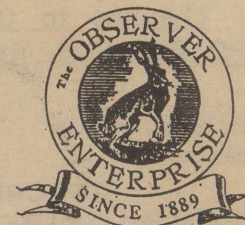


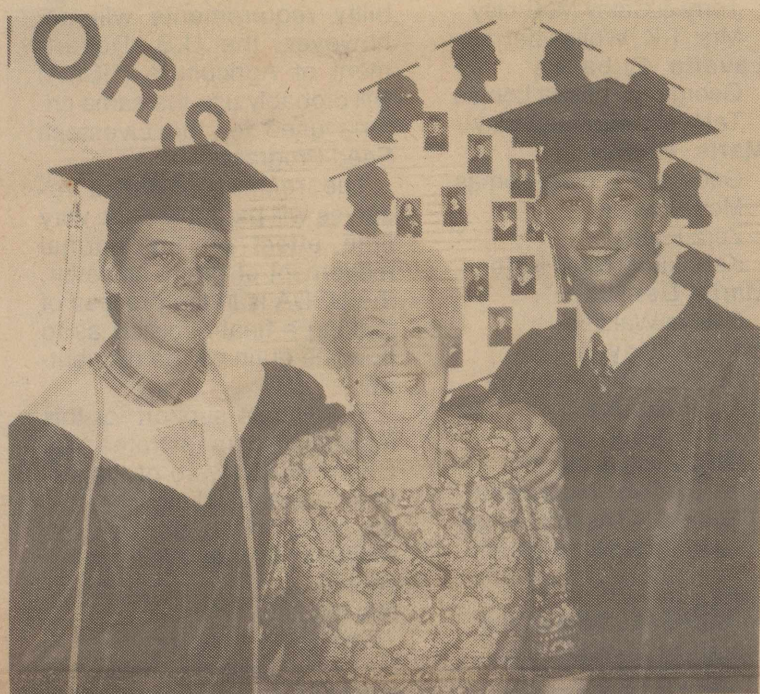
THE OBSERVER/ ENTERPRISE

Serving Coke County

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

Vol. 108, No. 45

Friday, June 14, 1996



Marie Arrott (center) was proud and honored on graduation night when two of her great-grandsons, Nicholas Arrott (l) and Russel Vaughn graduated with their class of 1996 from Bronte High School.

Memories flashed back 26 years to another graduation when two of her grandsons, Nick Arrott, father of Nicholas, and James Vaughn, father of Russel, also graduated from Bronte High with the class of 1970.

These "double" graduations are only two of many proud times for Marie from her seven grandchildren, thirteen great-grandchildren, six step great-grandchildren, and two great-great-grandchildren.

Free clinic offered

A free blood pressure and blood sugar health clinic will be held Friday, June 21 at the Tennyson Post Office. The clinic will be held from 8:30 am until 10:30 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.

Smetana Benefit to be held

A barbecue lunch and a "sweet bingo" will be held Sunday, June 23, at Miles School Cafeteria. Proceeds will benefit 15-year-old Melissa Smetana, who has been diagnosed with cancer.

For more information call Donna Glass at 468-3611 or 468-2931; Connie Glass at 468-3922; Claudia Droll at 468-3682; or Connie Havlak at 468-4101.

RL appoints Animal Control Officer

The City of Robert Lee has appointed Ron Dickey as the Animal Control Officer. Ron may be contacted during business hours at City Hall or at his pager, 278-5772.

The City would like to remind residents of the Animal Ordinance prohibiting animals running at large within the city. Animals must be registered at City Hall and proof of rabies vaccination shown at the time of registration.

Happy Harts to have fish fry

The Bronte Happy Harts weren't able to get the Community Center for the regular monthly square dance on Saturday, June 15, so we will meet at 7:00 pm at Ed Hart's for a fish fry with square dancing on the slab afterwards. Club members are to bring a salad, veggie, or dessert and come join the fun.

Fort Chadbourne Days set for June 22

The Bronte Chamber of Commerce will be celebrating Fort Chadbourne Days on June 22nd in downtown Bronte. There will be a parade beginning at 10:00 am. Other activities will include food and art and craft booths during the day. Also, there will be horseshoe pitching contests and many attractions for children, including a display of old Ft. Chadbourne artifacts. Soldiers from Ft. Concho will also be present. Entertainment will continue throughout the day and there will be drawings and an auction after lunch.

SS rep. to visit County

Garland Gregg, representative for the San Angelo Social Security Office, has scheduled his June visits to Bronte and Robert Lee. He will be in the Conference Room of the County Courthouse in Robert Lee on Thursday, June 27, between 11:00 and 11:30 am. He will then travel to Bronte and be available between 1:30 and 2:00 pm in the Council Room at City Hall.

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

Coke Co. Ranch Rodeo

Coke County Roping Club will sponsor the 4th Annual Open Ranch Rodeo Saturday, June 22, at the Coke County Arena in Bronte. For more information call (915) 473-6901, 473-3201, or 473-2028.

Third Thursday Dance

The Coke County Cavaliers will provide C&W music for the Third Thursday Dance on June 20th at 7:30 pm in Robert Lee. The event is open to dancers of all ages and tickets are available at the door.

Scott Reunion

The Scott Reunion will be held Saturday, June 15th at the Bronte Senior Citizens Building beginning at 10:00 am. Anyone wishing to stop by and visit is welcome.

There will be a 36-hole individual tournament sponsored by the Singing Winds Golf Club beginning at 8:00. For more information on the golf tournament call 473-2156.

Activities in downtown Bronte will continue with sidewalk sales, with a ranch rodeo scheduled to begin at 7:00 in the evening at the Bronte rodeo arena.

A dance at the Gazebo will end the day's activities. Disc jockey for the evening will be Downtown Steve Brown. The dance will begin at 9 pm and continue until 1 am.

Plan to bring your family and friends to Bronte on June 22nd for a day full of family entertainment.

For more information on the day's activities, call 473-2911 or 473-4102.

Ft. Chad. Day to include Pioneer

Parade

A Pioneer Theme Parade will be held Saturday, June 22, 1996, at 10:00 am as one of the Fort Chadbourne Day activities. All entrants will line up at 9:30 am on Kay Street, just north of the Bronte Nursing Home, except for the Pet Parade and children's decorated entries (bicycles, wagons, go carts, etc.), which will line up at Celia's Antiques. Other entrants include Ft. Concho Color Guard; dignitaries; antique wagons, tractors, and cars; floats; and riding clubs. The parade route will start at the Bronte Nursing Home, proceed down Highway 277, downtown Bronte, and end at the Bronte Depot. Awards will be given and winners will be announced at the 12:00 pm drawing at the Gazebo. Plan your entry now and come and join in the fun. For information, call Pat Lee at 473-4881.

Emert gains scholarship

GTE Corporation recently announced the winners of the 1996 GTE College Scholarship Service awards, which are presented to children of GTE employees.

This year's recipients include Carrie G. Emert, daughter of Mr. and Mrs. Tad Emert. Mrs. Emert is employed by GTE Supply.

The winners, selected by the College Scholarship Service of Princeton, NJ, were determined by overall academic record, outstanding talents and achievements.

Carrie is a recent graduate of Robert Lee High School and was third in her class. To date, in addition to the scholarship from GTE, Carrie has received the SOROPTOMIST Youth Leadership Scholarship, an Academic Scholarship, and an Education Department Scholarship from Lubbock Christian University, where she will attend in the fall, majoring in Secondary Education. While attending RLHS, she was awarded National Merit Commended Student, the Homemaking Award, the UIL Scholar Award, the President's Award for Educational Excellence, and



Carrie Emert

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

Obituaries

Morton

Donna Marie Wallace Morton, 42, of Carlsbad and formerly of Robert Lee, died Wednesday, June 5, 1996 in a San Angelo hospital.

Funeral services were held on Friday, June 7, 1996 at 3:00 pm at the Northside Church of Christ in Robert Lee with services being conducted by Jacky Wallace, Buddy Wallace, Jackie Smith, Troy Millican, and Tommy Williams. Burial was in the Robert Lee Cemetery under the direction of Shaffer Funeral Home.

