

## Tim Cooper featured in July 3rd fireworks show

**By Janet Felderhoff**  
Muenster Volunteer Fire Department's Annual 4th of July Fireworks Show grows bigger and better every year. Country music entertainer Tim Cooper and his band The Midnite Ride agreed to play for the evening's entertainment. They are slated to play between 8:30 p.m. - 12:30 a.m.  
Tite Wad Air Ranch is putting on an air show, and fireworks will light up the sky after dusk. All you can eat hamburgers and hot dogs with trimmings are served starting at 6 p.m.  
Admission to the event is \$5, with kids six and under free.  
People are asked to please not bring personal fireworks to the event. Conditions are very dry and the fire

department will be taking precautions to guard against starting any grass fires with the fireworks display. Help them out by not bringing any into the event.  
The fireworks show is co-sponsored by Hoss Knabe and Weldon Vogel and is held at the Gatewood Hills Estates south of Muenster. To get there go south on FM 373 and then take a left on CR 360.  
This has been a busy year for the department. In March they put on a Shattered Dreams Program for the youth of Muenster. They would like to make a DVD of that program to show in the future. To finance it, they are selling raffle tickets on a quilt made by Ida Mae Bindel. Cost is \$2 each or six for \$10. These will be available at the party July 3.

## Tim Cooper feels music is his calling

**By Janet Felderhoff**  
Choosing a career in music came naturally to Tim Cooper of Farmersville. His uncles, cousins, and other relatives have bands and have been playing music for years. "It's in my calling," he observed.  
Tim has been entertaining with his music for about 12 years. He started out in church and did Christmas shows for a retirement home. Then he moved to the bars with his traditional country music that he blends with a little southern rock.  
"I'm a big time Christian," remarked Tim. "The preacher in church is able to reach somebody in church, you know get them to God. But there is always somebody in that bar that I might be able to help. There are some people who will never walk in the doors of a church in that bar. They see me and meet me and kinda get to know who I am, they might have a change of mind."

The song "Thank-you Lord" by Mercy Me is his favorite song. Tim said, "It's just thanking God for where they're at and thanking Him for letting them make it through life with His mercy. That really hits hard."  
The country music singer has played everywhere in Texas from the VFWs to the main stage at Billy Bob's. "I've been to the bars where they throw beer bottles at the chicken wire to the more common places," he said.  
People-wise, here in Muenster is one of Tim's favorite places to perform. "I love meeting people everywhere, but up here Muenster is so tight knit it's kind of cool," remarked Tim. He has played at Germanfest and at Doc's Bar & Grill.

"I put myself out there just to entertain people and to grab a hold of people's emotions," Tim revealed. "If some of my songs will help somebody go through something that they are going through in life, plus being an entertainer gives me a great opportunity to help people out."  
Writing songs is something that Tim has done a little of. He hasn't published or recorded any of them yet, but he plans to do so in the near future. Those who would like to hear some of his original material will get that chance on Monday, July 3 when the Muenster Volunteer Fire Department puts on its Annual Fireworks Show. Tim and his band The Midnite Ride are the featured performers for the event. "We'll be playing a lot of the original material there," he said.  
Tim hopes to have a large group at the firemen's event. "I'm playing out there for them because they dedicate a lot of their life to the Muenster Fire Department. They don't have to, but it is a part of their community and they give time and effort to be a part of that, which I think, that's great. They have a lot of people in this town who

support them and that makes me want to do more stuff for the town of Muenster."  
At the last fire drill meeting for the Muenster VFD, Tim attended and met all the members. "Great bunch of guys," was his impression of the Department. "I really respect those guys. They work a full-time job and still have time to give back to the community. That means a lot. You have a lot of people out there who just don't care. They are just all for themselves. When I come up here everybody is in together. They are giving to each other. Wow!"  
Tim's all-time favorite performer is George Strait. He hasn't met Strait yet, but is confident that he will one day.  
As far as future plans Tim said, "Keep doing what I'm doing - keep playing and touring the country. Each day you never know what it's going to hold. Something is going to come up in the future progress. As long as I keep God on my side and I keep progress and working hard at it, it's going to be something every day, something exciting."  
Family and friends are Tim's inspiration. He has two daughters ages five and seven years. "They're a handful, but so worth it," he said proudly. He said he comes from a large family that is very close-knit and very supportive.  
When he's not involved with his music Tim has sev-



eral other interests to keep him occupied. He enjoys working in the shop, building things. He enjoys working out at the gym and playing golf. "I love riding on a motorcycle or horseback," he commented. "That's when you get your time alone and to yourself."  
Tim and his band are heading out soon on a road trip that will take them to various states over the next month and a half. "I love it, that's my life," he said of his road trips. "I'm happy I'm on the road doing what I love."  
To learn more about the country music entertainer and his performance engagements, check out the website [timcoopermusic.com](http://timcoopermusic.com).  
Tim urges everyone to come to the July 3 celebration to support the Muenster Fire Department.

## Cheerleaders of tomorrow



The Muenster Hornet Cheerleaders are conducting their annual mini cheerleading camp this week. Cheerleader wanna-bes include Allie Walterscheid (left) and Hope English. See inside for more camp pictures. Janie Hartman photos

## Fireworks still on for July 4th celebrations

**By Janet Felderhoff**  
Cooke County is under a burn ban ordinance due to the extremely dry conditions and low humidity which create dangerous situations for fire. This ban includes the use of certain fireworks such as missiles with fins and sky rockets. Many are concerned that this means no fireworks

at all.  
Not so, Cooke County Commissioners Court instated the burn ban to keep citizens and their property safe. At their Monday, June 26 meeting, Cooke County Emergency Management Coordinator Ray Fletcher reported on the fire  
See Firework Pg. 2

## Summer programs coming to an end



Some of the Muenster summer ball programs are coming to an end, as the ballparks have been in use over the past weeks with all ages of players. Jaycees Blue team member Brandon Hennigan warms up before Monday's game at the Jaycees ballpark. See the sports page for more "ball" action. Janie Hartman photo

## Muenster Hospital Trauma Survey acquires good report, staff praised

**By Janet Felderhoff**  
A Trauma Re-designation Survey team inspected Muenster Memorial Hospital on June 14. MMH Administrator Lynn Heller reported the results to the MMH Board of Directors at its regular meeting Tuesday, June 20. No deficiencies were noted.  
In a written report by Trauma Coordinator Diane Neu, it was noted that in 2005 MMH had 856 trauma related visits to the Emergency Room. That is 60% of the facility's total ER visits.  
"Diane Neu is just doing a real good job for us, an outstanding job," praised Heller. They had some recommendations for us, and good positive things. Reneta is doing a great job as our director of nurses. I can't say enough about our staff. We've just got an outstanding staff of people. It is very unusual and people comment about it. The Medicare Survey commented about and other people comment about, "Where did you get these people?" Well, they've always been here, most of them."  
After months of study and deliberation, the Board made a decision to purchase a CT scanner unit from Siemens Medical Solutions USD Inc. The new unit includes a bone mineral density capability. MMH's current CT unit doesn't have the capability of bone density studies. It is also in need of replacement since some tests done on it have required repeating due to inferior quality.

The Board requested input from a radiologist before making the commitment to buy a unit. Robert Neal, M.D. provides radiology reports for patients who have x-ray done at MMH.  
Dr. Neal wrote, "I think that a dual slice spiral CT scanner would provide the appropriate level of support for the physicians and patients utilizing Muenster Memorial Hospital. We need a workhorse CT scanner that can reliably perform routine examination of the head, chest, and abdomen, in addition to a few orthopedic examinations." He said that the Bowie and Nocona Hospitals have such units and they are adequate for the type of examination performed at them.

According to Dr. Neal, it is

his philosophy that a local hospital should provide emergency care to the people who live in the community because of the critical time factors.  
"What we have right now is fine to that level, but what we want to do is raise the bar," commented Administrator Heller.  
Cost of the new Siemens machine is \$226,350, which is only \$35,000 more than the cost of used machines being offered. CFO Dick Teeter noted that an operating lease would cost \$28,000 more than to purchase the machine.  
Teeter said that to buy it would cost the District about \$50,490 a month in loan payment based on the USDA rate. There would be no maintenance cost the first year. After that there would be \$38,922 a year for the next five years for a maintenance contract.  
Heller noted that a project of this size could be handled in several ways. "Because it is going to be such an impact on the level of service that we provide the people, we can help pay for it by raising the taxes or we can help pay for it by asking the people of the community to help pay for it," said Heller. "There may be folks who would be willing and able to do it if we present it in that way." Seeking grant funding was also suggested. The District must also de-

grade whether it wants to pay money for tube replacement or hope that a new tube is not needed for five years so that amount can be saved.  
Heller recommended that the unit be purchased rather than leased, and that the District take half of the \$96,000 (total paid to the company for tube replacement-maintenance) out of the escrow account and put it into a separate account to start paying into it a monthly amount designated for tube replacement purposes.  
The Board voted to have Heller make the decision on the tube funds and appointed Heller and Board President Kenny Klement to negotiate the financing contract details with the USDA.  
In a unanimous vote, the Board passed a resolution voicing its opposition to a proposed Trans-Texas Corridor (TTC) and accompanying trade corridor with duty free zone. Cooke County is a likely place for the TTC to cut through on its way to Oklahoma. The warehouses are in an area that could come within miles of the eastern edge of Muenster.  
The Board perceives the TTC-35 as a potential threat to decrease the tax base of the Muenster Hospital District and feels that it may adversely affect the welfare of the citizens of the Hospital District and may result in the

degradation of the community and the way of life of the citizens of the Hospital District.  
Heller remarked on the good feedback he's been getting from different people about the Hospital. He said the swingbed program is doing very well and the Hospital has been staying pretty full. "Word of mouth is spreading on how they are treated here with our nurses," remarked Heller. "Everybody is pretty exceptional. We've got nurses with the mothering instinct back there who just really do a good job."  
Nurse practitioner protocol for Yvonne Ambrose, RN, MSN, FNP-C, ACNP-C was approved effective June 14. With the new protocol, Ambrose, an advanced nurse practitioner, is able to cover the ER in special situations. She can make rounds in the Hospital and assist the physicians with paperwork. She will be taking additional training courses also.

