

Gourley feels drawn to pastor Muenster First Baptist Church

By Janet Felderhoff
Muenster First Baptist Church has been without a full-time pastor for some time. Ralph Gourley, MA, NCC, CFLE accepted that position and began his new duties last week.

Rev. Gourley noted that about a year ago he saw that Muenster had an opening for a pastor. "I felt God tug on my heart that I needed to put my resume in and see if that was His will for our life, and through a long course of interaction God seemed to open the door for us to serve this church," said Rev. Gourley.

This will be Rev. Gourley's first time to serve as senior pastor. He has been youth pastor in Tucson, Arizona for the last several years. While there, he developed a team of adult leaders to work in various areas of the youth ministry, found adults to assist with fund-raising for youth outreach activities, and found ways to encourage kids from the area to come have fun and hear the Gospel of Jesus Christ.

Rev. Gourley also worked as adoption and foster care program coordinator while in Tucson. He started the Southern Region's adoption and foster care program which did not exist before, recruited and trained families to be licensed foster homes, and provided supervision and case management for foster care and adoptive families.

Working with the youth is something that Rev. Gourley

hopes to do while pastor at Muenster First Baptist. "I'd love to be a big part of that," he said. "I never want to fully let that go. It seems like the church is very excited about working with their youth."

Currently, Rev. Gourley has no specific plans. He said, "I'm just trying to see what Muenster is all about, see what the needs are, and what kind of things families and kids do here in Muenster. We were in Tucson for 14 years. It is a little bit of a difference culturally and just lifestyle. The church in Tucson was somewhat inner city, so its a lot different than some of us."

As far as any other plans or programs, Rev. Gourley is taking a wait and see approach also. "I don't want to say that I want to do this or that," he explained. "I really want to just come in and get to know the congregation and this community to find out where we can serve and make a difference. And just develop a sense of a family, which already seems to be there, but continue to grow that as well as encourage and support each other."

Coming from a military family, Ralph moved around in his youth, but considers Fort Worth his home. His parents retired there and he went to high school at Castlebury High in Fort Worth. He said he also did a great portion of his undergraduate work at the University of North Texas and also attended Tarrant County

Junior College. After that he decided to join the Air Force.

Rev. Gourley's wife is Sandy. They have no children. Sandy has family in the area.

"We're just excited to be here," commented the new pastor. "We're looking forward to getting to know more people and the community. I've missed Texas high school football in the 14 years and

I'm looking forward to going to games and being part of that." He said Tucson was a culture shock when he found that support of high school football was not so important as in Texas.

Education for Rev. Gourley includes a Master of Arts in Counseling from Chapman University in 1996, a Bachelor of Science in Social Psychology from Park College in

1994, internship at Palo Verde Mental Health Service's adolescent unit in 1995, and an internship in 1994 at Christian Family Care Agency. His certifications and memberships include the National Board of Certified Counselors, Certified Family Life Educator, American Association of Christian Counselors, and the National Council on

Family Relations.

Sunday services begin with Sunday school at 9:45 a.m. and the worship service at 11 a.m. On Sunday evening the service begins at 6 p.m. Bible study takes place on Wednesdays at 7 p.m.

Beginning Sept. 16, the AWANA Program will be held on Sundays starting at 5 p.m.



New pastor Ralph Gourley and his wife Sandy settle into their new positions at First Baptist Church in Muenster. Janie Hartman photo

Muenster ISD Board holds quiet hearing; votes for an increase in pay for substitutes

On Wednesday, Aug. 29, the Muenster ISD Board of Trustees held a public hearing on the 2007-08 Proposed Maintenance & Operation (M&O) Tax Rate and the 2007-08 Proposed Interest & Sinking (I&S) Tax Rate. The only member of the public attending was a representative

of the MMH District. The Board voted unanimously to adopt an M&O tax rate of \$1.04 per \$100 property valuation. An I&S tax rate of \$0.156 per \$100 property valuation was approved, also unanimously.

An increase in the substitute teacher pay scale drew

discussion. An increase in pay got Board approval. Substitute teachers without a college degree get an increase from \$45 to \$55 per day. Those with a four year college degree get an increase from \$55 to \$65 a day; and \$100 a day after 10 consecutive days for a long term substitute.

Myra VFD works toward a new truck and firestation

By Janet Felderhoff
Myra Volunteer Fire Department Chief Bill Felderhoff reported that the members of the Myra VFD are raising funds to purchase a new fire truck and a new station to park it in. The current station has developed quite a few water leaks.

With last year's funds raised at their Annual Barbecue Cookout, the Department bought six new SCBA (self contained breathing apparatus) suits. There are 18 members of the Myra VFD.

On the menu for the Cookout are barbecue beef, Susie Qs, beans, trimmings, Kool

Aid and tea, pies, and cakes. Tickets are \$6 for adults and \$3 for children 12 years and under. It will be held this Saturday, Sept. 8 in the Myra City Park or should it be raining, in the old school building. Doug Martin and The Rustlers will provide live music. Serving is from 5-9 p.m. with the live auction scheduled to start at 7 p.m.

Since Sept. 1, 2006, the Myra firemen have responded to a total of 44 calls. They were as follows in the Myra VFD area: wildland fire - 7; structure fire - 5; EMS - 5; vehicle - 1; high water - 1; assisted with control burn - 1; control burn not reported - 2. Assists to other departments: wildland fire - 15; structure fire - 5; standby - 2; control burn not reported - 3.

Chief Felderhoff reminds people planning to do a control burn to contact the Cooke County Sheriff's Department prior to starting the burn. He said the number to call is 665-3471. The dispatcher will ask your name, your 911 address, and a telephone number to call you back. This simple courtesy saves the fire department having to respond to false runs. He said that with all the cell phones, people call in when they see smoke. If the dispatchers are aware that a controlled burn is being conducted, the fire department won't be sent out unnecessarily.

Felderhoff said that they appreciate all who supported them last year and hope to see them again this year at the Department's 29th Annual Barbecue Cookout. Raffle tickets are available from any member of the Myra Department.

Antique Tractor Show proves to be loads of fun for everyone



Above, Dave Bolin gets a ride on Kirby Wade's John Deere tractor at the 22nd Annual Antique Tractor and Farm Machinery Show last weekend in Lindsay. Below, Leon Knauft takes one of his Farmall Tractors out for a run. Janie Hartman photos



Keep Muenster Beautiful welcomes Throckmorton



A group from Keep Throckmorton Beautiful came to Muenster Thursday, Aug. 30 to look over what Muenster has done with past award grants which came from Keep Texas Beautiful GCAA contests. Pictured, from left, top - Trent McKnight, Kim Bundy, Beth Otts, Casey Wells, Casey Chambers; bottom - Bryan Key, JJ Barrington. The group met with Keep Muenster Beautiful Board member Gary Fisher for a tour of the improvements made as a result of the GCAA grants. In addition to the \$65,000 won from the 2007 GCAA contest, the First National Bank of Throckmorton donated an additional \$200,000 to be used for improvements. The visitors will provide oversight of the construction contract Throckmorton will receive from the GCAA grant, as well as additional money donated by First National Bank. Courtesy photo

First Responders: The Spirit of Volunteerism

By U.S. Sen. John Cornyn

Texas's earliest settlers appreciated the wide open spaces of our vast landscape, but were quick to band together for the common good when an emergency arose. Nothing brought out that cooperative spirit more rapidly than the specter of fire.

In the smallest communities, citizens organized bucket brigades on a moment's notice. In those days, firefighting equipment might consist only of shovels, water containers, and anything handy to smother the flames.

In 1845, a fire in San Augustine enveloped several buildings, but the hotel "was saved by the indefatigable exertions of the citizens who covered the roof with carpets and blankets and kept the front deluged with water thrown from windows."

In Houston, during the same era, authorities organized a paid company of firemen. But any major fire brought out an eager corps of civilian volunteers nonetheless.

Today, that spirit of volunteerism still thrives across Texas. Of 1,800 fire departments in the state, some 1,450 are all-volunteer, and another 250 combine paid and volunteer staff. These citizen-run operations cover the vast majority of Texas's 261,797 square miles. Put another way, two-thirds of the 60,000 firefighters in Texas are men and women willing to volunteer their time and risk the dangers of

emergency service to help their neighbors.

Recently, rural firefighters have been busy fighting fast-moving grassfires. Texas State Forester James Hull believes we have just passed the midpoint of a 30-year dry or drought cycle, vastly increasing fire risk across the state, especially in rural areas, where the dry conditions of 2006 were particularly perilous.

With a few other central U.S. states, Texas has had above-average rainfall so far in 2007—reducing fire risk in many areas. But, as residents of East Texas were reminded again this summer, danger is a constant companion for firefighters at all times.

Earlier this month, two volunteer firemen from Noonday, Texas—Captain Kevin Williams and Austin Cheek—made the ultimate sacrifice while battling a house fire in Flint, Texas. Two other volunteers were injured while trying to save their lives.

In June, Nacogdoches Fire Captain Joe Ed Ivy, a career fireman, died in Houston during a high-rise training exercise. Capt. Ivy's brother and cousin also work for the Nacogdoches Fire Department.

While their communities were shocked by these losses, it should be some small comfort to their families that these men died serving others.

In recent years, and especially since Sept. 11, 2001, the federal government has

assumed a greater role in local emergency preparedness. Although the danger of terrorism is likely greater in urban areas, we have learned from Katrina and other disasters that after-effects of ten spill over into suburban and rural areas. Emergency personnel in all regions must be prepared and up to date.

In 2001, Congress created the Assistance to Firefighters Grant (AFG) program aimed at assisting rural emergency organizations to maintain readiness. These grants help firefighters and other first responders obtain equipment, protective gear, emergency vehicles, training, and other resources needed for

fires and related hazards.

Over the past six years, the program has made 1,437 grants to Texas, totaling \$123.6 million. These funds have helped most state fire departments keep up with potential problems that seem to multiply with increased population, weather cycles, human mistakes, and both domestic and international threats.

A byproduct of 9-11 has been increased appreciation for the role that first responders—police, fire, and emergency personnel—take on the front lines. They are often the pillars of our communities, and they earn our respect and gratitude every day.



Sept. 25, 1992

Last summer, in a remote little town in Nevada, I read a short tale in a small newspaper I found in a cafe. The account told of an older gent who lived a ways up the mountain that most of the town was built on, only he was a bit farther up than most; and as the years passed, it became a bit harder for old John to walk back up after he came down, on occasion, to indulge himself in a beer or two, maybe even three.

Well, old John had a dog that was built like a tank, pretty big and heavy, strong as a bull, and just loved to eat a certain brand of dog biscuits. This gave John an idea, and he decided to put some of that power to use. He built a harness to fit around Tank's chest and over his back. Then all he had to do was fill his pocket with dog biscuits, tie

a rope to the harness and the other end around his waist and when they started up the slope all he had to do was pitch a biscuit 20 or 30 feet ahead of old Tank and they were on their way.

This turned out to be a benefit to both man and dog until John made a bad throw and the biscuit fell into the brush beside the path and, as Tank went for it, he flushed a rabbit from under a bit of sagebrush.

Well, that bunny started straight down the hill. Old Tank wavered, just for an instant, gave John a short apologetic look, and then did what came naturally—just took off after that rabbit straight down the slope, and if it hadn't been for John falling from side to side and hanging up in the sagebrush from time to time, old Tank would likely have had rabbit for supper.

OBITUARY

Ora Lee Williams 1913-2007

Graveside services for Ora Lee Dennis Williams of Abilene were held Thursday, Sept. 6 in Coker Cemetery in the Bulcher area of Cooke County. C.E. Cole officiated and services were directed by McCoy Funeral Home of Saint Jo. Ora Lee died on Monday, Aug. 27, 2007 in Abilene.

Born in the Bulcher area on Aug. 26, 1913 to the late Grover Cleveland and Luella Dennis, she attended school for awhile in Bulcher before

the family moved to Carlsbad, New Mexico where she finished high school.

Survivors include: daughter Janice Harriet Williams of Abilene; sons Barry Williams and wife Aimee of Abilene, and Dennis Williams of Tucson, Arizona; and one grandchild.

She was preceded in death by her husband, Hardy Edward Williams, on June 22, 1999; her parents; a sister Vida; and a brother Grover Dennis, Jr.

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Osteoarthritis: The Wear and Tear Disease

This article is the first in a series regarding osteoarthritis

Osteoarthritis occurs because the joints are overloaded or because a strain is applied to the joints in an uneven way and the joints become damaged. There is normally a slick surface, which is cartilage, that lines your joint surfaces where the bones come together. Also, there is an oil-like substance called **synovial fluid** that is 100x more lubricating than any motor oil, it lubricates the joints to reduce friction. For a number of reasons, cartilage can dry out and the

surface becomes rough causing pain and stiffness. There are mechanical and dietary ways to combat the effects from this kind of damage.

First, if you are young and having these symptoms it is important to rule out other types of arthritis, such as Rheumatoid Arthritis (there is a specific blood test to diagnose this condition). However, no matter what your age, you could be suffering from osteoarthritis. Doctors are seeing the types of diseases normally found in older

adults effecting young people. This is in part, caused by our very poor non-nutritious diet and poor hydration or not drinking enough water. Of course, injuries directly to the joint can create the beginnings of arthritis even at a young age. How many times have you heard someone say that they have a "bum" knee because of an old football injury, or they fell off a horse and injured their back 15 years ago and they have never been the same?

Diet affects the level of pain in arthritic joints. Grains, such as wheat (pasta, breads, crackers, cereals, cookies, cakes) and corn cause a great deal of inflammation in the body. I have a three joint or

three area rule, that is if you have pain in more than two areas of your body, or 2 or more joints, then your inflammation is called "systemic" which is a fancy way of saying you have inflammation all over your body, even in the blood. So, try the **72 hour grain test**. Stop intake of any grains for 3 full days and nights. It is amazing how much better you can move and pain free. A nice side effect may be 5-6 pounds of weight loss as well as better digestion. Start eating it again and prove the test right!

Next week: Other ways of caring for joints as it relates to exercise and other habits.

Dr. Allan J. Rosenbaum D.C. is a local Doctor of Chiropractic with offices in Muenster and Denton. For topic suggestions email: Dr. Rosenbaum at: arosen@ntn.net
Next week's article: #2 How to help Arthritis Pain.