Donna was born November 12, 1953 in Robert Lee. She was a registered nurse and had worked for St. John's Hospital and Concho Valley for 15 years. She had also worked for Dr. Don Armstrong, the Carlsbad Center, and Harris Hospital in Ft. Worth. She was a member of the Northside Church of Christ in Robert Lee.

Survivors include her husband, Art Morton of Carlsbad; her parents, J.C. and Jewell Wallace of Robert Lee; two brothers, Jacky Wallace and wife Pam of Abilene, and Buddy Wallace and wife Kip of Gail; two sisters, Marilyn Smith and husband Jackie of Shallowater, and Susan Millican and husband Troy of Sterling City; two sisters-in-law, Patricia Park and husband Billy, and Barbara McAda and husband Brent; six brothers-in-law, Robert Morton, Jackie Foley, Clarence Foley and his wife Tarala, Christopher Foley and wife Monica, Jody Morton and wife Holly, and Kelly Morton; eight nieces, Jessica Smith, Lindsay Wallace, Cayla Millican, Kate Wallace, Shelly McAda, Heather Foley, Courtney Foley, and Megan Foley; five nephews, Joel Smith, Tyler Wallace, Jeremy Bolton, Jarrett Morton, and Jordan Morton; a mother-in-law, Wanda Sellers; and a father-in-law, Billy Morton and wife Donna.

Pallbearers were Jacky Wallace, Buddy Wallace, Jackie Smith, Troy Millican, Clarence Foley, Chris Foley, Jackie Foley, and Jeremy Bolton.

Honorary Pallbearers were Joel Smith, Tyler Wallace, Francis Jeffries, David Milhauser, Ricky Milhauser, Lester Milhauser, Brent McAda, Billy Park, Robert Morton, and Jody Morton.



Donna was loved by many friends and relatives. She had a way of making each day special for everyone she came in contact with. She will miss her.

FAMILY CHAIN

We little knew that morning
God was going to call your name,
In life we loved you dearly
In death we do the same.
It broke our hearts to lose you
You did not go alone,
For part of us went with you
The day God called you home.
You left us beautiful memories
Your love is still our guide,
And though we cannot see you
You are always by our side.
Our family chain is broken
And nothing seems the same
But as God calls us one by one
The Chain will link again.

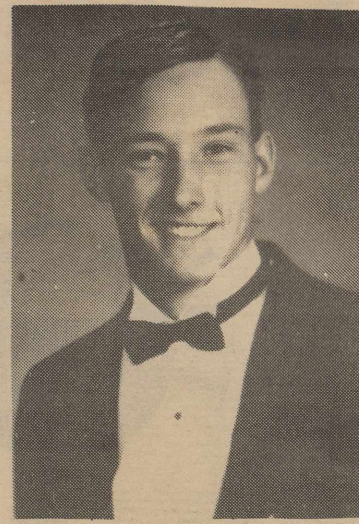
Author Unknown
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Br. Chamber awards scholarships

The Bronte Chamber of Commerce has selected two graduates of Bronte High School to receive scholarships for Agriculture and Home Economics. Wendy Johnson and Russel Vaughn are the selected recipients this year. They will each receive \$150 to be paid upon their enrollment in the college of their choice.



Wendy Johnson



Russel Vaughn

WCC EMS Donations and Memorials

West Coke County EMS Memorials and Donations for April, 1996 are:

MEMORIALS

Betty Lee
Mr. & Mrs. Wilburn Millican
Mabel Williams
J.C. and Jewell Wallace
Nolan G. Adams, Sr.
Maurice and Elna Duncan
Kirk Bagwell
Billy Barfield
Allen & Carole Clendennen
Mr. & Mrs. Wilburn Millican
Larry & Lorrie Martin
Dale Fields
Mr. & Mrs. Calvin Sparks
Hadley & Geneva Richards
Bob Bagwell
Butch & Glenda Service
Annie Una Walton
Maurice & Elna Duncan
Marie Hester
Ben & Mary Bessent
Joe Ogden McGinley
Mr. & Mrs. Wilburn Millican
Butch & Glenda Service
Ben L. Keyes
Ben & Mary Bessent
S.B. Plumlee
Butch & Glenda Service
Sammie & Nancy Duncan
James, Jeannie, and Jamie Lemley
Lynn & Sabra Duncan and Family

DONATIONS

Skinner's Grocery and Station
Arch & Helen Mathers
Contributions for May 1996 are as follows:

MEMORIALS

Leona Cupp
George & Thelma Lomas
Dorothy Spradlin
Arch & Helen Mathers
Armellida Caperton
Kenneth & Nita Hester
Kirk Bagwell
George & Thelma Lomas
Terry & Cathy McGinley

Edna Adkins

Paul & Joan Burns
Bill & Margie Casselberry
Ben & Mary Bessent
Mr. & Mrs. Preston Ross
Zera Fields
Terry & Cathy McGinley
Mrs. T.K. Whiteside
Lavelta Eubanks
George & Thelma Lomas
Terry & Cathy McGinley
Marie Hester
George & Thelma Lomas
Mona Casey
Zera Fields
Kenneth & Nita Hester
Marie Derrick
Gladys Waldrop
Ben L. Keyes
Curtis & Charlene Blair
S.B. Plumlee
Zera Fields
Bill & Evelyn Harmon
Joe Ogden McGinley
George & Thelma Lomas
Kenneth & Nita Hester

USDA reserve grains to be released

On Tuesday, June 4, the House passed legislation allowing the USDA to release 45 million bushels of feed grains held in the Disaster Reserve by the Commodity Credit Corporation.

The release of these feed grains will help drought-stricken livestock producers who

have been caught between high grain prices and low livestock prices. There has never been a better time to use this reserve.

It is not clear what the eligibility requirements will be; however, the U.S. Department of Agriculture (USDA) will probably use the same criteria used for the Livestock Feed Program.

The release of these reserves will probably have very little effect on the normal movement of grain; however, the USDA is in the process of making a final decision as to how the grain will be distributed.

The House support for this legislation demonstrates that Congress is aware of the severe disaster taking place in the livestock sector, and is willing to use all available resources to bring some relief to this industry.

For its part, the Administration has taken the following steps to assist the livestock and crop sectors: releasing Conservation Reserve Program acres for haying and grazing; extending non-insured crop disaster assistance program coverage; releasing additional funds for emergency loans; and, extending the Livestock Feed Program.

Just Right Vehicles For Summer Fun

Boat Pullers!

95 Dakota Club Cab, V8	15,686
88 Chev. Ext. Cab, Loaded	8,986
91 Ford Bronco, TW/CC	8,754
93 Chev. 1/2 T. Ext Cab, Z71	15,792
90 Jeep Grand Waggoner 1 Owner	10,487
82 Chevrolet Crew Cab Dually	4,495

People Haulers!

95 Dodge Caravan, 1 Owner	14,635
92 Astro Ext. Van, Loaded	10,642
86 Ford Club Wagon, 11 Passenger	4,663

2nd Hand Sweeties!

91 Thunderbird, 1 Owner	6,382
93 Ford Escort, S/W, 1 Owner	5,974
93 Pontiac Grand Am SE, 4 Door	7,582

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T.R. and Amanda Harmon children present at the 57th annual Harmon-Sparks Reunion include (from left) Alf Harmon, Inez Hamm, and J.D., Floyd, and Milton Harmon.

Harmon-Sparks reunion

The families of the late Joe Cephus and Clara Belle Harmon and the late Mathew Marion and Almeda King Sparks gathered Saturday, June 8, 1996, for their 57th annual reunion. The reunion was held in the Recreation Center in Robert Lee. There were approximately 57 relatives and 4 friends present.

