 (f)	5 to 200 lbs. 5 gal. to 200 cubic ft. Fine to \$4,000 Jail to 1 year
H&S 385.012 (g)	Over 200 lbs./200 cubic ft. Fine: \$10,000 State jail to 2 years
<b>Both non-commercial and commercial dumping</b>	
H&S 385.012 (g)	Any waste contained in a closed barrel or drum Fine: \$10,000 State jail to 2 years
Using someone else's dumpster without permission carries the same penalties as illegally dumping the same amount of solid waste and can also be prosecuted under Texas Penal Code 31.04.	
<b>Dumping adjacent to water in the state</b>	
TWC 7.145	Dumping in or adjacent to water, including discharge from plant source Fine: \$1,000 to \$100,000; Prison to 5 years
<b>Waste oil dumping</b>	
TWC 7.176 (a)(1)	Dumping into sewer or any water Fine: \$1,000 to \$50,000
TWC 7.176 (a)(2)	Dumping on ground or into landfill Prison to 5 years
TWC 7.176 (a)(4)	Dumping onto roads or land for dust suppression, weed abatement, etc.
<b>Dumping lead-acid batteries (car, boat, motorcycle, etc.)</b>	
TWC 7.185	Unauthorized disposal of lead-acid batteries Fine to \$4,000 Jail to 1 year
<b>Illegal outdoor burning</b>	
TWC 7.177	Burning in violation of Texas Outdoor Burning Regulations, 30 T.A.C. 111 (b) Fine: \$1,000 to \$50,000 Jail to 6 months

\*\*H&S refers to the Texas Health and Safety Code. TWC refers to the Texas Water Code. Dumping medical waste and/or hazardous waste is generally a felony in Texas and not handled with a warning notice.

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Information provided courtesy of Keep Texas Beautiful and John Ockels, Ph.D., Regional Criminal Justice Coordinator, Texas Council of Governments. Cards provided courtesy of the Texas Department of Transportation. Call 800-CLEAN-TX for additional information.

LETTERS TO THE EDITOR



by Ed Cler

Aug. 14, 1992

Most people today are so used to seeing and using farm tractors that they pretty well take them for granted. Many don't remember not having at least one or two, but it wasn't always so. Tractors were first used in the late 1800s, on the big wheat farms of the northwest United States. They were called "traction engines," commonly referred to as "steamers" or "steam engines." They were first used to power the threshers that separated grain from the straw, and as larger plows were built, their tremendous power was put to use to break the land.

One of these behemoths could pull as many as 12 14-inch bottom plows at once. Soon, the steamers were replaced by newer tractors powered by internal combustion engines, but these too were like the steamer - too big and cumbersome for general farming, so their use was pretty well restricted to plowing and threshing. There were many different brands, and there were a surprising number of them in the Muenster area. Chas. Cler owned a 40-80 Avery tractor and a thresher. The tractor was also used to pull two six-disc Saunders plows.

I can well remember one of the steam-powered threshing rigs owned by Joe Walterscheid, who later owned the 40-80 Avery gas tractor that my dad once owned. The Fette Brothers had a big "Reeves" tractor, Bob Yosten owned a Rumley "Oil Pull" tractor and thresher, the Becker Brothers, an Aultman Taylor. Other familiar names are "Case" and "Minneapolis." Some of the brands mentioned above first came out as steamers, and later switched to internal combustion engines.

In the '20s, the factories began building tractors that were much smaller, lighter, and were equipped with enclosed transmissions so the gears ran in oil. They also had several different speeds and could be moved much faster. More and more farmers began buying them to replace their horses and mules.

In the late '20s, tractors were available for most any purpose. They were used for gardening, row crops, and general farming. By the late

'40s, most farmers, little and big, had disposed of most of their draft animals in favor of the convenience of tractors, which by then were equipped with electric starters, lights, and, with the addition of power takeoff shafts and power lifts, could operate most any machine farmers had a use for.

By this time rubber tires were coming into general use on tractors as well as on most equipment used on the farm, making it easy to move from one farm to another, even on paved roads.

After WWII, some of the returning GIs went into farming, but many found work in the oil fields, started their own production companies, or started other small businesses. All this left fewer and fewer young men to work on the farms. Soon, some families formed partnerships, incorporated, and farmed more and more land, leasing much of it. With fewer people to do the work, bigger and faster equipment was needed.

It is not uncommon to see a 4 WD tractor pulling offset discs that cover 15' or more and field cultivators 26' and over.

These new tractors are equipped with multiple hydraulic controls so that equipment can be raised and lowered, and adjustments can be made for the tractor seat. At the same time, the operator can sit in air-conditioned comfort in his cab, and if he likes, turn on the radio.

By the time a farmer has just the most essential equipment to operate a number of farms, he has a tremendous investment.

Gary Woodall, meteorologist with the Fort Worth/Dallas Weather Forecast Office compiled the number of county warnings they issued from January through July. He also compiled the numbers from the past several years (same time frame, January through July). "I believe the statistics show just how busy it was in north Texas this year," he remarked.

Jan. 1 - Jul. 31 county warnings - WFO Fort Worth/Dallas:

	2007	2006	2005	2004	2003
Tornado	52	27	8	31	25
Flash flood	531	98	31	242	11
Severe t-storm	464	347	341	439	393

Woodall added, "Part of the dramatic increase in 2007 was due to the switch to the "storm-based" warnings. However, the majority of the increase was due to the sheer magnitude and length of the severe weather season this year. A truly remarkable year."

Dear Editor,

What a wonderful public response to the KMB membership campaign! This will be an exciting year as we compete to win the \$65,000 prize.

The GCAA contest is so important to Muenster. Winning money award four times in the past brought many improvements to Muenster such as: antique light fixtures; rock work on two blocks of Main; and the beautiful fence around the Muenster City Park are the obvious results.

However the benefits go much deeper. The publicity against litter does prevent it. Constant beautification and improvement does make a difference in how our town looks. How our town looks affects how people, including kids, respect property. It makes our town a cleaner and better place to live. High school students help run the Board of KMB and learn organizational skills, a great work ethic, and a good understanding of how to work within a group. These are life-long skills.

Probably most important is

that students develop a sense of community, a sense what they do is important. This pride "builds community" today, and can develop into a desire to return someday to the community in which they helped build. Muenster needs new leaders of all age groups working on community affairs. We suffer now because everyone seems so busy.

So, as we announce projects and you read about them, be thinking of how you can help with the project, even if only in a minor way. That support can be important. Watch for our plans. Join us if you can.

Gary J. Fisher  
Keep Muenster Beautiful

Dear Scott, Deborah & Staff,

Belated congratulations on your newspaper award.

I especially enjoy all the photo coverage... now in COLOR. Muenster is such a special place. I can think of nowhere around here with your population that has as many amenities and civic organizations as Muenster. The

community is so involved in and supportive of all the organizations, health care, and city services... especially those that have to do with the youth and their education and activities. The coverage of all this shows dedication and pride in community.

Many small towns with twice the population do not have such support. The businesses and people who sponsor these activities and coverage are to be commended. Keep up the excellent work.

Judy Bolf  
Crane, TX

CITY COUNCIL AGENDA  
MEETING DATE - September 4, 2007

The following is the agenda for the regular meeting of the Muenster City Council to be held at 7:30 p.m. in the City Hall meeting room on Tuesday, September 4, 2007.

1. Call meeting to order at 7:30 p.m.
  2. Opening prayer.
  3. Approve minutes of the regular meeting on August 6, 2007.
  4. Recognize visitors and invite them to attend the entire Council meeting and to discuss their business.
  5. Consider any other business to come before the Council.
- OLD BUSINESS**
1. Consider and act on bids for audit of City financial records for Fiscal Year 06-07.
- NEW BUSINESS**
1. Consider and act on adopting budgets for Fiscal Year 2007-2008 in General Fund and Water and Sewer Fund.
  2. Consider and act on adopting property tax rate for year 2007, and approving Ordinance #301 for same.
  3. Consider and act on request from Chamber of Commerce for use of hotel tax towards payment of billboard.
  4. Consider and act on approving Cooke County Appraisal budget for 2008.
  5. Consider and act on additional street repairs.
  6. Consider and act on sale of used equipment.
  7. Consider and act on property tax changes for 2006 as processed by Cooke County Appraisal District.
  8. Consider and act on approving moving unpaid water accounts to inactive files.
  9. Review and act on monthly bills.
  10. Receive status report on city projects and activities. Take action as necessary on items of discussion.
  11. Adjourn.

Micallee Matson, City Secretary

JUST FOR FUN

Dear Abby,  
I've never written to you before, but I really need your advice.

I have suspected for some time now that my wife has been cheating on me. The usual signs, phone rings but if I answer, the caller hangs up. My wife has been going out with "the girls" a lot recently although when I ask their names she always says, "Just some friends from work." I always try to stay awake to see her coming home, but I usually fall asleep.

Anyway, I have never approached the subject with my wife, but last night she went out again and I decided to check on her.

Around midnight, I hid in the garage behind my golf clubs so I could get a good view of the whole street when she got home. It was at that moment, crouching behind my clubs, that I noticed that the graphite shaft on my driver appeared to have a hairline crack right by the club head. Is this something I can fix myself or should I take it back to the pro shop where I bought it?

Thank You

We would like to express our appreciation to all of those who helped, said prayers, sent flowers, donated food or money during Al's illness and death.

Special thanks to Father Ken Robinson for the beautiful service, Barbara & Don Rohmer, Christy Hesse, and Joseph McCoy for lovely music, and everyone who took part in the service. We appreciate the ladies from the Catholic Daughters who prepared & served the food.

We were truly blessed to have all your help.

The Al & Gertie Horn Families

DAYS GONE BY.....

65 YEARS AGO  
Aug. 28, 1942

The 16th annual Cooke County Fair sets new records for attendance. Scores of local persons witness total eclipse of the full moon. Thomas Weinzapfel and Urban Endres travel by motorcycle for vacation trip to Mexico. A junk rally is advertised for the war effort "junk helps make guns, tanks, ships for our fighting men... Let's jolt them with junk from Muenster." Lindsay school has 163 pupils enrolled.

50 YEARS AGO  
Aug. 30, 1957

Anthony Luke, owner, will convert storeroom of Variety store to toy department. Mrs. Richard Grewing was dismissed from Gainesville sanitarium after a week of treatment for an ear infection. Robert Miller, seven, will begin second grade with his right arm in a cast, injured in a fall while playing. New Arrivals: Lynda to Eugene and Clara Klement; Carol to the Thomas Ottos; Melinda to Wilfred and Joan Bezner. Mildred Fisher graduates from St. Joseph's School of Nursing. Joaline Mollenkopf has slumber party with 16 girls. New auction barn is under construction west of Muenster. Neil Fisher gets degree in geology.

25 YEARS AGO  
August 27, 1982

Ray Hess dies at age 58 in farm accident. Mrs. Elizabeth New honored on her 111th birthday. Elise Hennigan celebrates 82nd birthday. New arrival: Jonathan to Jerry and Joie Reed. City gets \$15,123 sales tax rebate.

BAR-B-QUE COOKOUT

Saturday,

Sept. 8, 2007

Myra City Park

Auction  
7:00 p.m.

Live Entertainment  
Doug Martin  
& The Rustlers

If raining, Bar-B-Que will be moved into the old School Building

Myra Volunteer Fire Department



MENU

includes:  
BBQ Beef, Susie Q's,  
Beans and Trimmings  
Tea and Kool-Aid,  
Pies and Cakes  
Serving  
5:00 - 9:00 P.M.  
Adults \$6.00  
Children  
12 Yrs. & Under  
\$3.00

2-WEEK EVENTS CALENDAR To list your event, call 759-4311 BEFORE NOON WEDNESDAY!

