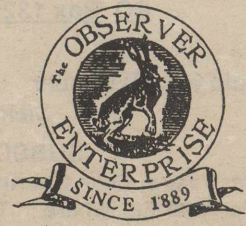


THE OBSERVER/ ENTERPRISE



Serving Coke County

(USPS 467-480)
(ISSN 8750-197X)

Vol. 110, No. 03

Friday, August 15, 1997

Light voter turn-out marks election

Voter turn-out for constitutional amendment elections has historically been light, and balloting for the homestead

Cooperative efforts pave road

Sonny Sweet has a hard time taking "no" for an answer. Through a great deal of effort on his part, Lake Keeper Road on Oak Creek Lake is paved.

Mr. Sweet and several of his neighbors living on the road, pitched in more than \$15,000 in private funds toward the paving of the road. Landowner Lee Craig donated the caliche for the project. Coke County did the preparation work, while Nolan County provided the paving with the assistance of the City of Sweetwater.

The cooperative efforts of private citizens, county and city governments was an innovative way to approach the problem and is sure to be a boon for all parties. Residents along the road will no longer choke on dust and suffer impassable roads during thunderstorms. Coke County will save innumerable dollars on the cost of grading and upkeep.

The entire situation has proved to be a win-win for all involved. Just goes to show what a little stick-to-itiveness can do.

exemption amendment proved to be no exception.

Voters went to the polls Saturday, August 9 to voice their opinions on raising the homestead exemption rate.

County totals mirrored the rest of the state with voters overwhelmingly electing to pass the proposed amendment. According to County and District Clerk Ettie Hubbard, a total of 492 ballots were cast in the election. County voters elected to pass the amendment by a margin of 473 for and 19 against.

The election, when broken down by precinct was as follows (Precincts 4 & 5 were combined for this election as were Precincts 3, 9 and 10): Early votes - 100 for, 4 against; Precinct 1 - 99 for, 5 against; Precinct 2 - 116 for, 2 against; Precincts 4 & 5 - 70 for, 3 against; Precincts 3, 9, & 10 - 88 for, 5 against.

Christian concert slated

A Christian concert will be held at Robert Lee Baptist Church Sunday, August 24, 1997 at 7:00 pm. Performing will be Richard Long, Terry Bowden, and Scot Long. The concert is free of charge and the public is invited.

Stenholm visits in RL

Congressman Charles Stenholm made a brief stop in Robert Lee Monday, August 11. The congressman met with concerned citizens and county officials in the Coke County Courthouse for a question and answer session.

Many of the questions fielded by Congressman Stenholm concerned the recently passed balanced budget amendment. Stenholm believes that for the most part, this amendment is a giant step toward a brighter economic future for the country.

Like much of the rest of the country, local citizens voiced concern over the future of Social Security. The congressman stated that he believes a viable solution to the problems facing the Social Security Administration will have to be dealt with by some sort of privatization in combination with the current system.

Agricultural and environmental concerns, as well as the trade deficit, were among other topics discussed by the group.

Free clinic offered

A free blood pressure and blood sugar health clinic will be held Friday, August 15 at the Tennyson Post Office. The clinic will be held from 9:00 am until 9:30 am and is sponsored by the North Runnels Home Health Agency. A similar clinic is held the third Friday of every month. It is free to anyone regardless of age or income.

For additional information, please contact the Tennyson Post Office at 473-6002.

Runnels Baptist Assoc. to meet

The regular meeting of the Runnels Baptist Association will be held Monday, August 18, at First Baptist Church, Miles.

The Executive Board and WOM will meet at 5:30 pm. The evening meal will be served at 6:00 pm.

The program begins at 7:00 pm with emphasis on state missions. Roy Epperson, Director of Missions, will be the speaker. He will speak on **Texas 2000.**

The public is invited to attend.



Congressman Charles Stenholm was in Robert Lee Monday, August 11 at the Coke County Courthouse. The congressman met with county officials and local citizens to answer questions on subjects ranging from the federal budget to the future of Social Security. He is pictured here with County Judge Jackie Walker.

Extravaganza Days are approaching

Make your plans now to join the West Coke County Development on Labor Day Weekend, August 30, 1997, for the Labor Day Extravaganza. New and exciting performers are set to appear at this year's Extravaganza, along with the regular food and crafts booths.

A group of cowboys and cowgirls named the "Texas Gunslingers" will entertain using themes from the Wild West. They have performed in movies, rodeos, parades, and rattlesnake roundups, and are regulars at Fort Wood in Colorado City. A group of cowboy poets from Bronte will be appearing as well. In between all the shows, local talent will be entertaining those in attendance. "Shockwave" will be hosting the dance during the evening hours. The "Chili Cook-Off" will begin the day's activities, with washer pitching and horseshoe contests during the day.

Chairpersons for the various events are: Robin Honse, general chairperson; Doug Wilkes, washer/horseshoes chairperson; Cynthia Hill, entertainment chairperson; Laura Crenshaw, chili cook-off chairperson; and Saul Saucedo, beach volleyball chairperson.

If you would like to participate in any or all of these events, call the individual chairperson or Robin Honse at 453-2548. Bring your chairs, come early, and stay through the dance to be held on the new slab. There will be food and fun for all ages.

SS rep slates visit

Garland Gregg, representative for the San Angelo Social Security Office, has scheduled his August visit to Robert Lee and Bronte.

He will be at the County Courthouse Conference Room in Robert Lee Thursday, August 28, from 11 to 11:30 am. In Bronte, he will be at the City Hall Council Room Thursday, August 28, from 1:30 to 2 pm.

Anyone who wants to file a claim for benefits, get information, or transact other business with the Social Security Administration may contact him at the time.

Blackwell VFD to host dance

Blackwell Volunteer Fire Department will host a dance Saturday, August 16 from 8:00 pm until midnight at the Fire Station on West Main Street in Blackwell. Clearwater will be providing music for the dance.



Quilters put the finishing touches on a quilt at the Bronte Senior Center. Seamstresses shown here are (l-r), Dorothy Turner, Martha Thomas, Geneva Minnick, and Christine Corley.

THE OBSERVER/ENTERPRISE
 Published Weekly Except Christmas
 707 Austin (915) 453-2433

(USPS 467-480) (ISSN 8750-197X)
 Periodical Rate Postage paid at Robert Lee, TX.

POSTMASTER: Please send address changes to
Observer/Enterprise
PO Box 1329, Robert Lee, TX 76945.

STAFF
 Hal Spain, Publisher Jo Nell Blair, Editor
 Melinda McCutchen

SUBSCRIPTION RATES

Per Year in Coke County.....	\$15.00
Per Year Elsewhere in Texas.....	\$17.00
Per Year Outside of Texas.....	\$20.00

Obituaries

Keel

Joe N. Keel, 73, of San Angelo died Monday, August 11, 1997 in the Shannon Medical Center.

Funeral services were held Wednesday, August 13, 1997 at 2:00 pm at the Robert Lee Baptist Church with the Rev. Neal Brillhart officiating. Burial followed in the Paint Creek Cemetery with services under the direction of Shaffer Funeral Home.

Joe was born December 12, 1923, in San Angelo, Texas. He married Vivian C. Blair on June 27, 1942 in San Angelo. He was a World War II veteran serving in the Navy. He was a crew foreman and backhoe operator for Lone Star Gas for 27 years before his retirement in 1985. Joe was known throughout San Angelo for his fiddle playing, having played for the San Angelo senior citizens. Joe was also a member of the Retired Senior Volunteer Program, and was a member of the Central Faith Baptist Church.

Joe was preceded in death

WCCCD begins work on slab

After several years of planning and hard work the West Coke County Community Development began work on the concrete slab in the City Park. Despite some wet weather, the slab was poured last weekend.

The purpose of the slab is to give some additional meeting space during the summer months. If you have tried to book one of the rec halls, you are no doubt aware of the difficulties in trying to find an open weekend. It is the hope of the WCCCD, that the availability of a slab will be a popular option for family reunions and other gatherings during the peak summer months. Plans are underway to cover the slab in the near future, which will make it an even more attractive alternative.

West Coke County Community Development is always on the lookout for new members with fresh new ideas for fund raisers and ideas to make our community a more welcoming and attractive place to visit. If you would like to be more involved in the future of our community, we would love to have you among our number, contact any WCCCD member for information.

by one daughter, Linda Dolen, in February of 1997, his parents, William Walter Keel, and Martha Elizabeth Keel, one brother and one sister.

Joe is survived by his wife, Vivian C. Keel, of San Angelo; two sons, Sam and his wife, Judy Keel; and Joe David and his wife, Wynell Keel, all of San Angelo; one daughter, Martha Sue Relaford and her husband, Jim, of Metamora, Illinois; one sister, Marion Gatlin of Graham, Texas; 11 grandchildren and 4 great-grandchildren.

Pallbearers were Jason Groat, Dan Keel, Brad Qualls, Randy Qualls, Bobby Walker, and Jesse Eads.

03a-1tc

Dyess airshow scheduled

Dyess' Big Country Appreciation Day is September 14. Gates open at 9:00 am and flying activities begin at noon. More than 100 air and ground demonstrations and displays are planned and organizers say people of all ages should find something of interest.

Admission and parking are free, food and beverages will be on sale. Featured aerial demonstrations this year include Dyess' B-1 Lancer bomber and C-130 Hercules airlifter. A frontline fighter aircraft from Air Combat Command is also scheduled to fly. To learn more, call the 7th Bomb Wing public affairs office at 696-2863.

Texonics: daints: a more or less formal event in which members of the opposite sex hold each other and move rhythmically to the sound of music.



Summer Is Over - School Is Back In Session

Drive Carefully, And Remember To Watch For Children At All School Crossings And Bus Stops.

Bell Auto Parts

Robert Lee 453-2911

Commissioners' Court actions detailed

Coke County Commissioners' Court met Monday, August 11 in the Commissioners' Courtroom. The following actions were reported.

The meeting was called to order with prayer led by Jan Yanez, Home Demonstration

July arrests and charges noted

The Coke County Sheriff's Department has released the following arrests and charges filed for the month of July:

Britton Pennell; Burglary of a Building; 7/1/97;
 Jeffery Wayne Gross; Criminal Trespass; 7/2/97;
 Coy Wayne Pigg, Jr.; Driving While Intoxicated; 7/5/97;

Teresa McMeekin; Theft by Check - forfeiture of bond; 7/17/97;

John Walker Conaway; Assault; 7/23/97;

Franklin Ed Pullen, Jr.; Driving While Intoxicated - motion to revoke probation; 7/25/97;

Mark Patrick Franke; Possession of a Controlled Substance; 7/31/97.

District Court dispositions released

51st District Court dispositions released as of July 8, 1997 are as follows:

State of Texas vs. Randall De Decker; possession of marijuana; plea - 5 years deferred adjudication probation, \$1,500 fine, \$140 restitution; court cost - \$149.50.

51st District Court dispositions released as of August 4, 1997 included:

State of Texas vs. Jayde Carstle Joliff; count 1 burglary of a habitation, count 2 theft of a firearm; plea - 7 years deferred adjudication, \$3,810.00 restitution, \$200.00 fine, \$149.50 court cost.

State of Texas vs. Clifton Daniel Calder; count 1 burglary of a habitation, count 2 theft of a firearm; plea - 7 years deferred adjudication, \$3,810.00 restitution, \$200.00 fine, \$149.50 court cost.

State of Texas vs. Julia Delan Gentry; 2 counts burglary of a building; plea - 2 years deferred adjudication, \$200.00 fine, \$149.50 court cost.