The late Thomas Rudolph (T.R.) Harmon was the son of the late Joe Cephus and Clara Belle Harmon. The late Amanda Elvira (Mandy) Sparks Harmon was the daughter of the late Mathew Marion and Almeda King Sparks. The family of T.R. and Mandy Harmon present for the 57th reunion were: Floyd and Jessie Harmon, J.D. and Mary Jo Harmon, Milton and Evelyn Harmon, Inez Harmon Hamm, LaRue Harmon, Nola Harmon, Wayne and Dorene Mashburn, Bobby and Jeffie Roberts, Douglas, Denise, and Kacey Roberts, Joe and DeeAnna Harmon, Suzann Johnson, Shannon Nowlin, Daniel and Justin, Bill and Linda Burns, and Kelly Nichols, all of Robert Lee; Alf and Dorothy Harmon, Brint and Robin Harmon, Jerrel and Lavelle Harmon, Darlene and Tanner Boyd, Rena, Jessica and Brady Johnson, all of San Angelo; Troy, Susan, and Cayla Millican of Sterling City; Barbara Garrett of Mart, Texas; Sharon Rohmfeld, Judy, Travis, and Blake Holle, all of Ballinger; Jerry, Janie, and Jason Harmon of Sand Springs; Darwin and Joanie Harmon of Big Spring; and Clint, Sharon, and Kelcie Harmon of Midland.

Other descendants of the late Joe C. and Clara Belle Harmon present were daughter-in-law Mrs. George (Ruby) Harmon and granddaughter Shirley Harmon-Lay, both of Midland; and son-in-law D.R. (Darold) Nelson of Robert Lee.

The only descendant of the late Mathew Marion and Almeda King Sparks present was Marion Luther Sparks of San Angelo.

Friends of the family present were J.C. Wallace of Robert Lee; Tracy Glass and John, friend of Tanner, of San Angelo; and Gladys Boren of Cross Plains.

During the noon meal, Jeffie thanked everyone for coming and made a few recognitions: Jerrel Clint and Lavelle Harmon had the most additions to their family since the reunion in 1995; a granddaughter, Kelcie Harmon, was born February 13, 1995. Kelcie's proud parents are Clint and Sharon Harmon of Midland. Robin Knight became the bride of Brint Harmon on June 1, 1996. Jerrel Clint is the son of Nola Harmon and the late Crowley Harmon.

Kelly Nichols was recognized as the newly-elected mayor of Robert Lee. He is

the grandson of the late Ruby Lee (Harmon) Blair and the late Ralph Blair and great-grandson of the late Thomas and Amanda Harmon.

Jeffie Harmon Roberts was recognized as being appointed by Texas Governor George Bush to serve as a director of the Upper Colorado River Authority. She is the daughter of Floyd and Jessie Harmon and granddaughter of the late Thomas and Amanda Harmon.

Recognition is given to those helping Jeffie organize the 1996 reunion - Floyd and Jessie Harmon, Bobby Roberts, Dorene and Wayne Mashburn, and Darold Nelson, all of Robert Lee.

The group voted to continue having the reunion on the Saturday nearest to the first Sunday in June as possible.

Delicious food, visiting, picture taking, swimming, horse-shoes, washer pitching, and dominoes were enjoyed by all.

Ode to Dennie Ray

20 years of keeping the park.

20 years ago, you came on a lark.

You wanted your children to be raised in Coke County.

You were raised here and considered it more than a bounty.

The ball fields, swimming pool & golf course too

The park, booking the community center and cleaning it too.

The froghair's too short - the greens are too long.

Get the mower running - No, he was wrong.

The froghair's too long - the greens are too short -

Do it again and I'll see you in court!

Watering every night from dusk until dawn -

The pay's good enough for keeping only one lawn.

But you were relieved from that arduous chore -

and were able to snake hunt a little bit more.

This is your 21st year of working at the pool -

Somehow or other, you've kept your cool.

Remember the snow cones you bought all the kids?

You'll have much more money when this whole thing ends.

Remember the juke box? We played "Old King Tut"

Molly was the name of our little white mutt.

She was on the population Bronte sign

they showed on TV

With a Puentez named Pete, as tall as your knees.

Each year had its own trouble maker.

Remember the Jackson boy -

the diving board breaker?

Some high school kids would even sneak in,

Most of the time it was your next-of-kin!

A few little memories in this paper to say,

I hope you have the Best Father's Day.

Love,

Shaye

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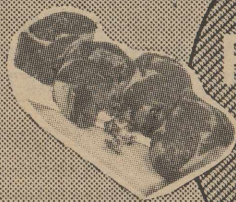
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Bone-In

Rib Eye Steak

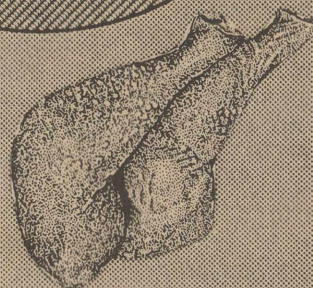
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Value Pack

Leg Quarters

Lb. .38



Wilson Regular
or Polish

Smoked
Sausage

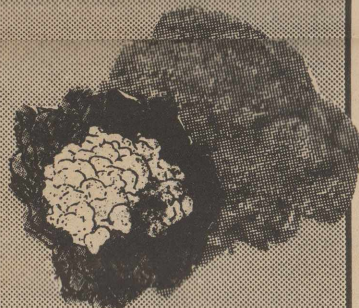
16 oz. pkg. 1.59



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Broccoli or
Cauliflower

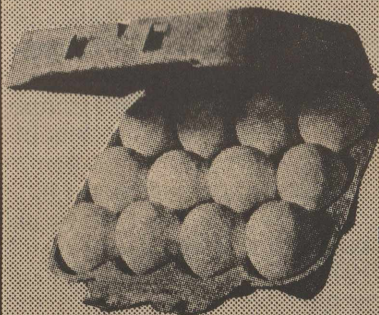
Bunch .98



IGA Large

Eggs

Dozen .68



Ultra 2 Powder or
Liquid Assorted

Tide

92-103
oz.

5.98



Coca Cola,
7-Up, Sunkist
Orange, Mr.
Pibb or Barq's
Root Beer

6 pack
12 oz.
cans

1.69

Coca Cola or 7-Up
3 Liter Bottle 1.39



Taylor graduates ACU

Eboni Marita Taylor of Bronte received a Bachelor of Science in Nursing degree during May commencement at Abilene Christian University.

Miss Taylor is the daughter of Mr. and Mrs. Stover Taylor.

Summer brings bicycle accidents

Longer daylight hours and warmer temperatures unfortunately mean more bicycle-related injuries and deaths.

"Summer is the peak season for these types of unnecessary accidents," said Dr. Tom Jaksic, a pediatric surgeon at Baylor College of Medicine in Houston. "If kids and drivers would take a few important precautions, bicycling would be much safer."

The best advice, said Jaksic, is to always wear a helmet when biking. Although helmet compliance is particularly low among teenagers, statistics continue to show a dramatic link between helmet use and reduced risk for injury or death.

"In most bicycle accidents, the head or neck is the most common area for serious injury," said Jaksic, who sees patients at Baylor's Pediatric Injury Center.

The Brain Injury Research Center of Baylor and The Institute for Rehabilitation and Research say helmets should meet industry safety standards and should bear a sticker for ANSI, Snell or ASTM. Choose a light, bright color for better visibility, with a snug fit, but comfortable.

According to the Insurance Institute for Highway Safety, bicycle injury and death reveal some recurring patterns:

- * 34 percent of fatal accidents are more likely to occur at intersections. Half are on major roads and 38 percent on local roads.

- * Bicyclist deaths are more likely to occur in the summer, and between noon and 9 pm. Peak time is 6 pm to 9 pm.

- * One-third of bike deaths are among those under age 15. Males are more likely to be killed by a ratio of 7 to 1.

- * Bike accidents are twice as likely to occur in urban areas.

- * Bicyclists account for nearly 13 percent of all non-motorist traffic deaths. Pedestrians account for the majority.

Jaksic recommends that parents teach their children responsible bicycling. This includes always riding to the right side of the lane, except for when turning left. If passing a parked car, keep four feet away to avoid opening doors.