In other business the MMH Board:  
• Approved Bad Debt Write Offs totaling \$66,406.  
• Approved Budget for fiscal year July 1, 2006 - June 30, 2007.  
• Reviewed Cooke County Appraisal District's (CCAD) annual audit.  
• Reviewed CCAD budget.

## Quick response by MVFD



The Muenster Volunteer Fire Department was called out to a grass fire Wednesday morning on the Bill Luke farm west of Muenster. A hay field caught fire while cutting was in progress, believed to be caused by a spark. Quick response by the Fire Department allowed very little loss. Help support the MVFD by attending their Fireworks Show, Monday, July 3. Janie Hartman photo

# Inmate count continues to climb in Cooke County Jail

**By Janet Felderhoff**  
With all Cooke County inmates who had been housed outside Cooke County back and residing in the new Justice Center Jail, there is already discussion on gearing the new facility up to its full capacity. An agenda item for the Monday, June 26 meeting was to consider and possibly approve a contract with CiviGenics for the housing of prisoners in the Cooke County Justice Center.

Sheriff Mike Compton reported that there were currently 116 prisoners in custody and the present capacity is 144. He said that was getting close to their cap. He said he was a little nervous about leasing space with the County's own inmate population so high.

Jail Administrator Dave Province said that with the County Jail population fluctuating so much and the increased gang violence in the streets of Gainesville, he was reluctant to lease the space.

County Judge Bill Freeman said that he would like to discuss during budget time the possibility of opening the jail to its 100% capacity. That would open up a block to lease to out-of-county prisoners.

That would require hiring additional jailers as required by the Texas Jail Commission.

Commissioner Al Smith wondered how they would determine what a good contract actually was. Judge Freeman said that if they do decide to open up the Jail to full capacity, they would look at other companies. "The CiviGenic contract is \$33 a day (per prisoner). I think we could get closer to \$50 a day for prisoner beds." He added that companies can be contracted with to keep the beds full.

Smith said he wanted a checklist to focus on when considering contracts.

The decision was tabled until the jail is opened to full capacity. Bids were opened for a new vehicle for the Cooke County Office of Emergency Management. Three dealerships submitted bids. Glenn Polk's was for \$26,092; Klement Ford of Muenster \$25,410.35; and Brown Motor \$22,995. All met specs for the requested SUV. Brown Motor was awarded the bid.

In other business, Commissioners Court:

- Appointed Barbara J. Myers Roberson to the MHMR Services of Texoma

Board of Trustees.

- Gave the City of Callisburg, at its request, control of its extraterritorial jurisdiction (ETJ). That is for 1/2 mile outside the city limits.

- Approved preliminary plat for Woolfolk Addition, lots 1-4, located off Hwy. 82 East and CR 123 in Precinct #1.

- Approved inter-jurisdictional mutual aid agreement between Cooke, Fannin, and Grayson Counties. This is an agreement to send what aid a county can during a disaster and is needed for FEMA funds.

- Authorized Cooke County Precinct #1 implementing a 35 mph speed limit on CR 131, CR 154, and CR 182. These roads have been paved, but are too curving to support a high speed.

- Approved request by Bolivar Water Supply Corporation, at its expense, to install 50 feet of two inch poly pipe casing for a 3/4 inch water line using a bore on CR 200 approximately 4/10 of a mile north of Lone Oak Road.

# Hall ready to strengthen local economies

**By Mandy Leonard**  
Melvin Hall is a quiet, unassuming man swept away by the belief that every person holds within them a dream that can be released into a viable way of life or business. For Hall, creativity and hard work is economic development.

With his understated passion he hopes to accomplish great things in Fannin County and Muenster.

Last week, he became the new enterprise facilitator for North Texas Enterprise Project (NTEP), a not for profit agency fast becoming a place of support for entrepreneurs and small business people in its service area.

NTEP is an apprentice program of the Sirolli Institute, founded by Dr. Ernesto Sirolli. Like Hall, Sirolli has a passion for helping people help themselves. For over 20 years, Sirolli has trekked the world in a quest to prove that people sometimes need a little help in discovering how to make their dreams a reality. When it happens, he believes that success ripples through a community and makes other people want to change their lot in life. Soon, a small community's economy

is turned on its head - for the better. The grass roots grow deep and the people begin to flourish.

Hall has already seen it happen.

He comes to north Texas from Littlefield, where the WesTex Allied Communities, Inc. became the first Texas group to try Sirolli's technique of enterprise facilitation.

For one year, WesTex has taught the Trinity of Management, a principle that all successful businesses must focus on the product, marketing, and financial management - and that no one person can do all of that alone.

Through word of mouth, people come to their enterprise facilitator with ideas. The facilitator never supplies a solution or easy answer to any blocks the entrepreneurs may be facing. Instead he or she patiently guides each entrepreneur in building a team and finding the necessary resources.

Behind the scenes is the board of intelligence, an unlimited group of concerned citizens who use their networks to open up resources to clients.

Back in Littlefield, Hall is credited with getting WesTex off the ground. When the project started, he was so enamored with enterprise facilitation, he considered applying for the job of facilitator. However, he felt he wasn't ready.

Hall's timing is a benefit for NTEP. He is now ready to help local community mem-



Melvin Hall (left) is the new facilitator. He is accompanied by NTEP Board Chairman Bill Jones

bers succeed for themselves. Since this is his passion, he's even willing to bring his family to Fannin County in order to do it.

The effect of enterprise facilitation successes have rippled around the world. Now the first project in Texas is washing over Fannin County and Muenster, adding their experience and vision to NTEP through Hall.

NTEP Board Chairman Bill Jones sees entrepreneurialism as the way the United States economy is headed in the near future. Across the country, there are more accounts of large scale projects lifting small businesses up with millions of dollars of support. Though NTEP offers no money and no advice, Jones sees the work Hall will soon do as a salvation to local economies.

He hopes to prove again that a little bit of success will go a long way to further an entire community. Hall officially begins work July 17, at which time he will assist new and existing clients of NTEP.

For more information on NTEP and enterprise facilitation, call 903-227-1649.

# Fireworks

.....from Pg. 1

conditions, "We're way better off than we were in January. It's still bad out there, but there is a little bit of green mixed in, and the humidity, although low, isn't as extremely grievously low like it was then. That's not to say that we're doing good. We're bad, just not as bad."

Fletcher said there have already been some fireworks that started fires.

County Judge Bill Freeman said he knew the public was going to use fireworks. He said, "I ask the public to be very careful with the fireworks and if they can't attend a public demonstration or exposition to enjoy the Fourth of July. That would be better than trying to do their own fireworks displays."

Fletcher cautioned, "If they are going to do it, we recommend that they don't shoot anything. Roman candles are still legal, but they'll shoot fireballs 20 or 30 feet. Don't do anything that leaves your presence. Do something that you lay on the ground. Make sure you have a water source available. Do it in a rocky area with no grass around and monitor the wind. If it is a windy evening, don't do it because those sparks that are blowing forth in the air are going to blow away."

There are several in the area, including Muenster and Saint Jo.

Muenster Volunteer Fire Department along with co-sponsors Weldon Vogel and Hoss Knabe, are sponsoring their 3rd Annual Fireworks Show on Monday, July 3 at Gatewood Hills Estates south of Muenster. People are asked to not bring personal fireworks to the event for the

safety of all. At dusk is when the fireworks show begins.

Saint Jo VFD is holding its annual July 4th event, including fireworks show, on Tuesday, July 4 in Boggs Park. Their fireworks will begin after 9 p.m.

The National Council on Fireworks Safety has the following safety tips for all residents to remember:

- Always obey the local law. If fireworks are banned due to drought, don't use them.
- Use common sense whenever lighting fireworks.
- Never use illegal explosives. Buy only legal fireworks from established and reputable dealers.
- Fireworks should never be modified. Do not attempt to alter or combine fireworks.
- Alcohol and fireworks do not mix. Always have a designated shooter.
- Only adults should use fireworks. Children should never handle fireworks.
- Have a garden hose and a bucket of water nearby.
- Only use fireworks away from buildings and automobiles. Never use fireworks inside.
- Always wear eye protection when handling fireworks.
- If a firework does not light, do not attempt to re-light it. Soak it in water for at least 15 minutes and then discard.
- Never throw, point, or shoot a firework at another person.
- Do not use fireworks while inside an automobile.
- By following these tips, and using COMMON SENSE, this can be the safest 4th of July ever. Please join the National Council in helping make it happen.

# DAYS GONE BY.....

## 65 YEARS AGO June 27, 1941

City taxes are raised 50%. Obituary: O.J. Huchton, 64. Nick Miller recovers from tonsilllectomy. New Arrivals: a daughter to Agnes and Raymond Owens; Leonard to Frances and Joe Vogel. Frank Hacker is owner of a new Oliver tractor. Doctor Myrick combines hobby and profession by making trips to Dallas to attend lectures on surgery.

## 50 YEARS AGO June 29, 1956

Drought, grasshoppers cause worry in Muenster area. Obituary: Agnes Esker, 51. Myra telephones change to automatic system. LaVerna Hess and Georgia Ann Owen attend business college in Fort Worth. Weddings: Janie Hellman and Henry Weinzapfel; Richard Knabe and Charlsie Blakely. Obituary: Franz Koesler, 73. New Arrivals: Curtis to Rody and Marcie Klement; James to Steve and Juliana Grewing; Greg to Urban and Celine Felderhoff Schrage. Rosa Driever has dental appointment in Dallas.

## 25 YEARS AGO June 26, 1981

Muenster lake project has high priority rating. Power failure in Muenster caused by snake. Obituary: Mark Zwingig, age 20, of sand dune tunnel cave-in at Lake Texoma. Weddings: Janet Krahl and Samuel Jordan; Deborah Hayslip and Stephen Hoenig. Sister Yvonne Lerner named subprioress of Olivetan Convent. New Arrivals: Ashli to Connie and Sam Bezner; Magan to Virginia and Hank Arendt.