State of Texas vs. Daniel Sanchez Casares; driving while intoxicated; plea - 8 years Texas Dep't. of Corrections, probated 6 years, \$1,000 fine, \$149.50 court cost.

Agent.

The minutes were approved as presented for correction.

Open discussion followed on the Landfill Road at Robert Lee. Mr. Horace Scott was at the meeting to help answer questions that might arise. Lane Arthur was not able to be at the meeting due to military training. The action was tabled and will be reviewed again when the attorney is available.

The Treasurer's affidavit was approved as presented. Total cash was reported at \$691,710.52, other assets \$556,396.00. Previous year's totals: cash \$717,600.95, other assets \$532,000.00.

Tommy Antilley and Jan Yanez each gave reports of their activities for the prior month. Both agents have been rather busy with youth activities such as canning (with all the fresh produce), insects, and animals.

Sheriff Mike Harris gave the Sheriff's Department report. He said the dispatching from the deputies' homes was working well. Everyone needs to be reminded for **faster, more efficient service, please call 915-453-2717.** Callers to this number will reach someone who knows who to call and where to reach them. Citizens are asked to please assist in this to help improve our law enforcement.

Budget changes were reviewed and approved to present to the Clerk for public review.

A September 16, 1997 date was set for a public hearing. The meeting will begin at 9:00 am. If you have any questions regarding the budget, please contact one of the commissioners or the judge.

The court agreed to sign contracts regarding secure long and short term services.

The Judge reported Coke County would not be funded through the grant process for the next two years. Both Bronte and Robert Lee will be funded.

Mileage certification for the state was approved at 297 miles.

The court was informed the jail inspection went well and

has been approved again.

The court agreed to approve the deed on property purchased by Loy Wrinkle.

Votes were canvassed from Saturday's election as follows: 473 for and 19 against, for a total of 492 votes.

Bills were paid and the meeting was adjourned.

Congressman Charles Stenholm made a visit to the community at 11:00 am. About 20 people were in attendance and enjoyed visitng with their representative.

Now's the time to treat for grubs in your lawn

Don't look now, but white grubs have gone underground. And their next appearance may be in your yard. White grubs are whitish larvae of the June beetle which invades yards and can devour the root system of your lawn. The result is brown, dying spots in the lawn that makes it look like it is not getting enough water when actually it is. Because the grubs eat the root system, the grass plant cannot absorb moisture or nutrients for growth.

Research entomologist with the Texas Agricultural Extension Service have been monitoring the flights of the June beetle, and this year could be a major infestation of these pesky critters. The best time to treat the white grubs in your lawn in when five to ten per square foot are found. This can be checked by digging up a square foot of grass in two or three places in the yard and examining the root system for presence of those white grubs. The grass can be placed back in the yard and tamped down resulting in no damage.

You can probably treat effectively between now and the third week in August, but the sooner the better while the grubs are smaller and easier to control. When the grubs get larger, the real damage can begin.

Products to control white grubs can be purchased at feed stores, nurseries or garden variety stores. Read the label directions on any chemical that is to be used.

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COUNTRY AGENTS NEWS

by Tommy Antilley
Coke County Agent

Pecan weevil management

The pecan weevil, *Curculio caryae* (Horn), is a devastating pest of pecans in our region of West Texas. The kernels of infested nuts are fed upon by the larvae of the weevil from the gel stage to shuck split. For the commercial grower, damage from this pest results in unsaleable nuts which must be removed from the harvested crop. The total yield is reduced and inevitably some nuts escape the cleaning process which lowers the grade of the marketed crop. For the homeowner who has pecan

Hickman family reunion held

The family of Ed and Ma-lindy Hickman met at the Bronte Community Center July 4 and 5 for the annual reunion.

Friday, July 4 we had a Mexican food potluck and desserts. The evening ended with swimming and fireworks to celebrate Independence Day.

Saturday noon, we had barbecued goat, brisket, and sausage with all the trimmings, along with salads, casseroles, and many kinds of desserts.

Everyone enjoyed visiting and reminiscing plus picture taking and games. The 89 attending were: Ruth & Gerald Sandusky, Bronte; Judge & Camille Sandusky, Hondo; Sam & Stacie Sandusky, Spring; Mary Snyder, Dumas; Frankie Beth Williams, Las Vegas, NV; Bill, Trey & Lee Anne Holmes, Odessa; Willie Forman, Bronte; Nancy Davee, Ozona; Tammy, Clint & Katie Perner, Ozona; Monica Mundel, Aron & Austin, Ozona; Duwayne Davee & Larissa Robertson, San Antonio; Hadley & Geneva Richards, Robert Lee; Dean Percifull, Robert Lee; Matthew Percifull, Midland; Donnie, De Anna, Jon, Scott & Kara Thompson, Bronte; Donnie, Theresa, Kristi, Kim & Laura Mauldin, and guests, Russell Stalvey & Angela Foster, Midland; Mike, Marla, Jared, Jacob, & Joseph Percifull, Sonora; Anthony Percifull, Midland; Joel, Patty, & Taylor Percifull, Robert Lee; Buck, Kellye, Kelsey, Kaden Duncan, Robert Lee; Pat, Annette & Megan Percifull, Robert Lee; Amy, Dustin & Collin Ford, Midland; Ed & Billie Hickman, Killeen; Bill, Kathy, Brian & Alicia Hickman, Killeen; Johnny & Virginia Hickman, Big Lake; Gina Hickman, Midland; David & Anna Hickman, Midland; Johnny, Angela, John & Ky Hickman, Midland; Jerry & Ashley Mead, Midland; Pete, Betty & Austin Hickman, Fort Stockton; Holly Hickman, Irving; Terry, Vivian, Jeremy, Jeffery, & J.J. Hickman, Fort Stockton; Bill & Judy Herron & Roberta Herron, Odessa; W.A. Hickman, Blackwell; Winnie Smith and Al & Linda Lapier, San Angelo.

trees in the yard, finding pecan weevils in the nuts can take all the enjoyment out of producing a crop.

The pecan weevil has a very characteristic weevil shape, ie, an oval body and a long snout. The pecan weevil is about 3/8 of an inch long and is dark to medium brown in color. The snout, which is actually part of the mouthparts of the weevil, is half the length of the body in a male weevil and the snout is as long as the body of a female weevil. The larvae which are found feeding in the nuts are creamy white grubs with a reddish brown head.

The pecan weevil must feed on hickory or pecan nuts to survive. The pecan weevil female seeks out and lays eggs in nuts when the nuts are in the water stage, both males and females will feed on the nuts, causing the nuts to drop to the ground. The male weevil lives an average of 21 days and will destroy approximately 6 nuts during his lifetime. The adult female lives an average of 24 days and will feed for 5-6 days prior to oviposition. A single female will lay about 60 eggs, placing 3 or 4 eggs in each nut. An average female will destroy 23 nuts in her lifetime.

Most of the life cycle occurs underground and the pecan weevil is highly adapted to the irregular bearing of pecans. The larvae will emerge from the nuts in about 42 days after the female lays the egg. When the larvae mature, they chew a hole in the shell and the legless grub drops from the nut and enters the soil near the spot where the grub lands. The larvae then spends either one or two years in the ground as a larvae before pupating. Pupation (developing from a larvae to an adult) is completed in about three weeks, but the adults do not emerge until the following year.

The long term solution to pecan weevil problems must revolve around reducing larval infestations to low levels. Reducing larval populations involves the prevention of oviposition by killing adult weevils after they emerge from the soil but before they lay their eggs in the nut. There is no feasible way to kill adults or larvae while they are in the soil or eggs or larvae in the nuts. Treatment must be directed at the adults.

Generally, adult emergence occurs around August 10 with peak emergence of weevil occurring between August 29 and September 5. Emergence can be significantly delayed when drought has hardened the soil, but a significant rain or irrigation in August will soften the ground enough for the weevils to emerge.

Pecan growers have few options available to them to control the pecan weevil. Growers must remember that the timing of the control of the

weevil depends on the presence of the weevil and the pecan in the gel stage. The first and simplest management option is to assume that sufficient weevils are present and to treat 3 or more times beginning at gel stage of the earliest cultivar and repeating treatments at 8-12 day intervals until shuck split. The biggest drawback to this option is that initial treatments may begin earlier than necessary. A better method is to determine if the pecan weevil is a problem by trapping the orchard. Pecan weevil traps are available from a number of companies and are easy to maintain.

The timing of the control should be targeted just prior to the earliest nuts reaching the gel stage (generally August 24-30). The gel stage can be determined more accurately by making longitudinal cuts into the developing pecans. Treatments for weevils prior to the gel stage should not be necessary unless populations are so high that the orchard is losing significant yield to feeding damage. The need for re-treatment is dependent upon whether the weevils continue to emerge after the residual activity of the insecticide has been reduced. Most of the insecticides (Sevin™, Fury™, etc.) used for weevils should provide continued protection against emerging weevils for at least five days after treatment, barring rain washing the treatment off earlier. Traps should be emptied four days after treatment and checked again three days later for additional weevil emergence. If weevils are found, re-treatment should occur within the next four days. If no weevils are found, cages should be checked again two days later and if weevils have emerged, re-treatment should occur immediately.

Pecan weevils can be devastating in our area. The pecan weevil can be controlled in an orchard with 2 to 3 well timed insecticide applications. Growers should remember that the pecan weevil oviposition window is from the gel stage to shuck split. Pecan weevils start emerging usually around August 10 with peak emergence in early September. Drought can delay emergence but August rainfall or irrigations usually ensure a normal emergence pattern. By properly monitoring the orchard or home trees, growers can make the pecan weevil a manageable pest.

LOOK WHO'S NEW

Mickenzie Lee Brownlow
Brian and Debbie Brownlow of Eldorado are proud to announce the birth of their daughter, Mickenzie Lee Brownlow. She was born Tuesday, August 5, 1997 at 10:20 pm at Shannon Women & Children's Hospital in San Angelo. She weighed 7 pounds, 5 ounces.

She was welcomed home by her 2 year old sister, Hayley Lynn, and grandparents, Mickey and Yvonne Black of Lubbock and Clyde and Mary Brownlow of Amherst.

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BRONTE SCHOOL NEWS

BRONTE LONGHORN FOOTBALL SCHEDULE

DATE	OPPONENT	SITE	TIME
August 22	Scrimmage - San Saba	TBA	6:00
August 29	Scrimmage - Roscoe	T	6:00
September 5	Eden	T	8:00
September 11	Abilene Cooper "Soph"	H	8:00
September 19	Roby	T	8:00
*September 26	Sterling City	H	7:30
**October 3	Water Valley	H	7:30
*October 10	Miles	T	7:30
*October 17	Robert Lee	H	7:30
*October 24	Irion County	T	7:30
*October 31	Christoval	H	7:30
*November 7	Garden City	T	7:30
*District			
**Homecoming			

Bronte JV Football Schedule

DATE	OPPONENT	SITE	TIME
September 4	Eden	H	6:30
September 11	Irion County	TBA	6:00
September 18	Roby	H	7:30
September 25	Sterling City	T	7:30
October 2	Water Valley	T	7:30
October 9	Miles	H	7:30
October 16	Robert Lee	T	7:30
October 23	Irion County	H	7:30
October 30	Christoval	T	7:30
November 6	Garden City	H	7:30

Bronte JH Football Schedule

DATE	OPPONENT	SITE	TIME
September 11	Irion County	T	6:00
September 18	Roby	H	6:00
September 25	Sterling City	T	6:00
October 2	Water Valley	T	6:00
October 9	Miles	H	6:00
October 16	Robert Lee	T	6:00
October 23	Irion County	H	6:00
October 30	Christoval	T	6:00
November 6	Garden City	H	6:00

Dunnam fund started

The Bronte High School Class of '75 will be honoring the memory of Jim Dunnam by donating funds to be used for handicap accessible seating at the football field. Anyone choosing to donate should mark their checks, "Jim Dunnam Memorial Fund" and send them to Shalon Gibbs, PO Box 24, Bronte, TX 76933.