Bicyclists should know the rules of the road, hand signals, and how to maintain a bicycle. Reflective materials on the bike and clothing add further safety at dusk or night.

Some states require a white light in front of the bike and a red light or reflector in back. Keep tires properly inflated, brakes in working order, and check the handlebars and wheels for any signs of "wobble."

"Biking is meant to be enjoyable," Jaksic said. "And with preparation, it can be safe as well."

New Methodist ministers appointed

Nine United Methodist churches from San Angelo to McCamey, Miles and Robert Lee are to welcome new ministers next week.

The other 32 congregations in the United Methodist Church's San Angelo District - which covers Coke, Concho, Crockett, Edwards, Irion, Kimble, Kinney, McCulloch, Mason, Menard, Reagan, Runnels, Schleicher, Sterling, Sutton, Tom Green, Upton, and Val Verde counties - are to have the same pastors for the coming year.

Bishop Raymond H. Owen of San Antonio announced the ministerial appointments in Corpus Christi during the June 5-8 session of the church's Southwest Texas Annual Conference. Pastors with new assignments are to lead their new congregations in worship for the first time June 16.

Members of the United Methodist churches in Robert Lee and Water Valley will be pastored by Rev. Winfield Scott Herren. The Methodist church in Mertzon will receive Rev. Joe Dan Adams, and Miles and Veribest churches will welcome Rev. Sue Wells.

United Methodist bishops

Ballinger Chamber to host fireworks

Ballinger's 7th Annual Fireworks Display and free watermelon feed will be held at the City Lake Park on Saturday, June 29th.

The event is sponsored by the Ballinger Chamber of Commerce. The Chamber officials will be on hand to sell hamburgers, chips, and tea beginning at 5:00 pm, followed by the serving of free watermelon slices at 8:00 pm.

The fireworks display is planned to begin between 9:15 and 9:30 pm and last approximately 20 minutes. In the event of inclement weather, an alternate date of Sunday, June 30, at the same time and place has been set.

Please bring lawn chairs or blankets and join your neighbors and friends in an evening of fun.

For more information you may contact the Ballinger Chamber of Commerce at 915-365-2333 or 365-5611.

assign ordained ministers under their supervision to posts annually. A pastor may serve a congregation for more than one year if the bishop reappoints him or her to that post.

The Southwest Texas Conference comprises 364 United Methodist congregations with 110,000 members in southern and southwestern Texas. Besides San Angelo, McCamey, Miles and Robert Lee, the conference includes Austin, Corpus Christi, Kerrville, McAllen, San Antonio and Victoria.

More United Methodists live in Texas than in any other state - some 800,000 in more than 2,000 congregations.

Personal

The annual Wallace family reunion was held June 8 & 9 at the Robert Lee Recreation Hall. Forty-six family members and friends attended the gathering. The group met Saturday evening for a potluck supper and then enjoyed a barbecue lunch on Sunday.

Last year, family members brought along their favorite recipes to the reunion. This year, each family received a Wallace family cookbook, which was put together by Marilyn and Jackie Smith. The cookbook was entitled "This Is The Way We Cook" and will be a family treasure in years to come.

Those attending from Robert Lee were Gilbert Wallace, J.C. and Jewell Wallace, and Royce and Alice Wallace.

From out of town were: Fannie Gipson, Tommy and Sidney Myers of Amarillo; Lena Bridges of Clovis, NM; Evadene Barton, Mike and Ginger Barton, and Tyler Frazier of Roswell, NM; Jackie, Marilyn, Jessica and Joel Smith of Shallowater; Jacky, Pam, and Lindsay Wallace of Abilene; Troy, Susan, and Cayla Millican of Sterling City; Buddy, Kip, Tyler, and Kate Wallace of Gail; Art Morton of Carlsbad; and Gayla, Melissa, and Justin Bradford, Morris, Wanda, Duncan, and Garret Wallace, and Vanessa Marsh, all of San Angelo.

Special guests were Francis and Addie Jeffries, Tommy and Lucy Williams, and Zola Hatley of Robert Lee; Jana Jeffries of San Angelo; Rose Green of Roswell, NM; and Larry, Barbara, and Brent Jameson of Silver.



Bronte Nursing Home Employee of the Month for May is Manuela Eubanks. Manuela has been an employee of the nursing home for 11 years.

Diet may be skin cancer protection

Now, there is one more way to protect yourself from skin cancer -- a low-fat diet.

Research at Baylor College of Medicine in Houston revealed that patients on a diet of 20 percent fat had fewer precancerous growths and non-melanoma skin cancers.

"After two years, patients on the low-fat diet had an average of three precancerous growths while the normal diet patients averaged ten," said Dr. John Wolf, chairman of dermatology at Baylor.

Wolf and other Baylor dermatologists studied 100 people over a two-year period. Half of the group ate a normal diet of about 38 percent fat and the other half went on a very lean diet of 20 percent fat. The caloric intake for each group was similar.

"The participants had already had one to three non-melanoma skin cancers, so we were looking at a group with a history of skin cancer," Wolf said.

The study showed that the number of non-melanoma skin cancers decreased the longer the patients were on the diet.

Avoiding excessive sun exposure is still the best way to prevent the initial damage that causes skin cancer, Wolf says. He recommends using sunscreens daily, avoiding direct exposure from 10 am to 3 pm, and wearing protective clothing.

However, Wolf also suggests a low-fat diet for his patients with skin cancer. The diet works at the progression phase of skin cancer helping to block it after the initial damage has occurred.

"I recommend a 20 percent fat diet, but 25 to 30 percent fat would be better than no dietary change," he said.

Wolf notes that there is evidence that a low-fat diet may be beneficial in reducing the risk for colon, prostate, and breast cancer and proof that it influences cardiovascular health.

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Swimming Lessons

Bronte Pool

June 10-14 & June 17-21

10:00 am - 11:00 am - 6 yrs. & Over

11:00 am - 12:00 - 5 yrs. & Under

\$5.00 per day \$20.00 per week

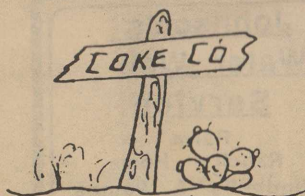
Private Lessons Available

BRENT TAYLOR

SCOTT THOMPSON

Life Guard, CPR & First Aid Certified

Inquire at Pool or call 473-5551



COUNTRY AGENTS NEWS

by Tommy Antilley
Coke County Agent

Beef producers should reduce flies

As temperatures begin to warm, so does the buildup of flies on cattle. If beef producers avoid any control of flies, then beef performance may be reduced.

The total performance of the cow herd of stocker cattle can be lessened as the entire group has to deal with untreated flies, and thus, the producer will not notice reduced production.

There are many ways of controlling flies. Some of these include sprays, dusts, pour-ons, ear tags, and even insecticide reducing minerals.

Products labeled for use as sprays or dust to control horn flies include Dursban 44, Cor-Ral, Ciodum, Ciovap, Simax, Moormans Livestock Spray, Vapoza, Delnar, Lintox D, Warbex, Lysoff, Ectrin, Lindane, Malathion, Ravap, and Prolate. Labels should be read and followed as some products cannot be used on young calves, lactating cows or bulls.

Pour-on labels for use include Ivomec Pour-on and Dursban 44.

Dr. Dayton Steelman, an entomologist at the University of Arkansas, recently reported data that indicated that for every 100 flies per cow for the fly season, calf weaning weights were reduced by 18 pounds. Studies at the Bushland-Knipling Livestock Insect Lab at Kerrville, Texas, indicated that protecting calves from horn flies during a 28-day grazing

Peacock benefit draws big crowd

If you happened to pass through Bronte last Saturday, you may have wondered just what was going on at the Coke County Rodeo Arena. You may have also had to slow down or stop on Hwy. 158 and wait for all the pickups and trailers to find a place to park adjacent to the arena.