Sunday, September 2, 2007	Monday, September 3, 2007	Tuesday, September 4, 2007	Wednesday, September 5, 2007	Thursday, September 6, 2007	Friday, September 7, 2007	Saturday, September 8, 2007
Muenster Museum Open 1-4 St. Anne's So. mtg. 3pm SNAP room Antique Tractor Show gates open at 9am	MISD No School SHCS No School  ~LABOR DAY~	SHCS Soph. parent mtg. 6 pm School Library City Council mtg. 7:30pm Muenster Booster Club mtg. 7pm Girls Locker rm.	SH Religious Ed opening Mass 7 pm	Muenster Museum Open 1-4pm	Muenster Museum Open 1-4pm AARP Board mtg. 10am Stanford House	Community Wide Garage Sale KLB Golf Tournament Myra VFD Bar-B-Q 5pm Myra City Park
Sunday, September 9, 2007	Monday, September 10, 2007	Tuesday, September 11, 2007	Wednesday, September 12, 2007	Thursday, September 13, 2007	Friday, September 14, 2007	Saturday, September 15, 2007
Muenster Museum Open 1-4 Growing in your faith series on SH Church History 6:30pm at church.	SHCS Freshman parent mtg. 6pm school library VFW mtg. 8pm MMH Aux. mtg. 7pm		MISD Board mtg. 7:30 pm Adm. office SH Religious Ed Class 7 pm SH Alumni & Friends mtg. 7:30 pm	Muenster Museum Open 1-4pm Muenster Hist. Comm. mtg. 8am at museum KMB mtg. 6:45 at M. P. Library Blood Drive Muenster High Gym 12-8pm	Muenster Museum Open 1-4pm Muenster Kiwanis Pancake Supper 5-7pm MISD Cafeteria AARP membership lunch mtg. 11:30 am Stanford House SHCS No School - Teacher Inservice	C of C Archery Shootout

Sponsored by

MUENSTER ENTERPRISE

117 E. First Muenster  
940-759-4311

**BOUTIQUE .....cont. from pg. 1**

The owners enjoy hearing the laughter of friends (new and old) bouncing off the pink walls, and point to the advice of Peggy Grewing and Terri

Cagle as helping to get their business established. Girlfriends is open Monday through Saturday from 9 a.m. to 6 p.m.

**TAX .....cont. from pg. 1**

Auditor, Fourth Assistant Auditor, and District Court Reporter with a 3% increase, the same as the other County employees.

- Approved bond for Jody Bridges, deputy constable.
- Approved contract for collection services with Cooke County Appraisal District.
- Authorized County Judge to certify to the Texas Attorney General the validity of the proceedings of the Texoma Housing Finance Corporation relating to the issuance of bonds for single family mortgage revenue bonds series 2007.
- Approved request by Cimmarron Gathering, L.P., at their expense, to install a 12 inch steel casing for a six inch poly gas pipeline across CR 343, approximately a half mile southeast of the intersection of CR 344, located in

Precinct #3.

- Approved Cimmarron Gathering L.P., at their expense, to install a 12 inch steel casing for a six inch poly gas pipeline across CR 343, approximately 1 1/10 miles northeast of the intersection of FM 922, located in Precinct #3.
- Approved West Bay Exploration to conduct 2-D seismic field operations on County Roads 203, 217, 243, and 223, located in Precinct #2.
- Approved indigent burial (opening and closing of plot since family has plot) for Malachi Raymond Pointer, infant.
- Tabled action on contract with Master Files for research data base services until County Attorney studies it and more investigation is done.

**MMH .....cont. from pg. 3**

to set the proposed tax rate at \$0.1889. That amount should bring revenue of about \$609,000 they estimated. The Board plans to dedicate the additional revenue to capitol improvements. This year's rollback rate is \$0.173600. The effective rate is .160800. (See notice of public hearing in this issue for more information.)

The current physician recruitment contract that MMH has is about to expire. It has a low cost, but has brought no results, said Administrator Heller. The Board reviewed a contract offered by Time Line Physician

Recruiters. They've had some success in remote areas such as west Texas, said Heller.

Time Line's contract has a \$2,000 search initiation fee, and a \$2,000 professional fee per month for the next five months. Mailing expenses will be paid by MMH. Should the search not result in procurement of a physician, the fee will be refunded.

During July, there were 18 patients admitted to swing bed with an average length of stay of 3.19 days. Long term care patients in July totaled seven with an average daily census of 0.06 for a total of 250 days and an average length

of stay of 28.14. The July combined average daily census was 10.87 and the combined average length of stay was 10.78. Combined patient days was 337.

Other statistics included 96 ER visits; 341 outpatients; nine observation days; 564 Family Health Clinic visits; 580 Home Health visits; 37 CT scans; and 13 Bone Density scans. Excess of revenue after expense for July was \$7,852 compared to a negative \$114,069 in July 2006.

In other business, the Board:

- Recognized the MMH Auxiliary for having contributed \$5,875.88 to the Hospital during the past fiscal year.
- Reviewed the Cooke County Appraisal District's (CCAD) budget for 2008 and their audit.
- Heard Administrator Heller report that the Hospital's helipad is nearly completed. The 29 x 20 x 10 steel building for housing bioterrorism equipment erected by Structures is completed. "They did a wonderful job," said Heller.

**OBITUARIES**

**Alois Horn 1915-2007**



Alois Horn

Mass of Christian Burial was held in Sacred Heart Church for lifetime Muenster resident Alois Bernard Horn on Friday, Aug. 24. He died in Pecan Tree Manor Nursing

Home at 9:15 a.m. on Aug. 21, 2007 at the age of 92.

Officiating for the Mass was Fr. Ken Robinson. Readings were given by Jan Cain and Chuck Bartush, with Offertory Gifts brought up by Marilyn Doughty, Shirley Veith, and Allene Doty.

Sacred music for the liturgy was presented by Barbara and Don Rohmer, Christy Hesse, and Joseph McCoy. Songs included "On Eagles Wings," "Be Not Afraid," "Amazing Grace," "I Heard the Voice of Jesus Say," "Songs of the Angels," and "How Great Thou Art."

Sylvan Walterscheid was Mass server, with Dolores and Herbie Miller, Shirley Veith, Imelda Rohmer, and Theresa Mae Walterscheid as Eucharistic ministers. Pallbearers were Gregg

Wilde, Mike Schmitz, Jerry Horn, Bob Schmitz, Allan Gunnels, and Paul Deltz, with honorary pallbearers Herbie Swirczynski, Edmon Veith, and Jimmy Doughty.

Burial was in Sacred Heart Cemetery directed by McCoy Funeral Home. A Rosary Service and a Vigil were held on Thursday.

Al, or "Ollie" as he was sometimes called, was born May 8, 1915, the youngest of the five children of Jake and Mary Voth Horn of Muenster. On March 8, 1943, he married Gertrude "Gertie" Schmitz in Lindsay. She was his best friend and beloved companion until her death.

Al had a variety of careers, from tending the switchboard for his mother and Muenster's first newsboy, to a carpenter, truck driver, oilfield pumper, and had his own auto-body repair business. A jack of all trades, he could fix or rebuild anything.

He built grandfather and mantel clocks, and worked with stained glass. The house brimmed with the fruits of his and Gertie's crafts. He thought more of doing a good job than making money, even to the point of losing money.

Ollie also had a love for motorcycles in his younger years. A motorcycle accident gave him his distinctive limp. He then purchased an airplane from Joe Wilde, but sold it after a near collision with a barn.

Al welcomed new people into his neighborhood, and he was always ready to help a neighbor. He was always ready to stop for a friendly chat.

Preceding him in death were his wife Gertie on July 2, 2002, his parents, sisters Christine Schad and Margaret Swirczynski, and brothers Joe Horn and Jake Horn, Jr.

Survivors include sisters-in-law, nieces, and nephews.

**Eleanor Sicking 1915-2007**



Eleanor Sicking

Eleanor Cecilia Sicking, 91, a native of Muenster, and a long time resident of the Myra Community, died at Muenster Memorial Hospital on Saturday, Aug. 25 at 6:25 p.m.

She was born on Oct. 26, 1915 in Muenster, the sixth of 14 children of Leo and Anna Koelzer Rohmer. On Nov. 8, 1938, she married William John "Johnny" Sicking in Sacred Heart Church. They moved to a farm south of Myra where they lived all their married life. Johnny died in 1982.

Eleanor was a farm girl all her life, helping in the fields hoeing, and picking cotton as a young child. She and Johnny operated the farm and dairy, milking until the early 1960s. After her husband's death, she continued the grain and beef cattle operation. Eleanor also worked a large garden, canning enough vegetables each summer to last through the winter. She took pride in her

flowerbeds and rose bushes. She also raised and processed chickens for home consumption, and loved to bake and sew.

Survivors include three sons, Jerry and wife Evelyn of Muenster, David and wife Rose of Gainesville, and Kenneth of Myra; three grandchildren, six great-grandchildren, and two great-great-grandchildren. Also sisters Gertrude Voth, Rita Becker, and Martha McKinney, all of Muenster, Agnes McCallion of Tucson, Arizona, Adeline Pettit of Sherman, and a brother Norbert Rohmer of Muenster.

Preceding her in death were her husband, son Gene, her parents, a grandson, a great-granddaughter, sisters Mary Rohmer and Bertha Wooten; and brothers Albert, Alois, Edward, Arnold, and Urban Rohmer.

A Rosary Service and a Vigil Service were held Monday at McCoy Funeral Home. Mass of Christian Burial was offered Monday, Aug. 28 at 10 a.m. in Sacred Heart Church. Fr. Ken Robinson celebrated the Mass.

Assisting Fr. Ken was altar server Danielle Sicking. Sherilyn Sicking gave the First Reading, and Juliane Sicking read the Second Reading. Prayers of the Faithful were given by Sherilyn Sicking, Haylee Sicking, Noah Sicking, and Juliane Sicking brought up the Offertory Gifts. Eucharistic ministers were Jerry Sicking, Imelda Rohmer, Viola Rohmer, Linda Sepanski, and Carolyn Bayer.

Music ministers were Christy Hesse and Linda Flusche. Sacred music included "On Eagle's Wings," "Prayer of Saint Francis,"

"Gift of Finest Wheat," Hail Mary, Gentle Woman, "Irish Blessing," and "Anthem."

Remarks of Remembrance were given by Darwin Sicking who said in part: "...Grandma always had room on her lap for grandchildren as she sat in her rocker and read to us..."

"Grandma was a simple woman; she did not want a lot of fancy things. Grandma never asked for anything for herself and was embarrassed if anyone made a fuss over her. She lived her life taking care of other people, trying to please everyone... Grandma was a generous and giving lady..."

"What we all remember most about Grandma is what a gentle, strong, loving, and genuine person she was. She was like having an angel on earth with us..."

Pallbearers were Darwin Sicking, Werner Becker, Bobby Sicking, Jimmy Mosman, Neil Rohmer, and Gerald Fiedler.

Burial was in Sacred Heart Cemetery.

The family suggests memorial contributions be made to the Myra Volunteer Fire Department, Catholic Daughters, or ABBA.

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Laura Haile

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**STADIUM.....**

**cont. from pg. 1**

awarded to HKS not only because the firm submitted an impressive design concept for the stadium but because it had never before designed an NFL stadium project.

Once the design firm was selected, the next four years were spent determining the appropriate site for the stadium, a search that included the cities of Dallas, Grapevine, Arlington, and Fort Worth. When negotiations stalled in the others cities, the city of Arlington "jumped on the project," according to Williams, and the city, guided by Mayor Robert Cluck, approved it within 60 days.

Also during this time, the firm and the Jones family researched architectural precedents for the new stadium.

"Every third month or so Bryan Trubey, Jud Heflin, and I and a few others would take a trip with the Jones to another NFL stadium," says Williams. "We'd come in for a tour and then stay for the game. Other times the Jones family would also call and say, 'We're going on vacation to France or England. What architecture should we see? and we'd recommend buildings for them to see.'" Visited sites include the Bloomberg Towers in New York City; the airport in Nice, France; London's Wembley Stadium; and the Sydney Opera House.

According to Williams, the biggest challenge of the project was dealing with the sheer size of the stadium. "We had 15-20 people working on this project from the onset, designing and rendering the 2.3 million square feet of space. HKS is responsible not only for the design of the stadium's exterior, but the interior spaces and finishes."

The stadium's monumental size is necessary to hold the extraordinarily large amount of people Jones hopes will attend games.

"Jerry's magic number was 100,000," said Williams. "That's what we designed for. All of the concourses, the exit widths, and the number of toilets can accommodate this

many people. On an average day, however, there may be only 70,000, but this will just mean that the stadium will seem even more luxurious to those 70,000."

Designing and constructing a stadium large enough to hold such a crowd requires the collaborative efforts of many departments and individuals. The firm has 10 consultants involved in the areas of structure, mechanical/electrical/plumbing, lighting, audio/visual, civil, landscape, security, graphics, interiors, and food services. The book of structural drawings alone is almost three inches thick.