Correction

By Janet Felderhoff
Last week, the meeting of the MMH Board of Directors for August listed an incorrect rollback rate for the Muenster Hospital District. The rate of 0.173600 did not allow for this year's debt rate as the information was not available at the meeting. After factoring the debt rate of 0.039100, the rollback rate is 0.212700 per \$100 property valuation. See the ad in this week's paper for all tax info.

DAYS GONE BY.....

65 YEARS AGO
Sept. 4, 1942

Rev. Frowin Koardt, OSB, local pastor for 24 years, ends stay in Muenster due to health problems. Rev. Thomas Buegrlar, OSB is to become the new pastor. Sr. M. Bertha, beloved second grade teacher at Sacred Heart School, leaves Muenster after 30 years. First three days of junk drive yields 30,000 pounds of scrap collected. Meinrad Yosten has tonsils removed. Will A. Medlen, linotype operator for the Muenster Enterprise, accepts employment at the *Bowie News*.

50 YEARS AGO
Sept. 6, 1957

Eva Jo Otto is new beauty shop owner. Graham boy's life saved by Evelyn Stewart, as she pinches off spurting jugular vein for seven minutes until ambulance arrives; he was injured on his bike when he darted in front of a car. Obituaries: Abbot Paul Nahlen, 74; Emory Hunter, 67. New Arrivals: a daughter for the Henry Sandmanns; Mary to the Norbert Temples. Norma Jean Walterscheid goes to work at the Linda Jo Shoe Factory in Gainesville.

Rosemary Hermes wins sweepstakes on 4-H Club entries at Cooke County Fair.

25 YEARS AGO
Sept. 3, 1982

After more than 25 years of service, J.M. Weinzapfel resigns from Clear Creek Watershed Board. College Graduates: Calvin Otto, NTSU; Susan Caplinger, NTSU. Obituaries: Joe Kleiss, 78; Arnold Meurer, 75. Forestburg holds Watermelon Festival. New Arrivals: Courtney to the Floyd Haverkamps; Brian to Richard and Nanci Lautenslager; Joshua to Phil and Bernadette Walterscheid.

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

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. 7:30pm Admin. office SH Alumni & Friends mtg. 7:30pm SH Religious Ed Class 7pm	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
Sunday, September 16, 2007	Monday, September 17, 2007	Tuesday, September 18, 2007	Wednesday, September 19, 2007	Thursday, September 20, 2007	Friday, September 21, 2007	Saturday, September 22, 2007
Muenster Museum Open 1-4	VFW Aux. mtg. 7:30pm Keeping Children Safe Workshop 6-9pm Com. Cent. mtg. room	MMH Board mtg. 8pm	SH Religious Ed 7pm	Muenster Museum Open 1-4pm Hazardous Waste Collection at Martindale Feed Mill in Valley View 8am-1pm	Muenster Museum Open 1-4pm	

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LIFESTYLE

Stoffels and Vaughan exchange vows in Austin

Cheryl Diane Stoffels of Garland and Luke Jared Vaughan of Lytle exchanged vows at Barr Mansion in Austin in a garden ceremony on July 14, 2007 at 7:30 p.m. The double ring ceremony was officiated by Greg Rozsa, pastor at Gateway Community Church.

The bride is the daughter of Bob and Pauline Stoffels of Garland and the granddaughter of Virginia Noggler of Lindsay and Charles and Betty Stoffels of Lindsay. She graduated from Bishop Lynch High School, and earned her Bachelor of Arts degree in Psychology from the University of Texas at Austin. She went on to receive a Master of Education in Counseling from UT. She is employed as a child and family counselor with Brighter Pathway international in San Antonio.

Parents of the groom are Lorraine Vaughan and the late Alvin Vaughan. He is a graduate of Lytle High school and earned a Doctorate of Pharmacy from the University of Texas at Austin. He is employed by H.E.B. Grocery Cooperation as a staff pharmacist.

Given in marriage by her father, the bride wore a strapless A-line gown with gath-

ered tulle and asymmetrical beaded gold corded lace with a chapel train and an ivory layered veil with beaded edging. She carried a bouquet of bright pink and orange roses and lilies by Barr Mansion florist, Abby McAfee.

Lauren Shaw of Austin, friend of the bride, served as matron of honor. Bridesmaids were Samantha Barrientos of Los Angeles, California, friend of the bride, Kelli Stoffels of College Station, sister of the bride, Emily Stoffels of Garland, sister of the bride, Patricia Martinez of Dallas, friend of the bride, and Stacie Yosten of Denton, cousin of the bride. They wore chocolate brown sleeveless teal-length dresses featuring a charmeuse empire waist, a chiffon sash, and peek-a-boo hem.

Flower girls were Alyssa Noggler of Lindsay, cousin of the bride, Krista Burns of Mineral Wells, niece of the groom, and Kyla Vaughan of Lytle, niece of the groom.

Tim Vaughan of Lytle, groom's brother, served as best man. Groomsmen were James Hunter of San Antonio, cousin of the groom, Davy Wells of Lytle, Kyle Artho of Lubbock, and Daniel Connell of Devine, all friends of the



Mr. and Mrs. Luke Jared Vaughan ... nee Cheryl Diane Stoffels ...

groom

Andrew Yosten of Lindsay, cousin of the bride, and Josh Hunter of New Braunfels, cousin of the groom, served as ushers.

The garden was adorned with pink and orange rose petals down the center aisle. The garden archway featured pink and orange roses and lilies with greenery. Stephanie Stoffels of Lindsay handed out programs at the ceremony.

Music was provided by Keith Harris of A-town DJs. Mariah Noggler of Lindsay, cousin of the bride, gave the reading from 1 John 4: 7-16 during the ceremony.

Following the ceremony, a reception was held at the Barr Mansion Artisan Ballroom. The bride's cake was a three-tiered ivory Italian cream cake adorned with fresh flowers and a scrolled design. The groom's cake was chocolate with buttercream icing featuring a burnt orange Texas Longhorn logo.

The rehearsal dinner was hosted by the groom's mother Lorraine Vaughan at the Hill's Café in Austin on Friday evening, July 13.

Following a honeymoon trip to El Dorado Royale Resort in the Maya Riviera, Mexico, the couple settled into their new home in San Antonio.

Endres is UNT Cum Laude graduate

Ricky Endres was a recent graduate of the University of North Texas in Denton. Graduating Cum Laude, Ricky earned a Bachelor's degree in Hospitality Management from the School of Merchandising and Hospitality Management. He has accepted a position as general manager of Pasche's Seafood Restaurant in Battle Creek, Michigan.

Ricky, a 2003 graduate of Muenster High School, is the son of Phil Endres and Marlene Pagel.



Ricky Endres

MEETING NOTICE

Local 4-H Club to hold organizational meeting

The yearly organizational meeting for the Muenster 4-H Club will be held on Monday, Sept. 10 at 7 p.m. under the Sacred Heart Pavilion. Anyone interested in joining is invited and encouraged to attend.

Avoid mesquitoses - West Nile is suspected in Cooke County

Saint Jo Opry is set for Saturday, Sept. 8

The Saint Jo Opry is a super night of family entertainment, with the next event scheduled for this Saturday, Sept. 8 in the Saint Jo School auditorium. The show will begin at 7:30 p.m. with some patriotic songs, a little bit of rock and roll, and plenty of good ole country classics. Door prizes will be given during the show.

Special guests include Gene Brown of Bowie and Cody Pledger of Saint Jo.

Admission is \$2 for adults, with children 12 and under free. Groups are always welcome. Concessions will be available.

For more information, contact David or Brenda at 940-995-2178.

HEALTH NEWS

Know the signs of impending early miscarriage

One of the most common, but least known, causes of miscarriage in early pregnancy is known as blighted ovum, which occurs when the fertilized egg implants normally but doesn't develop. If women are aware of the signs, they can consult their doctor about what to do.

"It can be confusing to a woman to feel pregnant, but to be told that she really isn't," says Dr. Lisa Halvorson, a reproductive endocrinologist at UT Southwestern Medical Center. "A pregnancy has two parts - placenta and embryo. The placenta, which is healthy in this case, produces the substances that normally indicate pregnancy even though no embryo is present."

A blighted ovum may lead to normal signs of pregnancy, including a positive preg-

nancy test, nausea, and breast swelling. However, there may also be vaginal spotting and cramps. In later weeks, an ultrasound will show that there is no gestational sac or embryo.

In most cases, a health care provider will recommend letting the situation resolve on its own, as the body will eject or reabsorb the uterine contents. However, women with an infection or heavy bleeding may need additional medical help.

In general, a blighted ovum doesn't affect a woman's future fertility.

Grandparents

It's such a grand thing to be a mother of a mother - that's why the world calls her grandmother. ~Author Unknown

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For hearing's sake, turn down the volume

These days it seems everyone owns an iPod or another personal music device. Although these entertain children without disturbing others around them, the music's channeled volume can be harmful if it's too loud, doctors at UT Southwestern Medical Center warn.

Sounds above 80 to 85 decibels can potentially harm hearing, and exposure in the 90- to 95-decibel range for extended periods of time can cause hearing loss. At their maximum, personal music

devices can reach a volume of 120 decibels.

Dr. John McClay, a pediatric otolaryngologist, said limiting the hours children listen to enclosed music systems is the first step to preventing hearing loss.

"Parents should also teach their children to keep volumes under 80 decibels. The child's hearing should be checked immediately if the parents notice any hearing changes or possible loss," he said.

Angel Food Ministries  "A Food Ministry With A Servant's Heart"

September 2007 Menu

(1) 4 lb. IQF Leg Quarters	(1) 7 oz. Cheeseburger Dinner
(1) 24 oz. Beef Back Ribs	(1) 16 oz. Green Beans
(1) 1 lb. 80/20 Lean Ground Beef	(1) 16 oz. Baby Carrots
(1) 2 lb. Breaded Chicken Tenders	(1) 2 lb. Onions
(4) 6 oz. Bone-in Pork Chops	(1) 1 lb. Pinto Beans
(1) 1 lb. Ground Turkey	(1) 1 lb. Rice
(1) 18 oz. Stuffed Manicotti (Cheese)	(1) 7 oz. Blueberry Muffin Mix
(1) 12 oz. Smoked Sausage	(1) 10 ct. Homestyle Waffles
(1) Betty Crocker Seasoned Potatoes	(1) Dessert Item

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(4) 8 oz. NY Strip Steaks (4) 8 oz. Sirloin Strip Steaks

September Special #3
10 lb. Popcorn Chicken - \$15.00


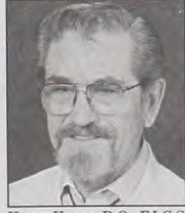


September Special #4
Family Convenience Meal Special from Golden Cuisine - \$18.00
5 Delicious Dinner Entrees: Spaghetti & Meatballs, Roasted Chicken Dinner, Meatloaf Patty & Gravy, Fettuccini Alfredo, & Country Herb Chicken.
Includes 5 breads, 5 skim milks, 10 margarine cups, & five desserts.

SACRED HEART PARISH
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Wed, Sept. 12, 3:30 to 7:30 pm - under pavilion beside SH Community Center
Sat., Sept. 15 - After Mass; Sun., Sept. 16 - After Both Masses
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All orders MUST be received by Sunday, Sept. 16!
Distribution Day: Sat., Sept. 29, 8:30-10:30 am
We accept Food Stamps (EBT).

MMH FAMILY HEALTH CLINIC
PROVIDING QUALITY HEALTH CARE TO PATIENTS OF ALL AGES

Extended Clinic Hours
MONDAY - FRIDAY, 8AM - 5PM
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509 NORTH MAPLE • MUESTER • (940) 759-2226



Leonard Bayer of Muenster is delighted to announce the engagement and approaching marriage of his daughter Allison Bayer to Craig Aye of Fenton, Missouri. Miss Bayer is the daughter of the late Patti Bayer. The bride-elect is a graduate of Sacred Heart High School and Benedictine College. She is employed as a personnel manager for Snelling Staffing in St. Louis, Missouri. Mr. Aye is a graduate of Fox High School in Arnold, Missouri, and Jefferson College. He is currently employed as a layout design coordinator for Nooter Eriksen Engineering in Fenton. The couple has chosen Saturday, Oct. 27, 2007 as their wedding date. The ceremony and reception will be held at Andre's Banquet Center in St. Louis. After marriage, the couple plans to reside in Fenton.

Stanford House offers area seniors variety of activities

The Stanford House at 401 W. Garnett in Gainesville is an activity center for all area seniors age 55 and up. Hours are 8 to 4 daily, except holidays. No fees or membership are required.

Activities include line dance classes, Bridge, 42 and dominoes, Pegs & Jokers, art lessons, C&W dancing, Wed. biscuits, Gravy & Bingo, Skipbo, exercise equipment and walking. There is also Sand Bag Baseball.

There is a live band on third Saturdays from 7 to 10 p.m. Sylvia & the Entertainers will play on the 15th. Bring a friend or make a new one. You are always welcome.

Several trips are offered each year - motor coach and cruises at very reasonable prices.

The Stanford House 8th annual new truck give-away will be this Saturday at 4 p.m. A huge garage sale will open Saturday at 8 a.m. Sept. 8. There will be live entertainment from 10 a.m. until about 2 p.m. Lunch will be furnished from 11:30 a.m. to 1:30 p.m. with donations appreciated. A cake walk and other games will be available.

All proceeds go to Stanford House, area senior activity center, at 401 W. Garnett in Gainesville, two blocks south of Braums.



Mr. and Mrs. Douglas Dennis of Lindsay are pleased to announce the engagement of their daughter Michelle Denise Dennis to Bryden Blaine Wilkinson, son of Mr. and Mrs. Mark Wilkinson of Sonora, Texas. The wedding ceremony is planned for Saturday, Oct. 20, 2007 at St. Peter's Catholic Church in Lindsay. Michelle is a 1994 graduate of Lindsay High School, a 1998 graduate of Midwestern State University with an Associate of Applied Science in Radiologic Sciences, a 2000 graduate of HCC with an Associate of Applied Science in Nuclear Medicine Technology, and a 2001 graduate of Midwestern State University with a Bachelor of Science in Radiologic Sciences. She is employed as a nuclear medicine technologist with TPS Medical Services in Plano and resides in Keller. Blaine graduated from Sonora High School in 1998, and from Southwest Texas University in 2003 with a Bachelor of Business Administration degree in Computer Information Systems. He is currently employed as a project technical lead at eStar Technologies in Arlington and resides in Keller. The future bride is the granddaughter of Helen Dennis of Nocona and the late Wayne Dennis and the late Mr. and Mrs. John Pelzel. Blaine's grandparents are Mr. and Mrs. Stanley B. Mayfield of Sonora, Mrs. G.K. Rutledge of San Angelo, Margaret Wilkinson of Austin, and the late Bob Rutledge and the late Ronnie Wilkinson.