The occasion was a Benefit Team Roping, Auction, Barbecue, Dance, and related activities for Blackwell resident Dean Peacock. And the community responded, with volunteers working all day, into the night (and early Sunday morning) to make this event an unusually large success.

Team ropers came from as far away as Rocksprings to the south and the Texas Panhandle to the north to participate in the ropings, which awarded a total of five saddles and prize money. A total of 900 teams entered up in three ropings, which started promptly at 12:00 noon and finished up around 2:00 Sunday morning.

Volunteers served up a delicious barbecue meal throughout the day and night, with an auction being held around mid-afternoon.

Preliminary results indicate an excellent benefit thanks to the hard work of the volunteers who made it happen.

trial results in 28 pound heavier calves versus those not protected.

By the same token, it is not necessary to reduce fly numbers to zero. We believe that the lowest number of horn flies per animal that cause economic loss in Texas is 250 per head. While fly numbers are difficult to estimate, the message is that it is not necessary to eliminate flies completely to avoid economic losses.

Generally in West Texas, we have two times of peak horn fly abundance: May-June and September-October. During July and August, hot, dry weather keeps horn fly populations at a relatively low level. The reason for this is because horn fly larvae or maggots develop only in manure with a sufficient moisture level. In July and August, unless we get above average rainfall, the manure pats dry out before the larvae can develop to maturity. We can exploit this weak link in horn fly development and use it to our advantage if we develop a plan.

Ear tags labeled for use include Patriot, Cutter Blue, Morgan Rechargeable, Dominator, Rotator, Optimizer-Calf, Ectrin, Starbar, Atroban, and Guardstar.

In order to avoid horn fly resistance to pyrethroids, fly tags containing pyrethroids should be used every second or third year, and alternated with tags containing organophosphate or other non-pyrethroid.

Tags with pyrethroids should be removed in the fall so that flies cannot build up tolerance from low levels of product.

Minerals containing products that break the fly cycle may be used, but control may vary among animals due to the amount of mineral consumption between individuals.

Social Security not available to some

New legislation prohibits the payment of disability benefits under Social Security and Supplemental Security Income (SSI) to individuals whose disability is based on drug addiction and/or alcoholism. The new law affects current disability beneficiaries, as well as those who file new applications for disability benefits under Social Security and/or SSI. Individuals currently receiving benefits will be notified by June 28, 1996, about the change in the law.

They will have until July 28 to request a review of their claim on the basis that they will still be found disabled without consideration of their drug addiction or alcoholism. Their case will be reviewed by January 1, 1997, and if their disability is still found to be based on drug addiction or alcoholism, benefits will be terminated by January 1, 1997.

State Fire Code Committee to hold hearings

A state government committee studying the need for statewide fire, building and life safety codes will hold five public hearings throughout the state beginning in mid-June. The State Fire Code Committee hopes to gather information from a broad spectrum of Texas citizens, businesses and interest groups regarding both the potential benefits and disadvantages of adopting statewide codes.

The hearings will be held in North Central Texas, West Texas, the Rio Grande Valley, Southeast Texas and South Central Texas.

State Fire Marshal G. Mike Davis, chair of the fire code committee, stated that these hearings represent a key part of the committee's information-gathering work.

"The committee wants to hear from anyone and everyone who is interested in the adoption of statewide codes - whether they are for or against it. We want to be sure our work addresses the special conditions and needs of Texas," said Davis.

"Most states already have statewide fire and building codes. But that is not in itself any reason to believe that this state should have them, too. The committee must perform an intensive analysis to help the public and elected officials evaluate what statewide codes would mean to Texas."

ECC Ambulance Svc. contributions

The East Coke County Ambulance Service reports contributions received in May, 1996:

MEMORIALS
Ione Harwell
J.B. & Martha Arrott
Louise Schaub
J.B. & Martha Arrott
Alvin Koch
J.B. & Martha Arrott
Myrtle Lasswell
Billie Joe Carmichael
Virginia Boatright
Una Walton
Virginia Boatright
Lola Whittenton
Virginia Boatright

LOOK WHO'S NEW Ashlie Michelle Tennison

Parents J.J. and Tracie Tennison are proud to announce the birth of their daughter, Ashlie Michelle. Ashlie was born Sunday, June 2, 1996, at 4:37 am at Dyess Air Force Base in Abilene, Texas. She weighed 6 pounds, 12.3 ounces, and was 20 inches long.

Ashlie was welcomed by her big brother, Josh, and numerous relatives. Among them are her grandparents, Roy & Judy Blair of Robert Lee and Jackie & Marilyn Tennison of Cross Plains; her great-grandparents, Douglas & Erma Lee Gartman & Bill and Eula Fay Blair, all of Robert Lee, and Clinton & Mary Ellen Little of Abilene and Deotis & Lura Tennison of Comanche; and her great-great grandmother, Erma Wink of Robert Lee.

Bush urges water conservation in Texas

At a press briefing recently, Governor George W. Bush and state agency officials urged local communities and individual Texans to conserve water to help minimize the impact of the ongoing drought on the general public. They also outlined ongoing state activities to monitor and effectively respond to the drought.

"We need a lot of rain, but neither the Governor nor the state of Texas can make that happen," said Governor Bush. "What we can do is provide expertise to help local communities maintain a safe drinking water supply and urge conservation to extend our water resources as much as possible."

"I urge every Texan to join us in conserving our water, literally one drop at a time. Conservation can take place every time you brush your teeth, wash the dishes or take a shower," said Governor Bush.

About six weeks ago, the Governor's office contacted several state agencies and asked them to work together to provide support and advice to local water districts. "This working group is on call to help local communities. Our state agencies have scheduled conservation and training seminars throughout Texas and are available to send experts in to help maintain local

drinking water supplies and manage drought conditions," said the Governor.

"The overwhelming majority of the 6,880 public drinking water systems in Texas have more than adequate supplies of drinking water to meet the needs of their customers," said TNRCC Chairman Barry McBee. "But the increased demand outdoor water use is placing on pumping and treatment facilities can pose real risks to water systems, particularly in smaller communities. The Governor's Drought Response Working Group is urging all citizens to make the most of available drinking water by using efficient water management habits. Water conservation is the best tool we have for managing our drinking water supplies."

"The Texas Water Development Board is monitoring statewide drought and water supply conditions and providing communities technical assistance with drought contingency planning, water conservation, and identification of alternative water supplies," said TWDB chairman Bill Madden.

**SUPPORT
RESEARCH.**

It Works Wonders.

American Heart Association

WINK INSURANCE AGENCY

Home*Auto

Life*Commercial

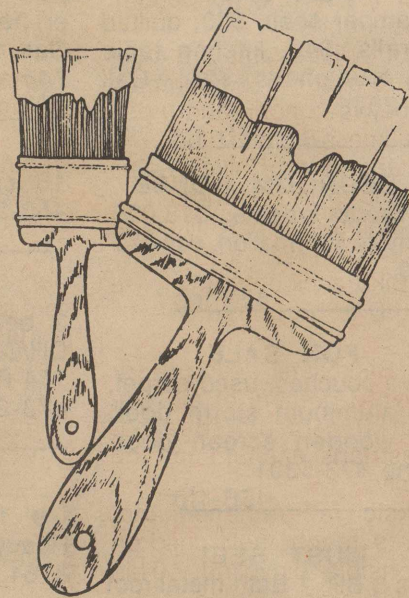
715 Austin - 453-4551

Paint it.

Repair it.

Build it.

Remodel it.



We'll help you
pay for it.

If it's time for you to brush up on your homework, see us about a loan to cover home improvement costs. We'll show you how to spread out the monthly payments to best suit your needs so you can afford that much needed project. Stop in today.



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State Bank**

Member FDIC



**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

'73 BASS BOAT,
70 HP Evinrude, 41 lb.
thrust trolling motor, Eagle
Fishfinder, works good,
\$1500. Sparks Burdett, 453-
2887.

45-1tc

FOR SALE

Camper shell, \$50; quilted
overalls, \$40; kitchen table
with four chairs, \$20. Call
473-2076.