Youth physical fitness declining

Chances are, when children return to school this fall, they will be among a growing population of physically unfit youths.

"Children and teenagers are increasingly obese and are not as physically active as their counterparts in previous decades," said Dr. Pat Vehrs, an adolescent health expert at Baylor College of Medicine and Texas Children's Hospital in Houston.

"National surveys show that since the 1960s, but especially in the last decade, there has been an increase in the percentage of body fat and a decrease in physical activity among youth," said Vehrs, who says 21 percent of children ages 6 to 17 are obese.

Vehrs cites such probable causes as: "Parents who work are asking their kids to stay at home until they come home. This encourages inactivity by limiting them to indoor pursuits. *Little or no family physical activities. Often parents are too tired when they come home to walk, shoot baskets, or bike with their kids. *Increased popularity of "entertainment by computer" or television versus old fashioned playing outdoors. *Fear of neighborhood crime. *Lack of sidewalks, well-lit streets, access to parks, gyms or pools in suburban areas. *Age requirements or rules requiring a guardian's presence at health clubs.

"It's not surprising that kids find it difficult to remain physically active," said Vehrs. "They are not getting enough encouragement from their parents and society."

Neither may they be getting much help at school, he said, where physical education courses are increasingly considered an elective.

"Even if they enroll in Physical Education (PE), classes are usually less than

an hour. By the time they've changed clothes, gotten into the gym and taken roll, there is very little actual time left for physical activity," he said.

Vehrs states that 70 percent of high school students are physically active for less than 20 minutes during PE. Enrollment in PE declines as grade levels increase. Only 10 percent of 12th graders are enrolled in daily PE, says Vehrs.

"This takes a toll far larger than just being in shape. Studies have shown that physical fitness can improve self-esteem, body image, academic performance and improve energy levels," said Vehrs.

Parents are key to motivating children to become physically active.

"One of the best ways to get kids to exercise is to become involved yourself," he said. "Kids love to exercise with their parents. Whether it's walking, biking, swimming, tennis or just sharing time on the treadmill - if you are enthused, they will become enthused."

Other ways to build-in physical fitness are letting your kids ride their bikes to school or walk if it is safe, encouraging them to play at recess, keeping exercise equipment in the house - not the garage, looking for church - or other agency sponsored health camps or activities, and including PE courses as a regular part of your child's curriculum.

"Above all, encourage them to do something they like. They will be more inclined to stick with it," said Vehrs.

Spinning toward health

Spinning is the latest craze sweeping America's health clubs.

While it might sound inno-

native, it is nothing more than a new workout on an old piece of equipment - the stationary bike.

"Spinning is like an aerobics class on a bike," said Dr. John Cianca, a sports medicine specialist at Baylor College of Medicine in Houston. "The idea behind the workout is to increase the intensity of pedaling on the bike. It's an excellent exercise for the heart, with virtually no impact on the joints."

Many fitness clubs have instructors who conduct spinning classes that work on cycling techniques and also incorporate other exercises while on the bike.

Cianca said spinning is a good option for people just beginning an exercise program, since it is easy to learn and the intensity can be controlled with resistance levers on the bike.

Kids Nutrition Q & A

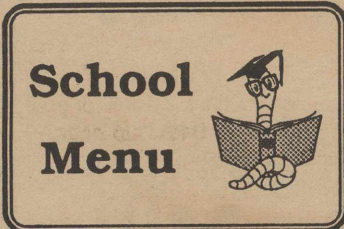
Q: How can I teach children to make healthy snack machine choices?

A: It is hard for children to avoid vending machines. Drink and snack machines are everywhere. Instead of banning your kids from these popular attractions, teach your child to make wise, healthy selections.

Fresh fruit, animal crackers, low-fat crackers, raisins and mixed dried fruit, granola bars made with unsaturated fat, snack mixes of cereal and dried fruit with a small amount of nuts and seeds are good low-fat choices.

Soft drinks are very popular with kids, but not the best things for them. Help your child recognize options such as low-fat milk, fruit juice, or vegetable juice.

The truth sometimes hurts - especially on a birthday cake.



School Menu

Breakfast

Monday, August 18
Cereal, Pineapple Tidbits, Biscuit, Milk.

Tuesday, August 19
Pancake & Sausage on a Stick, Grape Juice, Milk.

Wednesday, August 20
Scrambled Eggs, Biscuit, Orange Juice, Milk.

Thursday, August 21
Sausage, Pancakes, Apple Juice, Milk.

Friday, August 22
Cereal, Apple Sauce, Pop Tart, Milk.

Lunch

Monday, August 18
Steak Fingers w/Gravy, Creamed Potatoes, Green Beans, Rolls, Chocolate Pudding, Milk.

Tuesday, August 19
Soft Tacos w/Cheese, Spanish Rice, Refried Beans, Lettuce & Tomato, Flour Tortilla, Pink Panther Cake, Milk.

Wednesday, August 20
Corn Dogs, Sweet Corn, Tator Tots, Mixed Fruit, Milk.

Thursday, August 21
Spud Day, Chili & Cheese, Baked Potato, Steamed Broccoli, Crackers, Milk.

Friday, August 22
Cheese Burger, French Fries, Lettuce, Tomato, Pickle, Juice Bars, Milk.

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Announcing an

IMMUNIZATION CLINIC

Tuesday, August 26

Bronte Elementary School

4 to 7 p.m.

Children should bring their immunization record and be accompanied by a parent.

Sponsored by
SHANNON COMMUNITY HEALTH & WELLNESS
and
FAMILY HEALTH CENTER OF BRONTE
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Grand Opening

Elmer Hurley Day

Friday, August 15th

10:00 am - 4:00 pm

FREE BLOOD PRESSURE CHECKS 10:00 am - 1:00 pm

by North Runnels Home Health Care

*Hourly Drawings for
Special Discounts & Gifts*

*Such as \$5 off all New or Transferred Prescriptions
& "Premier" Candles*

*Janet & Elmer Hurley will be in the
pharmacy from 10-12 to join all their
friends made during a 35 year
pharmacy career in Bronte.*

*Come enjoy free cake and
refreshments!*

Final Drawing will be held at 4:00 pm

BRONTE PHARMACY

503 S. State St. - Bronte

915-473-2351 - 800-498-0600

BHS VOLLEYBALL SCHEDULE

DATE	OPPONENT	SITE	TIME	TEAMS
Aug. 15	Brownwood	T	4:30	JV/V
Aug. 16	Central	T	TBA	JV/V
Aug. 19	Sweetwater	T	6:00	JV/V
Aug. 23	Snyder	H	1:00	JV/V
Aug. 26	Abilene High - Brownwood	T	5:00	JV/V
Aug. 29 - 30	Central Tournament	T		V
Aug. 30	Cooper Fresh. Tourn.	T		JV
Sept. 2	Lakeview/Snyder	H	5:00	JV/V
Sept. 4-6	Bronte Tournament			V
Sept. 9	Central & Grand Falls	T	5:00	JV/V
Sept. 12-13	Andrews Tournament	T		V
Sept. 16	Big Spring	T	6:00	JV/V
Sept. 20	Abilene Christian	H	1:00	JV/V
Sept. 23	Colorado City	H	5:00	JV/V
Sept. 27	Albany	T	1:00	JV/V
Sept. 30	Colorado City	T	5:00	JV/V
Oct. 4	Albany	H	1:00	JV/V
Oct. 7	Big Spring	H	6:00	JV/V
Oct. 11	*Water Valley	H	1:00	JV/V
Oct. 14	*Miles	T	6:00	JV/V
Oct. 18	Abilene Christian	T	10:00	JV/V
Oct. 21	*Water Valley	T	6:00	JV/V
Oct. 25	*Miles	H	1:00	JV/V
Nov. 1	*Water Valley	H	1:00	JV/V
Nov. 4	*Miles	T	6:00	JV/V

BJH VOLLEYBALL SCHEDULE

DATE	OPPONENT	SITE	TIME
Sept. 13	Big Spring Tourn.	T	TBA
Sept. 15	Water Valley	T	5:00
Sept. 22	Miles	H	5:00
Oct. 4	Brownwood Tourn.	T	TBA
Oct. 6	Water Valley	H	5:00
Oct. 13	Miles	T	5:00
Oct. 27	Water Valley	T	5:00
Nov. 3	Miles	H	5:00

Personal

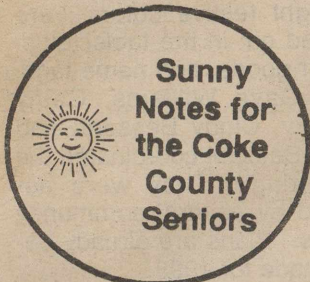
Ginger and Matt Williams and sons, Hunter and Dillon, were here from Muskat, Oman, during the month of July. Ginger is the daughter of Carolyn Childress and Eddie Braswell. Matt is employed by Occidental. His company is drilling in Oman. Essie Childress of Robert Lee and Oleta Braswell of Bronte are their grandmothers. Matt has gone back to Oman. Ginger and the boys will join him again after further health check-ups.

sports medicine expert at Baylor College of Medicine in Houston. "Some of these supplements can push people over the edge and lead to dehydration, which can cause serious health problems."

Creatine, which is produced naturally in the body, is one of the most popular supplements used by weight lifters, sprinters, and other recreational athletes. Castle says it has been shown to increase lean muscle mass in some athletes, but the associated dehydration dangers must be considered.

"People who take supplements should ensure they are drinking a lot of water - up to 10 to 12 eight-ounce cups a day," said Castle. "And if you experience persistent muscle cramps, that's a sign that your body's water level is low."

Texonics: an electrical instrument used to remove wrinkles from clothing



Sunny Notes for the Coke County Seniors

Menu

Monday, August 18

Oven Baked Pork Chops, Squash Medley, Corn w/Peppers, Wheat Roll, Tossed Salad, Fresh Fruit Parfait.

Wednesday, August 20

Cheese Pizza, Corn, Apple Juice, Pasta Salad w/Fresh Vegetables, Lemon Bar.

Friday, August 22

Roast Beef w/Brown Gravy, Mashed Potatoes, Green Beans, Dinner Rolls, Angel Food Cake w/Strawberries.

Quilting

The ladies will quilt at the Bronte Senior Center August 21 at 9:00 am. This month's quilt belongs to Lora Belle Brown. Pot luck lunch will be served at noon.

Lewis and MDA recognized

The American Medical Association has recognized Jerry Lewis and the Muscular Dystrophy Association with Lifetime Achievement Awards "for significant and lasting contributions to the health and welfare of humanity."

Presented during the recent International Health and Medical Film Competition in San Francisco, the AMA awards salute Lewis for dedicating nearly half a century of his life to helping "his kids", and recognize the association that is synonymous with his name for three noteworthy accomplishments.