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**FRIDAY NITE KARAOKE WITH DEBBI**

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Our Rehabilitation Staff: (l to r) Karime Klement, Andrea Wolf, Amber Hammer, and Leslie Brezing.

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**Contact Adelia Wilson (940) 759-2271**

# MUENSTER ENTERPRISE

## SUBSCRIPTION RATES:

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

Sunday, July 2, 2006	Monday, July 3, 2006	Tuesday, July 4, 2006	Wednesday, July 5, 2006	Thursday, July 6, 2006	Friday, July 7, 2006	Saturday, July 8, 2006
Muenster Museum Open 1-4pm	Muenster VFD Fireworks Show-Gatewood Hills-6 pm	Celebrate Your Independence	C of C Board mtg. 5:30 pm	Muenster Museum Open 1-4pm Kiwanis Family Swim Night 7-9 pm Muenster Pool	Muenster Museum Open 1-4pm AARP Board mtg. 10 am Stanford House	Ruth Hess Memorial Golf Tournament 2 pm Turtle Hill
Sunday, July 9, 2006	Monday, July 10, 2006	Tuesday, July 11, 2006	Wednesday, July 12, 2006	Thursday, July 13, 2006	Friday, July 14, 2006	Saturday, July 15, 2006
Muenster Museum Open 1-4pm	Texas Trans Corridor -1-35 mtg City Council Mtg 7:30 pm VFW Mtg 8 pm	Exercise Class, 10:30-11:30, SNAP Center Cooke Cty Beef Cattle Improvement Assn Mtg- NCTC-Little Theater 6:30 pm	MUSD Board mtg 7:30 pm CoFC Breakfast mtg 7:30 am	Muenster Museum Open 1-4pm	Muenster Museum Open 1-4pm AARP Membership luncheon 11:30 am Stanford House	
Red Cross Swim Lessons						

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OBITUARY

**Aloys Fuhrmann**  
1935 - 2006



Aloys Fuhrmann

Aloys "Billy" Paul Fuhrmann, age 70 of Lindsay, died Saturday, June 24, 2006 at Denton Regional Medical Center. Mass of Christian Burial was held at 10 a.m. on Tuesday, June 27 in St. Peter's Catholic Church, with Father Nicholas Fuhrmann, Fr. Ron Scheible, and Father Camillus Cooney officiating. Also on the altar were his cousins Father Bruno Fuhrmann and Brother Louis Fuhrmann, both of Subiaco. Burial followed in St. Peter's Cemetery in Lindsay under the direction of Clement-Keel Funeral Home of Gainesville.

Rosary was recited at 4 and 7 p.m. in St. Peter's Church on Monday, June 26.

Aloys was born July 8, 1935 in Lindsay, the ninth child of William Nick Fuhrmann and Margaret Ann Orth Fuhrmann. He attended Lindsay School while working at home with his father on the family farm north of Lindsay.

He married Marge Vogel on July 25, 1962 at Sacred Heart Catholic Church in Muenster. The couple moved into the house on the home place and farm, where he was a dedicated provider, husband, and father of six children. He worked hard on the farm and took pride in being able to support his large family.

Aloys was an active member of St. Peter's Catholic Church. His strong faith in God, and his kindness and gentle heart touched many lives. He was noted for his lighthearted nature and keen sense of humor. His greatest joy in life was spending time with his family. He also enjoyed the competition of cards and dominoes, horseshoes, and croquet. It was a family tradition to spend fall Saturday afternoons watching his beloved Notre Dame Fighting Irish. He took simple pleasure in driving the tractor and combine, and experimenting with alternative crops for this area.

Survivors include his wife Marge Fuhrmann of Lindsay; daughters and sons-in-law Linda and Tim Schumacher, Julie and Dale Martin, and Janelle and Kelly Colwell; sons and daughters-in-law Linus and Annette Fuhrmann, Kevin and Amber Fuhrmann, and Glenn and Tammy Fuhrmann; 13 grandchildren; brothers Joe Fuhrmann, Tony Fuhrmann, and Father Nicholas Fuhrmann OSB; and sisters Tillie Wachsman, Rose Stoffels, Theresa Huchton, and Mickey Haverkamp.

Preceding him in death were his parents; brothers infant William Fuhrmann and Brother Henry Fuhrmann; and sister Anna Mae

**July 4 holiday brings more Patrol Troopers to street**

Texas Highway Patrol troopers will be out in force during the days leading up to the July 4 holiday. Troopers will be looking for people who are driving drunk, speeding, or not properly secured in safety belts.

During the July 4 weekend last year, DPS troopers arrested 1,128 drivers for driving while intoxicated.

"We'll be out aggressively looking for people who are DWI. If you're driving drunk, we will arrest you, for your safety and the safety of other Texans out on the roads," said Col. Thomas A. Davis Jr., director of the DPS.

Texas is one of several states participating in Operation CARE (Combined Accident Reduction Effort)-a nationwide campaign by state police agencies to reduce fatalities during holiday periods. All available troopers will be patrolling Texas roadways targeting speeders, drunk drivers, and seat belt violators during the Fourth of July holiday weekend.

"Stay sober, slow down, and

Stoffels. Pallbearers were Roger Haverkamp, Nick Stoffels, Billy Huchton, Pete Fuhrmann, Steven Stoffels, Stephen Vogel, Alan Hudspeth, and Shawn Vogel. Honorary pallbearers were Leslie Wachsmann and Adam Schumacher.

In lieu of flowers, memorial contributions may be made to the Mesothelioma Applied Research Foundation, P.O. Box 91840, Santa Barbara, California, 93190-1840.

**To the Editor,**

To anyone who tries to recycle by using the containers on West Second Street: don't bother. I was surprised to learn that the same trucks that pick up our garbage at the curb also empty these containers. Everything collected goes straight to the landfill - nothing is recycled. So, until the City of Muenster can find a company that can do this cost-effectively, save your time and trouble, and take everything to the curb. Another option is to take your recycling to the Gainesville Recycling Center, just behind Moffet Park. It accepts news-

papers, cardboard, plastic, and glass.

Lydia Springer  
Muenster, TX

**Dear editorial manager,**

I have always had a fear of fireworks. My mother grew up across the street from a fireworks factory that went up in flames and destroyed parts of properties for miles around. My husband was a volunteer fire fighter in The Colony and one year they fought many fires over the Fourth of July weekend and each one was started by "legal fireworks". We had a friend who was sitting in his

garage watching the city run fireworks on the Fourth of July. He saw a firecracker that a neighbor was shooting enter the area above his garage and by the time our friend got the other family members out of the house the whole house was engulfed in flames. All these fires occurred in years that had more rain than we have had this year.

I called the Commissioners Court on Monday to find out why we would allow fireworks to be sold in Cooke County. I was told that the only fireworks that could be restricted were aerial and bottle rockets. To stop the firework stands from selling other types of fireworks would take a directive from the governor. I felt that that answer was a bit unusual so I placed a call to our state representative, Craig Estes. His assistant was very concerned that fireworks were being sold in Cooke County. She placed a call immediately back to the county. When the commissioner was not available to talk to her, she spoke with one of the county judges. He said the Commissioners Court had met to discuss the issue and could not decide if fireworks should be banned for the Fourth of July holiday, so they asked the fire chief in Gainesville to help them with the decision. The judge said that the fire chief was not concerned, therefore they voted to allow "ground fireworks" to be sold in the County.

This sounds like a cop-out to me. Folks, we are having the longest, hottest dry spells in recorded history!!! Why are our elected officials allowing fireworks to be sold?

Now for the next question. What are ground fireworks? I stopped at one of the many fireworks stands in Cooke County on Monday evening and asked about both kinds of restricted fireworks. I was told that bottle rockets were banned by the County. When I asked for a firecracker that would go 100' in the air, I was told that several they sold could do that. Now mind you, I have never bought fireworks before, nor do I know the fancy names that they have, but it seems to me that something that is placed on the ground, set on fire, and launched 100 feet or more in the air while it is burning is AERIAL FIREWORKS!!!

How are our elected officials going to feel when their actions cause members of our County to lose their pastures, trees, houses, and other personal property because someone didn't think that a fire could get started. This irresponsible action is not only going to cause loss of possessions but could also cause loss of lives.

I have heard that the Callisburg School District has a roadside stand every year and that is their major annual fundraiser. Could it be that the decision to allow fireworks stands in 2006 is driven by other decisions than just those that are in the best interest of our citizens?

Think about it folks, are you willing to leave the fire fighting duties in the hands of the many volunteer fire departments in the County? Volunteer departments protect most of the small towns in Cooke County.

How will the decision to sell fireworks effect our taxes, bond ratings, property insurance, and the willingness of visitors to stop up and help the town?

We must think about all these things when we elect officials to represent us in the county.

My husband and I live in the woods and our prayer every day is that nothing will start a fire in these driest of conditions. We don't need people who get their thrills from setting off fireworks to ruin everything that we have worked for all of our lives.

Pray for rain and for good, responsible leaders for our communities, cities, and county so that our children and grandchildren may enjoy the same beauty in Cooke County that we do.

May God protect us all through this 4th of July season. God bless America.

Nancy Willingham  
The Ranch at Lake Ray  
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Valley View, TX

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make sure everyone in your vehicle is properly secured," Col. Davis said.

Here are some driving tips the DPS recommends for travelers during the extended holiday weekend:

- \* Do not drink and drive; rather, find a designated driver.
- \* Have everyone in the vehicle properly secured, either with a safety belt or in the appropriate car seat or booster.
- \* Slow down, especially if weather and road conditions do not allow for the designated speed limit.
- \* Save your phone calls for home or find a safe place to pull over to place or answer mobile calls.
- \* Be polite and courteous while driving - do not practice road rage behavior.
- \* For long trips, have the car checked to make sure it is roadworthy.

