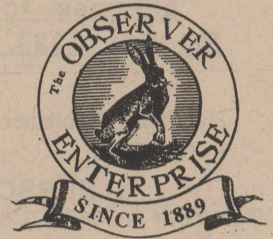


# THE OBSERVER/ ENTERPRISE



Serving Coke County

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Vol. 104, No. 20

Friday, December 18, 1992

## Christmas drawings, lighting results told

### Br. COC Drawing Results

A group gathered downtown Saturday at 4 pm, for the second of three Bronte Chamber of Commerce Merchants Drawings.

The drawing was held in front of West Texas Utilities Co.

Winners were: Dewey Luckett, from First National Bank of Bronte, \$25 in Chamber Bucks; Mack Baker, Landscape Print from Glenn Bivins Insurance Co.; Roenna Thomas, two cases of soft drinks from Town and Country Food Store; Fran Sonnenberg, \$20 gift certificate from Sublett's Antiques; T. H. Franklin, gift certificate from S & S Printing; Kelly Greene, gift certificate from Joni-Lyn Sportswear; Ruth Hagerman, \$25 gift certificate from Hall's Super Save; Inez Wilson, one Daily Special and Drink from El Vaquero Restaurant; Helen Kirkland, a \$5 gift certificate from Red Barn Barbecue; Garland Whitmire, blood pressure cuff, stethoscope and one free lesson on proper way to take blood pressure from Bronte Nursing Home; Suzy Reyes, \$25 in Chamber Bucks from First National Bank of Bronte; Delia Rodriguez, a child's wagon from Hometown Hardware; Elaine Sublett, one Daily Special and Drink from El Vaquero Restaurant.

The last Merchants Drawing will be held on Saturday, De-

ember 19 at 4 pm in front of Hall's Super Save Grocery.

### RL Christmas Contest Results

Carol Hardaway, chairman for the West Coke County Community Development Christmas Lighting Contest, has announced winners for the annual event. She and her panel of judges traveled to locations of the holiday entries on Monday night.

Bobby and Jeffie Roberts were first place winners of the Rookie category. That division was for entrants who had never entered before. The couple resides on their ranch about 6 miles south of Robert Lee. The James Royall family placed 2nd in the category for their display on East 5th St. Third place went to Michael Wooley on Bishop St.

The General category included entrants who had entered before but had never won first place. Mr. and Mrs. Calvin Sparks took first place in that division with their lighting on Highway 158, just southwest of Robert Lee. Mr. & Mrs. Tom Sawyer of West 12th St. took the 2nd place prize. The Roy Clawson family on 3rd St. won 3rd place honors.

The Wilson Bryans, perennial favorites, with their display on the west farm-to-market spur to the Spence Dam, were named 1st prize winners in the Veterans Class. Locat-

ed on Mess Box Creek, it's a must for visitors. Another favorite is the 2nd place winner, Mr. and Mrs. Billy Kelly, whose display at 100 East 1st. has grown. The Veterans division was for entries that have won first place previously in a category.

Ms. Hardaway said a good number of unique, wonderful lighting displays are scattered over town which could have been judged winners also but who did not choose to enter the contest. The displays have added so much to the appearance of the town and have increased interest in lighting. Entries to the WCC-CD contest are free and the organization hopes for a record number of entries in 1993. Cash prizes are paid in all categories.

Visit the winning locations, as well as other neighborhoods in town, and be prepared for a joyous lift of Christmas spirits.

### RL City Hall Closed

Robert Lee City Hall has announced its Christmas holiday closing schedule for the coming weeks. The office will be closed Thursday and Friday, December 24 and 25. It will also close on Friday, January 1, 1993 for the New Year holiday. The city's sanitary landfill will be closed on December 24, the only day affected by the office closing.



## Upcoming

### CC Courthouse Closed

The Coke County courthouse will close at noon on Wednesday, December 23, for the Christmas holidays and remain closed Christmas Eve, Dec. 24, and Christmas Day, Dec. 25. It will also be closed on Friday, Jan. 1, 1993, New Year's Day.

### Br. Early Dismissal

Bronte Schools will dismiss at 2 pm Friday, Dec. 18, for the Christmas Holidays.

A teacher workday will be held Jan. 4.

Students will return to school on Tuesday, Jan. 5, 1993.

### Br. COC Christmas Contest

It's not too late to be an entrant in the Bronte Chamber of Commerce Christmas Lighting Contest. Anyone can enter by signing at City Hall before 5 pm Friday, Dec. 18. Judging by out-of-town judges will be done Saturday evening, Dec. 19, 1992. Prizes of \$50, \$40, \$30, \$20, and \$10 in Chamber Bucks will be awarded to the winners.

A friend or neighbor may sign for a home they think deserves to be included in the

judging. Help make this Christmas bright and beautiful by "lighting up" and everyone enjoying the sight!

### Candlelight Memorial Service

Christmas time is very difficult for some of us who have loved ones who have died. Because we have a desire to help those who are hurting find a way of expressing their love, as well as their grief.

The Central Baptist Church will sponsor a Candlelight Memorial Service. This "Sharing in Remembrance" will be a time to remember and honor our loved-ones who have died.

We have asked other pastors of our city to participate in this service. Everyone is invited to attend this Memorial Service at 7:00 pm, Saturday, December the 19th.

A reception will follow.

### Br. First United Methodist

The First United Methodist Church in Bronte will observe their annual tradition of decorating of "The Enchanted Tree" on Sunday Dec. 20, 1992 during the morning service.

Every one is welcome to participate.

## Rehab 93 special slated

Rehab '93, West Texas Rehabilitation Center's fundraising television special will be conducted Saturday, January 9 -- with the assistance of Robert Lee and Coke County supporters.

A community phone bank will be manned at Ivey Motor Company, beginning at 6:00 pm, to receive donations and pledges for Rehab, according to coordinators Leta Caston and Winnie Pitcock.

Coke County supporters may view the television special on KLST-TV in San Angelo which will air the network special from 7 pm to midnight, as well as local segments broadcast from the WTRC-San Angelo facility. Phone

bank reports from Robert Lee and other Concho Valley communities will be made periodically throughout the evening.

"By working together and giving what we can, we'll make this year's telethon the best ever," Ms. Caston said, "and thus help ensure Rehab's quality care for every handicapped child and adult who enters WTRC's doors."