"This is a project involving 12 different disciplines and more than 3,000 sheets of paper," relates Ryan Blaylock, a three-year employee of HKS who has been assigned to the Cowboys stadium since day one.

Williams adds, "You're really dealing with the design and incorporation of three different programs. You have the sports field and its seating, food and beverage services that are as good as any restaurant's, and entries, concourses, and lounges that are competitive with any hotels."

Currently there are around 15 people from HKS still working on the stadium. Some are involved in construction administration, while others finalize packets of drawings.

"This is a fast-track project, meaning that you break ground before all of the drawings are complete," explains Williams.

According to Blaylock, there are a total of 1,200 workers on site each day, but near the end of the project there could be as many as 2,000. Though most workers are on site from 7 a.m. until 3:30 p.m., the concrete masons pull a double shift, working from 2 a.m. until midnight. Concrete is poured during the early hours of the morning and late at night while temperatures are cool and constant. The masons erect the forms during the

time in between, when the temperatures are too hot to pour concrete.

Before the end of the month, the stadium will be ready for the steel tubing, which will be erected in preparation for the glass curtain wall that will enclose the stadium. Blaylock estimates that workers have reached the 1.5 million work-hours mark on the project.

A fast-track plan for a project like this makes sense, considering it required almost all of last year just to remove the 1.5 million cubic yards of dirt for the excavation of the 50-foot-deep bowl. But with no visible plans yet presented to the public at that time, citizens and Talk Show hosts were in an uproar. Only Mayor Cluck had seen the plans. The people of Arlington, however, had agreed to pay \$325 million dollars toward the project, and they wanted to know where their money was going.

While the Cowboys' attorneys and representatives cited terrorism concerns, competitive harm, and ongoing economic development negotiations as reasons for withholding the stadium drawings, Williams shares, "The comfort level with the design wasn't there yet. There were design details that needed finalizing before it was presented to the public."

Preliminary stadium plans were finally shared with those interested at the Arlington City Hall last November. "At that point they grabbed any plans they could get, even if they said 'DRAFT' clearly over the top," relates Trish Martineck, vice president and director of communications at HKS.

The official unveiling of the plans occurred in December of 2006, and a virtual stadium tour was shown at an invitation-only event in the Arlington Convention Center.

"We have such a rapport with the owner on this project. Together we planned a timeline of milestones and

have been noted on ESPN and national news, and recently we submitted the project for 'Build It Bigger,' a show on the Discovery Channel," shares Martineck.

The latest milestone to be reached on site has been the arrival and installation of trusses for the first of two monumental arches, each twice the distance of the St. Louis Gateway Arch and over 300 feet tall, which will act as primary supports for the stadium's roof. Each arch will take nearly six months to construct.

These boxed arches, 35 feet deep and 15 feet wide, allow not only for the largest retractable roof in the world, but the largest domed roof and the largest column-free room in the world.

"Each anchor for the arches takes a total of 80 million pounds of force and goes 70 feet below the ground," Blaylock describes.

Contributing to the weight on the arches is another one-of-a-kind feature, a center-hung video board, suspended 110 feet from the playing field and extending from one 20-yard line to the other, giving ticket-holders a unique stadium experience without sacrificing the view one would get from one's living room television. And if that isn't enough, each end zone features a five-leaf, clear glass, retractable door measuring 120 feet high and 180 feet wide, making it the tallest movable glass wall in the world.

The stadium's high-tech approach will help ensure the stadium's vitality 30-40 years from now. "You have to do that. You can't spend a billion dollars on a five-year plan," Jones noted.

But for Bryan Trubey, principal designer, it's a part of the "palette" the team produced, as the Cowboys struck the architect as "progressive, edgy, contemporary, forward-thinking."

"Bryan has had the vision to look at our project as more than just a football stadium, and because of that has worked diligently to create a monumental piece of architecture in Arlington," Jones said.

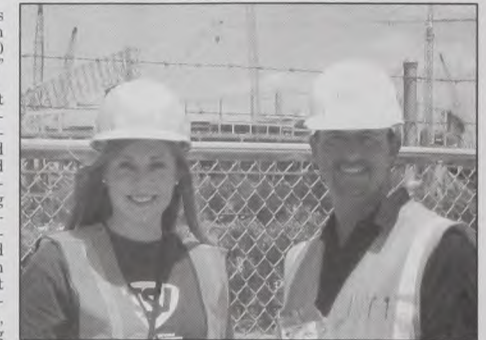
HKS architects were sure to keep Texas Stadium's fa-

mous "hole in the roof" in their design. This way, God can keep a clear view of America's team come game time.

For a full description, video, and details about the stadium visit <http://stadium.dallascowboys.com>.

At the time of this printing, Sepanski has returned to The Catholic University of America in Washington, D.C., where she will complete her final semester in the graduate architecture program and, in December, earn her Master of Science in Architecture. Sepanski is a 2002 graduate of Sacred Heart Catholic School and the daughter of Robert and Linda Sepanski.

Submitted by Sara Sepanski



Sara Sepanski and Ryan Blaylock of HKS, Inc. before Sepanski's Aug. 6 tour of the site of the new Dallas Cowboys Stadium in Arlington. The start of construction of the first of two monumental boxed arches can be seen in the background. Cynthia Basciano photo

**Department of Public Safety troopers say "Drink. Drive..... Go to Jail."**

Texas planning to celebrate the last three-day weekend of the summer should know that the Texas Highway Patrol will be out in force looking for people who are driving while intoxicated. During the Labor Day weekend (Aug. 31 to Sept. 3), all available state troopers will be out on Texas roadways in support of the "Drink. Drive. Go to Jail." program.

"We are serious about enforcing this law," said Col. Thomas A. Davis, Jr., director of the Texas Dept. of Public Safety. "Too many innocent people are killed every year in this state when drivers choose to consume alcohol and then operate a motor vehicle. We intend to do our part to find those intoxicated drivers and get them off the road."

It is illegal in Texas to operate a motor vehicle with a breath alcohol content of 0.08 or above. During the Labor Day weekend in 2006, DPS troopers arrested 887 people across the state for driving while intoxicated.

The punishment for a DWI conviction:

First offense: Fine not to exceed \$2,000 and/or a jail term of 72 hours to 180 days; participation in an alcohol education and treatment program even if probation is granted; license suspension from three months to one year.

Second Offense: Fine up to \$4,000 and/or jail term of 30 days to one year; mandatory 72 hours in jail even if probation is granted; license suspension from six months to

two years. Third Offense: Fine not to exceed \$10,000; prison term of two years to 10 years; mandatory jail term of 10 days even if probation is granted; license suspension from six months to two years.

Intoxication manslaughter: Fine up to \$10,000, prison term of two to 20 years, license suspension from six months to two years.

DPS also is a participant in Operation CARE-Combined Accident Reduction Effort—a nationwide effort by police agencies to reduce fatalities on major interstate highways during holiday weekends.

In addition to intoxicated drivers, troopers will be looking for speeders and those who are not wearing seatbelts as required by law.

**Dr. Allan's Health Corner**

I'd like to welcome you to our new Health Column. In the upcoming weeks we will discuss topics that vary from diet and nutrition to how to eat and live an anti-inflammatory lifestyle. We will discuss how to beat things like high cholesterol, arthritis pain and stiffness, even Type II diabetes and digestive disorders like gastric reflux, naturally. We will cover Natural hormone therapy and how to cleanse your body from toxins. Before we get into those hot topics lets look at the idea of preventive medicine **A New Look at Prevention... Preemptive Healthcare!**

We have all heard of and are bombarded with the very worthy goal of practicing "Preventive Medicine". However, most of what we mean by prevention is really early disease detection. Even though this approach obviously has real value it is not "prevention" at all. The definition of "Prevention" is: **"to anticipate or counter in advance"**, to literally avoid disease in the first place. True prevention should be called, **Pre-emptive Healthcare**. This means taking actions now that will give you a better chance to avoid developing the chronic diseases that plague our population.

**Let me say here emphatically, it is important to participate in early disease detection for those things we have tests for such as mammograms, blood tests for blood sugar issues and bone density tests to check for osteoporosis just to name a few.**

We are all searching for a life free from chronic disease and disability and anything that would interfere will the things in life that we love to do. Health is not merely the absence of disease but a high energy non-limited lifestyle. I hope the topics we cover will answer questions you have had and educate you how to help you in your goal of true prevention. For topics you can email Dr. Rosenbaum at: [ajrosen@ntin.net](mailto:ajrosen@ntin.net) Look for our coming website **Preemptivehealth.com**

Dr. Allan Rosenbaum D.C. is a local Dr. of Chiropractic with offices in Muenster and Denton. Next week's article: **How you can help Arthritis pain Naturally without going to the doctor.**

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## Meetings restart for area Diabetes Support Group

The Diabetes Support Group will begin meeting again Sept. 18, after a short summer break. Meetings are held on the third Tuesday of each month, at 7 p.m., in the Classrooms of the North Texas Medical Center, Gainesville. Joan Walterscheid, RN, certified diabetes educator and facilitator of the group, encourages all persons with diabetes, family members, and anyone interested in learning about diabetes to attend these Free sessions.

Programs by various health care professionals, as well as other presentations that would be of interest and/or related to diabetes, will be presented each month. The support group provides edu-

cation and support for individuals diagnosed with Type 1 and Type 2 diabetes, through dialogue and informative programs.

"Diabetes News" will be presented by Joan Walterscheid, RN, CDE, on Tuesday, Sept. 18 at 7 p.m. in the classrooms of the North Texas Medical Center. Future programs include: "Eating Out", by Kathie Robinson, MS, RD, LD, CDE on Oct. 16, and "Know Your Numbers", sponsored by Bayer Diagnostics, on Nov. 20.

For more information about the Diabetes Support Group, or to be notified of future meetings, call Joan at (940)759-4296 or e-mail her at [jwalter@ntn.net](mailto:jwalter@ntn.net).



Michael and Angela Terilli, along with David and Letha Hillard, announce the approaching marriage of their children Jillian Terilli and Jessy Hillard. The wedding is planned for Saturday, Sept. 22, 2007 in Muenster. After their marriage, the couple plans to settle in the area.

## Gainesville needs your vote to help with flood cleanup

With more than 700 entries, the City of Gainesville is now in a three-way race to win a City-wide cleanup. Lorrie Grewing from Gainesville entered the Dial Promotions contest and wrote about that City's devastating June floods.

She said she wants a visit from the soap company to help Gainesville pick up after so much was lost.

Gainesville made it to the

finals along with two other cities, one in New York and the other in Virginia. The winning entry will get a visit from the Henkel Brand Crew in late September to begin cleanup and restoration.

Please cast your vote for Gainesville! Vote for Gainesville! Voting ends Friday, Aug. 31 at 11 a.m. Here's the link: <http://www.dialpromos.com/HenkelHelps/>

## Koesler graduates UNT Cum Laude

Kristian Marie Koesler, daughter of Martha and Rudy Koesler, graduated *cum laude* from the University of North Texas with a Bachelor of Science degree in Merchandising and a minor in Business on Aug. 11.

As an undergraduate, Kristian was a member of Merchandising, Inc. She studied abroad in Scotland for one semester, and she was named to the Dean's list for several semesters. She also completed an internship at Nordstrom at Stonebriar Centre in Frisco.

Kristian has accepted a po-

sition at Nordstrom Galleria Dallas. She will continue her studies as an R.L. Cartwright Memorial Scholar, pursuing joint Master's degrees in Merchandising and Business at the University of North Texas.



Kristian Koesler

## Informative tour of Sacred Heart Church planned for Sept. 9

The Sacred Heart Parish Spiritual Growth and Education Committee announces "To Know Her Is to Love Her," the second program in its nine-part Growing in Your Faith Series, scheduled for Sunday, Sept. 9, at 6:30 p.m. in Sacred Heart Church.

In an informative tour given by Linda Sepanski, parishioners will have the opportunity to grow in their appreciation for the special beauty of Sacred Heart Church and learn some interesting facts about the building and the history that preceded it.