45B-1tc

3 BEDROOM HOUSE

in Bronte for sale. \$18,000.
For more information, call 473-
2019.

45B-tnc

FOR SALE

Two couches, used carpet,
one aluminum storm door,
one wooden screen door.
Phone 473-5301.

45B-1tp

MUST SEE!

this 3 BR, 1 Bath metal roof
& siding and carport.

**EXCLUSIVE
RANCH HOME**

on 92 acres; call for
information on the many
amenities.

NEW LISTING:

3 BR, 2 bath, brick, lots of
room, central H/A, fenced
yard/carport.

CORNER LOT

with 2 mobile homes, covered
patio and parking, ideal
for the fisherman or hunter!

PRICED REDUCED

on this 2 BR, 2 bath home at
Edith; built-in kitchen appli-
ances, lots of amenities.

**CALL NELL AT
JEWELL REAL ESTATE**

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OR 453-4355

45a-4tc

BRONTE
Price Reduced - super
nice 3 bdrm/2 bath home,
ceiling fans, carport.
\$29,500.
Very large home - 3 baths.
Call for details.

**ROBERT LEE
CONVENIENTLY
LOCATED**

across street from school. 3
bedroom/ 1 1/2 bath.
\$39,995

Retirement home with
separate guest quarters. Im-
maculate, beautiful landscap-
ing plus country living. Call for
details.

**Do backyard parties in-
terest you?** Anything you
ever needed in a home is in
this one. Ready to be occu-
pied.

Elaine Lee
453-2995



FOR SALE

Oak Creek Lake 1979 14 x
52 Melody mobile home. Two
bedroom, 1 bath, furnished.
Tin roof covering mobile
home and large concrete car-
port. Big dish satellite receiv-
er. Nice - must see. \$39,500.
Call 915-473-2003 or 806-
745-1172.

45B-2tc

FOR SALE

18 cu. ft. upright freezer.
453-2615.

44-2tp

FOR SALE

3 bedroom, 2 bath home.
CH/CA, 2 car carport. See at
114 Parkwood, Bronte or call
473-2215.

44B-3tc

FOR SALE

9' fiberglass boat, \$125;
Heavy duty vise, \$40. 473-
3161.

45B-1tp

**USED ELECTRIC
RANGE**

for sale. Good condition.
\$75. 453-2698.

44-tnc

PIANO FOR SALE:

Wanted, responsible party to
take on small monthly pay-
ments on console piano. See
locally. Call 800-635-7611.

44-3tp

FOR SALE

Extra clean hide-a-bed
couch. To see, phone 453-
4683.

45-1tp

The great pleasure of a dog is that you may make a fool of
yourself with him and not only will he not scold you, but he will
make a fool of himself too.

FOR RENT

**2 BEDROOM,
1 BATH HOUSE**
for rent. Fenced yard, 1005
Chadbourne, Robert Lee.
453-2781.

45-1tc

**ONE OR TWO
BEDROOM
APARTMENTS
FOR RENT**

Taking applications Mon.,
Wed., and Fri., 9 am - 3 pm.
Housing Authority of Robert
Lee, 170 N. Bishop, 453-
2912. Equal Housing Oppor-
tunity.

16a-EOW

GARAGE SALES

GARAGE SALE INSIDE
Fri., 9 am - ? and Sun., 12
noon - ?. 205 South Franklin,
Bronte.

45B-1tc

GARAGE SALE

Gold house on Rocky Lane,
Tennyson - Lorri Crotwell.
Saturday, 8:30 am - 6:00 pm.
Wide selection of men's,
women's and children's
clothing.

45-1tc

GARAGE SALE

Multi-family. Raising money
for youth. Beside Cafe
Gourmet, Robert Lee (across
from C&W). Saturday, 8 til ?

45-1tc

GARAGE SALE

Friday & Saturday, 8 am - 7
pm. Old jewelry, miscella-
neous. Five miles west of
Robert Lee on Hwy. 158.

45-1tc

HELP WANTED

**NO EXPERIENCE
NEEDED**

\$500/\$900 weekly poten-
tial. Process mortgage re-
funds in your area. Part-
or full-time. Call 1-216-233-
4209 EXT. 218 (24 hrs.)

42-4tp

ATTENTION:

If you contemplate pro-
cessing mortgage refunds,
contact me to avoid our using
exact lists and soliciting same
clients.

Dee McClesky
phone 453-2553.
45-1tp

NOW HIRING

Welder's helpers, must be
willing to work and learn
welding trade. Call 453-2237
for an interview; after 6 pm call
453-2168.

45a-2tc

IMMEDIATE OPENINGS

for several part-time workers
for yard maintenance at Wack-
enhut Corrections Facility.
Twenty hours per week at
minimum wage. Applications
available 8-5 Monday through
Friday at 4 East Highway 277
South, Bronte.

41B-tnc

MISC

REWARD

for information or recovery
of stolen articles from the
house of Kenneth Prine on
1214 Chadbourne, Robert
Lee. Burglary was 6-1-96.
Call 453-2339.

45-1tp

LOST

Eight foot ladder and hoist -
probably between Robert Lee
and San Angelo on June 7.
Reward offered. Gideon
Sheet Metal, Robert Lee.
453-2318.

45a-1tc

**McDONALD
CUSTOM FARMING
& HAY BALING**

Round Bales
Square Bales

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BUSINESS FOR \$100!**

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writing a check to pay for it,
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ous money! Free information,
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43-3tp

D & L DOZER SERVICE

Larry Spivey, Owner-
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Creek Lake) 915-743-2577.

39B-tnc

**WAYNE DRENNAN
BACKHOE &
GRUBBER SERVICE**

Will clear lots,
roadways or fencelines.
Ditch Digging also
available.

CALL 655-2216 or
(915) 650-2045
(mobile)

SUMMER TUTORING

Call Marty Blair, 473-5091.

44B-2tc

SWIMMING LESSONS

Bronte Pool, June 24 - 28.
\$20. Call Traci Rosenquist,
473-4402.

45B-2tc

**PAPA BEN'S PIT
BAR-B-QUE**

Dine-in or carry out. Mon. -
Sat., 7 am - 7 pm. Five miles
west of Robert Lee on Hwy.
158. Little Jake's Bait and
Tackle - same location.

45-1tc

**OWN YOUR OWN
APPAREL OR
SHOE STORE**

Choose: Jean/Sportswear,
Bridal, Lingerie, Westernwear,
Ladies, Men's, Large Sizes,
Infant/Preteen, Petite,
Dancewear/Aerobic, Materni-
ty, or Accessories Store.
Over 2000 name brands.
\$26,900 to \$38,900: Inven-
tory, training, fixtures, grand
opening, etc. Can open in 15
days. Mr. Loughlin (612) 888-
6555.

45-1tp

BAKE SALE

Super H Grocery. Friday,
June 14, 8:00 am. Proceeds
will go to raise funds for chil-
dren's church camp. FMI call
453-2673.

45-1tc

**Johnson's
Water Well
Service**

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Ranch Home
Windmills & Pumps

24 HR. SERVICE

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**LAW OFFICE OF
RUSSELL ASH**

21 East Sixth, Robert Lee.
First & third Fridays or by ap-
pointment. (800) 837-9996
or (915) 453-2809. (Not
certified by the Texas Board
of Legal Specialization.)

45-8tp

LISA O'BANNON

is now associated with D's To-
tal E. Clipse on Mon., Tues.
and Wed. Has experience in
nails & hair. Call 473-6131 for
appointment.

44B-4tc

**"TEXAS BEST"
DEFLOODING &
CARPET CLEANING**

Free estimates
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Bronte - 473-6603

**FEATHER SOFT
CONDITIONING CREAM**

is now available at Main Street
Market and Hometown Hard-
ware in Bronte, Cafe Gourmet
in Robert Lee and Tasha's in
Ballinger.

43B-3tc

IRONING IN MY HOME.

453-2507.