Entertainers scheduled to perform during this 23rd annual telecast include Brenda Lee, Rex Allen Sr., Anita Bryant, Rex Allen Jr., Brad Maule, Bill and Susan Hayes, Arthur Duncan, Anacani, Hilton Talbert and host of "Rehab regulars."

**THE OBSERVER/ENTERPRISE**  
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**SUBSCRIPTION RATES**  
 Per Year in Coke County.....\$12.00  
 Per Year Elsewhere in Texas.....\$13.00  
 Per Year Outside of Texas.....\$15.00

**UPCOMING**

**County Taxes**  
 On December 31st, from 9:00 am to 2:00 pm, property tax payments will be received by Kristeen Roe, Coke County Tax Assessor/Collector, in the First National Bank of Bronte. County tax payments made on the 31st, will be processed on the same day and all receipts mailed. Tax statements must be brought with payment. Motor vehicle registration and title services will be offered at the same time.  
 Mrs. Roe will also deliver tax payments to the Appraisal District in Robert Lee.

**Christmas Newspaper**  
 The Christmas issue of the Observer/Enterprise is scheduled for publication on December 25. The annual edition traditionally contains the children's Santa letters, businesses' greetings to their customers, and individuals' holiday best wishes. In the coming weeks, a newspaper representative will be calling on the businesses. You may come in the Robert Lee or Bronte office to select a greeting also. If you are inadvertently missed, please call our offices, 453-2433 or 473-2001.

**Tuesday Dance**  
 The 4th Tuesday Special Dance will be held December 22, at the Rec Hall in Robert Lee with music by the Coke County Cavaliers at 7:30 pm. Dancers of all ages are welcome with tickets available at the door.

**Facts at Five**  
 The "Facts at Five" HIV/AIDS presentation scheduled for this past Saturday in Bronte was postponed due to weather and travel problems.  
 The San Angelo AIDS foundation representative, Brent Jenkins and members of their Teen Board have rescheduled the event for Saturday, January 9th. Watch the Observer/Enterprise for additional details in coming weeks.

**Personal**  
 Alene Mitchell is at home from Robert Lee Nursing Home. Her telephone number changed to 915-473-2246.

**SA G&H Society**  
 The San Angelo Genealogical and Historical Society will meet Tuesday, January 5, 1993, at 7:30 pm in the Fellowship Hall of the Church of Christ, 901 North Main.  
**Program:** "How to Document Your Research Notes."  
**Speaker:** Billye Scattergood  
 The Beginners Genealogical Class, taught by Billye Scattergood, will meet at 6:30 pm, at the church.  
 Visitors are always welcome.

**SS Rep to visit**  
 Garland Gregg, representative for the San Angelo Social Security Office, has scheduled his December visit to Robert Lee and Bronte. He will be in the Conference Room of the County Courthouse in Robert Lee on Thursday, December 31st, between 11:00 am and 11:30 am.  
 Mr. Gregg will be in the Council Room at the Bronte City Hall on Thursday, December 31st, between 1:30 pm and 2:00 pm.  
 Anyone who wants to file a claim for benefits, get information, or transact other business with the Social Security Administration may contact him at this time.

**Winters "Olde Fashion Christmas Ball"**  
 On Saturday, Dec. 19, the Winters Area Chamber of Commerce will sponsor an "Olde Fashion Christmas Ball" at the school Multi-purpose building.  
 The special family evening will begin at 7:30 pm with a social hour to be followed at 8:30 - 12:30 by dancing to the music of Winters local Terry Sneed and Up the Creek.  
 Door prizes will be given, and you must be present to win.  
 No alcoholic beverages will be permitted.

**HIGHWAY GARAGE**  
 would like to wish everyone a Happy Holiday Season and extend our warmest thanks for your patronage this past year. We hope we can continue to serve your automotive needs in the future. We will be closed Dec. 19-27.  
 Merry Christmas from  
 Jim Turner &  
 Kathy Jackson

**Junell explains vote on school finance**

by Robert Junell  
 The legislature recently completed a special session on school finance and I was one of four Democratic mem-

**Sorosis Club**  
 The Billy Joe Luckett home in Bronte was the scene of a Christmas Dinner Program and gift exchange for members of The Sorosis Study Club of Bronte, last Saturday night.  
 Diane Luckett was the hostess for the occasion. Co-hostesses were; Betty Lee, Mary Frances Glenn and Nelda Thomason. Special guests were husbands of the members.

The home was beautifully decorated with a Christmas motif. After appetizers and hors d'oeuvres were served to the guests, they were seated at two long dining tables decorated with festive arrangements and candles for the dinner.  
 After dinner, Mary Frances Glenn did a slide presentation of a pilgrimage to the Holy Land that she and her husband took last year.  
 Gifts were exchanged after the film.  
 Those present were: Virginia Boecking, Royce and Jean Fancher, Clark and Mary Frances Glenn, Earl and Mary Glenn, Ann Hamilton, Richard and Peggy Hembree, Frances Kemp, Royce and Betty Lee, Billy Joe and Diane Luckett, Margaret Martin, Noah Jr. and Dorthey Pruitt, Bill and Nelda Thomason, and Mildred Thomason.

**Letter to the Editor**  
 Dear Editor:  
 Re: Observer Enterprise, 10 December, "Letters:" Mr. Scott should look to his history book. Roosevelt (F. D.) was president during most of WWII.  
 Eisenhower (Gen) was hired help, high priced, but still hired help, during WWII.  
 Eisenhower's (Pres) "war" was the exercise a little east of Europe, the Korean "conflict."  
 Truman was sandwiched in between.  
 S. Blackwood  
 A-Bar Ranch  
 Robert Lee  
 "US News & World Reports" 7 Dec. 92:  
 "The years since the fall of the Berlin Wall have already been busy ones. U. S. troops have been called into action in the Philippines (twice), Panama (three times), El Salvador, Liberia, Iraq (three times), Somalia (three times), Bangladesh, Zaire, Cuba, the former Soviet Union, Angola and Yugoslavia."

bers of the legislature who voted against the leadership's "Fair Share Plan". This is the fourth time since my election in 1988 that I have had an opportunity to vote upon a school finance plan. I have voted against three of those plans. Three of those plans were held to be unconstitutional by the Texas Supreme Court. Was I wrong for voting against those plans? On each of those occasions the press was insistent that we vote for those plans because unless we did "The schools would close" and the "Courts would take over our schools". Of course neither occurred.