"Our present day church is rich with symbolism and prayers that many of us may not be really conscious of or fully understand," said Linda. "Each time I've been asked to give a tour of the church, I've found my own appreciation for this magnificent structure and its sacred environment reawakened. And when I happen to be in another church, I realize just how impressive our church's interior is, built exclusively with beautiful and authentic materials, God-made materials. I am always amazed by the faith and generosity of those who came before us and how blessed we are by their legacy."

Linda received information

she presents in the tour from the late Sister Carmelita Creasy-Myers, O.S.B., whose years at Sacred Heart School included those during which the church was built, and whose role as oral historian of the church and school spanned five decades. When visitors and groups would request a tour of the church, Sister Carmelita would graciously accommodate them. In the mid '90s, with her knees no longer allowing her to carry out this ministry, but hoping to see it continue, she shared her knowledge with Lorena Taylor and Linda Sepanski.

Information presented in the tour is also based on Brother Thomas Mosler's *Diamond Jubilee History of Sacred Heart Parish*, input from Charlotte Jones, Ph.D., the former Sister Roberta Jones, O.S.B., who has a great love and appreciation for Sacred Heart Church, and on Linda's own research.

"Hopefully, those attending the tour will come away with a deeper understanding and greater appreciation for our beautiful church, an edifice the late Bishop Thomas Gorman described as a 'poem and a prayer in wood and stone' and Dr. Charlotte Jones has written of as a 'pristine act of faith in stone,'" said Linda.

## AREA EVENTS

### Bluegrass Festival

Seven hours of bluegrass music and sales of craft, quilts, collectibles, and costumes are scheduled at Mountain Springs on Saturday, Sept. 8th from 9 a.m. to 8 p.m.

The summer bluegrass music and craft festival is a fundraiser for the Lake Kiowa and Valley View Volunteer Fire Departments. Craft booths open at 9 a.m. Lunch begins at 11 a.m. and bluegrass starts at 1 p.m. Bring your lawn chairs.

New this year are booths featuring costumes for the Mountain Springs Summer Music shows and also collectible booths. For free booth, call 940-637-2617.

### NTMC Blood Drive

**Give the "Gift of Life" by donating at blood drive**

The Texoma Regional Blood Center will be conducting a blood drive at North Texas Medical Center in Gainesville on Friday, Aug. 31, from 7 a.m. to 5 p.m.

The drive is sponsored by NTMC and the Gainesville Kiwanis Club.

For more information, contact Gayla Blanton, Director of Community Relations at NTMC, 940-612-8373, or any Gainesville Kiwanis Club member.

## Keep children safe!

Please, take extra care in hour before and after school. Children will be crossing streets going to and from school. Observe school zone speeds and stop for school buses.



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## Results announced for 27th Forestburg Watermelon Festival

The 27th Annual Forestburg Watermelon Festival Parade was Saturday, Aug. 18.

Grand Marshall of the parade was Mrs. Imogene Lynch riding in a 1931 Ford Model "A" Deluxe Roadster accompanied by her son, Gordy Lynch. Imogene was born five miles south of Forestburg in 1918 and has lived her entire life in the Forestburg community.

There were 30 registered entries in seven categories and many non-registered participants. Winning entrants were: The Miller, Freeman, Hiegel, and Sanford families won the best all-around trophy with their float entry. The "Garden of Praise" sponsored by the Forestburg United Methodist Church youth group won the float trophy. The Forestburg Riding Club won the riding club trophy. Miss Ciara Smith of Saint Jo won the individual horse rider trophy. The antique automobile trophy went to Eli Harvill with his 1931 Ford

Model "A" Deluxe Roadster. Helen Steadham, Mrs. Forestburg Sesquicentennial, won the commercial division. Whitt Klein of Forestburg won the antique farm equipment division with a 1946 Model B John Deere tractor. The miscellaneous trophy went to Samantha Reynolds riding a bicycle and leading a paper cow on rollers. Judges for the parade were: Mary Lynn Guedry, Chuck Owens, and Dan Gentry of the Montague area.

Eleven contestants entered the Forestburg Sesquicentennial celebration 42 tournament. Contestants drew for their playing schedule. Players were rotated so that no one played with the same partner twice. After six 20 minute rounds of play, Nina Henderson of Rosston had won 44 hands and the first place trophy. Mildred Haney of Alvord had 43 wins and took second, while Raymond Kelly of Ross Point had 42 wins and settled for third.

## NEW ARRIVALS



Marlee Walterscheid

### Walterscheid

Madyson Lee and Meadow Brooke Walterscheid announce the arrival of their sister, Marlee Rae, who was born on Friday, July 27, 2007 at 12:41 p.m. in Presbyterian Hospital of Plano. She weighed 7 lb. 2 oz. and was 18 inches in length. Parents are Jason and Jennifer Walterscheid of Aubrey. Grandparents are Dave and Joan Walterscheid of Muenster and Debra Neill of Little Elm. Great-grandparents are Margaret Kupper and Augusta Walterscheid of Muenster, Robert and Joy Baker of Gepp, Arkansas, and Mary Neil of Springfield, Missouri.

### Warner

Valerie and Grant Warner of Dallas are proud to announce the birth of their daughter Hannah Katherine Warner on Friday, Aug. 10, 2007 at 12:15 p.m. in Presbyterian Hospital of Dallas. She weighed 7 lb. 6 1/2 oz. and measured 19 1/2 inches in length. Hannah is the first grandchild for Jim and Carol Fuhrmann of Muenster, Martha Warner of Arlington, Virginia, and Warren Warner of Lubbock. She is the great-granddaughter of the late Ed and Gen Pels and the late Val and Girlie Fuhrmann.



Hannah Warner

### Hartman

Jeff and Mandy Hartman of Corpus Christi announce the birth of their new son Hudson James on August 13, 2007 at 4:52 p.m. He weighed 8 lbs. 4 oz. and was 21 1/2 inches long.

Hudson's grandparents are Don and Kathy Hartman of Muenster, and Jim and Sherry Greenwood of Weslaco. Proud great-grandparents are Bill and Eileen Luke of Muenster, Charles and Marie Greenwood of Mercedes, and J.R. Cook of Weslaco.

### Schmidtkofer

Michael and Jackie Schmidtkofer announce the birth of their first child, daughter Lauren Elizabeth. She was born at Presbyterian Hospital in Denton on August 15, 2007 at 4:39am. Lauren weighed 8lbs. 7oz. and was 19 in. long.

New first time grandparents are Alfons and Theresa Miller of Brock and Gene and Ethel Schmidtkofer of Gainesville.

## Monitoring body acid is key to good health

The link between pH levels and illness has been recognized by physicians since the early twentieth century, and today, almost every medical textbook discusses the extreme life-threatening conditions of an acid-alkal imbalance.

Although different parts of the body have different pH levels, most can maintain themselves with no outside help. However, the body's overall internal environment and proper organ function is directly affected mainly by dietary acidity, or acid produced by food intake.

The following tips help maintain internal pH for optimum health:

- Eat organic foods and free-range meats whenever possible. Chemicals used in the growth and ripening process cause foods and the soil in which they're grown to be devoid of minerals.

- Consume ripe fruits and vegetables. Foods eaten in an unripe state are acid-forming.
- Color matters. Green vegetables contain high levels of calcium, magnesium, and potassium, while orange vegetables contain vitamin K - both are effective in reducing acidity.

- Not all juices are created equal. Most fruit juices are packed with sugar, which increases acid. Any fruit juice consumed should be freshly squeezed from ripened fruit.
- Avoid roasted nuts. Peanuts and peanut butter are highly acidic - almonds and almond butter are better choices.

- Whole grains are superior to processed grains. Brown rice, buckwheat, and millet are 100% alkaline.

- Reduce flesh and eat more fresh fish, lean cuts of chicken and turkey, and eggs from free-range chickens. Substitute some meals with non-meat proteins like lentils and other beans.

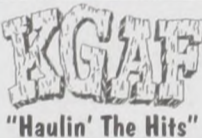
- Drink healthy water. Drinking water free of chemical additives assists the kidneys in eliminating acid. Water with a high pH and minerals like potassium and magnesium are also beneficial.
- Stay away from soda, which sends acid levels soaring. Teas containing tannic acid and coffee should be kept to a minimum.
- Do dairy sparingly. If milk or cheese is a must, keep it to a minimum and stick to the hard cheeses. Rice milk is a great alternative.
- Limit stress and increase exercise. Stress can harvest itself internally, hindering organ and muscle function and restful sleep. Although regular exercise produces lactic acid, it assists in stress-relief and overall body function, positively impacting the elimination of excess acid.

## Grandparents

The best baby-sitters, of course, are the baby's grandparents. You feel completely comfortable entrusting your baby to them for long periods, which is why most grandparents flee to Florida.

~Dave Barry

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## Spreading the word - Keep Texas Beautiful!!



Kay Broyles, at left, presents a copy of "Don't Mess with Texas, the story behind the legend" to Jody Thomas of the Muenster Public Library. This book was given by Keep Muenster Beautiful to help the community more fully understand the history and purpose of Keep Texas Beautiful. Copies of the book were also given to the Muenster ISD and Sacred Heart School libraries. Courtesy photo

**Sorry, Deborah, we missed your 37<sup>th</sup> birthday. Happy Birthday! We love you. 3 at KK.**

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## Oncor: Investing to Meet Growing Needs

By Sabrina Taylor, Oncor

We have a rich heritage of working with the leaders and visionaries of Texas. We were here when the first lights were switched on more than a century ago. We're here today when you boot up a computer, charge your cell phone or get a cold drink from the refrigerator. Our name has recently changed, but our commitment hasn't. Delivering power to a vibrant economy in Texas was and continues to be job number one.

Once you choose a retail electric provider to sell electricity to you, it's our job to deliver that electricity to your home or business reliably, safely and efficiently. Think of our vast network of poles and lines as a giant extension cord connecting power plants and customers. In fact, we have more than 100,000 miles of lines across the state of Texas and we manage one of the most efficient and reliable electric grids in the United States.

Our system delivers electricity to more than 3 million homes and businesses in East, West, Central, and North Central Texas. The Public Utility Commission of Texas, a state agency, regulates what we charge all retail electric providers to deliver power to your door. We are one of the lowest-cost electric delivery providers in Texas.

We are continuing to invest in our network in order to meet the growing needs of the state and our own community. Over the next three years, we plan to invest billions to support our growing population by expanding our system, improving our services with our comprehensive maintenance programs and deploying new technologies.

We've been a part of the community for a long time. As your Oncor area manager, I appreciate the opportunity to serve this community by delivering safe, reliable and efficient electricity.

Think of our vast network of poles and lines as a giant extension cord that connects power plants to millions of customers.

SABRINA TAYLOR Area Manager www.oncor.com



## LUNCH MENUS

### WEEK OF SEPT. 3 - 7 SACRED HEART

Mon. - No School.  
Tues. - Salisbury steak, potatoes, gravy, applesauce.  
Wed. - Sausage, sauerkraut, potatoes, corn, cinnamon rolls.  
Thurs. - Stew, cornbread, cheese sticks, pineapple tidbits.  
Fri. - Ham and turkey sandwich w/trimmings, tortilla chips, salsa, apples.

### MUESTER ISD

Mon. - No School.  
Tues. - Corny dogs, pinto beans, macaroni and cheese, peaches, brownies.  
Wed. - Ham, turkey, and cheese sub sandwich, lettuce, tomatoes, chips, apples, cookies.  
Thurs. - Steak fingers, creamed potatoes w/gravy, corn, pineapple, hot rolls.  
Fri. - Barbecue sandwich, French fries, pork and beans, applesauce, ice cream.

### LINDSAY ISD

Mon. - Corn dog, baked beans, carrot sticks, applesauce, chocolate pudding.  
Tues. - Barbecue on a bun, pickle wedges, potato chips, fresh fruit.  
Wed. - Baked turkey, mashed potatoes, gravy, corn, bread, strawberry shortcake.  
Thurs. - Lasagna, green beans, lettuce salad, pears, bread.  
Fri. - Chicken on a bun w/trimmings, tator tots, ice cream.