Cooke County Heritage Society hosts The New Plainsmen Quartet

The New Plainsmen Quartet, celebrating six years, continues to make remarkable strides in the gospel music industry. In the Southern Gospel tradition, The New Plainsmen Quartet brings to the stage close harmonies, unique arrangements, and great audience appeal.

The Cooke County Heritage Society invites the public to come and experience the ministry of The New Plainsmen Quartet at 7 p.m. on Saturday, Sept. 15. The concert will be held at First State Bank Center for the Performing Arts at NCTC located at 1525 W. California in Gainesville.

Based in Chickasha, Oklahoma, this quartet performs approximately 100 dates a year. This quartet has shared the stage with some of the biggest names in Southern Gospel Music - Gold City, The Hoppers, The Talley Trio, The Perry's, and Gary McSpadden, just to name a few. They have also recorded five projects and released five national radio singles.

The quartet's debut single, "My God Is Big Enough," charted in the nationally known Singing News Top 80 Charts in March 2001 and remained there for six months. Their second single "If You Could See Where I Am" debuted at #59 in April 2002 and has become their signature song. "God Made A Way," which was their third single, debuted at #67 in December 2002. The quartet's fourth nationally released song "I'm Ready To Go" debuted at #59 in March 2004. "Heaven Bound," the quartet's fifth consecutive Top 80 song debuted at #62 in October of 2004.

DJs often comment on the quartet's smooth harmonies, powerful vocals, and their professional sound. Pastors continue to remark that they "have it all" - sound, entertainment, and ministry. Promoters also love using The New Plainsmen because of

their crowd-pleasing excitement.

While The New Plainsmen sing many new and original songs, their concerts also feature a wealth of classic quartet singing that gospel music fans enjoy so much. Within the last year, this quartet has put together and hosted their very own 7-night Caribbean Gospel Music Cruise aboard Royal Caribbean's Rhapsody of the Seas, appeared several times worldwide via satellite TV, raised thousands of dollars for benefit organizations such as the Salvation Army and Hospice to name a few, sang on the 2005 National Quartet Convention Showcase (which is by invitation only) and shot their first live video in Branson, Missouri which will also include a live CD.

For more detailed information on the quartet and their appearance dates, please visit their website at www.thenewplainsmen.com. The members of The New Plainsmen Quartet have dedicated their talents to reaching people with the good news of Jesus Christ.

Brent Gordon - Brent's lead voice along with his humble spirit makes him a favorite with everyone.

James Sparks - James is the tenor and emcee for the group. **Dwain Petty** - Swain's smooth yet powerful baritone voice blends this quartet together. **Billy Dotson** - this native Texan has a voice as big as his home state. His voice is one of the lowest and smoothest bass voices in Gospel Music today.

If you enjoy positive and powerful four-part harmony with a mix of laughter, praise, and heart touching moments, then you have a personal invitation from each member to experience the dynamic ministry of The New Plainsmen Quartet.

For more information on this concert, call the Morton Museum at 940-668-8900.

Caution -
Watch for children, especially in the hour before and after school, please!

BAR-B-QUE COOKOUT

Saturday,
Sept. 8, 2007

Myra City Park

Auction
7:00 p.m.

Live Entertainment
Doug Martin
& The Rustlers



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

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

Myra Volunteer Fire Department

Myra VFD Auction Items

- Rudy Zimmer - 10-1200# Rd Bales Oats/Wheat/Sudan
- Brown Motor Co. - One Year Oil Changes (limited to 1 car 4 changes)
- S & W Tractor - Flood Light
- Doug Fleitman Backhoe - Load Crushed Rock Delivered in County
- Wiese's - Genuine Marquisette Earrings
- Fischer's Meat Market - Beef Special Gift Cert. \$169.00 Value
- Cavenders - Collapsible Chair
- Fried Pie - Dinner & Drink For Two
- Smith Feed Store - 50 lb. Bag Dog Food
- J.H. Bayer & Sons - 40 Bags Deer Corn
- Steppin' Out - T-Shirt
- John Endres - 20-1000# Quality Prairie Hay
- Kwik Kar - Free Oil Change Up to \$29.99
- Plaza Pharmacy - Blood Glucose Monitoring System
- Victoria Vogel - Decorative Cake
- Industrial Bearing - Piece American Drill Bit Set
- Barthold Tire - Free Rotate & Balance
- JR Thompson - 24-25 Tons Crushed Rock - Not Delivered
- Smokehouse - 2-BBQ Plates with Drink
- Sanders Jewelers - Walnut Wood Hand Made Pen
- Klement Ford - One Oil Change Gas or Deisel
- Myra Volunteer Fire Department - (4) Coolers w/6 pk of Cokes, \$100 hidden in 1 of 4 Coolers, \$50 hidden in 1 of 4 Coolers
- Tony's Feed & Seed - 1000 lbs. 11% Steer Feed
- Edelweiss Tea Haus - Lunch, Drink & Dessert for Two
- Lonestar Material - 24-30 Tons Crushed Rock-Not Delivered
- J.C. Ivins - 125lb. Protein Tub
- Knabe Tire & Battery - Interstate Battery
- Hennigan Auto Parts - Case of 134A Freon
- Duwayne Schilling - 3 Rd Bales Prairie Hay
- Future Equipment - Toy Tractor
- Victoria Vogel - Decorative Cake
- Walterscheid Oil - 5 Gal. Universal Hyd. Oil
- Flusche Enterprise - Telescoping Flag Pole
- Plaza Home Care - Wrist Blood Pressure Monitor, Ringer & Flasher
- Matt Sicking - Load of Gravel Delivered (15 Mile Radius)
- Industrial Bearing - 5 Gal. Universal Hyd. Oil
- Doc's Bar & Grill - Steak Dinner w/Tea for Two
- Schilling Oil Company - Case of Delo 400
- G & H Backhoe - Load of Gravel Delivered (15 Mile Radius)
- Bob Baker - One Oil Change (Gas)
- Matt Sicking - Load of Gravel Delivered (15 Mile Radius)
- Victoria Vogel - Decorative Cake
- Tony's Feed & Seed - 500 lbs. Horse Pellets
- Bob Baker - One Oil Change (Gas)
- Future Equipment - 5 Piece Toy Tractor Set
- Klement Ford - One Oil Change Gas or Deisel
- Victoria Vogel - Decorative Cake
- Doug Fleitman Backhoe - Load Crushed Rock Delivered in County
- Clem Sandmann Family - Cooler w/Cokes & Sausage
- J. J. Biffle - 10 Round Bales Hay
- Klement Ford - Stevens 12 gauge Double Barrel Shotgun
- Muenster Milling - 3, 50lb. Bags Dog Food
- 82 Liquor - 750ml Crown Royal Party Pack
- Neil's Phillips 66 - Case Motor Oil
- Neil's Phillips 66 - Case Tube Grease
- Muenster Auto Parts - Case Shell Rotella Motor Oil
- Dr. Kelly Wimber - Electric Toothbrush kit, \$125 value
- Discount Tire & Brake - Front End Alignment, \$49 value
- Lonestar Material - 24-25 Tons Crushed Rock-Not Delivered
- J. R. Thompson - 24-25 Tons Crushed Rock-Not Delivered
- Stallion - 24-25 Tons Crushed Rock Delivered 10 mile Radius
- R & R Pipe - \$75 in Trade
- DJ's Barber Shop - 4 Haircuts
- Brad Felderhoff - Barn Wood Entertainment Center
- Jimmy Jack Biffle - 10 Round Bales Bermuda Hay
- Shawn Walter Automotive - \$50 in Trade
- Shawn Walter Automotive - \$50 in Trade
- Able Touch - Keyless Entry
- Bill, Shawn, Tom Danglemayr - Hog
- Walterscheid Meat Co. - Processing
- Gus Ashley - 2 Tow Ropes
- Chris Sicking - Outdoor Fireplace & Grill
- Bell Supply - 5 gal. Igloo Water Jug
- Roy Monday - Load Crushed Rock, 10 - 15 Mile Delivery
- Sprouse Automotive - 2 oil Changes 5 qt. & Filter
- York Eye Associates - \$200 Retail Sunglasses
- Linda & Jim Hacker - 5 Postal Bears
- Linda & Jim Hacker - 2 Lighthouse Music Boxes
- Linda & Jim Hacker - Hand Care Package
- Linda & Jim Hacker - Satsuma Collection
- Linda & Jim Hacker - Pink Grapefruit Collection
- Linda & Jim Hacker - Gold Watch
- Linda & Jim Hacker - Gold & Red Watch
- Linda & Jim Hacker - Guardian Angel Pin & Necklace
- Linda & Jim Hacker - Fried Chicken Cookout for 20 people
- One Stop - 10 Pizzas
- Lora's Flowers - Twin Candle Set
- Hess Furniture - 3 Table Set
- Hesse Schniederjan - Annual A/C Tune Up
- Dr. Mindy Graham - Electric Toothbrush Set
- Jaws Construction - Fajita Cooker
- Metal Sales - 20 ft. Chain
- Christi's Jewelry - Gold Overlay & CZ Bracelet
- Gymnastics Sport Center of Muenster by Rose Henschel - One Month Membership
- Anderle Welding - 4 hrs. Welding
- Anderle Welding - 2 hrs. T-post or Post-Hole Drilling
- Girlfriends - Large Gift Basket valued at \$200
- Joe Walter Lumber - Combination Smoke & Carbon Monoxide Alarm

Myra VFD thanks you for your support!

BYRON R. BERRY

Attorney At Law - C.P.A.

Personal Injury

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Reunion held by Muenster, Sacred Heart Classes of 1977



Sacred Heart High School Class of 1977

Graduates of 1977 from Muenster High School and Sacred Heart High school celebrated their 30 year class reunion on Saturday, July 28. Father Ken Robinson acknowledged the graduates at the 4 p.m. Mass at Sacred Heart Church and offered the classmates a special blessing. He dedicated their attendance in remembrance of a former Muenster classmate, Mark "Curly" Sicking, and a former Sacred Heart teacher, Mr. Caserta (Mr. C).

The evening was hosted by classmate Greg Knabe and his wife Renate in their home. Fifty-one of the 64 classmates attended. They enjoyed a wonderful steak dinner by the pool-side. Tim Hess and his wife Vicky assisted by Jim "Smoke" Koelzer and Brent Hess were chefs for the evening. Troy Sicking and wife Dina, owners of Rohmer's Restaurant, provided the potatoes and drinks for the evening. Ben Bindel gave the invocation before the meal. The group presented Greg and Renate a dozen roses for their hospitality. The pool and beautiful sunset made picturesque backdrop for classmates taking photos.

A memorabilia table was decorated with senior class photos of both groups, an enlarged photo of the whole group at their First Communion, several personal scrapbooks, and high school yearbooks. High school hair styles got a big laugh!

A competitive pool tournament entertained the group while others enjoyed music by the band Only In TexXas. Classmates Doris Clark Koelzer and Chuck Koelzer's son Tony is a member of the band.

Host Greg Knabe treated his classmates to a harmonica solo and a song with the band. Guests socialized late into the night.

Traveling the farthest in the group for their reunion were Becky Douglas Rappleye from Silverdale, Washington, and Bill Huchton from Brentwood, California.

Photos were taken of each group of classmates. Updated addresses and e-mail information was collected so a booklet could be compiled for each classmate.

Teachers attending were Joni Sturm and husband Mike, Robert McDaniel and wife Judy, Faye Hamric and husband Dan. The reunion was coordinated by Greg and Renate Knabe, Doris Clark Koelzer, and Mary Hoedebeck Hess. Decorations were provided by Stacie Walterscheid Miller. To honor the fallen classmate and teacher, the group purchased bricks of the Muenster Youth Basketball Court in the park in memory of Mark Sicking and Mr. C. Attending the reunion from Muenster High were Judy Fisher Newell, Greg Knabe, Marilyn Otto, Marlene Klement Walterscheid, Darlene Klement Abney, Kevin Hacker, Doris Clark Koelzer, Jim Koelzer, Tina Mollenkopf Weinzapfel, Glenn Hess, Doug Cler, Randy Sawyer, Billy Huchton, Danny Fisher, Mark Cler, Brenda Barnhill Walterscheid, Mark Mollenkopf, Troy Sicking, Pat Davidson Gilland, Becky Douglas Rappleye, Tracey Klement, and Albert Zimmerer.

Unable to attend were Betty Bayer Cole, Sam Bright, Calvin Otto, Vickie Scoggins, Susan Moster, Cathy Sicking Dangelmayr, and Tim Wolf. Attending from Sacred Heart were Danny Stock, Julia Bayer Simpson, Monica Hartman, LeBrasseur, Ramona Walterscheid Felderhoff, Tina Wilde Womack, Sharlene Pagel Hartman, Paul Becker, Marlene Pagel, Mary Hoedebeck Hess, Brent Hess, Ben Bindel, Bob Grewing, Janet Henschel Hess, Kent Wolf, Charles Hess, Stacie Walterscheid Miller, Tim Hess, Steve Henschel, Cathy Barthush Otto, Billy Felderhoff, Bev Pels Stevens, Chuck Koelzer, Elizabeth Kralicke Harpal, and Gary Knabe.

Unable to attend were Tim Sicking, Tim Cler, Gloria Hess Coker, Janette Yosten Hess, Susan Koelzer Yosten, Chris Schilling, Sandy Voth Felderhoff, Craig Sangster, Keith Hess, Mike Hofbauer, and George Luke.

Hydrate, but resist notion that diet beverages deliver long-term health

A recent study suggests that people who drink more than one diet soda each day develop the same risks for heart disease as those who down regular soda.

Lona Sandon, a registered dietician at UT Southwestern Medical Center, said the findings are just another reason parents should consider limiting their children's intake of

- Keep detergents, cleaning supplies, nail polish remover, mouthwash, and cosmetics in locked cabinets or out of reach.
- Keep clothes hangers in the closet.
- Place nails, glue, screwdrivers, and other tools out of reach of children.
- Keep younger children away from work areas where power tools are being used.