The latest plan, dubbed "The Fair Share Plan" was presented to the Texas House without any input from any House Members. Certainly, the vast majority of us never even saw the plan until just a few days before the beginning of the special session. The plan contained such items as "Laundering" the recaptured local tax dollars through the teacher retirement system; revising the available school fund (a constitutionally guaranteed sum to which every school child in the state is entitled) so that the state would have complete discretion over its distribution; and \$750,000,000 in general obligation bonds which could be used not just as a loan to local school districts but also as a grant (no pay back required) with no provision as to what criteria made a district eligible for the grant and who had the authority to make the grant.  
 Even without these provisions in the "Fair Share Plan" the number one reason I opposed it was because its implementation would absolutely devastate three of the school districts I represent (Irion, Sterling and Westbrook) while at the same time requiring property tax increases in not only those districts but also in the other districts I represent. For instance:  
**Bronte ISD** from \$1.33 in 1992 to \$1.50 in 1994  
**Christoval ISD** from \$1.55 in 1992 to \$1.76 in 1994  
**Colorado ISD** from \$1.12 in 1992 to \$1.36 in 1994  
**Grape Creek ISD** from \$0.96 in 1992 to \$1.22 in 1994  
**Loraine ISD** from \$1.47 in 1992 to \$1.72 in 1994

**Robert Lee ISD** from \$0.91 in 1992 to \$1.06 in 1994  
**San Angelo ISD** from \$1.03 in 1992 to \$1.26 in 1994  
**Wall ISD** from \$1.01 in 1992 to \$1.26 in 1994  
**Water Valley ISD** from \$1.44 in 1992 to \$1.73 in 1994  
 Sterling County ISD's tax rate is increased from \$1.01 in 1992 to \$1.28 in 1994 and loses all of its state funding for its schools. Similarly, Irion County ISD's tax rate is increased from \$1.13 to \$1.38 and also loses all of its state funding. The same is true at Westbrook ISD (Mitchell County) which goes from \$1.22 in 1992 to \$1.50 in 1994 and loses all state aid.

Throughout the past year I have met with other legislators, school administrators, business leaders and others listening to their concerns about school finance and working toward solutions. Not one single school administrator, board member or citizen ever asked me to vote in favor of the "Fair Share Plan". In fact I did not receive a single letter or phone call from anyone in the 66th District asking me to support this plan.

We have until June 1st to pass a plan on school finance. I am convinced that we can devise a better solution than presented in the "Fair Share Plan". No where in any of the courts' opinions in the Edgewood case has the court ever mentioned closing the public schools. Statements in the press that the courts or judges have "vowed to close the schools" are simply not accurate. Headlines such as "Legislature fails school children" ignores the fact that the legislature has more than doubled the state contribution to the public schools in the past ten years while enrollment increased 18%.

I am committed to finding a solution that will meet the court's definition of "efficiency" in the financing of the public schools, however, I will not support a plan that requires a massive increase in property taxes in not only the "rich" school districts but also in the "poor" school districts as well. We have no greater task before us in this next regular session of the legislature which begins in January than school finance and I am confident that we will pass a plan that is truly a "Fair Share Plan" for all Texans.

**50th Anniversary**  
 Honoring  
**Sam & Virginia Sissom**  
**Sunday, December 20, 1992**  
**2-4 pm**  
**Bronte Senior Center**  
 Hosted by  
 Their Children  
**Everyone Welcome**  
 No Gifts Please

### Birthday Celebration

Anna Mae Eaton Pendergrast, who will be 96 on Tuesday, December 15, 1992, marked the achievement two days early, on Sunday, Dec. 13, with family and friends, including an open house from 2 to 5 pm Sunday at the home of her son, Sam, at 1957 State, Abilene.

Co-hosts were her daughter, Wanda June Pendergrast Wright of Weatherford, Sergeant-Major (More or Less Retired) Tom Pendergrast of Maxdale; and sons, Carl Brock of Abilene and Temple and Sam (better known as the Black Dog Democrat since the local paper quit printing stories about him before his informal label became "One of the Guys in Abilene You Want to Talk to if You Want to Try to Get in the President Clinton Cabinet").

Mrs. Pendergrast - expected to be honored in connection with her birthday by one or more Chief Executives - asked that gifts be omitted (but she's still fond of sweets and fuzzy toys).

Out-of-town friends found her at (915)-672-1249 between 2 and 5 pm Sunday, and at her home next door, (915)-677-7419, before and after those hours, and she loves to hear - among others - from any classmates from Bronte High School, for whose centennial parade she served as Grand Marshal in 1990.

Born Dec. 15, 1896, at Carbon, she moved to Bronte as a child, to Phoenix in 1934 with her husband, the late Robert Homer Pendergrast of Abilene, Kansas, and her six children, and to Abilene with the family in 1939. (Sons Eddie Brock and Charlie Pendergrast died in 1951 and 1958 respectively, and R. H. in 1951.)

### Personal

Joan Davis of Robert Lee spent Sunday night with her children, Nadine Davis, and Mike, Cynthia, and Craig Davis of Abilene. The family attended the area-renowned presentation, "The Living Christmas Tree" at the Wylie Baptist Church.

The living Christmas tree extends some 40-50 feet into the cathedral ceiling on which a choir of approximately 60 persons are terraced. A total of 32,000 lights cover the tree, along with greenery. The beautiful voices, in conjunction with dramatizations, told the story of the Saviour's birth, life, and resurrection.

The annual production runs for several performances and is always standing room only with Big Country visitors.

### Personal

Visitors in Robert Lee over the weekend were Mindy Wright, her daughter, Danya, and friend, Stacy. Sondra Hester and the three guests attended the Nutcracker Saturday night in San Angelo. The event was a birthday gift to Mindy from her mother.

The four attendees thoroughly enjoyed the ballet. This has become an annual celebration for Mindy.



Colin Beal, 8, son of Lynn and Robble Beal of Odessa, and grandson of Willis and Wanda Smith and Zeddie and Ruth Beal, all of Robert Lee, enjoyed a successful deer hunt recently. He took this spike and 3 pt. buck on the Donald Mauldin place.