### ERA ISD

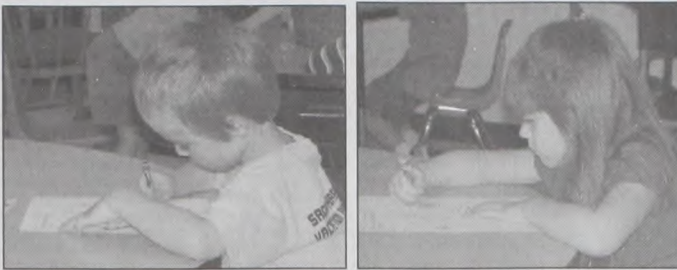
Mon. - No School.  
Tues. - Chicken patty or steak fingers, mashed potatoes, gravy, tossed salad, strawberry applesauce, hot roll.  
Wed. - Crispy tacos, trimmings, pinto beans, chocolate pudding.  
Thurs. - Frito chili pie, shredded cheese, corn, tossed salad, fruit mix, chocolate chip cookie.  
Fri. - Sub sandwich, trimmings, pickle spears, potato chips, ice cream.

## Grandparents

I wish I had the energy that my grandchildren have - if only for self-defense.

-Gene Perret

## Back to school at Muenster



The Muenster ISD Kindergarten classrooms were busy Monday morning, the first day of school. Above, Nathan Flusche and Jenna Hudspeth work on papers before class begins. Below, aide Janie Hennigan shows Benny Koessler where to hang his backpack. Also pictured are Anna Proffer, Noah Clure, and Tanner Corcoran. Janie Hartman photos



## Kids' backpacks shouldn't be nerve-damaging burden

A backpack bulging with books and school supplies may be a sign of a good student, but doctors at UT Southwestern Medical Center say it can also cause back strain, even nerve damage. A condition called Rucksack Paralysis is caused by the strain on shoulders and arms. Symptoms include pain and tingling in the hands and

arms. The problem could become permanent if kids continue to sport packs that are too heavy.

"If the child is straining or slouching, that is a sign the pack's too heavy," said UT Southwestern orthopaedic surgeon Dr. Kevin Gill of the Spine Center at UTSMC. "You can often lighten the load by ensuring that kids

don't carry anything in their packs that isn't necessary."

In addition, Dr. Gill recommends avoiding slinging a backpack over just one shoulder.

"Use a pack with a waistband and carry it with both straps to distribute the load," says Dr. Gill. "Or you may want to consider a rolling backpack or luggage cart."

## Three Muenster girls participate in North Texas State Fair show

Muenster FFA and Jr. FFA girls showed their goats in the North Texas State Fair this past weekend. The girls who showed and their placing were:

Kendra Walterscheid - Class 7 - place 7th, 8th, and 11th, Class 8 - place 4th;  
Brandy Dangelmayr - Class 2 - place 10th, Class 4 -

place 3rd, Class 5 - place 12th, Class 7 - place 10th, Class 8 - place 3rd and 5th;  
Jordanne Hellman - Class 5 - place 7th, Class 6 - place 7th.

They will be showing in Nocona, Wichita Falls, and the State Fair of Texas between now and the first week of October.

## Teachers welcomed with luncheon event

The second annual "Toast To Teachers" was celebrated on Wednesday, Aug. 22, as approximately 125 guests including teachers, staff, and supporters showed up to enjoy this annual event. A hum of anticipation had filled the air in the Saint Jo School Cafeteria as volunteers prepared for the arrival of Saint Jo I.S.D.'s 2007-08 faculty and staff and involved citizens.

High School students helped lay tables and practiced how they would serve directed by caterer, Debbie Schoppa. TTT Committee members put finishing touches on table arrangements and "apples" for teachers coordinated by chairman, Donna Sickles. Speakers walked through their programs and Community Choir members warmed up with director, Suzanne Lawson.

Effort was quickly rewarded as the honorees made their entrance at noon and began looking for their places, visiting and chatting as they mingled through the friendly

crowd. Guests were welcomed by Saint Jo Mayor Tom Weger and entertained as they dined by the Saint Jo Community Choir.

Leeton Phillips, SJISD School Board president, introduced the Board; Larry Smith, SJISD superintendent introduced his principals, Gina Henley, Elementary, David Freeman, High School, and Denise Thurman, assistant principal and library director. Each in turn introduced staff.

Mayor Weger concluded the affair with an introduction of community members and organizations contributing to the making of another successful Toast To Teachers.

Donations to continue this annual event are greatly appreciated and should be made in care of the Saint Jo Chamber of Commerce. If you would like to share your appreciation for our teachers, The Century Club is organizing a "Teacher's Angel" program for the second year in which you can anonymously befriend a teacher.

## Filling the lunch box with food for thought

With childhood obesity a continuing concern, nutrition experts at UT Southwestern Medical Center say what you put in your child's lunch box is more important than ever. Lona Sandon, a registered dietitian at UT Southwestern, said a healthy lunch is good for the body and the brain. Kids who eat a good lunch do better in school. Look for protein from lean lunch meats, low-fat cheese, or peanut butter on whole-grain bread. Other good

lunch box items include fresh fruits and vegetables, fruit cups, yogurt in a tube, single serving containers of cottage cheese, and pudding cups made from skim milk.

"A healthy lunch not only keeps the body going but also the brain," said Ms. Sandon. "Kids who eat regular healthy meals often do better in school."

If your kids insist on chips and candy, use baked chips and offer fun-sized candy bars instead of full-sized bars.



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05 GMC Sierra Crew Cab.....\$19,988	07 Ford Expedition.....\$25,998	06 BMW 325 X17.....\$26,988	06 Jeep Wrangler Unlimited.....\$18,988
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# Deer free landscape

Deer damage to ornamental plants is increasingly a suburban problem. Deer populations in neighborhoods have increased rapidly due to abandoned farms, hunting restrictions, and suburban sprawl. And they are dining on expensive suburban landscapes.

"Deer are selective feeders that eat leaves from flowers, shrubs, and ornamental trees," explains Tchukki Andersen, staff arborist with the Tree Care Industry Association (TCIA). "Damage to larger trees can extend up to 7 feet."

Most areas with overpopulated deer herds experience problems year-round. The availability of natural food sources and the taste preferences of individual deer make deer-proofing a difficult task.

"Deer will eat almost any plant rather than starve," said Andersen. "Damage control measures will be needed in addition to careful plant selection. Use of fencing and repellents can help control deer damage to landscapes."

A fence is the most effective control against deer damage. An 8-foot fence is generally sufficient to deter deer, and lower fences can work if they slant away from your yard. Tree protectors or shelters also prevent deer from browsing on young trees. Made of polypropylene tubing, plastic tree wrap, or woven-wire mesh cylinders, netting can be used to protect individual

or group plantings. The netting can be left on year-round if it's attached loosely at the base to allow for plant growth.

Repellents may help deter deer, but they do not eliminate damage completely. Homemade repellents include rotting eggs (mix two eggs with a gallon of water and spray the mixture on ornamentals). The eggs rot on the plants and the smell repels deer. Human hair hung in mesh bags makes a simple repellent. Hang the hair bags on the outer branches of trees about a yard apart, and replace them monthly. Bars of strong-smelling soap hung in the same way will also work. This is a good way to make use of all those aromatic Christmas gift soaps you don't plan to use. Repellents containing predator urine or spray-on, soap-based mixtures usually only last a few weeks, depending on the weather.

Once deer taste your garden, it is difficult to rid them of the habit. Replacing your current mix of trees and shrubs with plants that are less appealing will help move the herd along to other sites. The TCIA recommends planting trees that have a history of surviving areas of heavy deer activity, such as:

**Best trees**  
Bottlebrush buckeye, downy serviceberry, shadbush, Allegheny serviceberry, pinon pine, Chinese paper birch, 'heritage' heritage birch, paper birch, Japanese false cypress, Japanese cedar, and Colorado blue spruce.

**Best shrubs and climbers**  
Larger, tall shrubs tend to withstand deer browsing better than low-growing ones because they have more leaves, making them able to withstand some defoliation, and taller plants are out of reach. Try these shrubs: bearberry, pawpaw, boxwood, caryoptera, American bitter-sweet, red osier dogwood, Japanese plum-yew, creeping wintergreen, John T. Morris holly, Lydia Morris hollies, leucothoe, European privet, Japanese andromeda, Virginia creeper, common buckthorn, blueberry elder, dwarf sweet Christmas box, and Rose of Sharon. Check with your local garden center for a list of trees in your area that are the least appealing to deer.

# Cooling off effects of prickly heat

The hot, moist weather many areas of the country are experiencing from the combination of rain and heat can lead to a skin rash commonly referred to as heat rash or prickly heat.

Prickly heat occurs when sweat glands clog and sweat becomes trapped beneath the skin. It typically results in a patch of little red bumps, usually arising on the neck, upper chest, elbows, groin, under arms, or under breasts, where skin folds touch. It can occur at any age, but is more often found on the elderly and on babies, whose parents may overdress them and as a result they have trouble cooling off.

"Heat rashes aren't serious, but they can be annoying," said Dr. Amit Pandya, professor of dermatology at UT Southwestern Medical Center, who says medical treatment isn't usually needed. "A heat rash should go away on its own after moving to a cooler environment and exposing the affected area to more air."

Loosen clothing around the affected area or wash the area with a cold cloth, then let it air dry. Try calamine lotion or hydrocortisone cream to relieve itching, but Dr. Pandya says avoid lotions, which can further clog the skin. To help avoid heat rash, try drying the area after a shower and using powders such as baby or talcum powder.

Occasionally, a yeast infection may occur in affected body folds, which appears as more intense redness and small bumps. This is especially common in people with diabetes. An over-the-counter medicated cream or powder designed to treat yeast and fungus may be used for such infections. If you are uncertain as to the cause of the rash, consult a physician.

# The anatomy of paper clutter, stopping it

By Marla Cilley, the Fly Lady

If we didn't have paper clutter our homes would be clean! Oh yes I know you will all agree with me on this one! Paper has multiplied like rabbits and is hopping from one flat surface to the next. How can we stop this invasion from taking over our homes?

Have you ever gotten the call that your mother was coming to visit and you catch yourself raking all the piles of paper into bags and stuffing them into the bottom of your closets? Out of sight out of mind; we don't remember they are hiding in the closet till we have searched all over the house for the phone bill to pay because you just picked up your phone to make a call and your phone has been disconnected. We all hate that feeling.

I have known people who have moved across country

and put those garbage bags of paper in the moving van because they didn't have time to sort through four huge bags of paper clutter. Those bags alone are enough to overwhelm us at the thought of opening up the guilt and fear that is associated with that paper clutter!

Let's look at what happens when we get that call from our mother. Our brains shut down and we can't think! All we know is that we have to stash and dash! We don't think about what is going to happen when we hide things from ourselves. We just know that it has to be done and we will deal with the consequences later. What problems could stuffing all those piles into a bag cause us anyway? We know that answer too; lost utility bills, checks, and other important things we might need.

Many years ago I listened to a story by Rita Davenport. She had been on vacation for a couple of weeks. While she was gone all the mail was just piled on her desk. When she got back to work; could not function for the piles on her desk. She took a garbage bag and raked all the mail into it and place it on the credenza across the room. All day she

was busy returning phone calls and forgot about the bag of mail. That night the cleaning service came in and disposed of the bag. The next morning she went into a panic. What was she going to do! What had she missed? Over the next few weeks and months she realized that there were only three items of importance in that bag of mail; One check that needed to be replaced, an invitation that needed an RSVP and they called her to ask why she had not responded and a letter that needed a reply.

So I dare you to throw those bags away or just happily shred them! I also know that you will not take my dare! The fear still has you held hostage! I am going to set you free once and for all time!

I want you to think about how long those bags have been hiding while you gather up what you need to only handle these bags one last time! Do you want to know how to keep this from ever happening again? Develop the simple habit of dealing with the mail when it comes in the door. Open up your bills and throw away the advertising; only keep the bill and the envelope. Put the magazines where you will read them; by

your chair or in the bathroom. If you put one in a magazine rack; get rid of one that is there. Put it in your recycle bin. This paper clutter has to earn the right to come into your home. DON'T PILE IT ON A TABLE TO DEAL WITH LATER! That is why you have that big bag now! DO IT NOW! This will save you a lot of heartache later.

One friend put an industrial shredder in her garage. She would cull through her mail as she got out of the car. She shredded the credit card applications and other ID sensitive mail and recycle the rest. It was all in the garage and not piled on a table cluttering up her home!

Stop yourself the next time you feel the need to put something down on a flat surface in your home. You are creating a hotspot! Nip it in the bud before it gets started by using the DO IT NOW principle! It will only take a few seconds to take care of it now! We all know that later never comes!