For more information on how to protect your eyes at home, call Prevent Blindness America at 1-800-331-2020 or visit www.preventblindness.org.

As with all foods, Sandon says moderation is the key. To limit a child's intake, she suggests parents decrease their own soda consumption. "Children learn good nutrition by example. If parents are reaching for water, children will do the same. It's also helpful to have healthy substitutes for soda, such as a glass of 100% fruit or vegetable juice."

Grandparents
Grandmother-grandchild relationships are simple. Grandmas are short on criticism and long on love.
-Author Unknown

NCTC sponsors easy piano workshop

Traditional piano lessons usually strike a sour note with busy adults, but there is a method that could have some aspiring musicians tickling the ivories in no time.

Instead of focusing on reading music and notes, the Chord Approach Method teaches students to recognize chords. The chord method works when students see a chord symbol on their music and they play the same three or four notes in succession instead of reading the music, said Terry Maddock, who has taught piano for almost three decades.

NCTC Lifelong Learning Division will offer two piano workshops on Sept. 17 and 18 from 6-9 p.m. each evening. "Easy Piano for Hopelessly Busy People" will teach students a simple formula for building all chords. These same chords will be used in the follow-up workshop "Piano by Ear - You Don't Have to Be Born With It!" Once you learn the chords you need for a few songs, you know the chords you'll need for all the music you enjoy.

If you've always wanted to play the piano but can't seem to fit a weekly lesson into your already hectic schedule, you'll love these workshops. Pre-registration is required at 940-668-4272.

Maddock said, "I can teach anybody, but not everybody learns it. It's an attitude. If you'll commit to some practice time each week, you'll get it!"



Muenster High School Class of 1977

Prevent Blindness America urges caution at home

The most dangerous place for eyes is the home. The Consumer Product Safety Commission (CPSC) states that in 2006, more than 219,000 Americans went to the emergency room to be treated for eye injuries. And, more than half, (or 125,127), of those injuries occurred in the home, more than any other location.

Prevent Blindness America, the nation's leading eye health and safety organization dedicated to saving sight, has declared Septem-

ber as Home Eye Safety Awareness Month in an effort to encourage the public to make a priority of protecting their sight.

When chemicals such as household cleaners, bleach, and paint enter the eye, they can cause painful and serious damage. Lawn maintenance can also be hazardous to eyes, as clippings from trimmers or rocks and debris thrown by lawnmowers become airborne. And those working on cars or other machinery in the garage can suffer injuries

when battery acid, gasoline and other liquids splash onto the face and enter the eyes.

Fortunately, 90% of all eye injuries are preventable by simply wearing the proper eye protection. Safety goggles should have "ANSI Z-87" stamped on the lenses or frames, meaning they have been certified by the American National Standards Institute. After any project, make sure hands are washed thoroughly before touching the eyes or face.

"When we perform the same chores or tasks around the house, week after week, we can get complacent about how quickly accidents can happen," said Daniel D. Garrett, senior vice president of Prevent Blindness America. "We all need to take extra care when we're at home to protect our sight and not wind up in the emergency room."

Children are also at-risk for eye injuries in the home. Everyday household items such as hangers, glue, or pencils can suddenly become very dangerous, causing many accidental injuries. Injuries may include burns, contusions, abrasions, or punctures.

Prevent Blindness America has the following tips for protecting children from injuries in the home:

- Teach children not to run around with forks, knives, pencils, combs, or toothbrushes.

Invest in Catholic Education

Support the Sacred Heart School Trust Fund

A memorial gift will earn income for Catholic education in memory of the donor.

An annuity gift will earn interest for the donor or designate for the rest of their life after which the gift will be used for Catholic education.

A donation to the Sacred Heart School Trust Fund is an investment in Catholic education.

Sacred Heart Parish

714 North Main

Muenster, Texas 76252

Muenster Memorial Hospital Rehabilitation Program



Karime Graves

Therapists provide Occupational Therapy, Physical Therapy, and Speech Therapy
Contact Adelia Wilson (940) 759-6162

Our Swing Bed Program provides Skilled Nursing Care and Rehabilitation Therapy that may benefit patients in the following areas:

- Post - Acute IV Therapy
- Post - Surgery Therapy for patients with an orthopedic surgical procedure requiring physical or occupational therapy
- Post - Stroke Therapy
- Pneumonia Recuperation
- Heart Problems

Summer's End Sale

10 - 50% off Storewide

Including antiques

Bridal Registry Available



220 North Main
Muenster, TX
(940) 759-5090
Hours: Mon-Sat
9:30 A.M. - 5:30 P.M.

COOKE COUNTY ELECTRIC COOPERATIVE

Muenster, TX
940-759-2211

Antique Tractor and Farm Machinery Show



Even the young enjoy old tractors. At left, Logan, Brady, and Haegan Hess; above, Robert Baldwin and Shaden Glory with Alan Baldwin; below left, 1907 International engine; below, Doug Martin and one of his John Deeres. Janie Hartman photos



Above - The Fuhrmann boys check out a tractor; below Josh Calvary and Wade Coley work to get their tractor started.



SCHOOL NEWS

Health Tips

When school sports begin, it's time for some quality H₂O

For many children, back to school means back to sports. During the time off, many young athletes tend to forget the importance of drinking plenty of fluids during hot, long practices, said Dr. Luis Palacios, an expert in sports medicine at UT Southwestern Medical Center.

He recommends sports participants drink four to eight ounces of water every 15 to 20 minutes if they have been working out for an hour or less, including warm-up sessions. For workouts longer than an hour, athletes should reach for the sports drinks to replenish carbohydrates and electrolytes such as sodium and potassium that are lost through sweating.

"Hydration is very important because heat stress and heat stroke are such a concern among physicians caring for athletes," Dr. Palacios says. "Besides, dehydration impairs performance."

Eating on the run? Healthier fast-food meals now an option

Are after-school activities making menu choices for you? Rather than super-size that next fast-food selection, think about ways to include healthier options in those typically high-calorie, high-fat meals, suggests Dr. Jo Ann Carson, a clinical nutritionist at UT Southwestern Medical Center.

"Be proactive, focused and selective when dining out, even at fast-food restaurants," she said. Several fast-food chains now offer fruits, vegetables and side salads (easy on the dressing) as an alternative to french fries. In addition, more fast-food companies are providing orange juice and low-fat milk as optional beverage choices. While low in fat, bean-laden chili can provide plenty of fiber. Also, a small fruit yogurt parfait can be a snack or dessert that counts toward your daily servings of dairy and fruit.

LUNCH MENUS

WEEK OF SEPT. 10-12 MÜNSTER ISD

Mon. - Hot dogs w/chili and cheese, French fries, pinto beans, peaches, cake.

Tues. - Spaghetti w/meat sauce, lettuce salad w/dressing, green beans, pineapple, hot rolls.

Wed. - Chicken patty sandwich, lettuce, tomatoes, chips, bananas, cookies.

Thurs. - Baked ham, creamed potatoes w/gravy, corn, pears, hot rolls.

Fri. - Pizza hot pockets, lettuce salad w/dressing, fresh vegetables, applesauce, ice cream.

SACRED HEART

Mon. - Corny dogs, potato wedges, ranch style beans, oranges.

Tues. - Beef spaghetti, green beans, fruit salad, garlic bread.

Wed. - BBQ sandwich, potato salad, celery sticks.

Thurs. - Pork chops, potatoes, gravy, green salad, hot rolls.

Fri. - No School.

LINDSAY ISD

Mon. - Beef tips over rice,

green beans, peaches, batter bread.

Tues. - Fiesta salad w/corn chips, ranch style beans, crackers, strawberries, chocolate cake.

Wed. - Turkey, ham, and cheese sub sandwich w/trimmings, potato chips, fresh fruit, jello.

Thurs. - Chicken spaghetti, mixed vegetables, applesauce, breadsticks.

Fri. - Hamburger w/trimmings, oven fries, ice cream.

ERA ISD

Mon. - Lasagna or fish sticks, green beans, tossed salad, sliced peaches, breadstick.

Tues. - Chicken fried steak or chicken nuggets, mashed potatoes, gravy, tossed salad, sliced pears, hot roll.

Wed. - Chicken/chili crispiito, corn, tossed salad, strawberry applesauce, sugar cookie.

Thurs. - Baked potato w/ground beef, shredded cheese, tossed salad, fruit mix, cinnamon rolls.

Fri. - BBQ sandwich, potato wedges, pickle spears, ice cream.

Campus beautification set as Saint Jo ISD goal

The Saint Jo Elementary PTO (Parent-Teacher Organization) invites the citizens, high school students, organizations, and business owners to join them in beautifying their campus for aesthetic purposes. They would like anyone with an interest in gardening and landscaping, or just an interest in making their town and schools more appealing to the eye, to join them with their children in planning and planting beauty on the elementary campus. Each donation of landscape materials, plants, and shrubbery will be tax deductible. Saint Jo PTO is a 503 (2C) non-profit organization. Many will reap rewards from this effort, from the

school children who will be learning about gardening and landscaping, to the citizens in the community who will benefit from interacting with the students. High school students can earn a certificate of community service by being involved in this effort. Everyone will benefit by having a more "attractive" elementary campus.

If you would like to donate items for the landscaping (they will be glad to pick items up), donate your time to help plan and plant, or earn a community service certificate, you may get involved by contacting Pam Pendergraft at (940) 366-2588, or Tammy Stiteler at (940) 995-9415

2007 Property Tax Rates in MÜNSTER HOSPITAL

This notice concerns 2007 property tax rates for MÜNSTER HOSPITAL. It presents information about three tax rates. Last year's tax rate is the actual rate the taxing unit used to determine property taxes last year. This year's effective tax rate would impose the same total taxes as last year if you compare properties taxed in both years. This year's rollback tax rate is the highest tax rate the taxing unit can set before taxpayers can start tax rollback procedures. In each case these rates are found by dividing the total amount of taxes by the tax base (the total value of taxable property) with adjustments as required by state law. The rates are given per \$100 of property value.

Last year's tax rate:	
Last year's operating taxes	\$507,166
Last year's debt taxes	\$0
Last year's total taxes	\$507,166
Last year's tax base	\$267,070,286
Last year's total tax rate	0.189900/\$100

This year's effective tax rate:	
Last year's adjusted taxes (after subtracting taxes on lost property)	\$507,007
+ This year's adjusted tax base (after subtracting value of new property)	\$315,191,078
= This year's effective tax rate	0.160800/\$100

This year's rollback tax rate:	
Last year's adjusted operating taxes (after subtracting taxes on lost property and adjusting for any transferred function, tax increment financing, state criminal justice mandate and/or enhanced indigent health care expenditures)	\$507,008
+ This year's adjusted tax base	\$315,191,078
= This year's effective operating rate	0.160800/\$100
x 1.08 = this year's maximum operating rate	0.173600/\$100
+ This year's debt rate	0.039100/\$100
= This year's rollback rate	0.212700/\$100

Statement of Increase/Decrease

If MÜNSTER HOSPITAL adopts a 2007 tax rate equal to the effective tax rate of 0.160800 per \$100 of value, taxes would increase compared to 2006 taxes by \$ 11,272.

This notice contains a summary of actual effective and rollback tax rates calculations. You can inspect a copy of the full calculations at 201 N. Dixon, Gainesville, TX 76240. Name of person preparing this notice: Doug Smithson Title: Chief Appraiser Date prepared: July 22, 2007

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FREE Installation!
Only \$39.95* per month

- FREE Virus Protection
- Doesn't tie up your phone
- FREE Spam Filtering
- Local office
- \$50 Off modem



759-2251 www.nortex.com

*Some restrictions apply. Various speeds available. \$39.95 refers to 1.5 Mg x 384 DSL. Equipment and taxes are additional.

SPORTS

Hornets scoreless in first match

The Muenster Hornets traveled to Archer City last Friday night to take on the 9-A Wildcats in their season opener. Although Muenster made a dozen 1st downs, they couldn't get the big plays like their host. The Hornet offense had only 179 yards total, while giving up 416 yards. The Wildcats' big plays included two 70 yard runs, and a 50 yard pass play for touchdowns.

"I'm proud of the boys' effort. We never gave up," commented Muenster Coach Monte Endres. "We made our own mistakes that can be corrected." Endres added that the score looked bad, but there were a lot of positives that the team will be building on. "We'll keep working to get better."

The Hornets received the opening kick, but quickly punted on 4th and 11. A tackle by Corey Reynolds and a fumble recovered by Corey Sicking put Muenster on the Archer City 34 yard line. Short runs by Reynolds, Garrett Hennigan, and Paul Crabtree moved the ball to the 23, but a 4th and 9 play came up short and the Cats took the ball. Four plays later, Archer City scored on a 70 yard run. The extra run made the score 8-0 with 5:27 on the clock.

Starting on their 31 yard line, a Levi Trubenbach pass to Crabtree picked up 27 yards, but again Muenster couldn't get the needed 1st down, giving the ball to the Wildcats. Next play - a 72 yard scoring run. The PAT put Archer City in the lead 16-0 with 2:25 remaining in the 1st quarter of play.

Muenster's next drive had Reynolds run five plays for 37 yards into the 2nd period. A

Trubenbach to Crabtree pass gained 9 yards, but a flag lost 10. Two plays lost 10 more yards and Muenster punted. Archer City got a good return to their 41 yard line. Ten snaps later, the Cats found the end zone on a 1 yard run. The PAT failed, for a 22-0 score.

The Hornets got in two plays and lost the ball on a fumble. Archer City quickly moved from midfield to the Hornet 9 yard line. Muenster's goal line defense held Archer City's attack and the Hornets took over on their 7. Two plays lost 3 yards before the halftime break.

A 43 yard kick by Tanner Herr, a short return, and a penalty put Archer City on their own 11 yard line to start the 2nd half. After gaining 12 yards, the Cats were shut down by the Hornets, and they punted.

Muenster mixed 13 plays, with Hennigan, Trubenbach, and Crabtree running, and a fumble recovered by Corey Sicking put Muenster on the Archer City 34 yard line. Hennigan and Alex York catching passes to the Archer City 21 yard line before running out of bounds.

The Wildcats took six plays to get to the Hornet 16, but three straight flags backed them to the 50. On 2nd and 35, an Archer City pass play found the end zone with 47 seconds on the clock. The PAT counted and the Hornets trailed 29-0.