**To the Editor,**

Last summer with our German friends we toured Germany from Trier in the western part to Bremen in the north, to Berlin in the east and Dresden, all of Germany in both East and West Germany. There were always dozens of turbines visible in the country side as we traveled the autobahns. Because of the local controversy over the placement of the wind turbines in Cooke and Montague counties I thought I would see what experience our relatives in Kaifenheim, Germany have had with the subject. They have turbines on some of their land. The village of our ancestors

**LETTERS TO THE EDITOR**

has 23 turbines located on all sides. I emailed Wolfgang Wagner, a relation to see what experience they have had with wind turbines. The ones by Kaifenheim are similar to the ones described in the Muenster Enterprise for north and east of Muenster. The tower is (90 Meters) 295' tall. The turbine blades are (40 M) 130 feet long from the center hub making the structure over 400' high when it is turning. Wolfgang's house is the closest of any house in Kaifenheim which is (4KM) 3.5 miles from a turbine. Each turbine can generate 2,000 KW of power. The government will not allow turbines to be built

closer than 3.5 miles from a house or village. The noise from the turbine depends on which way the wind is blowing. When they can hear it, it sounds like the wind blowing through distant trees. He knows of no one who has become sick because of the turbines. The government does not subsidize the construction of the turbines, but guarantees that they will get at least 51 cents per kw for 20 years. The land owner gets paid yearly according to the size of the tower and generator. They buy the power back for 10 cents per kw. Alvin Fuhrman Muenster, TX.

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# LIFESTYLE

## Fr. McCaffrey to lead a Family Parish Mission for Sacred Heart



John and Rose Henscheid of Muenster announce the engagement and approaching marriage of their daughter Jaclynn Rose Henscheid to Eric Jamison Fisher. Eric is the son of Gary and Marlene Fisher of Muenster. The couple plans to wed on Saturday, July 22, 2006, at 2 p.m. in Sacred Heart Church in Muenster with Father Kyle Walterscheid OSA officiating. Miss Henscheid is a 2000 graduate of Muenster High School and a 2004 graduate of Texas A&M University with a degree in Biomedical Science. She is a third-year student at Southern College of Optometry in Memphis, Tennessee. Mr. Fisher is a 1999 graduate of Muenster High School and a 2003 graduate of Texas A&M University with a degree in Biological Systems Engineering. He is employed by IRC North America in Houston. The couple will make their home in Memphis after the wedding.

Sacred Heart Church in Muenster is excited to announce a Family Parish Mission to be led by Father Daniel McCaffrey from the Archdiocese of Oklahoma City. This mission will be held in Sacred Heart Church on July 30 through Aug. 2. It will focus on the teachings of the Catechism of the Catholic Church.

Father McCaffrey will begin the mission by speaking at all the Sunday Masses. He will then preach each evening from 7 p.m. - 9 p.m. on the following topics:  
 Sunday: What the Catholic Church believes (The Creed);  
 Monday: What the Catholic Church celebrates (Sacraments);  
 Tuesday: What the Catholic Church lives (Commandments, Natural Family Planning and its

impact on marriage and family life, Theology of the Body according to the mind of John Paul II - overview);  
 Wednesday: What the Catholic Church prays (the Our Father, prayer, and spiritual life).

Attendance is free, with special collections to be taken up during the mission for Father McCaffrey's ministry. During the evening talks, child care will also be available, and refreshments will be served.

Everyone is welcome and encouraged to attend this parish mission. It is open to anyone who is seeking more information on what the Catholic Church teaches and believes. For those attending, the mission will provide opportunities for evangelization, spiritual growth, and prayer. The

Sacrament of Reconciliation will be made available at opportune times.

For more information



Fr. Daniel McCaffrey

concerning the parish mission, contact Barbara Rohmer, director of Religious Education, at 759-2511, ext. 16.

Fr. Daniel McCaffrey was ordained in 1958. He served eight years as a missionary in Pakistan and joined the United States Army Chaplain Corps in 1968 where he served for more than 20 years. He has also worked in the Apostolate of Marriage Enrichment establishing successful Natural Family Planning programs on the diocesan and parish levels. Father holds a Doctorate in Sacred Theology from the University of St. Thomas Aquinas in Rome. For more information concerning Father's ministry go to [www.nfpoutreach.org](http://www.nfpoutreach.org) <<http://www.nfpoutreach.org>> or call 1-888-NFP-6383.

## VFW Ladies Auxiliary holds June meeting

The Ladies Auxiliary VFW Post #6205 held their regular meeting June 19 in the Post Home. President Frances Bayer presided. Secretary Ida Bindel read roll call and minutes. The treasurer's report was given by Ethel Mae Hesse.

Memorial Day services held at the cemetery were discussed. Linda Knabe and Sandra Hennigan were commended for placing small flags on the servicemen's graves.

Dates to remember include: June 27-July 2, State convention in Corpus Christi; July 9, District I called meeting at Princeton, 11 a.m.; July 15, District I training program in Sherman, 9 a.m.; Aug. 26-31,

National Convention in Reno, Nevada.

Linda Knabe served lunch to nine members. The next meeting will be held July 17 at 7:30 p.m.

## Leon the Lightning Lion joins effort to educate kids

Lightning is most common in the summer months, but can be a hazard throughout the year. And although most lightning victims are struck outdoors, lightning poses a threat to those indoors as well.

"All thunderstorms produce potentially deadly and destructive lightning. Knowing lightning is in the forecast and being prepared to react to the first sound of thunder are the initial key safety steps," said Brig. Gen. David L. Johnson, U.S. Air Force (Ret.), director of NOAA's National Weather Service.

If you are outdoors and see darkening skies or hear thunder, seek a sturdy, enclosed shelter immediately, such as a building or hardtop automobile. "Don't wait for rain to start falling to seek shelter from the storm — by then it could be too late," said John Jensenius, lightning expert with NOAA's National Weather Service. "Lightning casualties frequently occur

## Catholic Daughters install officers



At the June meeting, the Catholic Daughters of the Americas installed the 2006-08 officers in a ceremony presided by the CDA district deputy, Susan Walton (far right). Officers are, from left, Nancy Walter, vice regent; Stella Hess, recording secretary; Joanne Pagel, financial secretary; Beverly Fuhrmann, treasurer; and Lina Jo Flusche, regent. Courtesy photo

before the rain begins and soon after the rain ends. Wait at least 30 minutes after the last sound of thunder before returning outside."

If you are indoors during a thunderstorm, try not to use corded appliances and electronics, such as computers and phones, as well as plumbing. Electrical wiring and pipes can provide a path for lightning to enter an enclosed structure.

"Lightning is a cunning and powerful force of nature. It is important to realize there are no guaranteed safe shelters — rather only ways to reduce your chances of becoming a victim," adds Jensenius.

Last year in the United States, lightning was reported to have killed at least 43 people. On average, lightning is responsible for 66 fatalities annually. Additionally, hundreds of people are injured by lightning.

"Lightning survivors are often left with debilitating health effects, such as permanent nerve damage or brain injury," says Dr. Mary Ann Cooper, professor at the University of Illinois's department of emergency medicine.

To stress the importance of lightning safety for people of all ages, the Lightning Safety Alliance created a cartoon

character, Leon the Lightning Lion, who promotes the slogan "When thunder roars, go indoors!" created by a private group, Struckbylightning.org. Both organizations are among the

NOAA partners providing public information about lightning safety. Leon is featured in a new children's coloring page that can be printed from NOAA's lightning safety Web site.

## Quilt raffle to benefit Shattered Dreams

The Muenster Volunteer Fire Department plans to make a DVD of the Shattered Dreams Program held at the end of March. In order to cover the cost of making the DVD, they are sponsoring a quilt raffle. The quilt was hand-made by Ida Mae Bindel. The drawing will be held at the annual barbecue held by the Fire Department in August.

The tickets are \$2 each, or \$10 for six. They are available at Gehrig Hardware, Klement Ford, Knabe Tire, or from any Muenster Volunteer Fireman. You need not be present to win.

## IN THE SERVICE

Benjamin S. Clayton

Air Force Airman 1st Class Benjamin S. Clayton has arrived for duty at Eielson Air Force Base, Fairbanks, Alaska.

Clayton, an avionics systems apprentice, is assigned to the 354th Aircraft Maintenance Squadron. He has one year of military service.

He is the son of Monty and Melanie Clayton of Valley View.

His wife, Katelin, is the daughter of Linda Sharp of Lindsay.

The airman is a 2004 graduate of Valley View High School.

## Smart watering

Put a layer of mulch around your plants. Mulching helps to retain moisture and prevents evaporation. A generous amount of 3- to 5-inches is best. Toro

## Roadcheck 2006 results announced

During Roadcheck 2006, which ran from June 6 through June 8, DPS troopers inspected 10.1% more commercial vehicles than last year and put 9% more drivers out of service.

During the three-day campaign, 6,124 commercial vehicles were inspected, compared to 5,560 last year. This year's inspections found that 1,461 of the vehicles and 218 of the drivers had serious enough safety violations to be removed from service. Last year, 1,518 vehicles and 200 drivers were placed out of service.

Inspectors placed 177 drivers out of service for hours-of-service violations. Other violations ranged from false log violations to suspended, expired, and cancelled licenses, and having the improper endorsement. One driver was placed out-of-service for being intoxicated. Vehicle out-of-service violations included 962 trucks that need a brake adjustment, 966 that had brake system problems, 262 for tires or wheel problems, and 421 for light malfunctions.

DPS Commercial Vehicle Enforcement troopers, along with Highway Patrol troopers and other inspectors who have received specialized training in commercial vehicle inspection, stopped commercial vehicles to inspect safety equipment and check driver licenses, endorsements, and log books. Troopers also looked for possible drug or alcohol use.

The annual Roadcheck program, which stretches from Mexico to Canada, is designed to reduce commercial vehicle highway fatalities through increased vehicle safety. The Commercial Vehicle Safety Alliance, Roadcheck sponsor, reports a significant decrease in the commercial vehicle crash rate in North America since the program's start in 1988.