For more help getting rid of your CHAOS; check out her website and join her free mentoring group at [www.FlyLady.net](http://www.FlyLady.net) or her book, *Marla Cilley Used by permission in this publication.*

# Wildlife myths

**Myth:** Feeding bread to geese and ducks is a wonderful family activity.

**Fact:** Bread is bad for birds because it offers no nutritional value whatsoever. Severe health problems, including a debilitating condition called "Angel Wing" is caused by bread. Birds have actually starved to death on a diet of bread. Hand-feeding leads to dependency because ducklings and goslings won't learn how to find native foods on their own, and some birds become aggressive about being fed — all of which leads to a tragic outcome.

**Myth:** If you see a raccoon during the day, he must be rabid.

**Fact:** Raccoons are opportunistic and will appear whenever food is around. Although they are normally nocturnal, it is not uncommon to see raccoons during the day when pet food is outside, especially in spring and summer when mom raccoons have high energy demands due to nursing their young cubs. Only if the animal is acting disoriented or sick, such as circling, staggering, or screeching — in addition to being seen by day — should a local animal control officer be contacted.

U.S. Humane Society

# Notice of Public Hearing on Tax Increase

The MUEENSTER HOSPITAL will hold a public hearing on a proposal to increase total tax revenues from properties on the tax roll in the preceding tax year by 17.475124 percent (percentage by which proposed tax rate exceeds lower of rollback tax rate or effective tax calculated under Chapter 26, Tax Code). Your individual taxes may increase at a greater or lesser rate, or even decrease, depending on the change in the taxable value of your property in relation to the change in taxable value of all other property and the tax rate that is adopted.

The public hearing will be held on September 6, 2007 at 7:00 PM at Muenster Hospital Board RM, Muenster, TX. A second hearing will be held on September 13, 2007 at 7:00 PM at Muenster Hospital Board RM, Muenster, TX.

The members of the governing body voted on the proposal to consider the tax increase as follows:

FOR:	Kenneth Klement, Walter Knight, John Aytes, Mary Dangelmayr, Ronnie Weinzapfel, Danny Walterscheid, James Walterscheid, Angelo Nasche, Paul Becker
AGAINST:	none
PRESENT and not voting:	none
ABSENT:	none

# Comparison of Proposed Budget with Last Year's Budget

The applicable percentage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

Maintenance and operations	7.620000% (increase) or	% (decrease)
Debt service	8.340000% (increase) or	% (decrease)
Total expenditures	7.630000% (increase) or	% (decrease)

# Total Appraised Value and Total Taxable Value as calculated under section 26.04, Tax Code

	Preceding Tax Year	Current Tax Year
Total appraised value* of all property	\$277,173,981	\$326,114,998
Total appraised value* of new property**	\$10,447,393	\$7,284,542
Total taxable value*** of all property	\$273,746,391	\$323,428,641
Total taxable value*** of new property**	\$10,417,393	\$7,254,542

# Bonded Indebtedness

Total amount of outstanding and unpaid bonded indebtedness: \$0

# Tax Rates

Adopted tax rate for the preceding tax year	\$0.189900	per \$100 in value
Proposed tax rate for the current tax year	\$0.188900	per \$100 in value
Difference in the proposed tax rate and the adopted tax rate for the preceding tax year	\$0.001000	per \$100 in value
Percentage increase or decrease in the proposed tax rate and the adopted tax rate for the preceding tax year	0.526593	% Increase OR % Decrease

These tax rate figures are not adjusted for changes in the taxable value of property.

\* "Appraised value" is the amount shown on the appraisal roll and defined by Section 1.04(9), Tax Code.  
 \*\* "New property" is defined by Section 26.01(2)(7), Tax Code.  
 \*\*\* "Taxable value" is defined by Section 1.08(10), Tax Code.

# Comparison of Residence Homestead Values

Average appraised and taxable values on residence homesteads are compared from the preceding tax year and the current tax year.

	Preceding Tax Year	Current Tax Year
Average residence homestead appraised value	\$85,538	\$87,781
Homestead exemption amount for the taxing unit (excluding special exemptions for persons 65 years of age or older or disabled)	\$0	\$0
Average taxable value of a residence homestead (excluding special exemptions for persons 65 years of age or older or disabled)	\$85,538	\$87,781

# Comparison of Residence Homestead Taxes

The taxes that would have been imposed in the preceding tax year on a residence homestead at the average appraised value (excluding special exemptions for person 65 years of age or older or disabled) are estimated to be \$162. The taxes that would be imposed in the current tax year on the residence homestead appraised at the average appraised value in the current tax year (excluding special exemptions for person 65 years of age or older or disabled), if the proposed tax rate is adopted, are estimated to be \$166. The difference between the amount of the taxes on the average residence homestead in the current tax year, if the proposed tax rate is adopted, and the preceding tax year would be an increase of \$4 of taxes.

# Back to school?

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\*Some restrictions apply. Call for details. Does not include taxes.



## Fall gardening in Texas

If you made a mistake by not properly preparing your garden soil last spring, now is the time to correct it. This should be done before establishing the fall garden, because soil problems encountered during the spring growing season can be expected in the fall also.

Adding liberal amounts of organic matter to all types of garden soils is a highly recommended practice. Hay, compost, rotten grass clippings, or leaves, applied to the garden surface two to three inches deep and tilled or worked into the soil, greatly improve sands or clays.

Heavy clay soils, which are sticky when wet and hard as a brick when dry, are much easier to cultivate if a washed, coarse sand is added.

Washing sand removes calcium carbonate, which makes alkaline soils even more alkaline. Add three inches of sand to the garden surface if the soil is to be tilled to a 10-inch depth.

Gypsum (calcium sulfate) added to a 'sticky' soil makes it more workable. Gypsum is a neutral product which does not increase or decrease the soil's alkalinity. Not only is it a good soil conditioner, but it also furnishes certain amounts of calcium, which may prevent such minor element disorders as blossom-end rot of tomatoes and cabbage leaf-tip burn.

Never add lime or wood ashes to alkaline soils. Use iron sulfate or a chelated iron product in the soil to prevent plant yellowing (iron chlorosis) caused by lack of iron. Adding fertilizer to the fall crop is necessary because spring fertilizer has washed out of the soil or been used for plant growth. Use a slow-release fertilizer at a rate of three pounds per 100 square feet. If manures are used, 20 to 50 pounds per 100 square feet should be adequate. Incorporate fresh manure into the soil several weeks before planting.

Thoroughly pulverize soils at least 10 inches deep. Mix the above ingredients into the garden, and add nematocide if necessary. A properly prepared soil insures a successful fall flower and vegetable garden rather than a disappointing failure.

Additional amounts of fertilizer are needed later in the season to insure optimum plant growth and production. Add 1-1/2 ounces (3 tablespoons) of ammonium sulfate per 10 feet of row to cucumbers, cantaloupes, eggplants, okra, peas and beans, peppers, squash, and tomatoes after the first fruits are set, after the first harvest, and every three to four weeks thereafter.

Broccoli, cabbage, cauliflower, collards, kale, lettuce, mustard, spinach, and turnip greens require 1-1/2 to 2 ounces (4 tablespoons) of ammonium sulfate per 10 feet of row two weeks after transplanting or four weeks after sowing seed. Flowering annuals require 2 ounces (4 tablespoons) of ammonium sulfate every four to eight weeks for the life of the plants. Sandy soils need more frequent fertilization than heavy clay soils. Crops such as beets, carrots, potatoes, radishes, turnips, and watermelons usually do not need additional fertilization. Excessive amounts of nitrogen reduce yields, or lower quality, or both.

## Clips from the Past

### Mothers of Parish donate old dishes

The Mothers' Society served an additional supply of plates, platters, bowls, glasses, silverware, and other items needed to set tables for the size of crowds usually attending community dinners. They washed dishes in preparation for the Thanksgiving meal and discarded several items not considered as suitable for use.

All discarded dishes were donated to the County Health nurse for distribution among poor families who accept chipped or discarded dishes to substitute for tin utensils used by many.

Henry Roberg, 25, died from injuries received in an automobile accident on Hwy. 5, six miles east of Muenster ... his car, a 1935 Ford Coupe, collided with a 1929 Dodge Coupe.

About 350 persons laughed to their hearts content when Father Francis Zimmerer's Muenster players unfolded the ridiculously humorous complexities of "Cheerio My Deario." The Muenster Band, under the direction of Leo Henschel, presented musical selections.

Agnes Walterscheid had the lead ... Clara Lutkenhaus was a daring French damsel ... Al Horn and Irene Walterscheid were courting darkies...

The number of bales of Cooke County cotton ginned to Nov. 1 is 11,879, compared to 8,128 last year at this time.

Nov. 26, 1937

Albert and Herman Dangelmayr, Rudy Hellman, and Herbert Meurer return from a duck hunt in West Texas, returning with their quota.

Dec. 3, 1937

## Texas landscape salvage tips

### Resetting

Generally, it is practical and economical to reset only small, young, and easy-to-manage trees. Large, weakened trees and shrubs may be dangerous, are slow to recover, and may be susceptible to future problems and even more severe wind damage later. Fallen or partially uprooted small trees and shrubs may be saved in many instances, so keep roots covered and moist before resetting.

In certain areas, where erosion and flooding have occurred, a reconditioning of soil or planting area may be necessary. Additional soil should be incorporated into the planting area for proper root coverage. Replant trees and shrubs at their original planting depth or slightly higher.

Excess soil or exposed roots will cause further shock and damage. Firm soil around roots to eliminate air pockets and provide support. Staking the first year may be needed until roots become re-established.

### Repairing and Pruning

In removing portions of a plant, use sharp tools that make a smooth, clean cut. Avoid making flush cuts. Instead, cut the branch back to the outside of the branch collar (the slight swollen area where the branch grows out from the main branch or trunk). Leave no stubs. Ragged cuts and unsightly stubs are prime areas for the attack of insects or disease organisms. Flush cuts remove cells that cover and heal wounds.

When removing large limbs, avoid unnecessary stripping of bark down the side of a trunk or primary limb. To eliminate stripping, the first cut should be an undercut halfway through the bottom of the limb, about 12 inches outside

of the branch collar. The second cut is from the top of the branch, about eight inches outside the branch collar, and should go all the way through the branch to remove the branch. The third cut is to trim the stub to the outer edge of the branch collar. More information is available from the Louisiana Department of Agriculture and Forestry at <http://www.ldaf.state.la.us> or you can call 225-952-8100.

Cut away only badly damaged roots. If roots are exposed on blown over plants, immediately cover them to keep them moist until the plant can be uprighted and the roots buried.

### Fertilizing

As a general rule, fertilizer is not applied to plants that have been damaged until they overcome the shock, usually the next year. Until they become re-established, fertilizer will be of no major benefit and may injure the plant by causing excessive growth that damaged roots can't feed or water.

Fertilizer applied late in summer may also cause late growth that will be more susceptible to early freeze injury.

### Tree Debris and Renewal

Use as much tree and plant waste as possible to prevent burden on landfills. Tips - Cut suitable trees for firewood. Fallen trees should be cut within one year for use as firewood, and the stacked wood should be protected from rain. The thermal content of wood decreases as decay increases. Ash, oak, and pecan make very good firewood. Pine and gum would be better used for other purposes.

Firewood splitters may be available for rent.

• Make mulch and compost. Most tree waste will be decayed within several years, and it provides a valuable source of organic matter. Nitrogen fertilizer can be added to mulch and organic matter to break it down sooner. Chippers may be available for rent. For more information on composting and making mulch, ask for the Extension publications "Backyard Composting" and "Basic Principles of Composting." The best trees for mulch are softer species which decay faster and are easier to compost.

Use tree sections as framing for raised beds, for temporary bridges, and for erosion control on steep, eroding sites. They may be piled in rural areas for wildlife habitat or fish shelters. Fish shelters should be firmly secured in flowing waters to prevent downstream blockage of waterways.

• When cut off at or above the ground, many favorite trees will sprout from the stump and grow again. Trim neatly and make clean cuts on any trees needing pruning. Contact local nurseries or your county agent for pruning advice.

• Dead tree stumps left in the ground will decay, sometimes producing large holes. This will take several years. To speed up the process, consider using a stump grinder where large trees have been lost. The occasional addition of nitrogen fertilizer to the top of a grooved stump will also promote rapid decay.