Muenster started the final quarter by losing a fumbled ball. Archer City got the ball 31 yards from paydirt, but tackles by Sicking, Jeremy Lutkenhaus, and Andrew Yosten helped stop the drive on the 13 yard line.

Runs by Crabtree and Hennigan gained 13 yards, followed by completed passes to York and Eric Hellman for

21 more yards. A run by Hennigan got the Hornets to midfield, but too many incomplete passes stopped the drive. Archer City then ran out the clock, sending Muenster home in defeat.

M	0	0	0	0	0
AC	16	6	7	0	29

Team Stats

M	AC
12	1st downs 13
31/61	Rushes/yds 34/277
12/26/0	Comp/att/int 4/9/0
118	Passing yds 139
2/31	Punts/avg 1/36
4/2	Fumbles/lost 3/1
7/51	Penalties/yds 11/87

Individual Stats

RUSHERS: Corey Reynolds, 12/44; Garrett Hennigan, 9/16; Paul Crabtree, 4/8; Levi Trubenbach, 6/-7. **RECEIVERS:** Crabtree, 2/36; Hennigan 3/33; Alex York, 3/27; Eric Hellman, 3/20; Reynolds, 1/2. **TACKLES:** Corey Reynolds, 8; Levi Trubenbach, 7; Corey Sicking, 6. **KNOCKDOWNS:** Charlie Womble, Colton Steelman. **PANCAKE:** Jeremy Lutkenhaus. **PASS BREAK-UPS:** Reynolds, Eric Hellman. **TURNOVER RECOVERY:** Corey Sicking. **CAUSED FUMBLES:** Corey Reynolds, Jeremy Lutkenhaus, Colton Steelman.

Next Action

The Hornets travel to Nocona this Friday, hoping for a big win over the Indians. "It will be a tough game," noted Coach Endres. "It's always a big game. We must make ourselves better, go over there, and get after it!"

Nocona has a big senior class with a big quarterback and a big running back. Last week, the Indians lost to Aubrey 26-8 and last year to Muenster 28-12. Action begins 7:30 p.m. at Nocona.



Josh Yosten (16), Chris Marshall (10), Dylan Flusche (56), and two other Tigers team up to bring down a Petrolia Pirate. Janie Hartman photo

Tigers suffer point loss to Petrolia

The Sacred Heart Tigers invaded the Petrolia Pirate football field Friday night, but came up 1 point short of victory, 29-28. "It was a very hard fought game," noted Coach Charles Boles. "Both teams played extremely hard."

Petrolia had a total of 377 yards, just passing Sacred Heart at 356. The Pirates controlled the rushing game, and the Tigers the air attack. "I'm proud of the Tigers effort. I hope we can learn from our mistakes made," Boles added.

Action began with the Tigers' first snap on their 30

yard line. Josh Yosten picked up 6 yards, but a flag and a sack lost 12. A Nolan Hartman to Colby Richey pass got a 1st down on the 44. Hartman and Richey connected again for a 14 yard gain into Pirate territory. Another completed pass, this one to Yosten, put the ball on the 22 yard line where the drive ended after four unsuccessful plays.

Petrolia got in one good run, then tackles by Yosten, Hartman, and Shane Hennigan forced a punt. The Tiger offense struggled, losing yardage, and was forced to punt. Five plays later, the Pirates scored on a 14 yard run with 2:52 remaining on the clock. The PAT kick gave the home team a 7-0 lead.

The Tigers fought back, clawing out 66 yards in six plays. Passes to Stephen Davis and Nick Popovich and a short run each by Yosten and Hartman were capped off with a 37 yard touchdown pass from Hartman to Sam Sparkman with 26.8 seconds on the clock. Yosten ran in the extra points and the Tigers took the lead 8-7.

A flag, incomplete pass, and defensive action by Hartman and Tommy Torcellini began the 2nd quarter, forcing a punt. Two plays later, Petrolia intercepted a Tiger pass. Flags and Tiger tackles made the Pirates punt. Sacred Heart mixed runs and passes, picking up 22 yards before throwing another interception. Starting on their 10, Petrolia took only three snaps to find the end zone, scoring on a 47 yard run. The PAT failed and with 5:52 still on the clock, Petrolia took back the lead, 13-8.

Starting their next series of plays on their 30 yard line, the Tigers gained ground quickly with a Hartman to Sparkman pass and a Colt Spruill run moving the ball to the 26. A run by Yosten and one by Hartman got the ball to the 13. Another pass to Sparkman gained 9, with Hartman getting a 1st down at the 2. Hartman then got into the end zone and added the extra kick to give the Tigers a 15-13 lead with 3:38 remaining in the 1st half. A few plays later, the Pirates found treasure with a 55 yard run, and after the PAT, Petrolia led Sacred Heart by a score of 21-15.

Both teams got in plays the last two minutes before halftime.

The Pirates took the 3rd quarter kick and got nowhere. The Tigers' first possession ended with 6 points. Sharing runs by Hartman and Yosten, a Richey pass got the ball to the Petrolia 20. A keeper by Hartman found the

end zone to tie the game 21 all. The extra kick by Hartman returned the lead to the Tigers, 22-21 with 6:43 on the clock.

Again, Sacred Heart stopped Petrolia with tackles by Reeves and Zanchetta. The Tiger drive ended at midfield when two flags and a fumbled play forced a Tiger punt.

Petrolia carried the ball into the final quarter, moving 75 yards in eight plays, scoring on a 25 yard run with 10:58 on the clock. An extra point pass play put the Pirates on top 29-22.

The Tigers clawed their way back with runs by Ryan Bartush and Hartman to the 34 yard line. Sacred Heart went airborne with a Hartman to Richey pass to find the end zone at 7:58. The PAT pass failed and Petrolia remained in the lead 29-28.

Two facemask flags assisted the Pirates in getting to the Tiger 15 yard line. The threat to score ended when Colby Richey intercepted a pass on the Tiger 3 yard line. Sacred Heart's last minute attempt to pull out a win was unsuccessful. Only a yard from scoring, the Pirates killed the last ticks off the clock by taking a knee to hold on to the 1 point victory.

SH	8	7	7	6	28
P	7	14	0	8	29

Team Stats

SH	P
24	1st downs 15
36/134	Rushes/yds 44/361
11/29/2	Comp/att/int 1/8/1
222	Passing yds 16
3/37	Punts/avg 5/28
3/0	Fumbles/lost 4/0
5/45	Penalties/yds 10/71

Individual Stats

RUSHERS: Nolan Hartman, 19/71; Colt Spruill, 3/36; Ryan Bartush, 2/22; Josh Yosten, 12/5. **RECEIVING:** Colby Richey, 5/86; Sam Sparkman, 3/65; Yosten 1/24; Nick Popovich, 1/17; Spruill 1/11; Stephen Davis, 1/9. **TACKLES:** Nolan Hartman, 13; Tyler Rohmer, 8; Josh Yosten, 8; Jordan Reeves, Colt Spruill, Shane Hennigan. **TURNOVERS:** Colby Richey.

Next Action

The Tigers will face another Pirate team this week as they stay on the road and travel to Collinsville.

Last week, the Pirates pounded Detroit with a 57-6 plank walking. "They will be outstanding. They're a good team," stated Coach Boles. "They will give us a test and let us know how good we are and where we need to be. They will also show us our weakness. We'll have to play well to beat them."

Last year the Tigers lost to Collinsville 20-6 and will be looking for revenge this week. Game time is 7:30 p.m.



Above - Muenster Hornets outside the pile-up include Eric Hellman (88), Colton Steelman (66), and Garrett Hennigan (10). Others cannot be identified in action against Archer City last Friday. Linda Flusche photo

Lady Hornets take 2nd at Marcus

The Muenster Lady Hornets Cross Country team brought home a 2nd place team finish in the Marcus I

Invitational Cross Country Meet in Division 2A and Under at North Lakes Park in Denton.

Krum Lady Cats won the meet with 26 points, Muenster followed with 53. Paradise 78, Era 89, and Bishop Lynch 134, for the top five teams.

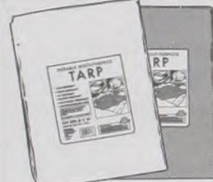
Individually, Muenster's Leah Smith finished in 1st place with a time of 14:02. Krum followed with 2nd, 3rd, and 4th. Jacey Steelman of Era was 5th, followed by Shaina Felderhoff in 6th at 14:40, and Jackie Klement 9th with a 14:47 time.

Rounding out the Lady Hornets top six were: 18, Amanda Dangelmayr, 15:33; 19, Anne Walterscheid, 15:33; 20, Cassie Hale, 15:51; and 21, Briana Bindel, 15:55.

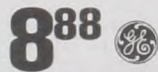
Other Muenster runners were Sara Walterscheid, Laura Heers, Michelle Henscheid, Emily Stoffels, and Erin Endres.

The Hornets had three runners in the Boys 2A and Under open. Taking 3rd overall was Johnny Green with a finishing time of 19:19. Tanner Silmon came in 16th, clocking in at 24:04, and Toby Dyess 19th at 25:08.

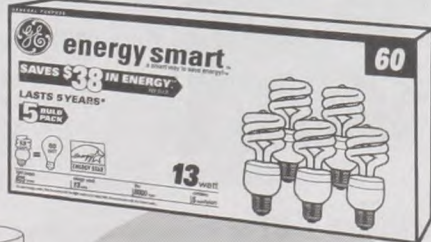
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Pirates come from behind to beat JV Tigers

The Petrolia Pirates were the first and the last to score last Thursday as they shanghaied the Sacred Heart Junior Varsity Tigers 27-24.

The Tiger offense was first on the field, starting on their own 27 yard line. Three runs by Kirk Felderhoff and a facemask moved Sacred Heart to the Pirate 39. After losing 4 yards on three attempts, the Tigers punted.

Petrolia took only four plays to travel 83 yards and score. The extra points run failed for a 6-0 score with 3:56 on the clock.

The Tiger offense struggled and punted. Sacred Heart's first points were made by the defense when Josiah Yosten and Gene Yosten caught the Pirates in the end zone for a safety with 59 seconds on the clock for a 6-2 score.

The Tigers started their next drive on the Pirate 43. Matthew Hesse picked up 4 yards. Then, on the first play in the 2nd period, Hesse hit John Krawietz for a 39 yard touchdown play. The PAT failed for an 8-6 Tiger lead.

The Pirate offense got into Tiger territory before tackles by Kyle Knabe and J. Yosten set them back 14 yards. A pass play kept the drive going, but G. Yosten and Knabe, and two incomplete passes stopped Petrolia on the 25 yard line.

Again Sacred Heart's offense struggled, gaining 1 yard and fumbling the ball over to Petrolia. From the Tiger 27, two flags and incomplete passes returned the ball to the Tigers on their 30 yard line. Three plays later, a Hesse to Krawietz pass was good for a 66 yard touchdown. With 1:24 remaining in the 1st half, a Hesse to Knabe pass on the PAT gave the Ti-

gers a 16-6 lead.

The Sacred Heart defense shined again when J. Yosten covered a loose ball on the kick return, giving the Tigers possession on the Petrolia 36 yard line. With 12 seconds on the clock, a Hesse to Knabe pass scored 6 points on a 41 yard play. Hesse ran in the points after for a 24-6 Tiger lead at halftime.

Petrolia controlled most of the 3rd quarter, with Sacred Heart getting in seven offensive plays that totaled a negative 3 yards and two lost fumbled balls. The Pirates found paydirt to close the score to 24-12 at the end of the 3rd period.

The 4th quarter began with a short Tiger punt. The next play, the Pirates found their buried treasure and scored on

a 38 yard pass play. The PAT pass put Petrolia behind the Tigers 24-20 with 9:44 remaining in the game.

The Tigers gained only 7 yards and punted. Three plays later, Petrolia took the lead after a 54 yard run. The PAT kick gave the Pirates a 27-24 lead.

Hesse got in a 25 yard run, but the next play the ball was lost with a fumble. Tackles by Michael Whitecotton, Krawietz, and Seth Turczynski forced a Petrolia punt.

Starting on their 10, the Tigers moved the ball down field with three runs by Felderhoff and a Hesse to Krawietz pass to the Pirate 36, but an interception stopped the drive on the 21. The Pirates took a knee and ended the game.



Sacred Heart Tiger coaches, from left, Charles Boles, Dale Schilling, Christopher Creed, Paul Bartush, and Michael Becker watch the JV Tigers chance for a victory tick off the clock. Janie Hartman photo



Muenster VFD members Herbie Knabe, Drew Springer, and Deano Bayer, Coach Aaron Klement, and paramedic Jeff Arendt prepare Muenster Hornet Aaron Flusche for a trip to the hospital. Flusche broke his leg in the Muenster opening football game Thursday evening. Janie Hartman photo

JV Hornets squeeze by Cats

The first game of the 2007 season for Muenster was played Thursday night at Hornet Field with the junior varsity Hornets hosting the Wildcats of Archer City. The defensive battle ended with a 6-0 victory for Muenster.

Action began with Scott Porter returning the opening kick to the Hornet 39 yard line. A run by Garrett Walterscheid and T.J. Acuna, and a Walterscheid to Jason Luke pass took the Hornets to the Cat 24. Four unsuccessful plays gave Archer City the ball on their 40 yard line.

Seven punted plays moved the Cats to the Muenster 30 yard line, but the drive ended when Jeff Schniederjan stole the ball. Muenster's offense gained only 2 yards and punted. Acuna, Spencer Nielsen, and Jacob Klement allowed no return.

The Cats carried the ball into the 2nd quarter, eating on the clock, getting to the Hornet 15. Tackles by Matthew Bain, Dillon Bayer, Tanner Silmon, Allen Fette, and Walterscheid allowed only a

yard, giving Muenster the ball with 1:39 on the clock.

A Walterscheid to Aaron Flusche pass picked up 11 yards. Another pass to Flusche took the ball to the 50, but a flag backed the Hornets to the 15. Walterscheid connected with Klement for a 14 yard gain, then picked up 6 more before running out of downs on the 33. Two plays later, Nielsen intercepted a pass with 21.7 seconds on the 1st half clock. Walterscheid found Flusche to pick up 9, but the half ended with an incomplete pass for a scoreless halftime.

Archer City's 3rd quarter opening drive never got started, as tackles by Schniederjan, Bayer, and Walterscheid forced a punt after only 3 yards were gained.