45-1tc

WINDOW UNITS

Serviced &
Repaired

Donnie's Appliance
915-453-2188

CARD OF THANKS

THANKS TO EVERYONE
for your prayers, cards, vis-
its, and calls during my illness
and surgery. Knowing you
cared meant a lot to me.

Erma Lee Gartman
45-1tp

**TO OUR RELATIVES
AND FRIENDS,**

Words are inadequate to
express our appreciation for
the love and support given to
us since the death of our dear
Donna.

Your prayers, visits, calls,
cards, the flowers, memorials,
food, your serving our meals,
and all the other ways you
stood by us were a comfort to
us and we thank you all.

Art,
J.C. and Jewell,
Marilyn, Jackie, Jessica
and Joel,
Jacky, Pam, and Lindsay,
Susan, Troy, and Cayla,
Buddy, Kip, Tyler and Kate

45-1tc

**MANY THANKS TO
MY PASTOR**

David Miracle, and my Sun-
day School teacher, MayBelle
Stewart, for being with me
(cont'd. next page)

...Classifieds

during my surgery. For all the calls, get well cards, and the prayers of my Christian friends.

Jessie Moore
45-1tp

NOTICES

Political Calendar

The Observer/Enterprise

has been authorized to make the following announcements for the political offices in Coke County.

Each candidate or the campaign treasurer has paid for his or her announcement. All political advertising, announcements, and printing is cash in advance.

COKE COUNTY SHERIFF

Mike Harris

COKE COUNTY COMMISSIONER PRECINCT 3

Pat Percifull

COKE COUNTY COMMISSIONER PRECINCT 1

Paul Burns

COKE COUNTY ATTORNEY

Lane Arthur

COKE COUNTY CONSTABLE PRECINCT 2

William "Keith" Fletcher

WEST COKE COUNTY NURSING HOME

does not discriminate on the basis of race, color, national origin, disability, or age in admission or access to or treatment of employment in its programs and activities. The Administrator has been designated to coordinate efforts to comply with Section 504 of the Rehabilitation Act of 1973, which prohibits discrimination on the basis of disability.

45a-1tc

THE EAST COKE COUNTY HOSPITAL DISTRICT

Board of Directors will have a Budget Hearing meeting on the proposed Budget for Budget year July 1, 1996 to June 30, 1997.

The Budget Hearing will be June 20, 1996 at 7:00 pm in the Conference Room of the Bronte Nursing Home, 900 South State, Bronte, TX 76933.

The public is invited.

LeDrew Arrott, President
Board of Directors
45B-2tc

TDC appoints new dept. director

Recognizing the need for increased awareness and advocacy on behalf of the over 900 rural communities in the state, Texas Department of Commerce Executive Director Brenda F. Arnett has named Betty Voights as Director of Community Outreach and

Rural Affairs.

"We must be a proponent for rural policy that eliminates barriers and encourages parity between urban and rural areas," says Arnett. "By adding this function, Commerce is able to better serve the needs of small, rural communities," she added.

The Community Outreach and Rural Affairs activities will be handled from Commerce's executive office and will focus on identifying gaps in programs for rural areas, facilitating better coordination of rural programs between state agencies, and increasing the delivery of information to communities throughout Texas. Commerce will work closely with local, regional, and statewide organizations that deal with community and economic development.

During the 1993 session, legislators mandated an Office of Rural Affairs at Commerce and it was created in 1994 as part of the Business Development Division; however, its functions were absorbed into the Community Assistance Office later that year. Commerce's Community Assistance Office provides direct technical assistance to communities with emphasis on regional cooperation, business retention and expansion, small business development, and electronic marketing, and conducts training in conjunction with the Tourism Division targeted at small, rural communities. The Community Outreach and Rural Affairs director will work closely with the Tourism and Business Development divisions on projects benefiting rural areas.

Ms. Voights has been with Commerce for six years, initially as manager of Small Business Division and later as manager of Rural Development and Community Initiatives. She also served as the Business Development Division Director. Previously, Ms. Voights managed community and economic development programs for the city of Harlingen. She can be contacted at 512-936-0227.

San Angelo rep. encourages Student Exchange

Bonnie Eimer is bringing the world to the greater San Angelo area -- one international teenager at a time! Bonnie is a volunteer Area Representative for ASSE International Student Exchange, a nonprofit, public benefit organization. The primary goal of ASSE is to contribute to international understanding by enabling foreign students to learn about the United States through active participation in family, school and community life.

Bonnie will be interviewing families in the San Angelo area to host exceptional high school students from France, Germany, Finland, Switzerland, Italy, Great Britain, Holland, Spain, Portugal, Czech and Slovak Republics, Poland, Japan, Brazil, Thailand, Mexico, Canada, Australia, and New Zealand. Again this year, ASSE is proud to include students from the republics of the former Soviet Union to its international roster. The students stay with volunteer host families for an academic year

and arrive with comprehensive insurance and their own spending money.

Bonnie Eimer knows the San Angelo area is a great place for a curious foreign student to learn about life in the United States, as well as get a touch of "Southern Hospitality"! Please call Bonnie for more information on becoming an ASSE host family at 915-949-0881 or 800-473-0696.

Some plants pose summertime danger

With summer in the air, outdoor activities are on the rise, and that means increased risk of exposure to poisonous plants. Many of the plants commonly found in the home, yard and natural terrain can be harmful, especially to children, whose curiosity places them at an even greater risk.

If hiking and camping are on the summer agenda, remember that plants and mushrooms found in the wild can be dangerous to eat. Cooking or boiling unidentified plants is also risky because heat may not destroy toxic substances in plants.

Grass and plants found in the yard and home pose risks for unsupervised children. It is important to teach your children never to put leaves, seeds, bark, nuts or berries from any plants into their mouths.

Some plants can be especially deadly if eaten. Oleander, jimson weed, azaleas, chinaberry and morning glories are among the plants that cause decreased heart rates, hallucinations, seizures, breathing difficulties and liver abnormalities.

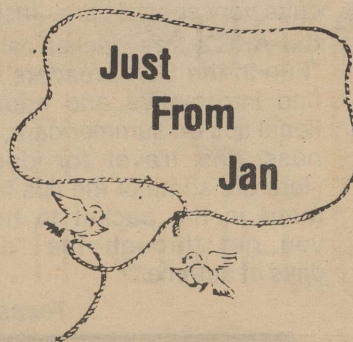
Have all the plants in your home and yard identified by your local nursery and call the West Texas Region Poison Center at 1-800-764-7661 (1-800-POISON-1) for more information.

Mohair Council joins Market Access Program

Layton Black of Goldthwaite, president of the Mohair Council of America, has announced that the council has qualified as a participant in the Market Access Program (MAP) by the U.S. Department of Agriculture.

According to Black, the USDA has allocated \$75,000 for the MCA-MAP program, which makes funds available for the international promotion of American mohair in several targeted countries, including the United Kingdom, the Peoples Republic of China, Canada, Italy, and Japan.

The Mohair Council is proposing to hold seminars in the United Kingdom and in Hong Kong. The seminars would relate basic information about mohair and its uses, identify the properties and qualities of U.S. mohair, discuss color themes and knitting trends for 1997, and make available various promotional materials for in-store use. In addition, Hong Kong knitters participating in the seminar would be given information on doing business in the U.S., Japan and China markets.



by Jan Yanez
Coke County
Ext. Agent

Good workout for the "out of shape"

Are you out of shape? Not very athletic? Adopt a healthier lifestyle by following this suggestion.

Start walking. It will help you lose weight, get in better condition, keep you limber, and make you feel good about yourself. Because it is an aerobic exercise, walking strengthens the body's heart-lung system, lowers your blood pressure and cholesterol levels, and helps relieve depression and anxiety. In addition, walking helps your digestive system, reduces constipation, and improves circulation in your legs. Many doctors recommend walking to arthritis patients and victims of emphysema. Walking burns the same calories as running, and it is easier on your joints. Half an hour of vigorous walking burns 180 to 250 calories. If you do this everyday, it can mean a weight loss of 15 pounds in a year, without a change of eating habits. Start slow and build up your distance and speed. The key to walking is to maintain a steady pace, no matter what that pace is. Before you start off on your walk, warm up. Just do some easy, gentle stretches. And after your walk, do them again to cool down. The only thing you need to walk is decent footwear. Your shoes must provide good support, protection, comfort and cushioning. Many experts recommend running shoes for walking. When you're walking, be sure to keep your fluid level up, and don't wait until you're thirsty. Also, to avoid stomach upset and cramping, don't eat right before exercising. It is always best to check with your doctor before starting any exercise program.