## On the road to life

Never pay for work before it's completed.

Keep good company. Keep your promise.

Watch for big problems; they disguise big opportunities.

Give thanks before every meal.

Never admit at work that you're tired, angry, or bored.

Sing in the shower. Learn three clean jokes.

Buy great books even if you never read them.

Don't gossip. Don't nag. Get and stay in shape.

Take a nap on Sunday afternoons. Use less salt.

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# SPORTS



The Sacred Heart defense brings down a ball carrier in scrimmage action. The Tigers travel to Petrolia this Friday to take on the Pirates in their season opener. Action begins at 7:30 p.m.  
Janie Hartman photo



Two Muenster Hornets move in and stop a Petrolia runner in last week's scrimmage. Muenster will open the season this week at Archer City, taking on the Wildcats. Game time is 7:30 p.m.  
Janie Hartman photo

## Proper football tackling techniques reduce injuries

With football season underway, the Andrews Institute for Orthopaedics & Sports Medicine has funded the distribution of a 14-minute video, "Heads Up - Reducing the Risk of Head and Neck Injuries in Football." Produced by the National Athletic Trainers' Association (NATA), the DVD communicates how athletes should play safe to avoid concussions, neck sprains, and catastrophic injuries such as paralysis and quadriplegia. Nearly every high school in the nation, including football coaches and athletic directors, has received free copies to share with their athletes prior to the start of the active football season.

"I have witnessed on a first-hand basis the results of improper tackling techniques," says Dr. James Andrews, medical director of the Andrews Institute for Orthopaedics & Sports Medicine and renowned orthopaedic surgeon. "All it takes is one incident to end a football career and have medical issues for the rest of your life. Simple adjustments to tackling techniques is all it takes to prevent such devastating injuries. We want to prevent any kind of head injury in young athletes because the effects will be seen for many years to come. This is a major concern for professional football as well."

"We need players, coaches, and parents to be aware of the dangers of head-down contact and spearing, which can cause cervical spine and head injuries or even death," said Ron Courson, director of sports medicine, University of Georgia. "Each time a player initiates contact with his head down, he risks quadriplegia. Each time a player initiates contact head first, he increases the risk of concussion."

The DVD was developed to educate players following the

National Collegiate Athletic Association (NCAA) and National Federation of State High School Associations (NFHS) updated rules on head-first contact (sometimes referred to as spearing), which were recently introduced.

The NCAA rule states: No player shall use his helmet (including the face mask) to butt or ram an opponent or attempt to punish him. No player shall strike a runner with the crown or the top of his helmet in an attempt to punish him. The NFHS removed the word "intentional" from its spearing rule.

"The new rule was a very important signal sent out across the world of football that we are now making sure you understand that you

tackle with your eyes, so you're able to see who you are attacking or what you're tackling," says Grant Teaff, executive director of the American Football Coaches Association. Copies of the DVD can be obtained to share with youth, high school and collegiate teams, as well as representatives of major youth sports organizations. Additional information and a link to the video is available at <http://www.theandrewsinstitute.com/headup>, where it may be accessed for free.

*She thought we wouldn't,  
But we knew we could,  
Wish a Happy Birthday  
To Deborah Wood!*

## Muenster Chamber of Commerce schedules Sept. sporting events

### Archery Shootout Sept. 15

The Muenster Chamber of Commerce is holding an Archery Shootout on Sat. Sept. 15. Thirty life size targets will be scattered throughout the timbered creek course.

Registration is from 9 a.m. to noon. Entry fees of \$15 per individual and free for age 12 and under for traditional and compound bows.

There will be a California state with rules including no range finders and one shot per target.

Cash prizes to the highest overall scorers and t-shirts to

1st, 2nd, and 3rd place winners in all categories.

The shootout will be held west of Muenster, north of Hwy. 82 across from the Kountry Korner.

### Tee off for the Chamber

Mark your calendars! The annual Muenster Chamber of Commerce Golf Tournament is scheduled for Sunday, Sept. 23 at Turtle Hill Golf Course. Flight time is 8 a.m. for the

4-person scramble. Cost is \$60 per person or \$240 per team. Mulligans are \$5. Free t-shirt and free golf fantasy scratch-off game tickets will be given.

Prizes will also be given for closest to the pin, longest drive, longest putt, closest second shot, and more.

For more information and to sign-up call the Chamber at 759-2227.

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It was a field of black and white in Lindsay last week as the Gainesville State School Tornadoes challenged the Knights in scrimmage. Lindsay begins the season this Friday hosted by the Tomcats of Tom Bean. The game begins at 7:30 p.m. Janie Hartman photos



## Lindsay Lady Knights get three in a row

It took four games, but the Lindsay Lady Knights volleyball team took a match victory over Saint Jo on Aug. 21 winning 25-14, 23-25, 26-24, and 25-21.

Chelsea Hermes led the team with 19 kills, blocks, and 5 digs. Kristin Martin got 6 kills, 5 blocks and 9 digs, while Katelyn Brewer had 5 kills and 6 digs. Bailey Kuhn is credited for 4 kills, Rose Hermes 3 blocks and Madison Burrows 23 assists.

The Lady Knights improved their record to 5-4 after defeating White Wright by scores of 25-14, 25-19, 25-8 last Friday.

Burrows again lead the team in assists with 17. Hermes had 10 kills, 6 blocks,

and 3 digs. Martin got 5 kills, 3 blocks, and 5 digs with Kuhn having 5 kills and 3 digs. Brewer had 7 digs and Taylor Loch 3 digs.

On Tuesday, Aug. 28, the Lindsay Lady Knights defeated Leonard by scores of 25-17, 25-21, 24-26, 25-19, to improve their record to 6-4.

Madison Burrows served 19 of 19, had 2 kills and 24 assists. Kristin Martin got 12 kills, 4 blocks, and 8 digs, with Bailey Kuhn getting 8 kills and 12 digs, Katelyn Brewer 4 kills and 4 digs, and Rose Hermes 3 kills.

Lindsay travels to Forestburg Friday to take on the Lady Horns.

## Sub-Varsity Volleyball

### Lindsay vs. Saint Jo

On Tues. Aug. 21 the JV Lady Knights hosted the Lady Panthers of Saint Jo winning 25-23, 23-25, 25-21. Kaylee Murphree served 14/14 and got 8 kills, 3 blocks, and 3 digs. Rachel Brewer got a kill and a dig, along with 5 assists. Katie Dieter was 10 for 11 at serving with one assist.

### Lindsay vs. Saint Jo

The 9th grade team pulled out a 25-23, 25-23 win over Saint Jo. Leading servers for the Lady Knights were Macy Perry, Alyx Ethington, Allison Metzler, and Alex Gay.

### Lindsay vs. White Wright

The JV team improved

their record with a 25-10, 10-25, 25-15 win at White Wright last Sat.

Kayla Hess was 11 for 11 on serving. Murphree got 6 kills and 2 blocks, Brewer 4 assists, and Dieter was 7 for 7 serving.

### Sanger Tournament

The JV Lady Knights competed in the Sanger Volleyball Tournament last week. In pool play on Thursday, Lindsay recorded a 4-4 record, defeating White Wright, split with Little Elm and Lake Dallas, and losing to Whitesboro.

Bracket play on Saturday, the Lady Knights lost to Denison 25-19, 15-25, 13-25.

In second round action, Lindsay was defeated by Little Elm 25-20, 9-25, 22-25.

Playing well in the tournament were Kaylee Murphree with 30 kills. Rachel Brewer got 21 assists and Kayla Hess 8 kills. Also playing were Katie Dieter, Jessica Thurman, Hayley Hughes, Cammi Neu, Abby Anderle, and Emily Copeland.

### Lindsay vs. Leonard

The JV Lady Knights added another court victory Tuesday, improving their season to 4-2. Lindsay took a 25-10, 12-25, 25-21 win over Leonard.

Jessica Thurman served 17 for 17, and Katie Dieter 9 for 10. Kaylee Murphree got 5 kills and a block.

## Prevent injury to eyes while playing sports

Playing sports is an ideal way to stay in shape and remain active. However, a serious eye injury can sideline even the best athletes permanently. It is estimated that there are more than 600,000 sports related eye injuries in America every year. And, 40,000 of those require emergency room care.

Fortunately, 90% of all sports-related eye injuries can be prevented just by wearing the proper eye protection. Lenses should be made of polycarbonate and have an American Society of Testing Materials (ASTM) label, indicating they meet the standards of the ASTM for the specific sport.

In recent years, basketball was the number one cause of eye injuries. However, based on a recent study by the United States Eye Injury Registry, fishing has surpassed basketball in injuries. In fact, eye injuries from fishing make up approximately 9% of all sports eye injuries. And, 38% of fishing injuries involved hooks to the eye.

"Every 13 minutes, another emergency room treats a sports eye injury that could have easily been prevented," said Daniel D. Garrett, senior vice president of Prevent Blindness America. "Although eye injuries can occur at any age, it's young people who are the most at risk, making up 66% of all injuries."

Besides fishing accidents,

eye injuries from other sports are still common. Those who do not wear the proper eye protection can suffer serious damage. According to The Coalition to Prevent Sports Eye Injuries:

- Approximately one in 50 Little League baseball players will sustain an eye injury that requires attention.
  - One in 20 NBA (National Basketball Association) injuries involves the eye.
  - The leading cause of eye injury in adult women is from racket sports.
  - The average football team will experience four eye injuries each season.
  - More than 55% of all eye injuries from soccer occur in 6-14 year olds.
- "Sports injuries pose a serious threat to vision yet few people take the necessary pre-

cautions to protect sight," added Garrett. "We encourage parents, schools, and sports organizations to take leadership roles in promoting the use of safety eyewear."

There is no evidence that wearing eye protection hampers athletic performance.

Eye injuries can include painful corneal abrasions, blunt trauma, and penetrating injuries. Severe injuries can result in vision loss and in some cases, blindness.

For more information on sports eye health and safety, please call Prevent Blindness America at 1-800-331-2020 or [www.preventblindness.org](http://www.preventblindness.org).

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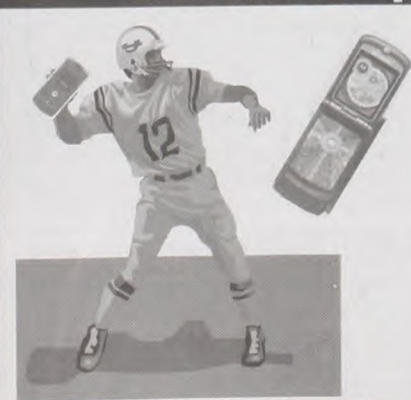
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*Friday, August 31*  
*Tigers at Petrolia, 7:30 p.m.*

## Sacred Heart Tigers 2007 Football Schedule

Aug. 31	Petrolia	There	7:30
Sep. 7	Collinsville	There	7:30
Sep. 14	Saint Jo	Here	7:30
Sep. 21	Era	Here	7:30
Sep. 28	Lindsay	Here	7:30
Oct. 5	Amarillo San Jacinto	Here	7:30
Oct. 12	Tyler Grace Community Sch.	There	7:30
Oct. 19	Open		
Oct. 26	Watauga Harvest	There	7:30
Nov. 2	Colleyville Covenant	There	7:30
Nov. 9	Fort Worth Calvary	Here	7:30

 District Games       Homecoming




## Sacred Heart Junior Varsity and Junior High


Aug. 30	Petrolia (JV)	Here	6:30
Aug. 30	St. Mary (JH)	Here	5:00
Sep. 6	Collinsville (JV)	Here	4:30
Sep. 13	Saint Jo (JH)	There	4:30
Sep. 13	Lake Country (JV)	Here	6:30
Sep. 20	Era (JH & JV)	There	4:30
Sep. 27	Lindsay (JH & JV)	There	5:00
Oct. 2	Ponder (JV)	Here	6:00
Oct. 11	St. Mary's (JH)	Here	5:00
Oct. 18	Era (JV)	There	6:30
Oct. 25	Ponder (JH, JV)	Here	4:30
Nov. 1	Ponder (JV)	There	4:30



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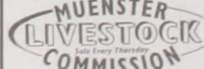
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*Friday, August 31*  
*Hornets at Archer City, 7:30 p.m.*