From their own 38, runs by Acuna, Chris Valliere, and Walterscheid moved the Hornets to the Cat 28. A Walterscheid pass to Klement picked up a quick 12 yards. Acuna got the ball to the 11, but a fumbled ball stopped Muenster 8 yards from

paydirt. The Hornets were given a second chance to find the end zone when Dillon Bayer caused a fumble and recovered the loose ball on the 8. But three plays later, Muenster fumbled again and the Cats got the ball on the 10.

Valliere, Bayer, and Andrew Koessler made stops that forced a punt. The short punt was returned to the 25 by Luke. Walterscheid connected with Acuna to the 15, then again in the end zone for the touchdown. The extra point run failed for a 6-0 score with 4.5 seconds on the clock.

Luke's kick rolled inside the 10 yard line and was returned to the 14 as the final quarter began. Archer City got in one good run before Muenster's defense, led by Walterscheid, Bain, Nielsen, Flusche, Valliere, and Bayer forced a punt, taking a Hornet bounce to the Muenster 48. At 7:32 the game was delayed due to an injury on the field.

When play resumed, Luke, Valliere, and Acuna all ran for gains until the ball went over on downs. Tackles by Valliere, Acuna, Nielsen, and Bain allowed only a 4 yard gain. Three plays later, Muenster fumbled again, giving Archer City the ball on their 34 with a minute to go. A sack by Walterscheid, along with tackles by Valliere, Luke, Nielsen, Bain, Acuna, and Koessler allowed a small gain with only seconds on the clock. An intercepted pass by Valliere ended the game.

Leading tacklers for the Hornets were Dillon Bayer, Garrett Walterscheid, Matthew Bain, Chris Valliere, and T.J. Acuna. Offensive rushers included Acuna, Walterscheid, Valliere, and Jason Luke. Getting turnovers were Jeff Schniederjan, Spencer Nielsen, Steven Valliere, and Garrett Walterscheid.



In Junior Varsity action last week, above - Hornet Spencer Nielsen (50) picks off an Archer City pass. Aaron Flusche (82) is also pictured. At right - Sacred Heart Tigers pile on a Petrolia runner. Janie Hartman photos

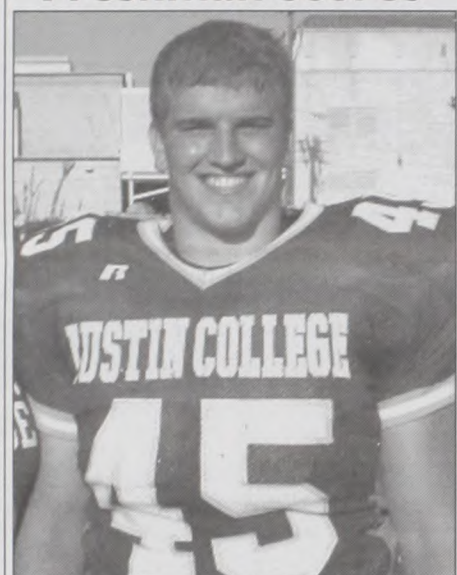
Just a thought

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Freshman scores



Zach Swirczynski, fullback for Austin College, scored his first collegiate touchdown Sat., Sept. 1 in Sherman. The Roos defeated Southwest Assemblies of God University 35-21. Zach, a 2007 Muenster High graduate, is the son of Dale and Jill Swirczynski.

Cubs win 18-6 over Mustangs

Sacred Heart junior high football began last Thursday evening at Tiger Field against the Mustangs of St. Mary's. The Cubs started on the right track, getting a notch under the win column with an 18-6 victory.

Action began when Clay Hogan booted the opening kick. Josh Biffle stopped the return, sticking the Mustangs on their 10 yard line. Tackles by Biffle, Aaron McBride, John Paul Hesse, Hogan, and Andy Flusche forced a punt.

From the Mustang 41, Hogan quickly moved the ball to the 24. Runs by Hogan, Mark Bartush, and Bob Bartush were short for the 1st, and St. Mary's took over on the 15. Tackles by Austin Miller and Flusche forced another Mustang punt early

in the 2nd period.

From midfield, runs by Hogan, M. Bartush, and B. Bartush quickly moved the Cubs to the 14 yard line. Hogan and B. Bartush got the ball to the 2. With 2:40 on the clock, M. Bartush put the first points on the board. The PAT pass failed for a 6-0 score.

Both teams got in plays for no gain before the halftime break.

B. Bartush got a good return to start the 3rd quarter. From their 41, two Hogan runs, a B. Bartush to Biffle pass, and a B. Bartush run moved the ball to the Mustang 40. Hogan and B. Bartush gained 10 more yards before the Cubs ran out of downs on the 30. Three plays later, St. Mary's scored on a 70 yard run. The PAT failed

for a 6-6 score.

The Cubs started a 10 play drive on their 35 yard line, getting 5 yards from paydirt before losing the ball on the 3. Three plays later, Hogan covered a fumble and scored 6 points. The extra run failed for a 12-6 score with 3:54 remaining in the game.

St. Mary's next drive ended after a touchdown run was called back by a flag and an interception by Biffle. The next play, the Cubs lost the ball from a fumble, then on 4th down Biffle picked off a Mustang pass on the 15 yard line. A keeper by Bob Bartush scored a Sacred Heart touchdown with no time on the clock, giving the Cubs an 18-6 victory.

The Cub offense controlled the game, getting in 45 plays to St. Mary's 30.

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Knights win with turnover touchdown

It was a defensive battle Friday night as the Lindsay Knights invaded the Tomcat field in Tom Bean. The lone touchdown was by the Knight defense, a 68 yard interception return by Garrett Block in the opening minute of the game.

"The boys played hard," said Knight Coach Cody Bounds. "We made a lot of mistakes that we have to get cleaned up." Bounds noted that mistakes come with the inexperience of a young team and are fixed as they grow.

The Cats took the opening kick, ran a couple of plays, and threw the ball to Garrett Block who returned the steal 68 yards for 6 points. Ross Jones booted the extra point for a 7-0 score with only 56 seconds ticked off the clock.

Penalties by the Knights gave the Cats a quick 35 yards before Mason Ward, Dillon Ott, and Nathan Martin dropped Tom Bean for losses, forcing a punt.

Lady Knights improve record

The Varsity Lady Knights volleyball team improved their record to 7-4 on Friday, Aug. 31 by defeating Forestburg 25-11, 25-23, 25-18.

Getting kills were Kaylee Murphree, Kristin Martin, Chelsea Hermes, Katelyn Brewer, Madisen Burrows, and Bailey Kuhn. Murphree, Hermes, Kuhn, Martin, and Rose Hermes all got blocks, with Martin and Murphree each getting 4 digs, and Burrows having 17 assists.

The Lady Knights played again on Tuesday and defeated Goldburg 25-9, 25-7, 25-3.

Burrows had 19 assists, 1 ace; Brewer, 2 kills, 3 aces; C Hermes, 8 kills, 2 blocks, 3 aces; Martin, 4 kills, 6 aces; Murphree, 11 kills, 4 aces; R. Hermes, 3 assists; Kuhn, 4 aces.

Keith Hermes, Ryan Haverkamp, and Martin gained 18 yards on the ground, and passes to Joey Block and Martin another 24 before Lindsay ran out of downs and punted.

Tom Bean moved the ball to midfield as the 2nd period of play began, but the drive stopped there. The Knights did the same, getting to the 50 before punting.

From their 12, the Tomcats gained little as Ott made three consecutive tackles, allowing only 5 yards of gain.

Lindsay's next drive ended short with an interception, but three plays later, Ross Jones picked off a pass, placing the Knights on their 37 yard line. A flag moved the ball into Cat territory. Two Hermes runs gained 15 yards, with completed passes to Block and Dustin Reed getting the ball to the 15. With time ticking off the clock, Lindsay attempted a 32 yard field goal, but was unsuccessful, for a 7-0 halftime score.

The Knights began the 3rd quarter with a holding call, but the next play, Hermes connected with Martin for a 33 yard gain. Runs and another pass took the Knights to the 15, but the Knights jumped the gun twice, followed by two incomplete passes to lose the ball at the 29 on downs.

Tackles by Neil Jones, Martin, and Jeremy Perry held the Cats, forcing a punt. Lindsay's offense also gained no ground and punted. Tom Bean carried the ball into the final quarter, then punted, putting Lindsay deep on their own 14 yard line. A loose ball was covered by the Cats, but an offside infraction saved the play for the Knights. After two consecutive sacks, Lindsay quick-kicked out of their end zone on 3rd and 16. Hermes' 54 yard punt gave the Cats possession on their 38.

Tom Bean pounded the Lindsay defense with short runs, getting in 16 plays to the 23 yard line before fumbling the ball. Joey Block covered the ball for the Knights. The Lindsay offense ran out the remaining two minutes of the game to take home a 7-0 win.

L	7	0	0	0	7
TB	0	0	0	0	0

Team Stats		
L	TB	
11	1st downs	10
25/57	Rushes/yds	40/112
8/20/1	Comp/att/int	3/6/2
94	Passing yards	13
4/42	Punts/avg.	4/33
1/1	Fumbles/lost	4/1
10/75	Penalties/yds	6/55

Individual Stats
RUSHERS: Keith Hermes, 16/33; Garrett Block, 3/9; Jason Peterson, 2/7; Nathan Martin, 2/4. **RECEIVERS:** Martin, 4/55; Block, 4/21; Dustin Reed, 1/13; Ross Jones, 1/5. **TURNOVERS RECOVERED:** Garrett Block, Ross Jones, Joey Block. **TACKLES:** Nathan Martin, 14; Dillon Ott, 11; Keith Hermes, 8; Jeremy Perry, 6.

Next Action
 The Knights will host the Windthorst Trojans this week. The Trojans are coming back from a State Runner-up season last year. According to *Texas Football* magazine, this will be the first time in seven years that a Green won't suit up for Windthorst. "Windthorst has won 84 games and a State title in this decade, and plenty of talent not named Green remains," notes the article.

The Trojans last week in their season opener fell to the 2A Holliday Eagles, 31-21.

"As usual, Windthorst is well coached, big and strong with a solid defense, a typical Windthorst team," Coach Bounds noted. "They still have speed and are a really good team." Bounds added that the Knights can't let the Trojans' loss to a State contender team get their guard down. "Windthorst is a really good team."



Above - Mason Ward (54) and Neil Jones (65) rush the quarterback. At right - Lindsay gets caught in the backfield. Below - Mason Ward (54), Nathan Martin (44), and another Knight make the stop. Jay Anderle photos



Sub Varsity Volleyball

Lindsay vs Leonard
 The Freshmen Lady Knights defeated Leonard Tuesday, Aug. 28 17-25, 25-17, 25-20. "We lost the first game because we struggled serving the ball, but played very well in games two and three to get the win," noted Coach Don Neu.

Katie Nortman is credited for her job serving and setting up the ball. Allison Metzler and Paisley Baker each had a kill, with Macy Perry and Emily Conaway also serving well.

Lindsay vs Forestburg
 "We're getting better each game we play," commented Coach Robin Hess on the J.V. victory over Forestburg last Friday. The Lady Knights pulled out a 25-12, 14-25, 25-11 win.

Rachel Brewer served 25 for 25 with two assists and one kill. Other servers were Katie Dieter 4 of 5, Jessica Thurman 4 of 5, and Abby Anderle 10 of 11.

Lindsay vs Goldburg
 The JV Lady Knights traveled to Goldburg to play the Lady Bears on Tuesday and came back with a victory with scores of 25-8, 1-25, 25-14. Dieter was 6 for six serving and had 3 kills. Kayla Hess was 12 for 14 serving; Cammi Neu, 3 kills; Brewer, 6 assists; and Anderle, 8 for 9 serving, 2 aces.

Lady Knights take cross country challenge

The Lady Knights Cross Country team made an exception last weekend at the Marcus I Invitational Cross Country Meet, running in the 4A-3A Girls Varsity Division.

The Plainview (Oklahoma) Indians dominated the race with all five runners placing

in the top 10 for only 29 points. Sanger nudged out Lindsay 122 to 123, for 2nd place.

Chelsea Hermes led Lindsay with a 6th place finish, clocking in at 12:50. Katelyn Brewer and Rose Hermes finished 8th and 9th with times

of 12:59 and 13:00.

Finishing 33rd was Shirley Hess at 13:51, followed by Jessica Block 14-43, Kendall Neu 14:51, and Bethani Eberhart 15:15.

The Knights had one runner compete, Thomas Rohmer, who finished 18th in the Class 2A and Under Boys Division, with a finishing time of 24:58.

Family Day in the Park Volleyball Tournament



September 23rd
 Starting at 2pm

- Teams must be coed (At Least Two Girls must be on the Court at all Times for Each Team)
 - Open to 8th Graders & Up
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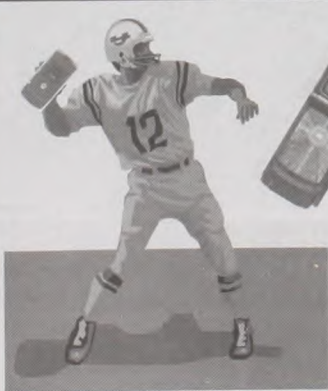
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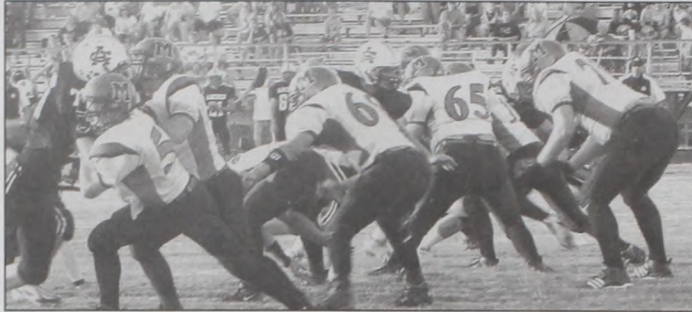
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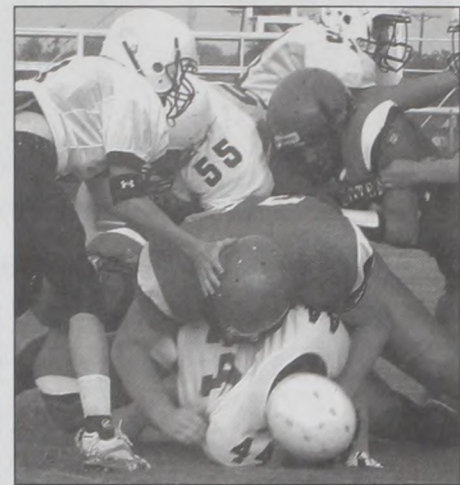
Paul Crabtree (with ball) returns the opening kick. Hornets blocking are, Taylor McGrew (55), Garrett Hennigan (10), Eric Hellman (88), Chase Serna (82), Corey Reynolds (3), and Matt Flusche (30).