The AMA credits MDA for setting "an enduring world standard for private sector humanitarian action by mobilizing a force of two million volunteers in the effort to combat 40 neuromuscular diseases affecting a million Americans." It then heralds MDA for creating "a new field of medical research that has enlisted the talents of some of the world's leading scientists in an international effort encompassing some 400

individual research projects." Finally, the AMA praises MDA for leading "the way into the new era of genetic research, having achieved breakthrough in this vital area that bid not only to lead to the eradication of neuromuscular diseases but also treatments for other of humankind's greatest scourges, including heart disease, cancer, AIDS, Alzheimer's disease, Huntington's, Parkinson's, and cystic fibrosis."

Jerry Lewis is the fifth person to receive this top honor from the AMA, and MDA is the first nonprofit agency to be so recognized. Previous recipients of Lifetime Achievement Awards, presented during the annual International Health and Medical Film Competition - the world's largest competition devoted entirely to medical, health, and environmental firms - include pioneer heart surgeon Michael E. DeBakey, Oscar-winning actress Helen Hayes, Oscar winning producer and director Robert E. Wise, and former US Surgeon General Dr. C. Everett Koop.

"I accept this honor, not for myself, but for every doctor, every scientist, every grad student toiling in a lab," said Lewis, MDA national chairman. "I might be leading the charge, but they're winning the battle to save lives."

MDA President Robert M. Bennett reinforced this sentiment, in accepting MDA's Lifetime Achievement Award. Calling the awards a harbinger of even greater progress, Bennett, chairman of Trans Atlantic Entertainment, said "MDA-supported researchers will continue to work around the clock, pursuing every meaningful avenue of scientific investigation until treatments and cures are found."

MDA is a voluntary health agency working to eradicate 40 neuromuscular diseases. Consistently recognized by financial, nonprofit sector, and general media for its cost effectiveness, MDA offers an unparalleled array of clinical, orthopedic and other health services to adults and children through some 230 hospital-affiliated clinics nationwide.

The Association also is the country's largest private-sector sponsor of neuromuscular

disease research, annually funding some 400 scientific teams worldwide.

For more information about MDA's research efforts and the many services it provides, or for referrals to any of its clinics, call 1-800-572-1717. Information is also available electronically through the MDA Forum on CompuServe (GO MDA) and its home page on the Internet (<http://www.mdausa.org>).

Free trees offered

Ten free white flowering dogwood trees will be given to each person who joins the National Arbor Day Foundation during August 1997.

The free trees are part of the nonprofit Foundation's Trees for America campaign.

"The white flowering dogwoods will add year-round beauty to your home and neighborhood," John Rosenow, the Foundation's president, said. "Dogwoods have showy spring flowers, scarlet autumn foliage, and red berries which attract songbirds all winter."

The trees will be shipped postpaid at the right time for planting between October 1 and December 10 with enclosed planting instructions. The six to twelve inch trees are guaranteed to grow or they will be replaced free of charge.

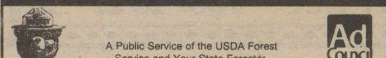
Members also receive a subscription to the Foundation's colorful bimonthly publication, *Arbor Day*, which includes regular features about tree planting and care.

To become a member of the Foundation and to receive the free trees, send a \$10 membership contribution to TEN DOGWOODS, National Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by August 31, 1997.

MATCH POINT

When putting out a campfire, drown the fire, stir it, and drown it again.

REMEMBER, ONLY YOU CAN PREVENT FOREST FIRES.



Health Notes

At North Runnels Home Health our focus is providing the best care possible for patients and helping them care for themselves. We believe the more our patients know, the better care they can receive.

WHAT IS CHEST PAIN?

Chest pain results when your heart does not receive needed oxygen. This is caused by blockage, or spasm, of the blood vessels that supply the heart.

Chest pain is often described as a pressure to the mid-chest that may travel to one or both arms or back. It may be accompanied by difficulty breathing, sweating or nausea.

WHAT IS CONGESTIVE HEART FAILURE?

In heart failure, damage to the heart muscles makes it difficult for your heart to pump blood effectively. As a result, blood backs up causing swelling of feet, hands, and face and difficulty breathing.

CALL YOUR DOCTOR/NURSE FOR:

- Increase in weight of greater than 2-3 pounds in 24 hours, or gradual increase in weight over several days.
- Increased difficulty breathing.
- Increased coughing with production of sputum (especially while lying).
- Increased weakness.
- Decreased appetite.
- Swelling of feet, hands, stomach or face.

HOW TO TAKE NITROGLYCERIN TABLETS TO CONTROL CHEST PAIN:

When chest pain begins, sit or lie down in a comfortable position.



Angela Minjarez, RN

Place one nitroglycerin tablet under the tongue, allowing it to dissolve. (It should taste peppery. If not, the pills are old and should be replaced.) If pain is not relieved in 5 minutes, place another tablet under tongue. If pain is still not relieved in 5 minutes, place another tablet under your tongue. If you chest pain continues after the third nitroglycerin tablet dial 911 for an ambulance. Go to the emergency room.

Remember, patients always have the right to choose their Home Health Agency.

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Home Health Agency

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(800) 687-3305 (Toll Free)

ROBERT LEE SCHOOL NEWS

ROBERT LEE STEER FOOTBALL SCHEDULE

DATE	OPPONENT	SITE	TIME
August 21	Scrimmage - Santa Anna	H	5:00
August 28	Scrimmage - Midland Christian	T	5:00
September 5	Cross Plains	H	7:30
September 12	Rocksprings	T	8:00
*September 19	Eden	T	8:00
*September 26	Garden City	T	7:30
*October 3	Irion County	H	7:30
*October 10	Water Valley	T	7:30
*October 17	Bronte	T	7:30
*October 24	Sterling City	H	7:30
*October 31	Miles	T	7:30
**November 7	Christoval	H	7:30

*District
**Homecoming

RL Band Boosters elect officers

Robert Lee Band Boosters met recently and elected officers for the coming year. They are president - Kay Torres; vice-president - Ron Dickey; secretary/treasurer - Candy Dickey.

The boosters will meet August 19 at 7:30 pm in the school cafeteria to discuss uniforms. Come to the meeting and support your band!

RL PTA to sponsor health program

Robert Lee PTA will sponsor a program with the Texas Department of Health Monday, August 18, at the Robert Lee school cafeteria. The program is set to begin at 6:30 pm. Presenting the program will be Everet C. Newman, Doctor of Veterinary



Breakfast

- Monday, August 18**
Breakfast Pizza, Orange Juice, Milk.
- Tuesday, August 19**
Scrambled Eggs, Sausage, Toast, Orange Juice, Milk.
- Wednesday, August 20**
Cold Cereal, Apple Fritters, Orange Juice, Milk.
- Thursday, August 21**
Biscuits & Jelly, Cold Cereal, Orange Juice, Milk.
- Friday, August 22**
Blueberry Pancake wrapped around Sausage, Cold Cereal, Orange Juice, Milk.

Lunch

- Monday, August 18**
Chicken Nuggets, Macaroni & Cheese, Green Beans, Homemade Rolls, Peaches, Milk.
- Tuesday, August 19**
Salisbury Steak, Buttered New Potatoes, Broccoli w/Cheese Sauce, White Bread Slices, Yellow Cake, Milk.
- Wednesday, August 20**
Fajitas, Pinto Beans, Lettuce, Tomatoes, Fresh Fruit, Milk.
- Thursday, August 21**
Lasagna, Tossed Salad, Carrots, Homemade Rolls, Fruit Cocktail, Milk.
- Friday, August 22**
Chick-Fil-A on Bun, Pickles, French Fries, Apple Crisp, Milk.

Medicine, and Amy Crownover, Zoonosis Control Specialist.

This is a cooperative public health project involving the community. The objective is to increase public awareness in the prevention of rabies.

Parents and children are encouraged to attend.

LOOK WHO'S NEW Sheldon Avery McCown

Ron and Tracy McCown of Howe, Texas are the proud parents of a new baby boy. Sheldon Avery McCown was born Wednesday, July 30, 1997 in Sherman, Texas. He weighed in at 6 pounds, 14 ounces and was 20 inches long.

Proud grandparents are Sid and Kathy McCown of Robert Lee and Marvin and Corliss Carr of Burleson.

Great-grandparents are Floyd and Shirley Farrington of Bronte; Adrian and Pat Graham of Wichita Falls; and D.C. Carr of Pampa, Texas.

Great-great grandmothers are Viola McCown of Robert Lee and Ruth Jones of Holliday, Texas.

Mashburn attends camp

Paul Mashburn, 17, attended the University of Texas Advanced Baseball Camp July 20 through July 25. The camp was conducted

by Head Coach Augie Carrido with Tommy Harmon serving as batting coach, Burt Hooton, pitching coach, and Jason Moler as camp director.

Seventy two boys attended the advanced camp. The group that Paul played with was undefeated during the camp.

To close the camp on Monday, six awards were given each group. In his group Paul won awards for best throwing, longest hit (two balls hit to fence at UT's Disch-Falk Field and two homeruns on high school fields), best hitting to opposite field, most points scored for group and over-all for the week.

Several out-of-state boys attended the camp for scouts to observe.

Paul is the son of Rick and Cheri Mashburn of Salado, and played T-Ball in Robert Lee for two summers.

Prayer walkers to enter Texas

Prayer walkers who plan to carry a cross from coast to coast will be crossing the panhandle of Texas near Amarillo August 21.

Among those participating in the event will be four Messer brothers, Rev. Randy Messer, pastor of the First Baptist Church in Oak Grove, Missouri; Rev. Jeff Messer, pastor of South Lawn Baptist Church in Amarillo; Rev. Waide Messer, pastor of First Baptist Church in Friona; and Doug Messer, a major in the Army Corps of Engineers at White Sands, New Mexico. The Messer's father, Buddy, of Canyon will be driving a support vehicle the entire distance.

Randy Messer stated in a news release, "We carry the symbol of the cross to graphically demonstrate to America and the world that Jesus Christ is the light of the world."

The walk will begin in Santa Monica, California Sunday, August 17.

The 4 Messer men are grandsons of the late Bill and Wilma Sparks and great-grandsons of E.T. and Annie Sparks. Their great-uncle is Calvin Sparks of Robert Lee.

Meet the Steers Night set

The Robert Lee All Sports Boosters and Band Boosters

RLJH & JV Football Schedule

DATE	OPPONENT	SITE	TIME
September 5	Cross Plains	T	6:00
September 12	Eden JH	H	6:00
	Eden JV	H	7:30
September 25	Garden City JH	H	6:00
	Garden City JV	H	7:30
October 2	Irion County JH	T	6:00
	Irion County JV	T	7:30
October 9	Water Valley JH	H	6:00
	Water Valley JV	H	7:30
	Bronte JH	H	6:00
	Bronte JV	H	7:30
	Sterling City JH	T	6:00
	Sterling City JV	T	7:30
October 30	Miles JH	H	6:00
	Miles JV	H	7:30
November 6	Christoval JH	T	6:00
	Christoval JV	T	7:30

will host "Meet the Steers Night" Thursday, August 21. The event will begin at 7:00 pm after the scrimmage against Santa Anna. Hamburgers, chips, and drinks will be served.

Make plans now to come out to the football field and meet the Steers, the Dogies, RL band members, and the Steer and Dogie cheerleaders.