**Muenster Hornets**  
**2007 Football Schedule**



Aug. 31	ARCHER CITY	T	7:30
Sep. 7	NOCONA	T	7:30
Sep. 14	AUBREY	H	7:30
Sep. 21	<b>S &amp; S</b>	H	7:30
Sep. 28	WOLFE CITY	T	7:30
Oct. 5	OPEN		
Oct. 12	<b>VALLEY VIEW</b>	H	7:30
Oct. 19	<b>LINDSAY</b>	H	7:30
Oct. 26	<b>SAINT JO</b>	T	7:30
Nov. 2	<b>COLLINSVILLE</b>	H	7:30
Nov. 9	<b>ERA</b>	T	7:30

**Muenster Junior**  
**Varsity and Junior High**

Aug. 30	Archer City (JV)	H	6:00
Sep. 6	Nocona (7,8,JV)	H	4:30
Sep. 13	Aubrey (7,8,JV)	T	4:30
Sep. 20	S & S (7,8,JV) IN SADLER	T	4:30
Sep. 27	Wolfe City (7,8,JV)	H	4:30
Oct. 11	Valley View * (7,8,JV)	T	4:30
Oct. 18	Saint Mary's (7)	H	4:30
Oct. 18	Lindsay * (8,JV)	T	5:30
Oct. 25	Valley View * (7)	H	4:30
Oct. 25	Saint Jo * (8)	H	5:30
Oct. 25	TBD (JV)	H	6:00
Nov. 1	Collinsville * (7,8,JV)	T	4:30
Nov. 8	Saint Mary's (7)	H	4:30
Nov. 8	Era * (8,JV)	H	5:30

John S.  
Bartush  
759-4052  
**FARM BUREAU**  
INSURANCE  
*Go Tigers & Hornets!*  
*Let's go to the playoffs!*

Robert Hermes  
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**Supply**  
759-2234

Good luck teams!  
  
**Turtle Hill**  
759-4896

**Lora's Flowers**  
HAMRIC'S  
TUXEDOS  
  
**GOOD LUCK BOYS~**  
Go Get 'em Garrett!

**Muenster**  
**Memorial**  
**Hospital**  
MMH Family Health Clinic  
MMH Home Health  
**GO TEAMS!**

**NORTEX**  
Communications  
Muenster  
940-759-2251  
www.nortex.com





# Fischer's Meat Market

Since 1927  
We Wouldn't be 80  
Without You!



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

www.fischersmeatmarket.com

NOT RESPONSIBLE FOR PICTORIAL OR TYPOGRAPHICAL ERRORS

**DOUBLE  
COUPONS  
EVERY DAY**



ALL ITEMS NOT  
AVAILABLE AT ALL  
AFFILIATED STORES

**Senior Citizens:**

No amount of Purchase Necessary  
on Limited Sale Items!

QUANTITY RIGHTS RESERVED

**PRICES EFFECTIVE**

**SEPTEMBER 2 - 9, 2007**

**We will be open Labor Day,  
Monday, September 3.**

## Weekly Grocery Specials

12 oz. pkg. Regular or Hot  
**Hormel Little  
Sizzlers Links**

16.3 oz. Select Varieties  
**Pillsbury  
Grands! Biscuits**

12 oz. Select Varieties Frozen  
**Shurfine  
Orange Juice**

Assorted, 8 oz. Tub  
**Kraft Dips**

**MIX OR MATCH!**

**10 for \$10**

64 oz. Shurfine  
**Apple Juice  
or Cider**

64 oz. Select Varieties  
**Sunny D  
Punch**

18 ct. Large Grade A  
**Shurfine Eggs**

10 ct. Select Varieties  
**Shurfine Waffles**

4.2-6.9 oz. Assorted Varieties  
**Rice-A-Roni**

## Fischer's Quality Meats

FAMILY PACK  
PREVIOUSLY FROZEN

**Split Fryer  
Breasts**

**99¢  
LB.**



**FISCHER'S  
1 & 2 LB. FROZEN  
Hamburger  
Meat**

**\$1.79  
LB.**

FISCHER'S Whole or Half Hog .....LB.	\$ 1.09	REGULAR SLICED BONE-IN Cook's Ham Steak .....LB.	\$ 2.99
WHILE SUPPLIES LAST FISCHER'S Pork Ribs .....LB.	\$ 1.49	BONELESS HALF Hormel Cure 81 Ham .....LB.	\$ 2.99
FISCHER'S CENTER CUT Pork Loin Chops .....LB.	\$ 2.79	SHURFINE Meat Wieners .....12 OZ.	69¢
FISCHER'S CENTER CUT Pork Rib Chops .....LB.	\$ 2.19	SHURFINE Beef Wieners .....12 OZ.	\$ 1.69
FISCHER'S Smoked Sausage .....LB.	\$ 2.39	ORIGINAL MEAT BOLOGNA OR SALAMI Shurfine Lunch Meat .....12 OZ.	99¢
FISCHER'S SLICED Canadian Bacon .....LB.	\$ 4.19	SHURFINE Beef Bologna .....12 OZ.	\$ 1.79
COVERED WAGON Sliced Bacon .....10 LB. BOX	\$ 10.00	REG., HOT, OR EGG & CHEESE SAUSAGE BISCUITS Owens SnackWiches 10-12 OZ.	2 FOR \$ 5
SELECT VARIETIES Owens Sausage .....1 LB. ROLL	\$ 1.89	SELECT VARIETIES OSCAR MAYER SHAVED Deli Meats .....7-9 OZ.	\$ 2.79
FRESH Ground Chuck .....LB.	\$ 2.09	SELECT VARIETIES OSCAR MAYER 10.55-12.55 OZ. Fun Pack Lunchables .....2 FOR	\$ 4
		CLAUSSEN ASSTD. REFRIGERATED PICKLES OR Sauerkraut .....20-32 OZ.	2 FOR \$ 5

KRAFT SQUEEZE BOTTLE MAYONNAISE OR Miracle Whip .....18 OZ.	2 FOR \$ 5	WESTERN FAMILY CONE STYLE #4 OR WRAP AROUND STYLE Coffee Filters .....40-55 CT.	\$ 1.00
ORIGINAL OR CRUNCH BERRIES Cap'n Crunch Cereal .....15-16 OZ.	2 FOR \$ 5	WESTERN FAMILY AUTOMATIC ROLLER OR STANDARD DUTY Sponge Mop .....EA.	\$ 7.00
KELLOGG'S ASSORTED Pop-tarts .....14-14.7 OZ.	2 FOR \$ 4	WESTERN FAMILY, SMALL, MEDIUM, OR LARGE Household Gloves .....1 PAIR	\$ 1.00
FOR ALL COFFEE MAKERS Shurfine Coffee .....39 OZ.	\$ 4.00	PURE CANE GRANULATED WHITE C&H Sugar .....4 LBS.	2 FOR \$ 4
PURINA Dog Chow .....21 LBS.	\$ 8.00	OLD FASHIONED OR QUICK Quaker Oats .....18 OZ.	3 FOR \$ 5
ASSORTED VARIETIES 8.5-10 OZ. Fritos® or Cheetos® .....Reg. \$2.49	3 FOR \$ 5	ASSORTED VARIETIES MICROWAVE Jolly Time Popcorn .....3 PACK	2 FOR \$ 3
ASSORTED VARIETIES Frito Lay® Dip .....9 OZ.	2 FOR \$ 4	DEL MONTE Tomato Sauce .....8 OZ.	3 FOR \$ 1
QUAKER ASSORTED Granola Bars .....8.4-10 OZ.	2 FOR \$ 4	LEMON OR ANTIBACTERIAL Ajax Dish Liquid .....16 OZ.	10 FOR \$ 10
ROSARITA ASSORTED Refried Beans .....16 OZ.	10 FOR \$ 10	12 ROLL OR 6 DOUBLE ROLL Angel Soft Tissue .....EA.	\$ 2.99
Q AND Q Vermicelli .....5 OZ.	5 FOR \$ 1	KINGSFORD Charcoal Briquettes .....9 LB.	\$ 3.49
BRAWNY Paper Towels .....6 ROLLS	\$ 5.00	DELMONTE Fruit Cocktail .....15.5 OZ.	69¢
VALUE STAR REGULAR OR COMPARTMENT Foam Plates .....35-49 CT.	99¢	DELMONTE Ketchup .....24 OZ.	79¢
ASSORTED DRINK POUCHES Capri Sun .....16 PACK	2 FOR \$ 4	DUNCAN HINES ASSORTED Cake Mixes .....EA.	99¢
ASSORTED DRINK POUCHES Kool-Aid Jammers .....10 PACK	2 FOR \$ 4	ASSORTED Spice Classics .....EA.	59¢
ASSORTED CORN, GREEN BEANS, MIXED, OR PEAS Shurfine Vegetables .....14.5-15.25 OZ.	2 FOR \$ 1	SHURFINE ASSORTED Drink Mixes .....MAKES 8 QT.	2 FOR \$ 3
SELECT VARIETIES DELUXE OR VELVEETA Kraft Pasta w/Cheese .....9.4-14 OZ.	2 FOR \$ 4	SHURFINE ASSORTED Salad Dressing .....16 OZ.	4 FOR \$ 5
ASSORTED VARIETIES Ragu Pasta Sauce .....16-26 OZ.	2 FOR \$ 3	AUNT JEMIMA ASSORTED Pancake Mix .....32 OZ.	\$ 1.99

12 PACK - 12 OZ. CANS

**Dr.  
Pepper**

**3 \$10  
FOR**



24 PACK, 12 OZ.  
**Coors or  
Coors Light**

**\$18.49**



## Fresh Produce

SEEDLESS Red or Green Grapes .....LB.	99¢	GARDEN FRESH Sweet Potatoes .....LB.	79¢
FRESH CRISP Gala Apples .....LB.	99¢	FRESH Broccoli .....LB.	99¢
WASHINGTON PREMIUM Red Delicious Apples .....LB.	99¢	SWEET JUICY Peaches or Nectarines .....LB.	99¢
WASHINGTON EXTRA FANCY Granny Smith Apples .....LB.	99¢	DOLE ASSORTED COMPLETE SALAD WITH DRESSING Caesar Kits .....10 OZ.	2 FOR \$ 5
LARGE Green Bell Peppers .....3 FOR	\$ 1	MEXICAN GREY, YELLOW, OR ZUCCHINI Fresh Squash .....LB.	99¢
FRESH CRISP Bartlett Pears .....LB.	99¢	TROPICAL KiwiFruit .....5 FOR	\$ 1
RED RIPE Strawberries .....1 LB. 2 FOR	\$ 5	CELLO PACK Carrots .....EA.	99¢

## Dairy & Frozen Foods

BLUE BUNNY ASSORTED Ice Cream or Frozen Yogurt 1.75 QUART OVAL	<b>2 \$8 FOR</b>	ASSORTED VARIETIES WEIGHT WATCHERS Smart Ones Dinners .....8-11.5 OZ.	3 FOR \$ 5
KRAFT, INDIVIDUALLY SLICED American Cheese .....12 OZ.	\$ 1.99	PATIO, ASSORTED VARIETIES Enchilada Dinners .....11-12.25 OZ.	10 FOR \$ 10
		PINEAPPLE, PINE-ORANGE BANANA, OR ORANGE STRAWBERRY BANANA Dole 100% Juice .....64 OZ.	\$ 3.00
		SWEET, PLAINS Red Diamond Tea .....GALLON	2 FOR \$ 4
		VEGETABLE OIL Shurfine Spread .....48 OZ.	10 FOR \$ 10

## Health & Beauty Care

EX. STR. CAPLETS, GELCAPS OR GELTABS Tylenol PM .....50 CT.	\$ 7.00	REGULAR, SUPER, OR SUPER PLUS Kotex Tampons .....18 CT.	2 FOR \$ 6
FULL HEAD TOTAL OR WAVE SOFT OR MEDIUM Colgate Toothbrush .....1 CT.	2 FOR \$ 4	NATURAL CARE OR SHEA BUTTER Huggies Baby Wipes .....72-90 CT.	2 FOR \$ 6
ASSORTED VARIETIES Colgate Toothpaste .....6-6.4 OZ.	2 FOR \$ 4	WESTERN FAMILY SELECT VARIETIES Baby Powder .....15 OZ.	2 FOR \$ 3