Vehicles passing inspection received a CVSA decal exempting the vehicle from inspection for a 90-day period, unless they have an obvious safety defect. Troopers issued 2,961 decals during Roadcheck 2006.

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## Lindsay KCs to install monument

The Lindsay Knights of Columbus are sponsoring a project to attain funds to buy and install a Ten Commandments monument that will be placed on St. Peter's Parish property.

The monument is a sand-colored marble quarried from Mount Sinai. Mount Sinai was the destination of Moses and the children of Israel after they were miraculously delivered from the bondage of Egypt. It was from this mountain that the Lord gave Moses the Ten Commandments.

The monument weighs 850 pounds and is 40 inches wide, 24 inches deep, and 64 inches tall.

The cost, including shipping and installation, is approximately \$5,000. Donations are being accepted and may be submitted in the Mass collection basket, or sent to Joe Bezner, P.O. Box 186, Lindsay, TX 76250, Steven Zwinggi, 1203 Norton Drive, Gainesville, TX 76240. Please make checks payable to the Lindsay Knights of Columbus.

## Clutter attracts clutter

By The FlyLady  
Marla Cille

Is your home more than 15 minutes worth of messy? If you have lots of hot spots, then I will answer this question for you: YES! You ask, what is a hot spot? A hot spot is an area, when left unattended will gradually take over. My favorite analogy is of a hot spot in a forest fire, if left alone it will eventually get out of hand and burn up the whole forest. This is what happens in our homes. If left unattended, the hot spot will grow and take over the whole room as well as making the house look awful.

When you walk into a room, the hot spot is the first thing you see. Your eyes are locked on it. CLUTTER ATTRACTS CLUTTER. If you put one item on this flat surface it attracts more items. Do you have areas like this that continue to grow if left alone? Does the rest of the family see this as a place to put things when they do not want to put them where they belong? It is our job to NIP them in the bud. Get rid of that pile, find the surface underneath, and stop the Hot Spot from becoming a raging Clutter inferno!

Our hotspots make our home feel and look cluttered. Why is it that we feel the need to fill up every flat surface in our homes? It is because there is an empty place to put something down. We walk in the door with our arms loaded and are desperate to unload; that is when we drop things in the first clear spot we find. It can be a chair, the counter top or even the floor.

Let's look at why we are trying to carry so much in the first place. We don't want to make a second trip to the car. Isn't that funny; we weigh ourselves down because we don't want to waste a few extra steps. I want to change your attitude about trying to carry too much and just make one trip.

We could all use a few more steps in our day. I have to walk up one level to get to our front door. If I come in through the basement, I would have to climb a flight of steps. It only takes a short amount of time to get up to

the house and back down to the car. Here is what I do when I get out of my car. I gather up all the trash and my purse or computer and head to the door. Then I go back to anything else that is left in the car.

I do this with groceries too. I take the refrigerated groceries first and put it all away and go back down for another load. Every time I come in the house I put everything away. This keeps me from being overwhelmed. I don't like to see my countertops covered up with bags of groceries. I love coming into our home and seeing clear counters.

When our flat surfaces are covered up with stuff, we get overwhelmed too. If my coffee table is piled high with clutter, I can't write. A messy desk is not an example of a productive mind. It is symptom of a cluttered mind. We have to stop and clear off the hot spot to get the clutter out of our minds so we can think.

Our poor babies deal with this problem too. They have so much stuff in their bedrooms that they don't know what to play with. Get rid of the clutter and find peace and help them to enjoy their rooms. With less stuff they will be able to better concentrate.

With fewer things we will be able to better focus on what we need to do. Get rid of your clutter and find peace in your home!

For more help getting rid of your CHAOS; check out her website and join her free mentoring group at [www.FlyLady.net](http://www.FlyLady.net) or her book, *Sink Reflections* published by Bantam and her new book, *Body Clutter*. Copyright 2006 Marla Cille. Used by permission in this publication.

## No phishing!

Recently two major regulatory agencies, the Federal Deposit Insurance Corp. and the National Credit Union Administration (NCUA), have issued warnings about fraudulent emails circulating that claim to be from them. And why not? Making an email look legitimate is a simple copy and paste. Anyone can do it. So the real surprise is why haven't there been more? Our guess is, there will be... lots more.

This cannot be overstated: NEVER, EVER, respond to an unsolicited email from a bank, credit union, or regulatory agency... regardless of how legitimate it looks. Scammers present themselves to look more and more legitimate every day.

Call the financial institution and let them know you received the email; they want to know. But don't use the phone number they gave you in the email; get the number yourself either from the phone book or your local information (411).

## Teresa Fowler receives Presidential Award



Teresa Fowler, longtime volunteer at the Muenster Public Library, received the President's Volunteer Service Award. It was presented by the President's Council on Service and Civic Participation for over 4,000 hours of volunteer service in her lifetime. She received an official President's Volunteer Service Award pin, a personalized certificate of achievement, a note of congratulations from President George Bush, and a letter from the President's Council on Service and Civic Participation. Mrs. Fowler was nominated by the Retired Senior Volunteers Program (RSVP) based in Sherman and covering Cooke, Grayson, and Fannin Counties.

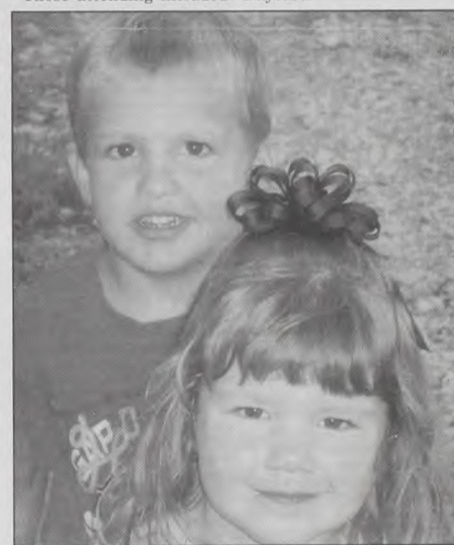
Courtesy photo

## Two Popp cousins celebrate together

Cousins Kaitlyn Popp, daughter of Andy and Jennifer Popp, and Jack Popp, son of Frank and Amy Popp, all of Lindsay, celebrated their birthdays with a party on Sunday, May 21, in Kaitlyn's home. It was Kaitlyn's fourth birthday and Jack's third birthday.

Themes for the party were Princess and Sponge Bob. The children enjoyed playing outside, opening presents, and hitting a piñata. Guests were treated to a hot dog supper, homemade birthday cake, ice cream, and goodie bags.

Those attending included



Jack Popp and Kaitlyn Popp

## Smart watering tip

Install a home irrigation system with a rain sensor. Many states and local water districts now require rain sensors. Homeowners who have irrigation systems use less water on their lawns and gardens than those who don't. Watering efficiently, and only when your plants and lawn need it, can save a great deal of water. Rain sensors interrupt the watering program if it rains, saving even more water.



Muenster Memorial Hospital Auxiliary Vice-President Adelia Wilson presents Donna Graham with a diamond ring. The ring was a raffle prize in an Auxiliary sponsored raffle. Proceeds from the raffle go toward the purchase of a new vending machine for the Hospital's break room.

Janet Felderhoff photo

## Prevent green hair

The chemicals in swimming pool water can dry and even damage your hair.

"Chlorine is a strong oxidizing agent which draws moisture from your hair, making it dry and brittle," said Dr. Marcy Street, a leading dermatologist and founder of Doctor's Approach Dermatology and Laser Center. "Since hair is dead tissue, once it is damaged it cannot be restored other than by regrowth."

Dr. Street said chlorine's effects are even worse for swimmers with perms and other chemically treated hair which can become frizzy and lifeless.

Swimmers with both colored hair and natural hair can also experience a change in hair color, with lighter shades turning green and browner shades taking on a copper tint. Dr. Street says chlorine, which is a bleaching agent, is not the culprit.

"Contrary to popular belief, chlorine is not the cause of green hair. It is the amount of copper in the pool's water combined with the pH level," says Dr. Street. "The metal is oxidized by the chlorine and bonds to hair causing the greenish hue. Too much or too little pH will wreak havoc on lighter hair especially."

The best way to protect

your hair from all the chemicals in the pool is to wet and condition it with non-chlorinated water prior to swimming.

"Your hair is like a sponge absorbing water and moisture," noted Dr. Street. "So if your hair absorbs as much non-chlorinated water as it can before swimming, the less chlorinated water it will take in once you jump into the pool."

After swimming, you should cleanse your hair with a shampoo specially formulated for "swimmer's hair" and deep condition it to replace moisture lost from the chlorine. Also, limit blow drying usage. If you don't have shampoo and conditioner with you, rinse your hair with non-chlorinated water.

There are a variety of products designed to get rid of green hair. But other home remedies include lemon juice and vinegar, tomato sauce, and a paste of baking soda and vinegar. Dr. Street says whichever you use, deep condition after every treatment.

A good conditioner will also help detangle hair. Dr. Street recommends using a wide tooth comb to loosen tangles, gently working from the ends to the roots.

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# SCHOOL

## Salads made easy

By the Dinner Diva  
Leanne Ely

Now is the time for all good cooks to take FULL advantage of amazing produce! You know how good for you all those wonderful, phytochemically, nutritionally rich veggies are for your health. Well, most everything is at its peak right now.

If you're a little intimidated by such a big assortment, let's start with the easy button. You don't need to know anything when you press the easy button—you just know it's going to be easy! The easy button in my book is the already bagged, ready to go stuff sitting in the refrigerated section of the produce department, just waiting to be grabbed and taken home.

All that is required from you is to obtain the bag (eyeball it first to make sure it looks good, then check for expiration dates), pay your money (yeah, this stuff isn't the cheapest way to go, but think of it this way—potato chips cost \$2.49 a pound and provide nothing nutritionally), and go home and use it. There are usually recipes on the bag and I've got some ideas here, too, on how to use these convenient veggies.

With this stuff, it's easy to go recipe-less and build beautiful, nutrient-rich salads to suit just about everyone's palate. Just grab a bag and follow these great tips for quick and easy meals and side dishes.