Get acquainted coffee successful by Jeffie Roberts

The "Newcomer's Coffee" was a huge success. The event was held Saturday

morning, August 9, 1997, in the beautiful backyard of Ben and Mary Bessent in Robert Lee. Approximately 70 ladies of the Robert Lee community

gathered at the poolside to visit, get acquainted with the newcomers, and to enjoy breakfast snacks, fresh fruit, orange Julius, and tea punch. At least 13 newcomers were present. One of the women commented she and her hus-

band had moved several times, that she had attended several newcomer's teas in larger cities and that none had been as enjoyable as this one. She said, "Everyone was so friendly, the atmosphere was relaxing, and the location was beautiful. Everything was great." One of the young ladies said, "It was all so nice and I really enjoyed being there."

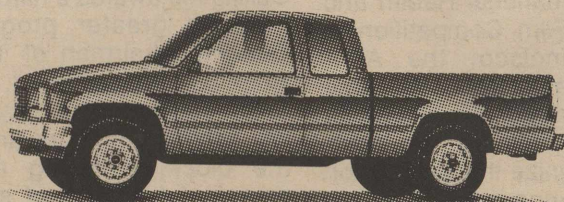
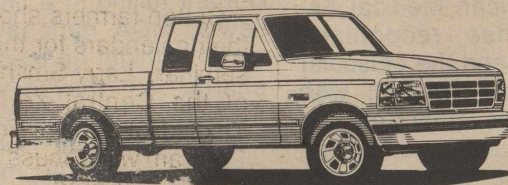
Bright festive colors were carried out in the tablecloths, paper goods, and name tags. Nita Gaye Williams, Cathy Hendry, Cindy Bessent, and Mary Bessent coordinated the gathering. They were assisted by several community ladies. Plans are already being made for 1998.



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New college parents advised

It happens every fall. Daughters and sons across the country leave the nest and take flight to college. Parents from Maine to Montana are thinking, "Free at last!" Or, more likely, "How can I let her go?"

Relax. Several experts at Southwestern University have pooled their pearls of wisdom about how parents can survive their teenager's first year away from home, what they can do to help, and when they need to take a backseat. Included below is some of their down-to-earth advice to parents of first-year college students:

1. Realize that things have changed enormously since you were seventeen. You may like it, you may hate it, but it's true.
2. If you did your job as a parent, your teenager was ready to leave.
3. Allow your student to experience making decisions on his or her own. Freedom is one thing -- being able to set limits has to be learned.
4. Your student should establish his or her own checking account. It provides a sense of money management.
5. Regarding finances, provide your student with what is needed and a little more without allowing irresponsibility. Make surprises treats rather than bail-outs.
6. Send a bag of groceries back to school with a friend or surprise your student with something he or she wants or needs that isn't part of the support you promised. Most importantly, send mail.
7. The hardest thing for parents to do is to let go. Don't meddle. Be willing to leave your student alone.
8. Don't insist on a career choice that fits your values and interests.
9. For a student trying to settle upon the choice of a course of study, the best advice is and always has been, "Do what you enjoy the most." Students pursuing areas of real interest always do the best, and doing well always opens the most doors in the long run.
10. Don't be shocked when your son or daughter questions values that you cherish. It's a natural part of developing his or her own values.
11. Parents need to find ways to take care of themselves -- it is vital to the health of a son or daughter that parents don't continue to make the student the center of their lives.
12. Ask your daughter or son about something other than grades.
13. Encourage a balanced lifestyle, paying attention to studying, relationships with new friends, work, spiritual health and physical activity.
14. Realize that their first big experience with independence will make it extremely hard to follow schedules and curfews on visits home.
15. Encourage your child to stay on campus until Thanksgiving. This will give him or her time to develop relationships, plan weekend activities, and create a new community. Well, maybe Thanksgiving is a little too far off. At least don't let your child come home the first couple of weekends.

16. Expect to see some changes in your daughter or son. College is -- and should be -- a time of growth, exploration, and questioning for a young person. It is part of growing up into an educated and self-confident adult.

17. There is no way to prepare yourself for the mood swings you'll feel as a parent, except to recognize that you'll have them.

18. Don't foster guilt. How much you are spending on education.

19. Don't change your student's room into a sewing room until at least the sophomore or junior year. Make sure there is a place to come home that is familiar.

20. You've raised a child who can go out into the world and make new friends, new mistakes, and new discoveries. The most positive thing parents can do is convey to their student that they trust them, love them, they are there for them, they believe in their education, and they are proud of them.

21. Listen.

Farm & Ranch seminars slated

Progressive Farmer magazine is coming to Texas! The agricultural publication will conduct two free informational seminars for farmers and ranchers in the Abilene area. The sessions, to be moderated by *Progressive Farmer* Editor Jack Odle, will be held Saturday, August 16, at Lowe's Home Improvement Warehouse, 4134 Ridgemoor Drive, in Abilene. Participants who attend both sessions will earn 90 minutes of c.e.u. credit.

Seminars are scheduled to begin at 9 am and 11 am. Each will run approximately 45 minutes followed by a question and answer session. The first topic, "Manage Your Range More Efficiently" will focus on key range management topics: Extension Range Specialist Allan McGinty and Bob Steger, a Fencing and Range Management Consultant formerly with Texas A&M will present brush control methods, offer suggestions for utilizing grass more effectively and review fencing options.

Cotton farmers should mark their calendars for the second seminar. Larry Smith, Director of the Central Zone of the Texas Boll Weevil Eradication Program will discuss the latest boll weevil eradication methods.

"Both of these topics are hot right now," said Editor Jack Odle. "I hope people make time to attend these shows. They'll be getting a lot of good information they can really use."

Registration for the shows will begin thirty minutes prior. During this time, *Progressive Farmer* will give away free copies of its August edition to show attendees. In addition, the magazine will distribute a gift bag containing materials related to the seminar topics.

Kids Nutrition Q & A

Q: Is it true that milk could be harmful to a child's health?

A: Infants should be breast-fed or given formula during the first year of life. After age 1, cow's milk is an important

component of a child's diet.

Milk contains calcium, protein, phosphorus, vitamins D and B2. These nutrients are important for developing good bone structure, building and maintaining body tissue, and providing energy for growth.

Children 1 to 2 years of age need to drink whole milk because it provides needed energy. After two years, they should be given low-fat or skim milk.

Although there are other sources of calcium (broccoli, green beans), most children will not consume the large amounts needed to equal the amounts of calcium found in a good glass of milk.

If a child has been diagnosed with a milk allergy, a pediatrician or nutritionist can help you find foods that will provide the same level of nutrients found in milk. Supplements should only be used as a last resort.

Widows and widowers alerted to higher retirement benefit

Social Security is making sure widows and widowers who are receiving survivors benefits don't miss out on the opportunity to get a higher retirement benefit. Using a new automated system, Social Security is now reminding surviving spouses four months before they reach age 65 that they may be eligible for a higher benefit based on their own earnings record.

Here's how that's possible. Widows and widowers can begin receiving Social Security survivors benefits based on their deceased spouse's record as early as age 60 (age 50, if they are disabled). When they reach age 65, they may apply for a retirement benefit if they can get a higher benefit based on their own earnings record. (When a person qualifies for two types of benefits, Social Security pays the higher of the two, but not both.) Although surviving spouses are told at the time they apply for survivors benefits that they may be eligible for a higher retirement benefit at age 65, many fail to contact Social Security to file a claim.

Earlier this year, Social Security identified more than 200,000 surviving spouses who were eligible for higher retirement benefits. They were notified by letter and asked to contact Social Security. By now, most of those notified have filed a claim and are already receiving the higher benefit.

For more information on benefits for widows and widowers, call Social Security's toll-free number -- 1-800-772-1213, and ask for the Retirement booklet.

Beat the Clock to Win \$1 Million

Using innovative ways to prepare meals more quickly could help you win \$1 million. Create an original recipe that's ready for the table fast, and enter it in the Pillsbury Quick & Easy BAKE-OFF® Contest. Here are some helpful tips:

Take the express-prep lane. Use quick and easy methods, such as cooking in a skillet on the stovetop. Since you're not using a long, slow simmer or lengthy roasting to develop flavor, make good use of flavorful convenience products, such as salsa and seasoning blends.

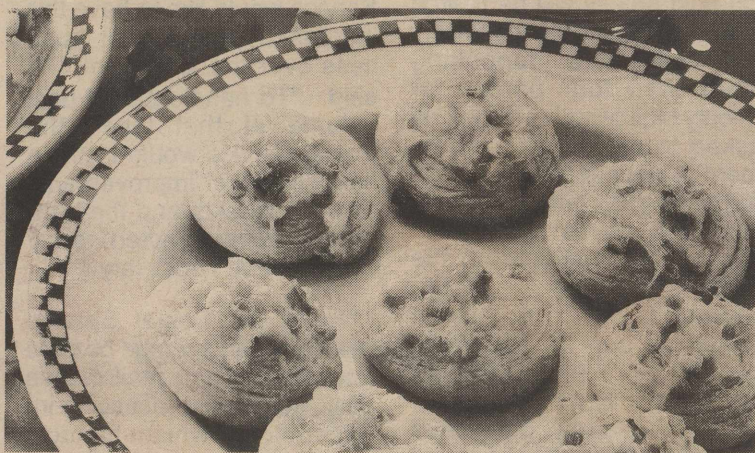
Stop the chopping. Eliminate chopping and slicing time. For example, buy chicken tenders or strips instead of chicken breasts.

Jump start your scratch cooking. Instead of scratch cooking, incorporate convenience products, such as prewashed and packaged salads, bottled sauces or marinades, or ready-to-use pastry crusts.

Add a pinch. Create a unique flavor, using seasoning ingredients you have on hand. Try a packaged seasoning mix for convenience.

Ready, set, done. Minimize preparation steps. Mix everything together in just one bowl. Use whole packages and cans when possible to reduce measuring time and to minimize leftover ingredients.

Here's a good example of a recipe meeting the requirement, which is no more than six ingredients, for the "Quick Snacks and Appetizers" category. These easy-to-make, savory snacks have only four ingredients and are great anytime.



CHEESY SPIRAL SNACKS

- 1 (4-oz.) can Pillsbury Refrigerated Crescent Dinner Rolls
- 1/4 cup chopped green onions
- 1/8 teaspoon garlic powder
- 1 oz. (1/4 cup) shredded Cheddar cheese

Heat oven to 375°F. Remove dough from can. **DO NOT UNROLL DOUGH.** Cut roll of dough into 8 slices; place slices on ungreased cookie sheet. Top each slice with 1/8 of onions, garlic powder and Cheddar cheese; press topping gently into dough.

Bake at 375°F. for 8 to 13 minutes or until light golden brown. Serve warm. 8 servings.

Entries for the BAKE-OFF® Contest must be postmarked by Oct. 20, 1997. For an entry blank, call 1-800-477-1111 through Sept. 30, 1997; write Pillsbury Quick & Easy BAKE-OFF® Entry Blanks, P.O. Box 9300, St. Cloud, MN 56398-9300; or visit the Web site at www.bakeoff.com.

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NOW OPEN!

US postal service gears up to handle UPS business

The Postmaster General has announced contingency plans to handle increased parcel volume resulting from the United Parcel Service strike.

"We are instituting new procedures to handle the expected extraordinary increase in the volume of parcel mail resulting from the interruption of UPS service," said Postmaster General Marvin Runyon.

Customers bringing parcels to their post office should be aware of new guidelines occasioned by the strike:

- The number of parcels taken across the window at local post offices will be limited to four per customer per visit.

- Customers depositing more than four parcels or Priority Mail parcel items will be asked to set up an appointment to deposit their mailings at designated parcel drop-off locations. Parcel drop-off locations are available on the USPS web site: www.usps.gov.