### Seniors enjoy light tour

Robert Lee Senior Citizens enjoyed a Christmas light tour and a party afterward on Tuesday evening. Coordinator Kelly Millican was the tour guide for Edna Carlile, Ida Weir, Gladys Waldrop, Annie B. Mitchell, Nola Harmon, Ruby Jackson, and Mary Hood who attended the party which followed. Also attending the party were: Faye Miller, Verna McDorman, Buz Sawyer, Floy Sawyer, Mary Patterson, R. C. Patterson, Gladys Slaton, Lena Roe, Reba Tabor, Jim Tabor, Zola

Hatley, and Chris Henderson. The group was served hot dogs and appropriate go-withs. West Coke County Community Development furnished the chili. Games of 88 and drawings for door prizes were held as entertainment. Chris Henderson won the poinsettia from The Flower Sak; the door rug provided by Ace was won by Verna McDorman; Mary Patterson was the winner of the Carousel's pill box; and Faye Miller was awarded the calendar from The Flower Sak.

### Who Says You Can't Have It All?

This holiday season, the choice is yours with Merle Norman's "Elegant Options" - coordinating color accents for eyes, cheeks, and lips. A total \$65 value. Now just \$25 with a \$12.50 Merle Norman cosmetic purchase.\* Come in today for your free holiday makeover and take advantage of this elegant offer. Because at Merle Norman, we believe that beauty should have no limits.

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Lb. **.99**

Rainbow  
**Vegetables**  
15-16 oz. cans  
Cut Green Beans, Whole or  
Cream Corn, French Cut  
Green Beans,  
Garden Sweet Peas  
**3 / \$1**

Navel  
**Oranges**  
**15 / \$1**

Red Delicious  
**Apples**  
**6 / \$1**

Imperial  
**Sugar**  
4 Lb. Bag **1.29**

Gold Medal  
**Flour**  
Asst. Varieties  
5 Lb. Bag **.79**

**Coke or 7-Up**  
12 pack 12 oz. cans **2.79**

## BRONTE SCHOOL NEWS

### Horns bring home consolation at Roscoe

The Bronte Longhorns competed in the Roscoe Varsity Tournament recently and brought home the consolation prize.

The first game saw the Longhorns pitted against the Winters Blizzards. Bronte won the game by a margin of 66-48. Brent Taylor led the Horns with 16 points, 11 rebounds, and 4 assists. Gary Bilbrey put 14 points on the board and had 5 rebounds. Justin Stensby scored 8 points with 3 steals; Brian Hall

added 6 points to the score; Jason Cooper, 3 points, 12 assists; Shae Sanford, 9 points, 5 rebounds; Nicholas Arrott, 6 points, 3 steals; James Hambright and Courtney Shaffer, 2 points each.

In the semi-final game the Horns fell to Roby 39-51. Gary Bilbrey was the top scorer with 14 points, he also had 6 rebounds. Justin Stensby recorded 8 points and had 5 rebounds; Brent Taylor, 6 points, 12 rebounds, 3 steals; Shae Sanford, 5 points; Jason Cooper, 4 points, 5 re-

bounds, 8 assists; and Courtney Shaffer, 2 points.

The Horns faced Knox City in the consolation game, they defeated them 51-43. Gary Bilbrey once again led the scoring with 16 points, he had 8 rebounds, 6 steals, and 4 assists. Brent Taylor scored 13 points, 7 rebounds, 4 assists, 3 steals; Justin Stensby, 10 points, 5 rebounds; James Hambright, 6 points; Shae Sanford, 3 points, 3 steals; Courtney Shaffer, 2 points; Nicholas Arrott, 1 point, 4 assists, and 3 steals.

#### Personal

A Christmas Pilgrimage to Natchitoches, La., and Natchez, Miss. was made by three sisters from West Texas. Pat Oglesby and Helen Murtishaw of Bronte were joined by Joy McDaniel of San Angelo on the drive to Helen's daughter in Louisiana for a planned tour of Natchez, Miss.

The ladies arrived at Natchitoches in time to view the "turning on the lights" and the celebration with a carnival like atmosphere along the Cane River in downtown. Natchitoches is noted as "The City of Lights." They visited in the home of Ginger and Sid Eubanks and with Dewey Lee Eubanks.

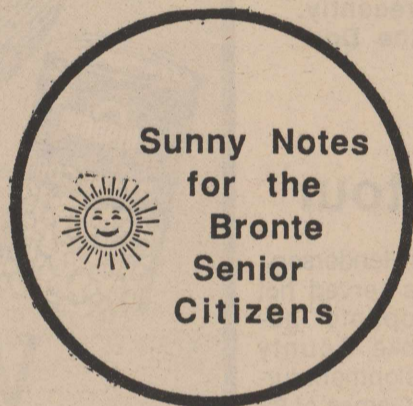
The group drove to Shreveport, La. to spend Sunday afternoon touring the R. W. Norton Art Gallery. Located on a 40-acre landscaped area the gallery holds many paintings, sculptures and decorative arts and is privately endowed by the Norton family.

Their paternal grandfather, Joseph Wall Luckett, came to Texas from Mississippi, after fighting in the Civil War, in 1865. The historical homes and sites have always been of interest to the women. They enjoyed visiting points in the South. The trip to Natchez, Miss. was eagerly anticipated and was certainly not disappointing. In horse drawn carriages the ladies went on a guided tour of three antebellum homes that are beautifully restored and decorated for the Christmas season.

They lunched at the Cock of the Walk Restaurant, enjoying fried catfish, greens, and cornbread southern style. Shopping in the historic district of Natchez - Under-The-Hill in shops that were formerly a celebrated haven for riverboat men and notorious gamblers in saloons and brothels was a treat. It is now noted for its beautiful view of the Mississippi River.

A day shopping in Alexandria, La. and lunching in Lea's Restaurant noted for its homebaked ham and pies ended the West Texas ladies pilgrimage of the South.

Upon returning home to Bronte Saturday evening, the many Christmas lights and decorations made the ladies proud of their small hometown.