\*Make a slaw. You can go traditional and empty a bag of ready-to-go slaw into your salad bowl, add 1/2 cup of low-fat mayo, a teaspoon of honey, a splash of cider vinegar, and you're ready to roll.

\*Make ethnic slaw. For fun, use a bag of broccoli slaw instead and add 1/2 cup low-fat mayo, a splash of rice wine vinegar, a shot of sesame oil, and garnish with a little chopped cilantro and honey roasted peanuts, and you're good to go.

\*Chips and dip. Those great, big carrot chips are a whole lot better for you than the potato kind! Open up a bag and serve with your favorite low-fat dip instead and you'll save yourself a whole bag of calories!

\*Stir it up. For a quick and easy vegetarian stir fry meal, chop some green onions and press a little garlic and put it in a wok, already heated with a little oil. Add your bag of stir fry, a dash of soy sauce, some ginger and bean sprouts, and you have a good meal. Put it on brown rice and you have a great meal!

\*Tofu tagalong. There's tofu in the produce department! Maybe you'd like a few chunks of tofu in your stir fry? Go ahead—don't be timid. Tofu can be fun.

\*Carrot slaw. Much better than the kind your school cafeteria served. Mix a bag of shredded carrots with 1/2 cup low-fat mayo, a handful of raisins, and a generous pinch of chopped walnuts. Delicious!

\*My favorite salad. In a large bowl, toss together from different bags, whatever you have on hand (and I use a handful of the basic greens per person to make mine): field greens, baby spinach, shredded broccoli, shredded cabbages, etc. (smaller portions of the shredded stuff). Add thinly sliced green onion, a sprinkling of pine nuts, a generous portion of sun-dried tomato feta cheese crumbles, and toss together with a simple dressing of one part olive oil. Toss well and let sit for just a minute for flavors to meld (but not too long otherwise your salad will be soggy).

And there you go—easy salads using your easy button. Enjoy!

For more help putting dinner on your table check out her website [www.SavingDinner.com](http://www.SavingDinner.com).

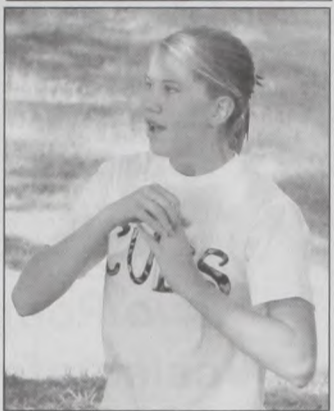
**HAVE A SAFE AND HAPPY JULY 4TH ... GOD BLESS AMERICA!**



## Future cheerleaders

The Muenster Hornet Mini-cheerleading Camp was in full swing this week in the City Park. Participants included, clockwise, from above left, Sterling Walterscheid and Megan Rohmer; Jordan Buddy front, and Nicole Rains; Alaina Reiter and Claire Schneider; and Sydney Hoedebeck.

Janie Hartman photo



Learning all the right moves at the Hornet Mini-cheerleading Camp included, above - from left, Sadie Stoffels, Shelby Klement, and Amber Walterscheid. At right - Kristen Reiter. Janie Hartman photos



## CDA winners



The local winners of the Catholic Daughters of the America National Education Contest were, from left, Matthew Bain, 1st place essay; Michael Davis, 3rd essay; Sara Walterscheid, 1st place poetry; and Kathy Satree, 2nd essay.

## Nervo graduates from Kindergarten

Dominic Xavier Nervo graduated with honors from Kindergarten at Ditto Elementary School in Arlington on Thursday, May 25. Dominic is the son of Donna and Nicolas Nervo of Arlington. Dominic was presented with the Perfect Attendance Award and the Texas Readers' Award. He is attending advanced studies this summer.

Dominic celebrated his accomplishments with a cook-out in the Arlington Yacht Club at Lake Arlington. Guests enjoyed an assortment of grilled meats, potato salad, baked beans, and trimmings. A graduation flag and matching windsock hung on the patio. A cupcake tree held lemon cupcakes with lemon icing and had toothpick graduation flags on each one.

After the meal, Dominic was eager to share his favorite pastime of fishing with everyone. A beautiful sunset ended a day of relaxation and fun.

Special guests included grandmother Rachel Hennigan of Muenster, Dominic's parents, his older brother Alexander Nicolas and younger brother Zachary Christian.



Dominic Nervo

## Avoid pesky wildlife

Waste management: Garbage "raiding" is the leading attraction for wildlife large and small, and the summer brings a feast for animals. The best way to safely keep wildlife out of your yard is to better manage your trash. Store cans inside a shed or garage in-between pick-ups and secure lids with bungee cords or use a twist-on lid. Place cans at the curb on the day of trash collection, not the night before.

Humane Society

## Vaccines called First Line of Defense

Texas physician Stefan Riedel, MD, is at the forefront of the mumps outbreak investigation. The Texas Medical Association (TMA) Committee on Infectious Diseases member and other TMA physicians want to remind parents across the state that vaccines are the first line of defense against infectious diseases like mumps and measles. Now that the mumps epidemic has made its way across the Texas border, he believes parents should be sure to heed their physicians' warnings.

TMA physicians have long maintained that infectious diseases are only a plane ride away. Now this wisdom is appearing in headlines throughout the country as the United States experiences its first mumps epidemic in 20 years. This ongoing epidemic is the latest example of how quickly disease can spread through air travel.

Shortly after the first cases of mumps appeared on a college campus in Iowa, infected airline passengers helped spread the disease to surrounding states. Since November, the Centers for Disease Control and Prevention (CDC) has reported more than 3,000 confirmed, probable, and suspected cases in more than a dozen states.

The mumps virus spreads

from person to person through the air. Limited exposure to infected persons, and regular hand washing can somewhat reduce the risk of infection. Although vaccination does not confer 100% protection against the disease, it can greatly reduce the risk of contracting mumps.

"The CDC feels that high vaccination rates with two doses of MMR (measles, mumps, and rubella) vaccine, particularly among school-age children, likely prevented thousands of additional cases of mumps associated with this outbreak," said TMA Committee on Infectious Diseases member, Cristie Columbus, MD, of Dallas. "The American Council on Immunization Practices recommends the first dose of MMR vaccine at 12 to 15 months of age with a booster at four to six years of age."

In addition to young children, health care workers, adults born after 1957, and college students who have not had both injections are advised to get up to date on their immunizations.

Mumps cases have decreased in the United States since the vaccine was introduced in 1967. Since the 1990s, a second recommended dose of measles, mumps, and rubella vaccine has led to further decrease in the reported incidence of mumps. Immunization rates in Texas,

however, are among the worst in the nation, and Texas physicians such as Keller pediatrician and TMA Committee on Infectious Diseases member Jason Terk, MD, are concerned.

Parents who choose not to immunize their children risk more than their own child's health. Due to increased exposure to this infectious disease, outbreaks of infections are more likely to occur in a largely unimmunized community. "Children who are not vaccinated cannot rely on those who are vaccinated to shield them from the spread of disease — particularly in communities throughout Texas with low immunization rates," said Ari Brown, MD, an Austin pediatrician.

While the most common symptoms are fever, headache, and swollen salivary glands under the jaw, mumps can lead to more severe problems, such as hearing loss, meningitis, and swollen testicles. Pregnant women and immunosuppressed patients should consult their health care provider before obtaining MMR shots, or those of any other live virus vaccine. Patients should discuss the importance of completing immunization cycles with their physician.



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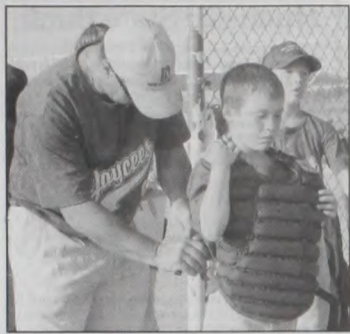
\*Some restrictions apply. Equipment and taxes are additional.

# SPORTS



## Muenster Summer ball at the park

Above left, Damian Lawler of the Jaycee Red Team takes off from first base. Above, Mark Davis gets a base hit for the Reds. At left, Jaycee Blue Team Coach Mike Walter prepares hindcatcher Zane Kemp for the game.  
Janie Hartman photos



7-on-7 football plays include lots of passing. At left, Paul Crabtree on pass defense. Above, in and out of the hands of Corey Reynolds. Janie Hartman photo



Brianna Klement readying for a base hit for the Orange Team.  
Janie Hartman photo



A low pitch is called a strike against Kelsey Reeves, Red Team batter.  
Janie Hartman photo

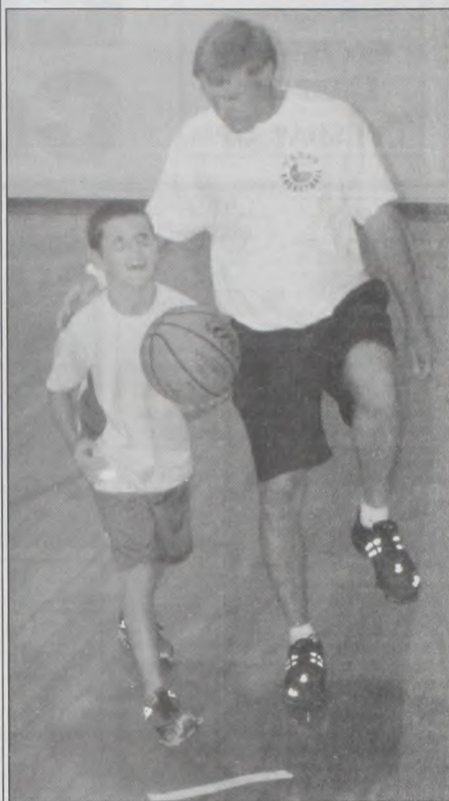
### Just a thought

Remember, the phrase "spending time" is a precise and accurate one. You only have a certain amount of time to spend. Please spend it well. We all have only so much time this time around.

Who begins too much accomplishes little.

Nobody can be exactly like me. Sometimes even I have trouble doing it.