Additional questions can be answered by calling 1-800-485-8727 from 8 am to 8 pm EDT.

- FAA security guidelines are still in effect. Any stamped mail weighing at least one pound must be presented over-the-counter to a postal employee in person.

Mailers of regular First-Class Mail, Priority Mail letters and flats will not be affected and there will be no restrictions on Express Mail.

"These procedures, which

COG accepting applications

The Concho Valley Council of Governments Area Agency on Aging is accepting Vendor applications for the purchase of Nutrition and Supportive Services authorized under Title III of the Older Americans Act of 1965, as amended, and State General Revenue Funds. Purchases of service for Coke, Concho, Crockett, Irion, Kimble, Mason, McCulloch, Menard, Reagan, Schleicher, Sterling, Sutton, and Tom Green Counties will begin October 1, 1997.

Services to be purchased are Homemaker, Congregate and Home-Delivered Nutrition Services, and Transportation. Vendor applications including forms, instructions, and service definitions will be available from the Area Agency on Aging office, 4860 Knickerbocker Road, San Angelo, Texas, at a Vendor meeting to be held Monday, August 11, 1997, at 2 pm at the Concho Valley Council of Governments Training Center, 5014 Knickerbocker Road, San Angelo, or thereafter by request.

Applications are due to the Area Agency on Aging, 4860 Knickerbocker Road, San Angelo, Texas, by Monday, August 18, 1997, at 5 pm. Interested parties may be placed on the AAA's vendor mailing list. Questions concerning this Intent to Purchase Services or requests for copies of the application should be addressed to Betty Ford, Director, at (915) 944-9666.

are effective immediately, are short-term measures designed to help manage a short-term situation. They establish new rules for customers sending parcel post mailings and will ensure the greatest efficiency and orderliness in processing this expected short-term surge in parcel post volume."

Runyon pledged that the increased mail volume will not compromise existing mail service. "The Postal Service is committed to maintaining service quality," he said. Runyon noted that more mail can be accepted if business customers pre-barcode parcels and transport their mailings as close as possible to the delivery post office.

"Naturally, the Postal Service would like to have this increased parcel post business over the long term," he said. "To handle parcel post volume at that level, the Postal Service would institute new structural improvements and efficiencies and the temporary rules enacted today would not be necessary."

While the Postal Service processes an average of more than 600 million mail pieces daily, its parcel processing infrastructure, which handles less than 10% of the parcel market, equates routinely to less than one million pieces daily. Conversely, UPS holds more than 80% of the parcel market and delivers about 12 million pieces daily.

"The Postal Service looks forward to this opportunity to serve new customers," he added. "We appreciate their cooperation and patience as they observe these guidelines that will help us deliver the mail promptly."

SS Q&A

Q. How do I sign up for Social Security?

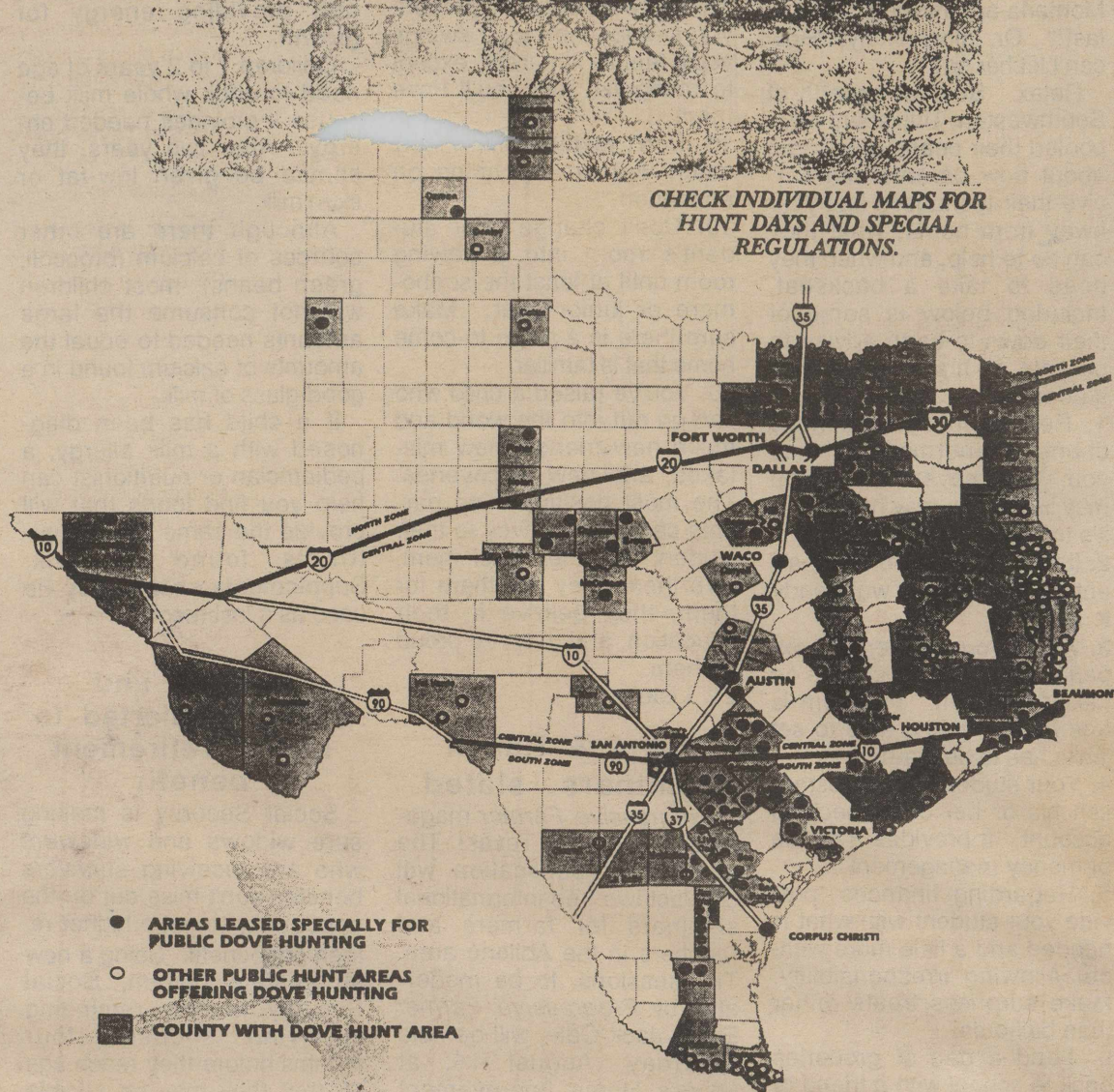
A. You can apply for benefits at any Social Security Office. The easiest way to file a claim is to call our toll-free number 1-800-772-1213 to ask for an appointment.

Q. I receive Social Security disability benefits. I know that my case will be reviewed to make sure I'm still disabled. How often can I expect to be reviewed?

A. Your first review can be anytime from six months to seven years after the day you became disabled, depending on the nature and severity of your condition and whether your condition is expected to improve. For more information, call Social Security's toll-free number, 1-800-772-1213, and request the fact-sheet, "Reviewing Your Disability."

PUBLIC DOVE HUNTING AREAS

1997-98 SEASON



Public Access by \$40 Annual Public Hunting Permit Only

Permit holders have access to public dove hunting areas

Dove hunting prospects are above average to excellent in many areas of the state this year. Hunters who purchase an Annual Public Hunting Permit will have additional options when selecting a place to hunt. Permit holders will have access to over 100 public dove hunting areas enrolled by Texas Parks and Wildlife Department (TPWD) this year. Under this program, TPWD provides payment to landowners who allow annual public hunting permit holders to hunt dove on their property. Previously, the short-term public dove lease program had primarily provided public dove hunting opportunity near large metropolitan areas and along the I-35 corridor. The geographic scope and number of areas have both increased significantly this year. (Coke County is not included in the list of counties with public hunting; however Runnels, Nolan, and Tom Green counties are included).

These public hunting areas are available only to those who purchase the \$40 annual

public hunting permit (APH Permit). Hunt dates and special regulations vary. Hunters who purchase the APH Permit will get a booklet of maps for all public dove hunting opportunities which include specific location, hunt dates, and special regulations that may apply to each area. The APH Permit also enables access to an additional 1.4 million acres in the public hunting program statewide.

The APH Permit can be purchased from all license vendors. If the APH Permit is purchased from a license vendor other than a Texas Parks and Wildlife Department office, the map booklets will be mailed to the hunter within 3 to 4 working days. For additional information about the annual public hunting permit and public dove hunting areas, contact your local wildlife biologist (Ralph Suarez, 915-365-2840) or the Texas Parks and Wildlife headquarters at 1-800-792-1112.

Avoid typhoid fever in travels

Typhoid fever can be a problem in many areas of the world.

Typhoid fever is a bacterial infection of the gastrointestinal tract acquired through food or drink contaminated with human fecal material, said Dr. Wayne J. Riley, director of the Travel Medicine Service at Baylor College of Medicine in Houston. Often it results from eating food prepared by a carrier of the disease.

There are vaccines available for typhoid fever, but they are not 100 percent effective.

"You're generally safe if you eat and drink within the international hotel circuit," Riley said, "but, outside of that, exercise caution by following the rule of 'cook it, boil it, peel it or don't eat it.'"

Family Health Center of Bronte

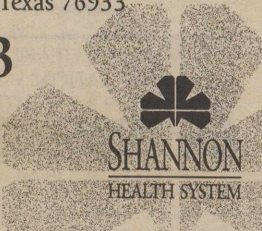
423 South State Street • Bronte, Texas 76933

Hours:
Monday-Thursday,
1:30-5 p.m.,
Friday,
9:30 a.m.-noon.

473-6003

Rick Peck, M.D.

Bob Wilkins, PA-C



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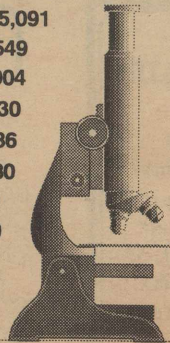
"Serving West Texas Since 1983"



Texas schools spend billions on R&D

While Texas public universities are known for educating students, more than a billion dollars is spent each year on research and development, with expenditures for 1996 totaling \$1,265,786,060.

Fields of research and development at Texas public schools and health-related institutions	Percent increase, 1991-96	Expenditures in 1996
Medical Sciences	46%	\$435,314,994
Engineering	31%	\$227,614,478
Biological, other Life Sciences	14%	\$169,293,106
Physical Sciences	6%	\$116,625,645
Environmental Sciences	24%	\$109,407,242
Agricultural Sciences	47%	\$67,915,091
Social Sciences	64%	\$31,755,549
Computer Sciences	38%	\$30,023,904
Education	116%	\$20,438,330
Business Administration	24%	\$15,278,086
Mathematical Sciences	59%	\$14,017,280
Psychology	44%	\$9,186,559
Arts and Humanities	-10%	\$6,836,120
Law and Public Administration	8%	\$5,003,972
Other non-science activities	14%	\$3,681,097
Other sciences	253%	\$3,394,607



SOURCES: John Sharp, Texas Comptroller of Public Accounts, and the Texas Higher Education Coordinating Board.

COKE CO. GENERAL & FARM TO MARKET/FLOOD CONTROL, COKE CO. UNDERGROUND WATER DIST., WEST COKE CO. HOSPITAL DIST., EAST COKE CO. HOSPITAL DIST., KICKAPOO WATER DIST., CITY OF BRONTE, CITY OF ROBERT LEE.