**What a treat!** Dora Galloway hosted a wonderful Christmas Party for the Bronte Arts & Craft Guild from the Bronte Senior Center. There were 19 in attendance and after singing Christmas carols under the leadership of Dora, Zada Denman and Pearl Mae Andrews on their instruments, stories of Christmas' past were shared. Gifts were exchanged and a table loaded with holiday goodies were served.

**Light tour brightened the Holidays.** A van load and a trailing car made the rounds around town on Monday, December 14th to look at Christmas lights. What fun we had. Then we went to Ron & Fayne Thorn's home for refreshments. The house was decorated for the holidays and a nice evening of fellowship were shared by 17 senior citizens.

**Senior Center Closed for the Holidays**

The Center will be closed on Thursday, December 24 and Friday, December 25th in observance of the Christmas holidays. Everyone at the Bronte Senior Center Staff would like to wish everyone a very Merry Christmas.

**Meals for the Week**

**Monday, Dec. 21st**

Bar-B-Que  
Potato Tots  
Mixed Vegetables  
Bun  
Oatmeal Cookies

**Wednesday, Dec. 23rd**

Baked ham  
Candied Sweet Potatoes  
Green Beans  
Hot Roll  
Cherry Cobbler

**Friday, Dec. 25th**  
**Center Closed**

These programs are funded in part by the Area Agency on Aging, Concho Valley Council of governments, through grants from the Texas Department on Aging.

**Br. Nursing Home**

The monthly Birthday Party at Bronte Nursing Home was hosted by the Share and Grow Dept. of the First United Methodist Church on Dec. 11th. Don Edmiaston and Mary Bell Hilliard furnished entertainment. Birthday cake and punch were served to the Honorees Mable Myers, Esther Bradley, Edith Bryan and Edna Sneed and lots of friends. Santa had left a small gift for each of the residents and J. T. Henry handed them out for the Jolly Old man.



Mable Myers (standing), Esther Bradley (seated), Edith Bryan, and Edna Sneed (not shown) were the December Birthday Honorees at the Bronte Nursing Home.



**If you're looking for a New Year's resolution, just follow the signs.**

Over the years, the world's gotten harder and harder on smokers. And the painful truth is, smoking's gotten harder and harder

on you. Make it a real New Year. Resolve to quit. Call 1-800-4-CANCER and let us give you some free help.



**Help save a life. Your own.**



## SHANNON HEALTH NOTES

### Cholesterol Raising Events

Among the things known to affect cholesterol levels are what we eat, how much we weigh, how much we exercise and our family history of cholesterol levels. Two recent studies suggest mental stress can also raise cholesterol. Researchers at the University of Pittsburg School of Medicine say young men subjected to stressful math and word tests suffered temporary increases in levels of blood cholesterol.

Meanwhile, researchers at the University of Buffalo, in cooperation with scientists from the University of Naples in Italy, discovered an earthquake can cause a temporary increase in cholesterol, in addition to making the heart beat faster. The discovery occurred when an earthquake struck southern Italy while scientists were gathering information as part of an on-going heart study. The good news is that short-term stressful events apparently do not cause a long-term increase in cholesterol levels.

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## Remediation for TAAS: What works

During the summer of 1992 administration of the Texas Assessment of Academic Skills (TAAS), the division of Instructional Outcomes Assessment of the Texas Education Agency (TEA) collected information on remedial programs offered through education service centers and schools throughout the state. After examining preliminary performance data for students participating in each remedia-

tion program, TEA identified programs serving 25 or more students that showed the greatest average scale score gains compared to the spring of 1992 administration. On September 16, 1992, a committee composed of educators representing these successful programs was convened in Austin to advise TEA on effective remediation strategies.

Each committee member described the summer remediation program that was in place in his or her school. As members shared information about these successful programs, some common threads emerged. For example, members agreed that one primary goal was to erase patterns of failure and instill in students a sense of self-confidence and a positive attitude. In most cases teachers were under few constraints and were given a free hand to design and implement strategies that matched teaching styles to learning styles and met specific needs of the students. Although the various programs reflected diversity in their structures, approaches, and strategies, the participating teachers all shared the same high level of enthusiasm, strong commitment to their programs, and genuine belief both in their ability to teach and in their student's ability to learn.

The committee's suggestions on effective remediation strategies included ideas on classroom environment and materials. There was general agreement that a suitable environment conducive to learning is crucial to student success. Some teachers used classroom decorations, including posters and banners with an "I am a winner" theme, as motivational tools. In many classrooms teachers promoted a relaxed, casual atmosphere by eliminating dress codes, traditional seating arrangements, and rigid schedules. Others, however, felt it was important to maintain the routines and regulations of the regular school year. Low student/teacher ratios enabled the classes to meet as small groups. Some teachers set up centers with magazines and newspaper articles to engage students' interest and to provoke reading. Teachers also used a variety of other resource materials, including those they developed themselves, TEA publications, and some commercially available TAAS products.

Much of the information shared by the committee members addressed instructional and/or motivational techniques, ranging from broad strategies to very specific practices. Some were innovative and involved risk-taking, while others represented more traditional teaching methods. Following is a list of techniques that participating schools employed in various combinations.

>Focus on teaching rather than reviewing. Don't take prior knowledge for granted. Start from "Square one."

>Model thinking processes for students. Model the no-

tion that learning is fun and enjoyable.

>Make use of performance data to identify your students' needs.

>Group students with similar weaknesses and/or similar strengths.

>Design instruction according to students' needs. Recognize different learning styles. Match teaching styles to learning styles.

>Make use of peer evaluation and group work to improve students' skills.

>Encourage direct parental involvement.

>Telephone students to encourage attendance at classes and again right before the test to offer encouragement and support.

>Schedule programs so that they end immediately before testing.

>Have teachers serve as test administrators for their students.

>Make students responsible for their own success plan (student/teacher contracts).

>Make connections for students between instructions and the test.

>Put test in the proper perspective to lower test anxiety.

>Integrate activities across subject areas.

>Have students maintain a portfolio system to foster self-assessment and self-esteem.

>Teach concrete ideas before moving to abstract ideas.

>Break concepts down into small, manageable pieces instead of tackling them as a whole.

>Focus on test-taking skills such as underlining, circling, and highlighting important information.

>Focus on content, purpose, and structure of the written composition rather than on mechanics.

>Use color-coded writing in drafting compositions (e. g., reasons, explanation, and details in different colors).