Statewide boating safety campaign launches

If the Texas Parks and Wildlife Department has its way, the phrase "Don't Be A Pain In The Boat" may become a household phrase by the end of the summer. The department is promoting that slogan this summer through a comprehensive public awareness campaign.

The campaign is part of a \$1.2 million boating safety initiative that includes increased law enforcement patrolling lakes across Texas. Of that \$1.2 million budget, \$250,000 will be spent on radio, television, and outdoor advertising.

The message behind the pun is a serious directive aimed at convincing those on Texas waters to wear life jacket, obey Boating While Intoxicated laws and to be careful

while operating personal watercrafts.

The statewide media campaign was launched by TPWD during National Safe Boating Week, May 20-26. The "Don't Be A Pain In The Boat" slogan and educational messages will be publicized through television and radio public service announcements (PSAs) as well as through outdoor advertising, newspaper articles, marina posters and media relations efforts.

"We project that more than 90 percent of our target audience will see or hear our boating safety messages," said Andrew Sansom, executive director of the Texas Parks and Wildlife Department. "The creative approach we are taking in the PSAs is tongue-in-cheek, yet it delivers important information," added Sansom. "We are using humor to get people's attention, and at the same time relay a serious message."

The public service messages began airing on radio and television Wednesday, May 22, and will run through the end of August, said Lydia Saldana, director of communications at Texas Parks and Wildlife. The markets airing the radio and television PSAs are Austin, Beaumont, Dallas, Houston, Tyler/Lufkin/Longview and Waco/Temple/Killeen. Radio PSAs have been produced in Spanish and English and non-paid radio PSAs will air in additional cities across the state, added Saldana.

"For a statewide campaign, we have limited dollars to spend on buying television and radio air time," explained Saldana. "The markets in which we chose to spend money are where the majority of people and boat owners live, as well as where the majority of the busier, high profile lakes are located."

"We have strategically placed our television and radio PSAs in markets where we hope we'll reach the most people," continued Saldana.

In addition, a total of 22 live radio remotes are scheduled for many of the high profile lakes in the target markets beginning Memorial Day weekend and running through the Fourth of July weekend. The remotes will also broadcast the message of boating safety while providing related give-aways to people visiting the lakes.

Last year in Texas, there were 66 boating related deaths and 174 reported accidents, according to Carlos Vaca, boating law administrator for TPWD. That is an increase from fiscal year 1994 when there were 59 deaths and 159 reported accidents.

Summertime activities for older children

Summertime is challenging for working parents, especially those with pre-teens and young teens.

"Children ages 11 to 14 are too old to willingly go to a babysitter but too young to be on their own," said Dr. Lou Ann Todd Mock, a psychologist at Baylor College of Medicine in Houston.

When work obligations make it hard to supervise young teens, Mock suggests thinking creatively. The key is figuring out how to provide some sort of supervision without making it look like babysitting.

Mock suggests looking for organized programs, like science, art or sports camps, that address a child's areas of interest.

"Helping your child find his talent and develop it can make for easier summers," Mock said. "The kids who get in the most trouble are the ones who have no interests and too much time on their hands."

Other activities that provide supervision include:

- * Helping a relative or neighbor care for younger children.
- * Working or volunteering as an assistant at church or day care programs.
- * Visiting grandparents, aunts or uncles.

"It may be impossible to get the whole summer covered, but children can have activities that take up blocks of time during vacation," Mock said.

Parents should be prepared to let their child have some input in the summer decision-making process.

"At this age, parents can't just tell a child what they want them to do and expect it to happen," Mock said. "Be ready to negotiate and talk about the different possibilities."

When a child must stay at home, Mock encourages parents to arrange some type of calling system. She also recommends dropping by the house occasionally and having a neighbor keep an eye on the house if possible.

One battle not worth fighting is summer bedtimes.

"There is nothing wrong with sleeping late and staying up late. Kids need time to be kids," she said. "The problem arises when children don't get back on a routine before school starts."

Summer chores and responsibilities can help keep a child from getting too far away from the structure of school.

"The best way to survive the summer is to base decisions on your child's capacity to handle responsibility and freedom," Mock said.

AKC offers tips for summertime care of pets

Now that summer is finally here, the American Kennel Club would like to help 56.4 million dog owners in this country have an enjoyable and safe summer season with their dogs. The AKC knows how much fun it is to play outdoors with our canine companions, but when there are

high temperatures, dogs require very special care. Inside the AKC's free packet called "Fun in the Sun", readers will find informative and educational tips on summer care, fitness and travel for dogs. Here are some of the tips featured in the packet to help you get through the "dog days of summer":

* In high temperatures and humidity, dogs can easily get dehydrated and suffer from heatstroke, so keep water available and ensure that your dog has access to the shade.

* At the beach, don't let your dog drink too much seawater; the saline in the water could make him/her sick.

* Dogs can get sunburned

too, so limit exposure to the sun when possible and apply sunblock to his/her nose and ears.

To obtain a free "Fun in the Sun" packet, write to: AKC Fulfillment, "Fun in the Sun," 5580 Centerview Drive, Raleigh, North Carolina 27606.

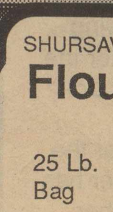
The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

—Martin Luther King, Jr.

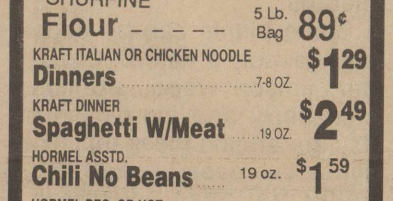
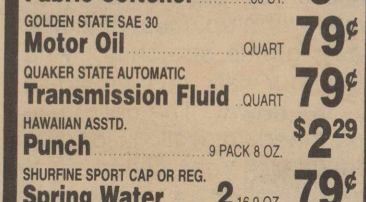
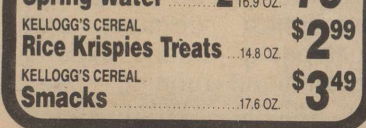
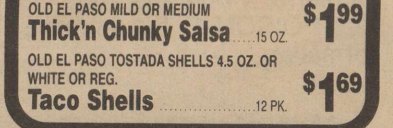
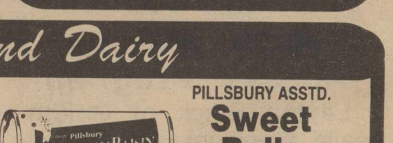
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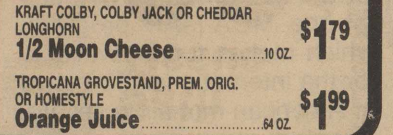
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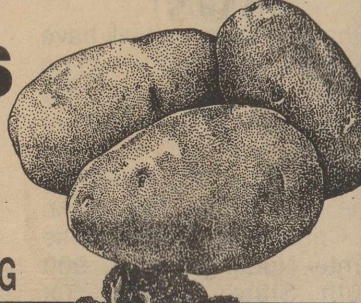
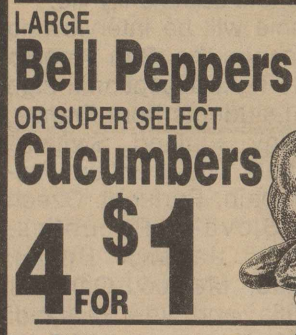
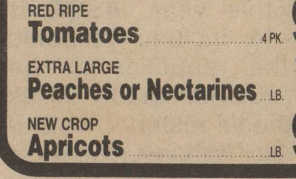
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