This notice concerns 1997 property tax rates for the entities listed above. 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.

	General Fund	Farm to Market/Flood Control Fund	Coke County Underground Water Dist	West Coke Hospital District	East Coke Hospital District	Kickapoo Water District	City of Robert Lee	City of Bronte
Last year's tax rate:								
Last year's operating taxes	\$ 733,493	\$ 155,577	\$ 25,725	\$ 188,009	\$ 1,161	\$ 69,685	\$ 59,968	
Last year's debt taxes	\$ NA	\$ 26,828	\$ NA	\$ 81,657	\$ NA	\$ NA	\$ NA	
Last year's total taxes	\$ 733,493	\$ 182,405	\$ 25,725	\$ 269,666	\$ 1,161	\$ 69,685	\$ 59,968	
Last year's tax base	\$ 183,953,814	\$ 181,116,341	\$ 190,556,000	\$ 71,106,660	\$ 23,950,299	\$ 19,131,740	\$ 13,946,060	
Last year's total tax rate	\$.398738/\$100	\$.100712/\$100	\$.0135/\$100	\$.37924/\$100	\$.004849/\$100	\$.36424/\$100	\$.43/\$100	
This year's effective tax rate:								
Last year's adjusted taxes (after subtracting taxes on lost property)	\$ 730,534	\$ 181,485	\$ 25,725	\$ 269,381	\$ 1,161	\$ 69,685	\$ 59,968	
This year's adjusted tax base (after subtracting value of new property)	\$ 191,144,790	\$ 188,277,720	\$ 198,565,330	\$ 70,648,510	\$ 27,006,430	\$ 20,037,160	\$ 14,747,390	
This year's effective tax rate for each fund	\$.382188/\$100	\$.096392/\$100	\$.012955/\$100	\$.381297/\$100	\$.004298/\$100	\$.347778/\$100	\$.406634/\$100	
Total effective tax rate	\$.47858/\$100							
x 1.03 = maximum rate unless unit publishes notices and holds hearing	\$.492937/\$100							

	General Fund	Farm to Market/Flood Control Fund	Coke County Underground Water Dist	West Coke Hospital District	East Coke Hospital District	Kickapoo Water District	City of Robert Lee	City of Bronte
This year's rollback tax rates:								
Last year's adjusted operating taxes and including taxes for state criminal justice mandate.)	\$ 733,384	\$ 154,792	\$ 25,725	\$ 184,533	\$ 1,161	\$ 69,685	\$ 59,968	
This year's adjusted tax base	\$ 191,144,790	\$ 188,277,720	\$ 198,565,330	\$ 70,648,510	\$ 27,006,430	\$ 20,037,160	\$ 14,747,390	
This year's effective operating rate	\$.383679/\$100	\$.082214/\$100	\$.012955/\$100	\$.261198/\$100	\$.004298/\$100	\$.347778/\$100	\$.406634/\$100	
1.08 = this year's maximum operating rate	\$.414374/\$100	\$.088791/\$100	\$.013991/\$100	\$.282093/\$100	\$.004641/\$100	\$.375600/\$100	\$.439164/\$100	
This year's debt rate	\$ NA/\$100	\$.006797/\$100	\$ NA/\$100	\$.116563/\$100	\$ NA/\$100	\$ NA/\$100	\$ NA/\$100	
This year's rollback rate for each fund	\$.414374/\$100	\$.095588/\$100	\$.013991/\$100	\$.398656/\$100	\$.004641/\$100	\$.375600/\$100	\$.439164/\$100	
This year's total rollback rate	\$.509962/\$100							

Unencumbered Fund Balances

The following estimated balances will be left in the unit's property tax accounts at the end of the fiscal year. These balances are not encumbered by a corresponding debt obligation.

Type of Property Tax Fund	Balance
County General	\$485,631
County FMFC	\$321,465
Coke Co Underground Water Dist	\$ 30,000
West Coke Hospital Dist	\$ 1,647
East Coke Hospital Dist	\$ 0
Kickapoo Water Dist	\$ 30,000
City of Bronte	\$ 85,000
City of Robert Lee	\$ 80,000

State Criminal Justice Mandate (For Counties)

The _____ County Auditor certifies that _____ County has spent \$ _____ in the previous 12 months beginning _____ 19 ____ 96, for the maintenance and operations cost of keeping inmates sentenced to the Texas Department of Criminal Justice. _____ County Sheriff has provided information on these costs, minus the state revenues received for reimbursement of such costs.

This notice contains a summary of actual effective and rollback tax rates' calculations. You can inspect a copy of the full calculations at the _____ County Tax Office, 13 E. 7th, Robert Lee, Tx.
 Name of person preparing this notice _____
 Title _____
 Date prepared _____ August 5, 1997

50311 (Rev. 5-84-92)

1997

Property Tax Rates in

Schedule B 1997 Debt Service

The unit plans to pay the following amounts for long-term debts that are secured by property taxes. These amounts will be paid from property tax revenues (or additional sales tax revenues, if applicable).

Description of Debt	Principal or Contract Payment to be Paid from Property Taxes	Interest to be Paid from Property Taxes	Other Amounts to be Paid	Total Payment
County FMFC	\$ 11,602	\$ 1,273	\$ -0-	\$ 12,875
East Coke Hospital Dist	\$ 66,551	\$ 16,551	\$ -0-	\$ 83,102
			FMFC	
			\$ 12,875	\$ 83,102
			ECCE	
			\$ 0	\$ 0
			\$ 0	\$ 0
			\$ 12,875	\$ 83,102
			\$ 0	\$ 0
			\$ 12,875	\$ 83,102

Total required for 1997 debt service

Amount (if any) paid from funds listed in Schedule A

Excess collections last year

Total to be paid from taxes in 1997

Special aid for facilities

Amount added in anticipation that the unit will collect only _____ % of its taxes in 1997

Total Debt Levy



**BUY IT.
SELL IT.
FIND IT.**

CLASSIFIED.

CLASSIFIED ADVERTISING RATES

1st. Insertion...
20c Per Word
(\$3.00 Minimum)

2nd. and Subsequent Insertions...
16c Per Word
(\$2.50 Minimum)

Additional 50c for Blind Ads

Cards/Thanks...
20c Per Word

Legal Notices...
25c Per Word

COPY DEADLINE
Class Ads..5 pm Tues.
Display Ads..5 pm Tues.
Classified Ads & Cards of Thanks are payable in ADVANCE unless customer carries regular account.

FOR SALE

ROBERT LEE
Close to school - Great starter home. Lots of storage. Priced to sell.
2 BR, 1 BA - nice location. **Two for the price of one!** 2 BR, large bath, with fireplace and storm cellar. Good location. Plus 2 BR covered mobile home.
320+ acres - close to town.
74+ acres - 18 acres cultivation, joins large ranch. Good hunting.
1/2 acre, nice small house, city water. Room to build or mobile home.

AT THE LAKE
Great View - with boat storage. Easy access.
Lake lot with great view and boat ramp.

BRONTE
Close to town - 3/1 on 2+ acres.
73 acres - large stock tank, well-kept brick home, fireplace.
City Lot - Highway frontage **Oak Creek Runs Through It** - 136+/- acres. Lots of large trees, small cabin, great hunting.
Small house in good location. Great rental property.

Concho Realty
1886 Pecos #4
San Angelo, TX 76901
Marshall Millican

REALTOR®
453-9002
653-4535

READY FOR A NEW HOME?
Do you want quality? Fleetwood Homes have it. Call Bruce Small, A-1 Homes of San Angelo. (915) 653-1152, 800-626-9978, Free Washer/Dryer in August with this ad.
03a-1tc

FOR SALE

FOR SALE ROBERT LEE
Owner Finance, 2 bdrm home, hardwood floors. Corner lot, pecan trees, grape vines. Call for further details.
Across street from school. 3 bdrm, 1 1/2 bath. Excellent condition. Large utility room, central heat/air.
Water well, large corner lot, outside buildings galore. Call on this 3 bdrm, 2 bath home.
Fenced, drive through carport, storage building, water well plus 2 bdrm mobile home. Corner lot in town.
Small investment for this very nice 3 bdrm home with central heat/air located in quiet part of town. New roof, fenced back yard.

Approximately 6.1 acres in Edith Estates, OWNER FINANCE, no improvements, make your own. Easy access in and out.
COMMERCIAL PROPERTY for SALE, LEASE or RENT. Excellent location for any business. Call for further details.

Elaine Lee, Agent
453-2995




453-2995

FOR SALE
1980 Chevrolet Luv. Can be seen at 209 E. 1st, Robert Lee. Phone after 4 pm, 453-2087, Bucky Sparks.
03-2tc

FOR SALE
1987 Jeep Grand Waggoner, 4x4, 360 V-8, Charcoal outside, maroon interior, all electric, great shape, \$4,500. 453-4500.
03-1tc

ONLY 2 LEFT
4 Bedroom/2 bath, \$29,900 with Air, Skirting, Delivery/setup. Call Kim Leabo, A-1 Homes of San Angelo, (915) 653-1152, 800-626-9978.
03a-1tc

COLTS FOR SALE
Foundation bred AQHA, stud colts & fillies. Grullo, gray, bay, & buckskin dun. (915) 473-3201.
03-tnc

BEEFMASTER BULLS FOR SALE
18 months - 2 years of age. Quisenberry's Beefmasters, 453-2428.
03-4tc

FOR SALE
19' Amana refrigerator, 3 door, almond. Freezes good, water & ice dispenser in door. 1421 Chadbourne, Robert Lee, F. L. Haley, 453-2671.
03-1tc

**GOOD CREDIT
BAD CREDIT**
Call Wally Heredia, A-1 Homes of San Angelo, (915) 653-1152, 800-626-9978.
03a-1tc

3 BEDROOM, 2 BATH
CH/CA, fenced yard, carport, shed, large shop, 2 lots. 473-3303.
02b-tnc

FOR SALE
2 BR, 1 BA newly remodeled home on beautiful corner lot. 506 W. 11th Street, Robert Lee. Call 453-2150, and leave message.
02-4tc

CANDY BOUQUET
New & deliciously different. Great for all occasions! Call for more information. 453-4703.
42a-tnc

SPACIOUS/MANY
possibilities residential corner/adjoining lots 166 x 140. Utilities, paved streets. East Barclay/Cumbie Streets, Bronte. Need to sell! 473-6291.
38B-tnc

FOR SALE
Upright piano and bench. Good condition, \$200. (915) 473-4021.
02b-2tp

MISC

PINT & QUART FREEZER
cartons to give away. Call 473-2491.
03b-2tp

BRONTE BARBER
I wish to apologize to my customers for my shop being closed last week. I have developed some heart and other medical problems, making it necessary to close my shop during some medical testing. I will be open as much as possible.
Call 473-2284 or drop by the shop. My wish is to be of service to you.
Kenneth Means
02b-2tc

D & L DOZER SERVICE & CUSTOM FARMING
Larry Spivey, owner-operator. PO Box 160, Bronte, Texas. Phone (Oak Creek Lake) (915) 743-2577.
27B-tnc

TREES TRIMMED
Pruned, topped, or removed. 453-2238 after 6 pm.
01-4tc

WANT TO BUY
edition of "Coke County, 1984". Will pay top dollar. Call Sondra Hester, 453-4797.
01-4tc

HALL'S HOME APPLIANCE REPAIR
Now serving Bronte, Blackwell, & Oak Creek Lake area. Excellent service & fair rates since 1978. Dave Hall, owner. Call (915) 743-2355, Oak Creek Lake.
30B-tnc