>Teach editing skills in context (e. g., student-generated writing and newspaper articles).

>Make extensive use of hands-on activities (e. g., use food to teach measurement and fractions; cut, construct, and measure to teach geometry).

>Have students justify correct multiple-choice answers and explain why the other options are incorrect.

Additional motivational techniques included paying students an hourly wage to participate in the program instead of taking a summer job. In other programs small prizes were given as attendance incentives.

In addition to these successful techniques, the committee also made some general observations regarding

teacher personnel. The committee agreed that expert teachers whose enthusiasm matched their competence were best suited to the task of TAAS remediation. In many cases tutors were hired to assist teachers in the classroom. The committee concurred that comprehensive planning, knowledge of pedagogy, and "knowing who your students are" are all vital elements in an effective program. Middle school teachers participated in several programs and were particularly successful in remediating exit level students. In some cases teachers were responsible for planning and implementing the programs; in other cases the programs were designed and implemented by administrators. One superintendent met with teachers prior to the beginning of the remediation program to assure them of support and to thank them in advance for their efforts. In one program teachers were paid \$30 for each student who passed each subject area test.

While committee members focused primarily on what worked in their programs, they also offered the following suggestions.

>Don't "drill and kill."

>Don't spend too much time on one thing.

>Don't use "classic" cooperative learning.

>Don't give up on student attendance.

>Don't allow students to harbor a sense of failure.

>Don't grade daily work.

>Don't destroy rhythm or momentum.

>Don't be haphazard in grouping students.

>Don't merely review; instead, instruct.

The committee believed that there are several steps that need to be taken in order to continue and expand successful remediation programs. First, the committee felt that comprehensive planning is crucial to the success of future remediation programs. Second, members emphasized the importance of shar-

ing "what works" among campuses and districts. Teacher-sharing conferences, videotaped sharing sessions, or TENET networking were suggested as ways to spread program information effectively. Ideas for the structure of future remediation programs include using team teaching methods, integrating instruction across subject areas, and developing summer institutes. It is hoped that the success of these programs and the information gathered from this committee will enable all students to achieve success on the TAAS test.

Listed below are the educators who comprised the committee on successful remediation strategies. Also listed are their subject area specialties and the school districts where they can be contacted.

### Writing

#### Member

##### District

Pat Blacklock

Corpus Christi ISD

Sara Leal

Pharr-San Juan-Alamo ISD

Nancy Maggard

San Benito CISD

Harriet Porterfield

North East ISD (S. A.)

Joel Salinas

Rio Grande City ISD

### Reading

#### Member

##### District

Gina Duewall

Eagle Pass ISD

Gracie Garza and

Argelia Guadarrama

Pharr-San Juan-Alamo ISD

Marissa Garza

Edinburg ISD

Pamela Juarez and

Dalia Treveno

United ISD (Laredo)

Linda Ramirez

Edinburg ISD

### Mathematics

#### Member

##### District

Joe Alvarez

Ysleta ISD

Carol Harris

Alief ISD

Lucy Flores Sanchez

Edinburg ISD

## Wedding Anniversary

Skinny and Elsie Adams of Robert Lee celebrated their 60th Wedding Anniversary on Thursday, December 10.

S. E. Adams and Elsie Pruitt were married secretly on a bitterly cold night in Colorado City on Dec. 10, 1932. The young Robert Lee school teacher and the ambitious local businessman kept the marriage quiet for several days because the county, and the country, were in the throes of "the great depression". It was school policy to retain only single teachers since, with a couple, one or the other would be able to make a living and support the other.

Bruce Clift was school board president at the time and the new Mrs. Adams approached him and asked if he would fire a teacher who had married. He told her, much to her relief, that he would fire one if she had a chance to marry and didn't. He then asked why she was inquiring. Mrs. Adams told of her recent marriage and continued her teaching.

The couple has ranched and stockfarmed in Coke County since shortly after their marriage and have been partners in the abstract and tittle business in Robert Lee and San Angelo most of their married life. Mr. Adams also became involved in the local oil boom in the 40's and 50's.

They have one son, Stanley, who married Christie Ann Bell. The couple also has three grandchildren, Naomi, Stan, and Hazel.

Mr. and Mrs. Adams were honored on their Golden Wedding Anniversary by their son, daughter-in-law, and grandchildren on Dec. 12, 1982 at a large reception at the Recreation Hall in Robert Lee.

## Personal

Pvt. Sonja M. Salser has completed basic training at Fort Jackson, Colombia, S. C.

During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, and Army history and traditions.

The soldier is the daughter of Roger A. and Jutta R. Salser formerly of 211 N. State, Bronte. They now reside at 140 Horton St., Lewiston, Maine.

She is a 1992 graduate of Bronte High School.

May all your troubles last as long as your New Year's resolutions.

Joey Adams

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Robert Lee 453-2911

# ROBERT LEE SCHOOL NEWS

## Current basketball results announced

### Robert Lee Jr. High Basketball

Robert Lee's Jr. High basketball teams traveled to Sterling City to participate in the tourney held there December 10, 11, and 12. The girls team made it to the championship game, but were narrowly defeated by Sterling City. The boys team won the consolation game in the tourney.

The girls faced Greenwood in the first game and won by a huge margin. They defeated their opponent 34-4. Jennifer Scott led the scoring with 12 points, Shalon Waldrop, 10; Meagan Hill, 6; Kizzie Howell, Brandi Brosh, and Rachel Shook each scored 2 points.

Friday the girls played Water Valley and again were impressive, defeating Water Valley 44-31. Shalon Waldrop took high point honors with 17. Kizzie Howell put 8 points on the board; Jennifer Scott, 6; Kannan Millican, 4; Meagan Hill, 4; Brandi Brosh, 2; Rachel Shook, 2; and Maranda Wojtek, 1.

The girls were narrowly defeated in the Championship game against host Sterling City 28-30. Jennifer Scott was high pointer with 12; Shalon Waldrop scored 10; Kannan Millican and Brandi Brosh each scored 2 points.

The Dogies defeated Sterling City's B team 31-13 in

### RL Varsity Basketball

Robert Lee's varsity and Jr. Varsity teams were in Sterling City Tuesday, December 8. The boys teams fared better than the girls, with both varsity and Jr. Varsity boys teams defeating Sterling City, and the girls teams not quite managing to pull out wins.