The Hornet offensive line moves with the snap of the ball.



Hornet captains for the night were Charles Womble (70) and Colton Steelman (66).



JV defense piles on an Archer City ball carrier.



Muenster players taking care of this Cat include Levi Trubenbach (6), Jeremy Lutkenhaus (65), Jared Flusche (62), and Corey Sicking (77). Also pictured are Taylor McGrew (55), Andrew Yosten (52), and Paul Crabtree (25).

Muenster Hornets vs Nocona

Friday, Sept. 7, 7:30 p.m.
Indian Stadium



The Hornets enter the field last Friday night in Archer City.



JV captains Aaron Flusche (82) and Jeff Schniederjan (75) win the toss in Muenster's season opener last Thursday.



At left, Junior Varsity quarterback Garrett Walterscheid gets caught in the backfield. Andrew Koessler (51) attempts to pull the Cat back.



JV Hornet Chris Valliere (44) attempts to follow the blocking of T.J. Acuna (33). Also pictured is Jeff Schniederjan (75).



The Muenster Hornet Marching Band warms up before last Friday's opening game.

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Sacred Heart Tigers vs Petrolia Pirates



Photos by Janie Hartman

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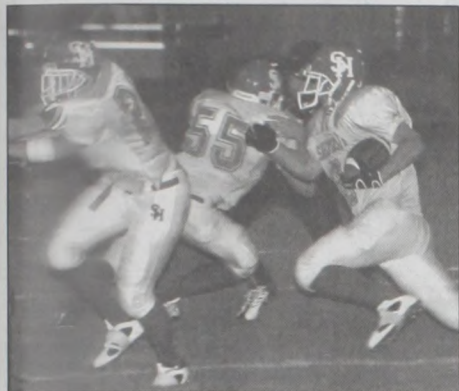
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The Tiger defense moves in and surrounds a Pirate runner, including Sam Sparkman (20) and Nick Popovich (43) making the tackle, Jordan Reeves (77), Stephen Davis (30), Shane Hennigan (40), Chris Marshall (10), and Colt Spruill (2).



Colt Spruill (2) gains yards behind the blocking of Tommy Torcellini (55) and Sam Sparkman (20).



A touchdown hike - Tiger center Jordan Reeves (77) prepares to give the ball to quarterback Nolan Hartman, who makes the play, above right, crossing into the end zone to tie the game 21-21.



Sacred Heart Tigers vs Collinsville

Friday, Sept. 7,
7:30 p.m.
Pirate Field



Colt Spruill (2) trips a Petrolia runner.



Tiger Chris Marshall (10) pulls down a Pirate runner.



Josh Yosten (16) and Zach Zanchetta (50) go after a loose ball.



At left, Colby Richey (6) celebrates with a teammate after scoring a touchdown.



Ryan Bartush (21) gets a good gain behind the Tiger blockers including Tommy Torcellini (55) and Jordan Reeves (77).

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HELP WANTED

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LEGAL NOTICES

NOTICE TO CREDITORS
 Notice is hereby given that original Letters Testamentary for the Estate of Odessa Berry, Deceased, were issued on August 20, 2007, in Cause No. 16307, pending in the County Court at Law of Cooke County, Texas, to Jerry Lynn McKown.
 All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law.
 c/o: Chuck Bartush Jr., Attorney for Representative, P. O. Box 68 Muenster, Texas 76252.
 DATED the 20th day of August, 2007.
 /s/ Chuck Bartush Jr.
 Attorney for Jerry Lynn McKown
 State Bar No.: 01865000
 P O Box 68
 Muenster, Texas 76252
 Telephone: (940) 759-2913
 Facsimile: (940) 759-2980

PUBLIC NOTICES

ACCEPTING BIDS FOR Muenster ISD Proposed Ag Center Building
 - 80' x 160' x 12' bolt up steel building with one 160' open side wall.
 - accepting separate bids on: earthwork, concrete, building, electrical, lighting, masonry, plumbing.
 - each bid shall include materials and labor.
 - No Bids for pens, gates, fixtures, cabinets.
 - MSD will be its own contractor.
 Bids will close on September 10, 2007 at 4:00pm. All bids need to be brought to the Administration Office. Contact: DANIEL WANECK, 759-2282 Ext. 610, Muenster High School.

NOTICE OF HEARING
 The Muenster Planning & Zoning Commission has received a request for modification of the 10 foot rear yard requirement in the construction of a commercial building at 203 East Division Street. A public hearing will be held on Monday, October 1, 2007 at 7:30 p.m. at the City Hall meeting room, 400 N. Main Street. All interested parties may attend.

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FARM & RANCH

Farm production expenditures up 5.4 %

U.S. farm production expenditures totaled \$235 billion in 2006, up 5.4% from the revised 2005 total of \$223 billion.

The largest contributors to the increase were: livestock

and poultry purchases, up 16.7%; taxes, up 12.5%; interest, up 10.3%; feed, up 8.9%; and fuels, up 7.9%. The four largest expenditures at the U.S. level accounted for 48% of total farm production ex-

penditures in 2006. They were: farm services, 13.3%; feed, 13%; livestock and poultry purchases, 10.7%; and labor, 10.6%.

The average expenditures per U.S. farm in 2006 were \$112,788 compared to \$106,423 as revised for 2005.

On the average, U.S. farm operations in 2006 spent: \$14,974 on farm services; \$14,638 on feed; \$12,094 on livestock and poultry purchases; \$11,902 on labor; and \$8,783 on rent. Revised estimates for 2005 indicated U.S. farms spent an average of \$14,130 on farm services; \$13,366 on feed; \$10,311 on livestock and poultry purchases; \$11,457 on labor; and \$8,163 on rent.

Tax note: If your tax return was not fraudulent and you did not neglect to report income you should have, keep your records for three years. If you do not file a return at all, keep your records indefinitely. If a claim for a loss from securities or bad debt deduction was filed, keep records for seven years.

TDA market recap

The Texas Department of Agriculture market recap for the week ending September 1, shows higher prices than the previous week for cattle, sheep, goats, wheat and watermelons, while corn and grain sorghum markets were lower. Cash fed cattle prices were up on a continued tight supply of finished cattle and improved beef prices. Lower feed grain costs and continued good grazing helped support the feeder cattle market.

Texas cash cotton closed higher than the previous week on an improved export outlook. Wheat markets were up sharply amid concerns that the crop would be smaller than expected in

Canada, Europe and South America. Corn markets are down seasonally as harvest begins in the Southern Corn Belt.

As for futures markets, wheat and cotton futures closed the week higher, but cattle and corn were lower. Weather last week was unsettled with scattered showers over much of the state. Cotton continued to develop well in the Plains, and harvest continued in South Texas as weather permitted. Corn and grain sorghum harvest is also underway in most of the state and is nearing completion in South Texas. Pastures and range remain in mostly good to excellent condition

Old tractors and good times at Lindsay



Minneapolis, Avery, Case, and International (all shown above) were just a few of the company names on equipment shown at the Antique Tractor and Farm Equipment Show last weekend. See page 6 for more show pictures.

Perennial pastures require care, planning

So you want some perennial grass on your place for grazing or maybe even hay? Before you get started on this project, get a leg up and do some planning, said a Texas Cooperative Extension beef specialist.

"Perennial grass for pasture is more economical than planting annual grasses," said Dr. Ted McCollum, Extension beef specialist at Amarillo. "It takes less time, labor, and fuel to establish perennial grass because you plant it only once. Just make sure you want it there for a long time."

Putting a perennial grass where it can remain productive year after year is part of an overall plan that requires different management than row crops or temporary pastures, McCollum said.

"Perennial grasses are different than annual grasses," he said. "They don't put all their reproductive energy into seed production. They reproduce vegetatively through tillers (new upright stems), stolons (above-ground runners) and rhizomes (underground runners)."

"They're out there for the long haul," McCollum said. "We can benefit from that if we manage those grasses for crown and root health, and limit grazing to allow the plants time to rest and replenish themselves."

Fertilizing perennial grasses benefits yield and forage quality. A general rule of thumb on the High Plains is 30 to 60 pounds of nitrogen per acre for dryland Old World Bluestem in one application.

"Research has shown that we can boost forage production with every pound of nitrogen applied," McCollum said. "An upfront application is recommended for dryland pasture. There seems to be little or no benefit in using

split applications. If rainfall has been good or you have irrigation in the equation, consider using a little more nitrogen."

Nitrogen also boosts the protein content of young, tender forages preferred by livestock, he said. Research with Old World Bluestem has shown that the first increase of nitrogen applied (30 pounds per acre) can increase gain per head and gain per acre, he said.

"Grazing studies have shown little or no effect on gain when more than 30 pounds per acre of nitrogen were applied," McCollum said. "We also have to have good phosphorus levels to get a boost from the nitrogen we apply. The recommended rate is 50 pounds of P2O5, but it's a good idea to run a soil test first and apply phosphorus as needed."

The best way to achieve good livestock gains on perennial pastures is to adjust stocking rates based on the amount and quality of available forage, he said.

"If you treat cattle like lawnmowers, they'll perform like lawnmowers," McCollum said. "We cannot expect cattle to completely consume all the forage in a pasture and still perform well. We have to manage our forage and adjust our grazing to allow warm-season grasses to bank nutrients in its roots before fall and winter. Come spring, the grass will use those stored nutrients to initiate new growth."

Taking livestock off the grass during the growing season, preferably in September and October, allows the forage to rest and regenerate nutrient stores in its roots, he said.

"Your overall pasture plan can also include paddocks planted to complementary

forages," McCollum said. "The idea behind complementary forages is one provides what the other lacks - whether it's quality, carrying capacity, or grazing - when the other is deferred from grazing."

After the fall rest period, perennial grasses can provide some grazing of residual forage during winter, he said. Adequate fertility during the growing season and respecting the grasses need for rest helps forage quality through winter.

"This can lessen the need for supplementation during winter," McCollum said. "During the growing/grazing season, cattle will need a mineral mix similar to what we would provide for them on native range."

McCollum was a featured speaker at a recent South Plains perennial grass workshop sponsored by Extension and the Texas Alliance for Water Conservation.

Funded by the Texas Water Development Board, the alliance is a joint effort of Texas Tech University, Extension, the Texas Agricultural Experiment Station, the High Plains Undergraduate Water Conservation District No. 1, the U.S. Department of Agriculture's Natural Resource Conservation Service, and the Agricultural Research Service Cropping Systems Research Laboratory, and several producers in Hale and Floyd Counties.

Information on the Texas Alliance for Water Conservation and its cropping projects is available online at: <http://www.orgs.ttu.edu/forageresearch/TAWC.htm>.

A look at the potential of perennial pastures on the High Plains is available online at: <http://agnews.tamu.edu/dailynews/stories/RNEC/Oct1806a.htm>

COUNTY AGENT'S REPORT

WAYNE BECKER
CEA - AG/NR

Plan to use pre-emergent herbicide on lawns soon!

Now is the time to think about applying pre-emergent herbicides to lawns. September is the best time to apply the herbicides before the weed seeds begin to germinate. If applied too late, the pre-emergent material won't control weeds. Dr. James McAfee, Extension turfgrass specialist in Dallas, believes most homeowners don't think about winter-weed control until the weather starts to cool, but by then it's too late.

In North Texas, pre-emergent herbicides should be applied in early to mid September. Remember to water lawns immediately or at least within a day or two of applying the herbicide. A soaking of about a half-inch of water is necessary. Before buying pre-emergent herbicide, read the label carefully to determine if the material is appropriate for the type of grass that will be treated.

During a mild winter with moderate rainfall, it may be necessary to apply the herbicide a second time, in late December or early January. This time it may be necessary to use a post-emergent herbicide for winter broadleaf weeds. Allow the post-emergent material to dry on the foliage for about two days before mowing. The best time to treat for the winter broadleaf is in the fall and early winter while the weeds are actively growing. Don't wait until spring to apply the herbicide. By then the weeds would be mature and difficult to control.

Bermudagrass variety s

Bermudagrass is the most widely grown warm-season perennial grass in the southeastern U.S. Its popularity is due to adaptability to a wide range of soil types, drought tolerance, and persistence under intensive grazing. The most productive varieties have been hybrids that produce little viable seed and must be established vegetatively, usually by sprigs. Establishment costs including land preparation, sprigs or tops, planting, fertilizer, and weed control vary, but may be in excess of \$200 per acre depending on variety. Coastal has been the sprigged variety of choice for decades, but Tifton 85 has become the new standard because of its high productivity and nutritive value.

Dr. Gerald Evers, Extension forage researcher, has noted there has been a great deal of interest in establishing bermudagrasses from seed as opposed to sprigs. Seeding is less expensive and not as burdensome as sprigging. Furthermore, seeded bermudagrasses can be used on small acreages that are not economical to sprig and on steep slopes and rockier soil where good seedbed preparation necessary for sprigging is not likely.

Most seeded bermudagrasses on the market are blends that contain giant, usually common, and sometimes a third pure line or variety. Common bermudagrass is well adapted to all soils. Because it is a good seed producer, common bermudagrass seed is less expensive than other

seeded bermudagrasses.

Giant is used in blends because it has rapid establishment and good first year growth. However, it will not persist for more than two or three years in the eastern half of Texas. As giant bermudagrass begins to decline, the other bermudagrasses in the mixture fill in.

A five year study at the TAMU Agricultural Research and Extension Center at Overton compared sprigged bermudagrasses (Tifton 85 and Coastal) and seeded bermudagrasses. Some of the seeded blends were as productive as Coastal but not as productive as Tifton 85 bermudagrass. In the third year, some additional varieties were added. Tables showing the results of the trial may be viewed at: <http://overton.tamu.edu/evers/bermudagrass.htm>.