## All the right steps



Coach Jon LeBrasseur goes through the "steps" of shooting a basket correctly with Kason Reeves. The Sacred Heart Basketball Camp was held last week in the Tiger Den.  
Janie Hartman photo

## Notice: entering without permission is trespassing

Oklahoma HB 2984, the trespass reform bill championed by the Oklahoma Farm Bureau, has been signed into law by the governor and will become effective on Nov. 1. What does that mean for private property owners? How does this law apply? Who is affected? Who is not?

The new trespass law clearly states that whoever willfully enters the private land of another that is primarily devoted to farming, ranching, or forestry purposes, without permission by the owner or occupant, shall be guilty of trespass. This means that anyone entering private agricultural land must have permission to enter, or he or she is trespassing. The landowner is no longer required to post or to prove the land was posted for "no trespassing," but it is not a bad idea to leave your signs up as an extra deterrent.

Law enforcement and others working to assist the public are not trespassing when they enter private agricultural land to carry out their official duties.

Others who may enter such land, unless forbidden to do so by the owner or occupant, are those who can show a legal or lawful reason to be on the property.

The fine for trespassing remains the same under the new law at \$250; however, a provision was added that anyone who enters private agricultural land and commits or attempts to commit waste, theft, or damage, upon conviction, shall be fined not less than \$50 nor more than \$500 or sentenced to county jail for not less than 30 days nor more than six months, or both fined and imprisoned.

In summary, the burden is no longer on the landowner to prove the land was posted for no trespassing. The burden has shifted to the person entering the property to prove he or she had permission to enter the property.

Trespassers beware. Thanks to the Oklahoma Farm Bureau and a number of key legislators, as of Nov. 1, 2006, entering agricultural land without permission IS TRESPASSING.

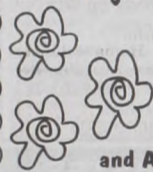
### Just a thought

I find the great thing in this world is not so much where we stand, as in what direction we are moving.

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Have a happy and safe 4th of July

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Summer League varsity basketball Monday night had Sacred Heart battling the team from Lindsay. At left, Elizabeth Marshall (12) puts pressure on Autumn Murrill (10). Above, Kristin LeBrasseur and Lauren Creed (3) fight for the steal from Karissa Reiter (10). Also pictured is Taylor Torcellini (12).  
Janie Hartman photos



Above left, Dalton Hess of the Muenster Jaycee Green Team, runs in home in action against Camp Creek Surveying of Saint Jo. Above, Green's Darian Peters at bat.  
Janie Hartman photos

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 Estate of Opal Lee Travelstead, c/o THOMAS L. CLAXTON,  
 Attorney at Law, P.O. Box 329, Gainesville, Texas 76241  
 All persons having claims against this Estate, which is currently  
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 and manner prescribed by law.  
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# FARM & RANCH

## Producers, others chewing over standards for grass-fed beef

The beef cattle industry is experiencing increased consumer demand for specialty beef products, including grass-fed beef, said a Texas Cooperative Extension economist. And a standard for "grass-fed" beef needs to be established for both producers and consumers of this product.

"As with organic and natural beef products, there will need to be a standard developed for producers so they can legitimately designate and market their product as grass-fed beef," said Jose Pena, Extension economist in Uvalde. "This standard will also allow consumers to know just what they're getting when they buy a product labeled 'grass-fed.'"

The beef cattle industry is diversifying to meet consumer demand for specialty products, Pena said. But developing a standard for grass-fed beef products acceptable to the industry and consumers will be difficult.

"Though the food industry is anxious to capitalize on this under-served niche market, consumer research shows beef-buying decisions are based on taste and eating satisfaction," he said. "Consistency is the key to providing a product, such as grass-fed beef, which serves a special market. But to achieve consistency, a production standard needs to be established."

There has been some disagreement on grass-fed beef standards. Producer, trade organization, meat industry, and consumer responses to a 2002 U.S. Department of Agriculture request for comment on these standards were "all over the board," Pena said.

"The main point of disagreement was the percent of grass in the diet of the ruminant livestock being marketed," he said. "Most comments indicated grass-fed should mean more than the 80% grass or forage material in a lifetime originally proposed by the U.S. Department of Agriculture. Many commented the percentage should be as high as 98% to 100% for grass or forage consumption in an animal's lifetime."

As a result, the agriculture department developed a revised draft standard for comment, suggesting 99% or more grass or forage consumption as the primary energy source over the lifetime of an animal, Pena said. The exception would be milk consumed before weaning.

The standard would also apply to other ruminant animals, such as sheep and goats.

This year, the USDA has

requested another round of comments on grass-fed beef to be used in developing a voluntary standard. Once that standard is established, the organization's Agricultural Marketing Service can verify its proper application through an audit of the production process.

"This will be an important step in the development of the grass-fed beef enterprise," Pena said. "But care needs to be taken during the creation of a labeling standard and verification process, that it does not detract from the processes now in place for the vast majority of meat already being consumed."

"There's still a lot to be worked out to determine standards so producers know what they have to do to legitimately identify these specialty products and so consumers can know what they're getting," said Rick Machen, Extension livestock specialist.

Differentiating these products and making them available to consumers will help the beef industry retain consumers who otherwise might switch to pork or chicken, Machen said.

Gerry Shudde, a cattle rancher in Sabinal who has been producing grass-fed beef for several years, said health-conscious consumers are his primary customers.

"We began by providing organic beef without any antibiotics or hormones," Shudde said. "Pretty soon we had lots of consumers who were concerned about their health coming to us for our organic beef. It was the same thing with our grass-fed beef product. They wanted meat that was produced by cattle feeding the way nature intended them to be fed."

While Shudde plans to continue to produce organic beef, he does not want to be a "certified" organic meat provider due to the expense and restrictions required.

"But I probably wouldn't have any problem with being certified as a grass-fed meat provider," he said. "We already feed our cattle 100% grass, and that would meet the highest possible standard the USDA might finally set."

Shudde uses Longhorn cows and Devon bulls to produce his grass-fed beef.

"These are two of the oldest breeds in Texas and are suited to grass feeding," he said. "Other larger breeds aren't so well suited because they're a size where they can't usually be fed grass alone. And I think grass feeding is also better for the cattle because it's a more normal diet for them."

Grass-fed beef has more cancer-fighting conjugated linoleic acids and omega-3 fatty acids than commercial

beef, Shudde said. And research conducted by the University of California Cooperative Extension and California State University shows grass-fed beef contains more beta-carotene and vitamin E than meat produced through "conventional cattle feeding strategies."

Flavor consistency, however, has been a challenge for grass-fed beef producers, he said.

In spite of the challenges of developing a standard for grass-fed beef and producing a consistent product for the consumer, making it available to the consumer will benefit the beef industry, said Richard Wortham, executive vice president for the Texas Beef Council.

"If you offer consumers a variety of beef products to meet their lifestyle or nutritional needs, then you are adding value for the consumer," Wortham said. "And even though the products are different, they have the same 'popular' characteristics of being safe, wholesome, nutritious, and an excellent source of protein."

## It takes rain to make grain

The Sorghum Belt is being especially hard hit with drought this season.

Conditions are the most dire in South Texas and the Panhandles of Oklahoma and Texas extending into New Mexico, Southeastern Colorado, and Southwest Kansas. The U.S. Drought Monitor released June 22 classifies these areas as experiencing D3 extreme or D4 exceptional drought, the greatest levels of intensity.

While it takes moisture for any type of seed to emerge, NSP Research Director Dr. Jeff Dahlberg said that sorghum will try to make a crop with even the most limited resources.

According to the National Agricultural Statistics Service, 23% of the U.S. sorghum crop is rated as very poor or poor compared to just 6% last year at the same time. Half of the Texas crop and more than two-thirds of the New Mexico crop falls into these two categories.

Conditions look better in Kansas where half of last year's U.S. crop was produced. Almost two-thirds of the state's crop is rated as good or excellent. The eastern half of the state is D0 abnormally dry - the first level of intensity.

## History of June, the Dairy Month

June Dairy Month, an annual tradition developed to celebrate the dairy industry and its many contributions to our society, originated in 1937. During its first two years, 1937 and 1938, it was called National Milk Month and ran from June 10 to July 10.

"June Dairy Month" became the official title of the promotion in 1939 and focused on greater use of dairy products. It was initially funded by a \$.01 per pound butterfat assessment in June.

During the war years, less emphasis was placed on promotion, more on surviving the war. The retailers helped customers receive an adequate supply of dairy products and provided information to help use them properly.

After the war, efforts focused on resuming dairy product usage and regaining 'lost' butter sales. In 1947 the goal was "Sales, not Surplus." By 1950, retailers, producers, and processors all worked together to promote June Dairy Month.

In 1955, American Dairy Association (ADA) became the national leader for June Dairy Month campaigns. The emphasis changed to sales promotion programs for dairy products, and advertising and merchandising programs were added to an already-effective public relations program. The June promotion became a month-by-month merchandising event in which one or more foods made from milk were highlighted nationwide on a monthly basis. This advertising was visible evidence of dairy farmers' dollars at work.

The cooperation between farmers and other community members are really the basis of what June Dairy Month is all about - celebrating and using a wonderful product that adds to the quality of our lives and contributes greatly to the economy.

## Turfgrass Update

Hot weather is not a problem for most turfgrasses if they have adequate soil moisture. Therefore it is essential to continue to water the lawn enough to keep the turf going. This does not mandate daily watering! Ideally watering the lawn provides a good soaking, penetrating about six inches into the soil, as infrequently as possible. This accomplishes the best combination of maintaining a healthy lawn while minimizing water use. Brief sprinkling cycles just wet the grass blades and most of the water ends up evaporating rather than moving into the soil where it can benefit the turf.

Try not to apply weed killers to St. Augustine grass in the summer season. They will often stress the grass, resulting in decline and an increase in some disease problems. The best way to manage weeds is by building a healthy, dense turfgrass over time by proper cultural practices such as regular mowing, proper watering, and moderate fertilizing.