The girls Jr. Varsity team was defeated by a score of 19-24. Wendy McPeek and Heather Millican shared top scoring honors with 7 each; Krystal Carver and Angie Ibarra added 2 points each to the score, Laura Chesshir, 1.

The Lady Steers were defeated by 47-58. Lori Wink was high pointer with 13. Carlene Bewick and Shelbi Grim scored 8 points each; Rachel Pentecost, 6; Shelley Burrows, 4; Jaclyn Waldrop, 4; Gina Putman, 2; and Jonie Waggonner, 2.

The boys JV team fared better defeating Sterling City's JV team 43-24. Eric Hood was top scorer with 17; Jeremy Vincent scored 9 points; Charles Hayes, 6; Bart Goodman, 5; Jason Wyatt, 4; Koby Howell and Jeremy Fluhmann, 1 each.

The Steers defeated the Eagles 75-41 in an impressive win. Aaron Hood took high point honors with 17. Joe Blair added 11 points to the final score; Dean Burns, 10; Judd Pitcock, 9; Lee McCown, 7; Jason Dickey and Danny Jackson, 6 each; B.J. Winter, 5; John Fluhmann and John Williams, 2 each.

Thursdays game. Donny Edging scored 8 points, Jerrod Copeland, 7; Mike Pentecost, 4; Jason Tavarez, 3; Bobby Longoria, Jerrod Pitcock, Gilbert Torres, and Kory Pitcock each scored 2 points; Freddy Wojtek, 1.

The boys lost a close one to Water Valley in the Semi-Final game. They were defeated 29-31. Mike Pentecost, Jerrod Pitcock, and Donny Edging shared high point honors with 6 each. Kory Pitcock added 4 points to the board; Jerrod Copeland, 3; Gilbert Torres and Starsky Oleksiuk each scored 2 points.

In the Consolation game played Saturday the Dogies faced Bronte and came away winners with a 17-13 win. Gilbert Torres was high point

### RL Varsity Tourney

Robert Lee held its annual tourney in the local gym December 10, 11, and 12. The Steers won the Championship game and the Ladies took second place.

Robert Lee girls defeated Grady Thursday 48-34. Gina Putman led the scoring with 10 points; Lori Wink, 9; Jaclyn Waldrop, 8; Shelbi Grim, 6; Shelley Burrows, 6; Carlene Bewick, 5; Jonie Waggonner, 4.

Friday the girls faced Blackwell. They won the semi-final game 42-40. Lori Wink was high pointer with 13 points; Shelley Burrows, 10; Carlene Bewick, 7; Gina Putman, 5; Shelbi Grim, 3; Elaine Gibbs, 2; and Jaclyn Waldrop, 2.

Sterling City was the opponent for the girls in the Championship game Saturday. Robert Lee was defeated 50-38. Lori Wink once again led in the scoring with 12; Gina Putman scored 6 points; Shelley Burrows and Jaclyn Waldrop, 5 each; Shelbi Grim, 4; Rachel Pentecost, 4; and Carlene Bewick, 2.

The Steers played Grady Thursday night and won by a score of 65-44. John Williams was high pointer with 21; Danny Jackson, 9; Joe Blair, 8; John Fluhmann, 6; Aaron Hood, 6; Judd Pitcock, 6; Lee McCown, 3; Jason Dickey, Dean Burns, and B.J. Winter each scored 2 points.

Aaron Hood led the Steers in a win over Westbrook Friday in the Semi-Final game with 21 points. Danny Jackson put 12 on the board; John Williams, 10; Lee McCown, 6; Jason Dickey, 4; B.J. Winter, 2; Dean Burns, 2; John Fluhmann, 2; Judd Pitcock, 2; and Joe Blair, 3.

In the Championship game held Saturday, the Steers faced Garden City. The Steers defeated the Bearkats 54-38. Joe Blair was high point man with 20 points. Aaron Hood and Lee McCown each put 9 on the board, Danny Jackson, 8; John Williams, 6, and Judd Pitcock, 2.

man with 5. Jerrod Copeland and Kory Pitcock each scored 4 points; Donny Edging, 2; and Jerrod Pitcock and Mike Pentecost, 1 each.

Robert Lee hosted the Bronte Shorthorns Monday, December 14. Both "A" teams were winners and were the girls "B" team. The boys "B" team lost to Bronte's "B" team, but just barely.

The girls "B" team won by a score of 18-6. Bree Bolding was high pointer with 8, Soyla Barrera added 6 points to the total, Jessica Key and Jennifer Parks, 2 each.

The girls "A" team won big, defeating Bronte 34-12. Jennifer Scott led the scoring with 14; Shalon Waldrop, 13; Kannan Millican, 4; Kizzie Howell, 2; and Heather Nicholas, 1.

The "B" team were edged out by a score of 14-16. Scotty Wyatt was top scorer with 8 points, Polo Arellano, 3; Danny Calder, 2; and Matthew Millican, 1.

Jason Tavarez led the Dogies in a win against Bronte with 9 points. Gilbert Torres scored 6 points in the win; Mike Pentecost, 4; Jerrod Pitcock, Donny Edging, Jerrod Copeland, and Kory Pitcock each put 2 points on the board.

### Sparrowgrass Poetry

Sparrowgrass Poetry Forum Inc. is offering a grand prize of \$500 in its new "Distinguished Poet Awards" poetry contest. Thirty-four other cash awards are also being offered. The contest is free to enter.

Poets may enter one poem only, 20 lines or less, on any subject, in any style. Contest closes January 31, 1993, but poets are encouraged to submit their work as soon as possible, since poems entered in the contest also will be considered for publication in *Treasured Poems of America*, a hard cover anthology. Prizes will be awarded by March 31, 1993.

"We are looking for sincerity and originality in a wide variety of styles and themes," says Jerome P. Welch, Publisher. "You do not have to be an experienced poet to enter or win."

Poems should be sent to Sparrowgrass Poetry Forum Inc., Dept. N, 203 Diamond Street, Sistersville, West Virginia 26175.