It is important to remember that growing conditions in Cooke County are not the same as those in Overton, however research conducted there can still be extremely useful. Before deciding on a bermudagrass variety, you should also check other useful and relevant data. A couple more good sites include: <http://stephenville.tamu.edu/forages/for/yielddata/index.html> and <http://www.noble.org/ag/Forage/Baker-ForagePubs/2003ForageYieldBermudagrass.pdf>

Dates to remember
Sept 20 - Agricultural Waste Disposal Event, North Parking Lot, Martindale Feed Mill, Valley View, 8 a.m. - 1 p.m.

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CATTLE AUCTION MEDIA REPORT

Sale Date: August 16, 2007
Market slightly cheaper,
due to board being down.
Thank you for your business.

STEERS
300-400 lb. \$116 to \$149;
400-500 lb. \$111 to \$139;
500-600 lb. \$104 to \$129;
600-700 lb. \$103 to \$117;
700-800 lb. \$101 to \$109.

HEIFERS
300-400 lb. \$110 to \$132;
400-500 lb. \$100 to \$121;
500-600 lb. \$98 to \$117;
600-700 lb. \$96.50 to \$114;
700-800 lb. \$95 to \$104.

PACKER COWS
Utility Boning: \$36 to \$42;
Canner/Cutter: \$43 to \$54;
Bulls: \$57 to \$69.50.

BRED COWS
Choice: \$820 to \$1010;
Medium-Good: \$650 to \$775;
Medium-Poor: \$500 to \$625.

COW-CALF PAIRS
Choice: \$1020 to \$1190;
Medium-Good: \$875 to \$975;
Medium-Poor: \$740 to \$870.

BOWIE LIVESTOCK COMMISSION
Sale Every Saturday
Don Jackson-Owner
940-383-2622

1328 FM 174 940-872-5441

Sale Date: September 1, 2007
Cattle sold this week 425

SLAUGHTER CATTLE
Young Heifer Type Cows: 58
Utility & Commercial Cows: 50
Canner & Cutter Cows 30 • Ch. Bulls
45-79; Md. • Gd. Bulls: 65-113.

STOCKER & FEEDER YEARLINGS
Gd. • Ch. Steers: 77-105; Md. • Gd. Steers: 77-109; Gd. • Ch. Heifers: 90-108; Md. • Gd. Heifers: 95-101.

STOCKER COWS
Paco, Tested 3-9 yrs. olds
Large Frame \$700-\$1080, Medium Frame \$500-\$700, Cow/Calf: Large Frame \$1600-\$1400, Pair/Calf: \$1500-\$1300, Under 250 \$750.

BABY CALVES \$200-\$300

STEER CALVES
200-300 lbs. Gd. Choice: 75-170, Med-Gd. NT: 300-400 lbs. Gd. Choice: 65-140, Med-Gd. NT: 400-500 lbs. Gd. Choice: 88-125, Med-Gd. NT: 500-600 lbs. Gd. Choice: 85-116, Med-Gd. NT.

HEIFER CALVES
200-300 lbs. Gd. Choice: 94-140, Med-Gd. NT: 300-400 lbs. Gd. Choice: 77-134, Med-Gd. NT: 400-500 lbs. Gd. Choice: 84-127, Med-Gd. NT: 500-600 lbs. Gd. Choice: 93-117, Med-Gd. NT.

HOLSTEIN STEER CALVES
200-400 lbs. 80-90, 400-600 lbs. 75-80.

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NEW WEBSITE: www.gainesvillevivestock.com

Light Weight Steers - \$5 to \$10 HIGHER. Light Weight Heifers - STEADY. Feeder Steers & Heifers - STEADY to \$1 HIGHER. Packer Cows & Bulls - STEADY. Pairs - \$100 to \$150 HIGHER. Bred Cows - \$75 to \$100 HIGHER. Sold at Friday's sale August 31 were 1267, compared to 1223 the previous week. Sold at Tuesday's sale September 4 were 382 Cows, 53 Sheep, and 68 Hogs. The numbers from last week were 508 Goats, 80 Sheep, and 68 Hogs. Results follow.

Feeder Steers (per lb.)
200-300 lbs. No. 1, 1.70-1.875; Nos. 2 & 3, 1.41-1.57; 300-400 lbs. No. 1, 1.58-1.70; Nos. 2 & 3, 1.24-1.47; 400-500 lbs. No. 1, 1.325-1.45; Nos. 2 & 3, 1.20-1.27; 500-600 lbs. No. 1, 1.10-1.21; Nos. 2 & 3, 1.01-1.13; 600-700 lbs. No. 1, 1.07-1.18; Nos. 2 & 3, 95-114; 700-800 lbs. No. 1, 1.06-1.14; Nos. 2 & 3, 1.00-1.07.

Feeder Heifers (per lb.)
200-300 lbs. No. 1, 1.325-1.47; Nos. 2 & 3, 1.15-1.22; 300-400 lbs. No. 1, 1.15-1.22; Nos. 2 & 3, 1.11-1.16; 400-500 lbs. No. 1, 1.11-1.19; Nos. 2 & 3, 1.00-1.07; 500-600 lbs. No. 1, 1.06-1.17; Nos. 2 & 3, 95-114; 600-700 lbs. No. 1, 95-118; Nos. 2 & 3, 87-106; 700-800 lbs. No. 1, 97-106; Nos. 2 & 3, 85-90.

Slaughter Cattle (per lb.)
Slaughter Bulls: Yield Grade #1-2, 1.20-2.050 lbs. 63-706; Slaughter Cows: #1-3, 54-59; Cutter: 45-49.

Sheep (per lb.)
Feeder lambs: 40-60 lbs. NT, Light lambs: 60-90 lbs. NT, Fat lambs: 90-120 lbs. 90-1.00.

Stockers (per head)
Pregnancy-tested, 3 to 9-year-olds - Large Frame: \$975-\$1175; Medium Frame: \$750-\$1050.

Cow/Calf Pairs w/calves under 250 lbs. - Large Frame: \$1075-\$1675; Medium Frame: \$925-\$1150.

Baby Calves: Holstein: \$75; Cross Breeds: \$175-\$220.

Barrows & Gilts (per lb.)
US #1: 230-270: 58-70; US #2: 220-280: 49-58.

Feeder (per head):
100-175 lbs. \$40-\$95; 25-90 lbs. \$12.50-\$40.

Sows (per lb.)
Feeder: 400 or less: 35-45; Light wt.: 400-500: 39-41; Med. wt.: 500-600: 39-41; Heavy wt.: 600+: 39-41.

Boars (per lb.)
300 lb. up: NT: 200-300 lbs.: 10-15; Light wt.: 25-30.

Ewes (per lb.)
Stocker: 30-60; Thin: 30-40; Fat: 35-50.

Bucks (per lb.)
Thin: NT: Fat: 35-40.

Barbados (per head)
Lambs: \$35-\$65; Ewes: \$20-\$75; Bucks: \$65-\$150.

Goats (per head)
Kids: 20-35 lbs. \$20-\$40; 35-55 lbs. \$30-\$55; 55-75 lbs. \$45-\$70.

Yearlings (per head)
120 lb. up

Nannies (per head)
Stocker: \$40-\$75; Milk Type: \$30-\$45; Slaughter: \$45-\$85; Fat: NT: Thin: \$15-\$30.

Billies (per head)
120 lb. up

Breeders: \$110-\$130; Slaughter: \$70-\$100.

Boer Goats (per head)
12 Nanny: NT; 24 Nanny: NT; Full Nanny: \$80-\$130; 12 Billy: NT; 24 Billy: NT; Full Billy: \$90-\$150.

(940) 865-4367

Dear Farm Bureau Members
Attend your Annual County Convention
September 17, 2007

The Cooke County Farm Bureau invites you to attend the Annual County Convention, September 17, 2007 starting at 6:30 P.M. at the Center Restaurant in Muenster, Texas.

All county Farm Bureau members are invited to attend this meeting.

Due to limited seating availability, you are asked to contact either the Gainesville office at 940-665-1763 or the Muenster office at 940-759-4052 prior to noon on Friday, September 14th to confirm that you will be attending.

Cooke County Farm Bureau Board of Directors

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SHURFINE ASSORTED FLAVORS
Ice Cream
HALF GAL. SQUARES

2\$4
for

12.8 OZ. CINNAMON TOAST CRUNCH, 8.9 OZ. CHEERIOS, OR 11.5 OZ. LUCKY CHARMS
General Mills Cereals
MIX OR MATCH

2\$3
for

ORIGINAL OR WITH JALAPEÑO
Refried Beans
15.5-16 OZ. CAN

3\$1
for

BIG FUDGE, BIG STAR OR ROOT BEER FLOAT BARS
Blue Bunny Novelties
11.3 OZ. CAN

2\$4
for

Specialty Items

Sun Dried Tomato Marinade 12 OZ., REG. \$3.89 **\$3.59**
Orange Chipotle 12 OZ., REG. \$3.89 **\$3.59**

24 CT. REGULAR OR 12 CT. DOUBLE
Angel Soft Bathroom Tissue PKG. **\$4.99**

SPARKLE
Paper Towels 6 ROLL **\$4.99**

LAY'S® OR WAVY LAY'S®
Potato Chips REG. \$3.49 **2 FOR \$5**

FRITO-LAY'S
Multi-Pack 24 PACK **\$5.99**

WOLF BRAND
Chili No Beans 19 OZ. **2 FOR \$3**

EMBASA WHOLE
Jalapeños 26 OZ. **10 FOR \$10**

MILD, MEDIUM OR HOT
Pace Picante Sauce 24 OZ. **2 FOR \$4**

NESTLES PURE LIFE
Drinking Water 24 PACK **\$3.99**

ARMOUR
Vienna Sausage 5 OZ. **2 FOR \$1**

OLD EL PASO ORIGINAL OR FAT FREE
Refried Beans 16 OZ. **10 FOR \$10**

OLD EL PASO CHOPPED OR WHOLE
Green Chiles 4 OZ. **10 FOR \$10**

OLD EL PASO MILD OR HOT
Taco Sauce 8 OZ. **10 FOR \$10**

OLD EL PASO SELECT GROUP
Enchilada Sauce 19 OZ. **10 FOR \$10**

OLD EL PASO SELECT GROUP
Taco Shells 18-12 CT. **10 FOR \$10**

24 PACK - 12 OZ. CANS

Coca Cola

\$6.49



24 PACK, 12 OZ.
**Budweiser
or Bud Light**

\$18.99

Health & Beauty Care

CAPLETS, COOL CAPLETS, OR EZ TABS
Extra Strength Tylenol
50 CT. BOX **\$4.99**



ADVANCE PLUS OR ADVANCE GRIP, SOFT OR MEDIUM
Oral-B Toothbrushes **2 FOR \$5**

SELECT GROUP
Crest Toothpaste 6.4 OZ. **\$1.99**

SELECT GROUP SHAMPOO OR CONDITIONER
Alberto VO5 15 OZ. **89¢**

34-40 CT. CLEANWEAVE PANTILINERS OR ASSORTED 14-24 CT. MAXI PADS
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Fischer's Turkey Marks Will Start Monday, September 17th

Fischer's Quality Meats

FISCHER'S
**HEAVY BEEF
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FISCHER'S
**EXTRA LEAN
Ground
Round**

\$2.49
LB.

BONELESS PORK
Tenderloin LB. **\$3.29**
PILGRIM'S PRIDE SMALL PACK
Drumsticks or Thighs LB. **99¢**
BONELESS BEEF
Stew Meat LB. **\$2.79**
FISCHER'S
Pork Hot Links LB. **\$2.39**
FISCHER'S
All Meat Bologna LB. **\$1.99**

JENNIE-O BONELESS
Turkey Hams LB. **\$1.79**
GRANDMA'S 8 INCH 12 COUNT
Flour Tortillas 15 OZ. **89¢**
EL MONTEREY FAMILY PACK BURRITOS OR
Chimichangas 40 OZ. **2 FOR \$5**
PRICE'S REGULAR OR JALAPEÑO
Pimiento Cheese Spread 7 OZ. **\$1.59**

Fresh Produce



U.S. NO. 1
**Russet
Potatoes**
10 LB. BAG

2\$4
FOR

RED RIPE
Roma Tomatoes 10 FOR \$1
Jumbo Garlic 5 FOR \$1
SPICY
Jalepeños 2 LBS. \$1
FRESH
Yellow Onions 3 LBS. \$1
TROPICAL
Coconuts EACH 99¢
GRANNY SMITH OR NEW CROP JONATHAN
Fresh Apples LB. 99¢
CELLO PACK
Radishes 6 OZ. 2 FOR \$1
FRESH BUNCHES
Green Onions 2 FOR \$1
FRESH
Broccoli Crowns LB. 99¢

CELLO PACK PEELED
Baby Carrots 1 LB. 99¢
FRESH
Yellow Corn 3 FOR \$1
TROPICAL
Kiwifruit 5 FOR \$1
FRESH JUICY
Peaches or Nectarines LB. 99¢
FRESH
Sweet Potatoes LB. 79¢
NEW CROP
Red or Black Plums LB. 99¢
DOLE SELECT GROUP
Baby Spinach Blends 5-6 OZ. 2 FOR \$5
ZUCCHINI
Squash LB. 99¢
FIRM FRESH HEADS
Green Cabbage 3 LBS. \$1

Dairy & Frozen Foods

REGULAR, CHERRY,
OR STRAWBERRY
**Sara Lee
Cheese Cake**
17-19 OZ. PKG.

\$3.99



SELECT GROUP STICKS OR FILLETS
Fisher Boy Fish 19-24 OZ. **\$3.99**

PLAIN
Choco Dream GAL. 2 FOR \$3

KRAFT CHEDDAR/MONT. JACK CUBES OR ASSTD.
Shredded Cheese 8 OZ. 2 FOR \$5

MINUTE MAID SELECT GROUP
Orange Juice 96 OZ. **\$4.99**

PLAIN ASSORTED
Fruit Drinks GAL. **89¢**

SHURFINE ASSORTED FLAVORS
Texas Style Biscuits 10 CT. 3 FOR \$2

ASSORTED FLAVORS
Shurfine Yogurt 6 OZ. 5 FOR \$2

SELECT GROUP
Banquet Meals 6.7-12 OZ. 4 FOR \$5

SELECT GROUP
Stouffer's Entrées 10-12 OZ. 2 FOR \$5

ASSORTED
Patio Burritos 5 OZ. 2 FOR 89¢