The more often you mow, the better your lawn will look. Infrequent mowing removes too much of the leaf blade and stresses turf. It also leaves it looking rather ugly for a short period of time, especially for bermudagrass and zoysiagrass.

## Dates to Remember:

July 11 - Cooke County Beef Cattle Improvement Association Meeting, NCTC Little Theatre, 6:30p.m.

August 7-9 - 52nd Annual TAMU Beef Cattle Short Course, College Station.

August 9-10 - Ranch Estate Planning Seminar, College Station.

## What causes a tree to die

One can see a lot of trees under stress in our landscapes and in wooded areas in the countryside. Many of these trees are dying. When people call in to have their tree analyzed for problems, they want to have the problem identified and a solution recommended. It is seldom

that easy.

Trees and other perennial plants have issues that make identifying problems more difficult than annuals. Having a life span of many years means that problems can begin to accumulate, and what has occurred in past years can still be affecting them. Trees are generally very hardy plants and usually one problem alone will not harm them.

Generally there are three interacting factors that cause trees to show signs of disease and/or decline: the genetics of the tree, the environment, and the presence of a pathogen. The tree's genetics is easy to understand. The environment is influenced by many things (drought, floods, insects, hail, high winds, etc.). Finally, pathogens are always present in varying amounts on trees. Years of life allow for the pathogens to accumulate. Many of these pathogens are fungal and dispersed by the wind, making it impossible for the tree to avoid having some amount of infection.

Keeping a tree healthy is the best way to ensure its survival. In a yard, this means proper amounts of water and fertilization. In nature, it may be impossible to do.

Trees that become stressed and are showing signs of weakness are difficult to mend. If a specific problem can be identified, like insects or a treatable pathogen, or like oak wilt (which has not been found in Cooke County), then action can be taken. If the problem is root compaction or some unseen cause, vertical mulching has been shown to be effective.

Also, remember that the location of a weakened tree can be very critical. If a tree were to be blown over onto a house or barn, it could have devastating effects. Removal of such a tree is really the only option. Exact diagnosis is not nearly as important as providing the correct treatment. Questions concerning the integrity of a tree should be left to a certified arborist.

## Calm calves have improved immunological response

Calm-natured calves appear to have a better response to vaccination at weaning than temperamental calves, according to scientists with the Texas Agricultural Experiment Station.

This better vaccination response means the calmer calves are less likely to develop sickness or die of disease, said Dr. Ron Randel.

Earlier work done by Randel and others have proven that cattle that speed out of the handling chute and gained less, and even yielded tougher steaks. This study is one of the first that looks at the animal's immune response in relation to temperament, Randel said.

Randel, working with other scientists from the Texas A&M system and the U.S. Department of Agriculture, divided six to seven month-old Brahman bull calves from the Overton center's 2004 spring calf crop into two groups: the calmest and the most temperamental.

The calves were grouped

based on their "exit velocity," the speed at which they exit a handling chute, and "pen scores," where visual observations about the animal's response to confinement and humans are recorded. In the 11-week trial, the research team measured the calves' responses to clostridial vaccination.

All calves were vaccinated at the beginning of the trial and given a booster shot six weeks later.

To measure the immune response, team members analyzed blood samples from the calves for the antibody response specific to clostridial vaccinations.

On the sixth day of the study, both groups of calves showed "significant" immune response to the vaccination, Randel said. But by the sixth week, the calm calves had a 50% greater antibody response than the temperamental calves.

After the booster shot on the 42nd day, the peak immunological response was

delayed in the temperamental calves compared to the calm calves. Also, the temperamental calves' immune response decreased from day 49 to the end of the study. The calm calves' immune response did not significantly decrease after the booster. At the end of the study, the calm calves had more than a 60% advantage in immune response.

"Not only did the calmer calves have a greater response to the vaccine, they did a better job of sustaining antibody levels previously produced," Randel wrote in an Overton center field day report. "In addition to the benefits of increased vaccination response, the calm bull calves out-gained their more temperamental counterparts by more than 0.3 pounds per day over the length of the study."

"What we're saying is, if you use VAC-45, you'll get a lot better result with calm calves than with crazy ones," Randel said.

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<b>Feeder Steers (per lb.)</b> 200-300 lbs. No. 1 1.35-1.72; No. 2 & 3 1.00-1.35; 300-400 lbs. No. 1 1.22-1.47; No. 2 & 3 1.00-1.22; 400-500 lbs. No. 1 1.18-1.33; No. 2 & 3 95-1.18; 500-600 lbs. No. 1 1.14-1.25; No. 2 & 3 80-1.10; 600-700 lbs. No. 1 1.01-1.11; No. 2 & 3 70-1.01; 700-800 lbs. No. 1 95-1.10; No. 2 & 3 70-95.	<b>Stocker Cows (per head)</b> Pregnancy-tested, 3 to 9 year-olds - Large Frame \$700-\$850; Medium Frame \$600-\$875; \$500-\$700.	<b>Ewes (per lb.)</b> Steers - 22-35; Thin 15-25; Fat 20-35. Bucks - 22-35; Thin 15-25; Fat 20-35.
<b>Cow/Calf Pairs weanlings under 250 lbs. - Large Frame \$875-\$1110; Medium Frame \$800-\$875; Baby Calves: Holstein; NT, Cows: \$125-\$265.</b>	<b>Barrows &amp; Gilts (per lb.)</b> US #1, 200-270 45-55; US #2, 220-280 40-45; 100-175 lbs. \$40-\$85; 25-30 lbs. \$15-\$40.	<b>Goats (per head)</b> Kids 20-35 lbs. \$15-\$50; 35-55 lbs. \$25-\$65; 55-75 lbs. \$45-\$80.
<b>Feeder Heifers (per lb.)</b> US #1, 200-270 45-55; US #2, 220-280 40-45; 100-175 lbs. \$40-\$85; 25-30 lbs. \$15-\$40.	<b>Feeders (per head)</b> 100-175 lbs. \$40-\$85; 25-30 lbs. \$15-\$40.	<b>Yearlings (per head)</b> 75-120 lbs. \$80-\$120; Nannies (per head) \$100-\$150; Milk Type: \$20-\$50; Slaughter \$35-\$75; Thin, \$15-\$45; Fat \$50-\$75.
<b>Slughter Cattle (per lb.)</b> Slaughter Bulls: Yield Grade #1-2, 1,200-2,050 lbs. #1-3; 6150 Slaughter Cows: #1-3; 45-52; Cutter: 20-45.	<b>Barrows &amp; Gilts (per lb.)</b> US #1, 200-270 45-55; US #2, 220-280 40-45; 100-175 lbs. \$40-\$85; 25-30 lbs. \$15-\$40.	<b>Bullies (per head)</b> 120 lbs-up Breeders \$65-\$120; Slaughter \$60-\$85.
<b>Sheep (per lb.)</b> Feeder lambs 40-50 lbs. 65-85; Light lambs 60-90 lbs. 60-75; Fat lambs 90-120 lbs. 50-60.	<b>Boars (per lb.)</b> 300 lb. up 65; 200-300 lbs. 10-15; Light wt. 15-25.	<b>Bow Cows (per head)</b> 1/2 Nanny: \$115-\$80; 3/4 Nanny: \$40-\$75; Full Nanny: \$80-\$145.
		<b>12 Billy: NT, 34 Billy: NT; Full Billy: \$90-\$210</b>

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CALIFORNIA <b>Red or Black Plums</b> .....LB. <b>99¢</b>	DOLE ASSORTED COMPLETE <b>Caesar Salad Kits</b> .....10 OZ. <b>2 FOR \$5</b>
WASHINGTON <b>Cherries</b> .....LB. <b>\$2.99</b>	SUPER SELECT <b>Cucumbers</b> .....2 FOR \$1
TROPICAL <b>Kiwifruit</b> .....4 FOR \$1	HOTHOUSE <b>Tomatoes</b> .....2 LBS. <b>\$3</b>
JUMBO YELLOW <b>Vidalia Onions</b> .....LB. <b>79¢</b>	CALIFORNIA BREAKFAST SIZE <b>Grapefruit</b> .....2 FOR \$1
SNO-WHITE <b>Cauliflower</b> .....EACH <b>\$1.99</b>	FRESH <b>Sweet Potatoes</b> .....LB. <b>79¢</b>
CRISP <b>Celery Hearts</b> .....2 FOR \$3	CHILEAN EXTRA FANCY <b>Gala Apples</b> .....LB. <b>99¢</b>
FRESH BUNCH <b>Radishes</b> .....EACH <b>79¢</b>	

**FROZEN & DAIRY**

ASSORTED VARIETIES <b>Lean Cuisine</b> .....6-12 OZ. <b>2 FOR \$5</b>	PLAIN <b>Orange Juice</b> .....GAL. <b>\$3.99</b>
ASSORTED FLAVORS <b>Banquet Pot Pies</b> .....7 OZ. <b>2 FOR \$1</b>	SHURFINE ASSORTED FLAVORS <b>Jumbos Biscuits</b> .....8 CT. <b>99¢</b>
STOUFFER'S ASSORTED <b>Homestyle Entrées</b> .....6-20 OZ. <b>2 FOR \$5</b>	SHURFINE CHOCOLATE CHIP OR SUGAR <b>Cookie Dough</b> .....18 OZ. <b>2 FOR \$4</b>
ASSORTED FLAVORS <b>Jeno's Pizza</b> .....7.2-8.1 OZ. <b>5 FOR \$5</b>	SHURFINE REGULAR OR FLAKEY <b>Crescent Dinner Rolls</b> .....8 CT. <b>\$1.59</b>
PLAIN 100% ORANGE JUICE, OR CHOCOLATE OR STRAWBERRY 8 OZ. <b>Snack Attack Milk</b> .....6 PACK <b>\$2.99</b>	BLUE BONNET REGULAR OR LIGHT <b>Soft Spread</b> .....16 OZ. <b>99¢</b>
PLAIN <b>Choco Dream</b> .....GAL. <b>2 FOR \$3</b>	



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