PARKER PLUMBING
Residential & Commercial. All types plumbing repair - new construction, remodeling, fixtures, and sewer service. Licensed Master Plumber. 473-2131, Bronte.
34b-tnc

"TEXAS BEST" DEFLOODING & CARPET CLEANING

Free Estimates
Robert Lee - 944-0010
Bronte - 473-6603

HELP WANTED

CAREWORKER
Must be at least 21 years of age; be willing to work rotational shifts, and have a valid Texas drivers license. Candidates should have an interest in the supervision of juveniles. This excellent opportunity to join a fast growing company with potential for a rapid advancement can be made by sending either a resume to: Box 700, Bronte, Texas 76933 or candidates may apply in person to 4 East Hwy 277 S, Bronte, Texas.
03b-2tc

PART TIME RECEPTIONIST
Needed. 24-32 hours per week. Apply at Wackenhut Corrections, Bronte.
02b-2tc

NEED RN SUPERVISOR
weekends. West Coke County Nursing Home, Barbara Smith RN/DON, 307 West 8th, Robert Lee, 473-2511. EOE.
02a-2tc

TAKING APPLICATIONS
for cooks and helpers. Contact Brenda Williams, Food Service Supervisor, at West Coke County Nursing Home, 307 W. 8th, Robert Lee. EOE
01a-4tc

HOME TYPISTS
PC users needed. \$45,000 income potential. Call 1-800-513-4343, Ext. B-4315.
50-4tp

GARAGE SALES

GARAGE SALE
214 N. Jefferson, Bronte. New Life In Christ Church. Also selling burritos and menudo. Saturday, 8-?.
03b-1tc

GARAGE SALE
August 15 & 16, Friday 8-5, Saturday 8-12. 601 North Jefferson, Bronte. The Beauty Den.
03b-1tc

GARAGE SALE
Saturday, 8-1. Old McGinley Station, Robert Lee.
03-1tp

GARAGE SALE
201 E. 6th Street, Robert Lee. Saturday, 8-?, Mrs. Costilla's.
03-1tp

GARAGE SALE
Saturday, 8-2. Computer desk, entertainment center, rattan chair, ladies clothes - size 10 & up, rods & reels, and more. 1501 Bishop, Robert Lee, The Rasco's.
03-1tc



WINDOW UNITS
Serviced & Repaired
Donnie's Appliance & Refrigeration
915-453-2188

HOME REPAIR & PLUMBING
MOBILE HOME EXPERIENCE.
NO JOB TOO SMALL.
REFERENCES AVAILABLE.
LOUIS CLARK
453-2924
ROBERT LEE

CARD OF THANKS

I WANT TO SAY "THANKS"
for all the cards, calls, visits, gifts, flowers, food & prayers during my hospital stay and while recuperating at home. The people of Robert Lee are the greatest.
Winnie Pitcock
03-1tp

NOTICES

CONTRACTOR'S NOTICE OF HIGHWAY MAINTENANCE WORK
Sealed proposals for **INSTALLATION OF SIGNS** in Sterling, etc. Counties and covered by Contract No. RMC-6015-03-001 will be received in the Assembly Room of the Texas Department of Transportation's District Complex located at 4502 Knickerbocker Rd., San Angelo, Texas, until **2:00 pm, August 20, 1997**, and then publicly opened and read.
Only prequalified contractors are eligible to bid.

THERE WILL NOT BE A PREBID MEETING FOR THIS PROJECT.
Specifications and proposals for the above mentioned contract are available at the office of Mr. Dennis W. Wilde, P.E., Director of Operations, 915/944-1501, Loop 306 & Knickerbocker Road, San Angelo, Texas. Mailing address is 4502 Knickerbocker Rd., San Angelo, Texas 76904.
Minority owned businesses are encouraged to bid.
Usual rights reserved.
02a-2tc

EAST COKE COUNTY HOSPITAL DISTRICT AND BRONTE NURSING HOME OPEN ADMISSIONS POLICY
It is the policy of the East Coke County Hospital District and Nursing Home to admit and to treat all patients without regard to race, color, or national origin. The same requirements for all admission are applied to all, and patients are assigned within the Nursing Home without regard to race, color, or national origin. There is no distinction in eligibility for, or in this manner of providing patient services provided by or through the Nursing Home. All the facilities of the Nursing Home are available without distinction to all patients and visitors regardless of race, color, or national origin. All persons and orga-

(Classifieds continued)

RED BARN BARBECUE
is closing for vacation
Monday, August 11 through Thursday, August 21.
We appreciate your continuing patronage.
Bill & Lynne Kinnaird

NOTICES

nizations that have either occasion to refer patients for admission or recommend the East Coke County Hospital District and Nursing Home are advised to do so without regard to the patient's race, color, or national origin.

East Coke County Hospital dba Bronte Nursing Home observes Title VI of the Civil Rights Acts of 1964 and Section 504 of the Rehabilitation Act of 1973.

No person shall, on the grounds of race, color, creed, sex, age, national origin, or handicap, be excluded from participation in, be denied the benefit of, or be subjected to discrimination under any program, activity or employment.

This policy applies to all resident/recipients, personnel, or any other individual having contracts or doing business with the facilities of

East Coke County Hospital District.

Ed Cumbie
Board President
Jeanene Andrews-Lee
Administrator
03b-11c

Poems wanted for contest

Sparrowgrass Poetry Forum is offering a grand prize of \$500 in its new Distinguished Poet Awards poetry contest. Thirty-four cash awards are also being offered in the contest. The contest is free to enter and open to everyone. "Although we encourage poets to purchase an anthology to ensure publication, there is no obligation of any kind in order to be a contest winner," states Jerome Welch, publisher.

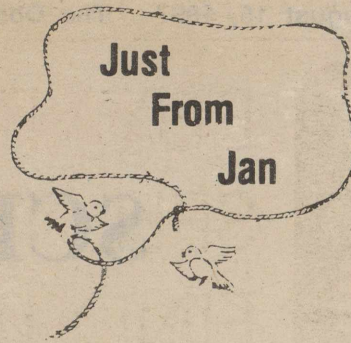
Poets may enter one poem only, 20 lines or fewer, on any subject, any style. Contest closes September 30, 1997, but poets are encouraged to send their work as soon as possible. Poems entered in the contest also will be con-

sidered for publication in the Summer 1998 edition of **Treasured Poems of America**, a hardcover anthology to be published in April 1998. Prize winners will be notified by November 30, 1997. A winner's list is provided with a self-addressed, stamped envelope.

"Our contest is especially for new and unpublished poets seeking a forum that allows them to share their work," Welch adds. "Sparrowgrass is looking for originality in how a poet observes and comments on life. In our ten years of sponsoring poetry contests, many of our contest winners have been new poets with new ideas."

Poems should be mailed to Sparrowgrass Poetry Forum, Dept. JP, 609 Main Street, PO Box 193, Sistersville, WV 26175.

Poets may also submit poems electronically at the Sparrowgrass web site or by e-mail: <http://www.tinplace.com/sparrow> or Sistersv@aol.com



by Jan Yanez
Coke County
Ext. Agent

Granola snacks or cookies in the lunch box?

Granola snacks are often

TS&GRA to hold sheep and goat check-off election

The Texas Sheep & Goat Raisers' Association will hold an election to allow eligible sheep and goat producers an opportunity to vote on the proposition of whether or not they wish to assess themselves in an amount not to exceed twenty (20) cents per head of sheep and goats to be collected at each point of sale of finance promotion, research, and education pertaining to sheep and/or goats across the 254 counties in the state of Texas on a refund only basis.

Balloting will be done by mail, and ballots may be obtained from county extension offices across the state from September 26, 1997 through October 10, 1997, or by calling the Texas Sheep & Goat Raisers' Assn. office at (915) 655-7388 and asking that a ballot be mailed.

Completed ballots must be mailed to the polling place at Texas A&M Research & Extension Center, 7887 US Hwy 87 North, San Angelo, TX 76901, and postmarked on or before midnight on Friday, October 10, 1997.

Further, the election will enable all eligible sheep and goat producers to elect nine (9) producers, three (3) each from the three referendum districts, to serve on the Sheep and Goat Producers Board. Upon election, board members will draw lots to determine length of term to be served.

A producer is eligible to vote in the election if:

- (1) the producer's production occurs within the 254 county area making up the state of Texas and covered by the election, and
- (2) the producer would be required to pay the assessment collected on sheep and goats by the board.

Any person qualified to vote in the election may place his or her name in nomination for a position on the nine-member board by submitting a nomination form signed by the nominee and ten (10) other eligible voters of record no later than 30 days prior to the election as long as he or she resides in the district. **Nomination forms** must be mailed to Texas Sheep & Goat Raisers' Assn., PO Box 2290, San Angelo, TX 76902, and postmarked on or before midnight on Thursday, September 22, 1997.

For further information contact Texas Sheep & Goat Raisers' Association, PO Box 2290, San Angelo, TX 76902, or call (915) 655-7388.

advertised as a "healthy" alternative to cookies for the kids' lunch boxes or after school snacks.

According to a report of the American Council on Science and Health, however, there isn't much difference between commercial granola snacks and store-bought cookies.

Their analysis showed that granola snacks contain 110 to 150 calories per serving, depending on added ingredients such as dried fruits, nuts and chocolate. Two oatmeal, chocolate chip or sugar cookies contain between 120 and 130 calories.

The granola snacks provide 2 grams of protein, 5 grams of fat and 20 grams of carbohydrate. The cookies have 1 gram of protein, 5 or 6 grams of fat and 16 to 18 grams of carbohydrate.

Both the granola snacks and the cookies are relatively high in sugar, fat and calories. Both supply about equal amounts of vitamins and minerals.

When it comes to sodium, granola snacks vary widely, and some approach the amount of sodium in corn chips or potato chips. But the nuts, dried fruits, and whole grains which are usually found in greater amounts in granola snacks than cookies, are a good source of dietary fiber.

Cookies usually contain both vegetable and animal fats, and have more cholesterol as a result. Granola snacks are low in cholesterol because they are made with vegetable oils.

It is difficult to say which is the better choice. Both snacks provide comparable amounts of carbohydrate, fat and energy. The granola snack has a little less cholesterol and a little more fiber, but it may also be high in salt. So the small differences between the two snacks may be nutritionally insignificant.

If you are paying premium prices for granola products labeled as health snacks, when your children would just as soon have a cookie, be aware that you are not buying extra nutrition.

Making home-made cookies, where you can use vegetable fats or preparing your own granola with less salt is probably a more nutritious alternative than the store-bought version of either snack.

The key thing is that children eat any type of snack food in moderation as a part of a balanced diet that gives them the nutrients they need.

Texonics: far: combustion

Texonics: hep: a cry for assistance, as in "HEP! There's a far!"

Beauty Shots.



Pictured left to right: Ludmila Malakhova and Anthony, Melissa McKnight and Jacquelyn, Maggie Giotta and Talen, Kara Young and Nick.

Your baby is beautiful. And may be the picture of health. But there's also a one in four chance he or she isn't up-to-date with immunizations. *One in four.*

Your child needs more than 12 shots over the course of five visits, before the age of two.

So never assume your baby is on schedule. Ask your doctor at every visit.

That way, you'll be certain you're giving your child a fair shot. And that's the most beautiful thing of all.

For more information, please call the National Immunization Information Hotline at 1-800-232-2522.



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