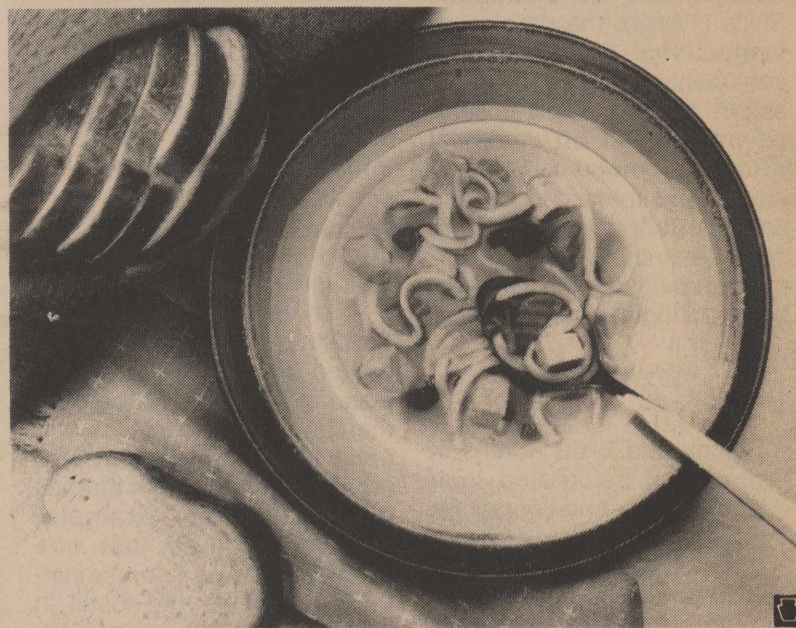
About the contest sponsor: Sparrowgrass Poetry Forum sponsors six free poetry contests and publishes six hard-cover poetry anthologies each year. They are dedicated to encouraging and rewarding the many "undiscovered" poets across America.

Sleep is still the best eraser in the world.  
O. A. Battista

cooking

## HOMESTYLE SOUP

the microwave way



(DM)—What a delight to discover a simple, time-saving homestyle soup recipe with savory, slow-simmered flavor. According to Whirlpool Corporation home economists, convenient ingredients and microwave cooking instructions make Homestyle Turkey Noodle Soup just such a recipe. This is a delicious, no-fuss way to use leftover turkey after a hectic holiday season.

### HOMESTYLE TURKEY NOODLE SOUP (6 servings)

- 2 cans (14½ oz. each) clear chicken broth
- ½ cup water
- 2 cups diced cooked turkey
- 1 cup frozen mixed vegetables
- 1½ cups (3 oz.) kluski-style dry egg noodles
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon ground sage

#### Nutrition Information (per serving)

Calories	174
Protein	18 g
Fat	5 g
Cholesterol	51 mg
Carbohydrates	15 g
Sodium	747 mg

Combine all ingredients in 3-quart glass bowl. Microwave at HIGH (100%) for 12 minutes or until boiling. Stir. Microwave at MEDIUM (50%) for 15 minutes or until noodles are tender.

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## Nut bread takes out chill

Take the chill out of crisp winter mornings with a warm slice of bread fresh from the oven. Prune-Orange Nut Bread is the perfect way to start the day during the January, National Prune Breakfast Month, or anytime.

Studded with crunchy walnuts and chewy prunes, this fragrant bread is subtly flavored with a hint of orange and prune juice, it is a nutritious favorite. This bread is easy to make in advance, freeze and reheat or toast, and top with orange marmalade for quick, healthy breakfasts.

California prune juice is more than a healthy drink. It is also surprisingly versatile as an ingredient that enhances a wide variety of dishes and provides important nutrients like potassium, vitamin A and iron.

### Prune-Orange Nut Bread

- 1 1/2 cups prune juice
  - 1/2 cup orange juice
  - 1/3 cup butter or margarine, softened
  - 1 1/2 cups (about 9 oz.) coarsely chopped pitted prunes
  - 1 1/2 tablespoons grated orange peel
  - 3 cups flour
  - 3/4 cup packed brown sugar
  - 2 teaspoons baking soda
  - Dash salt
  - 1 cup coarsely chopped walnuts
  - 2 eggs, beaten.
- Preheat oven to 350 degrees. In small saucepan

bring prune juice and orange juice to boiling. Pour into large bowl. Stir in butter to melt. Stir in prunes and orange peel; cool to lukewarm. Meanwhile, combine flour, sugar, baking soda, salt and nuts in another large bowl. Stir eggs into prune mixture, then add dry ingredients; mix just to blend thoroughly. Pour into greased 2 1/2 quart souffle dish or other baking dish. Smooth top. Bake in center of oven about 1 hour, 30 minutes until pick inserted into center comes out clean. Cool in dish 10 minutes. Remove from dish; cool on rack. Slice to serve. Wrap remainder securely in plastic wrap or foil.

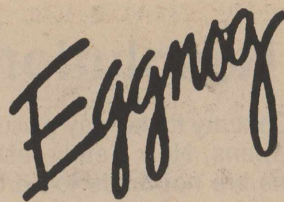
Makes one large loaf (16 servings)

**Nutritional Information Per Serving:** 274 calories; 5 g. protein; 10 g. fat; 44 g. carbohydrate; 2.3 g. fiber; 32 mg. cholesterol; 180 mg. sodium.

### Personal

Bobby and Jeffie Roberts held their 17th Annual Neighborhood Christmas Party in their home 7 miles South of Robert Lee, Friday night, December 11, 1992. The group enjoyed eating, visiting, and the Christmas lights.

Those present were Hadley and Geneva Richards, Douglas and Denise Roberts, Waldon, Judy, Ashlee, Lance, Erin and Allison Millican, Floyd and Jessie Harmon, Lawana Millican, Marshall, Sheri and Stewart Millican, and Wilbern and Charlotte Millican.



## It's not like it used to be

Recent warnings against eating raw or undercooked eggs hit homemade eggnog lovers right in the holiday punch bowl -- but not for long. This once-a-year indulgence can be worry-free by purchasing ready-made eggnog from your grocer's dairy case or making a few simple changes in your favorite eggnog recipe.

Ready-made eggnog offers no potential health hazard because it is pasteurized. It also comes in several varieties including low-fat and extra-rich.

If you're not one to trade tradition for convenience, you can make homemade eggnog safe by substituting a cooked custard for the raw eggs and following a few common sense food handling techniques.

- Buy eggs from refrigerated cases only.
- Refrigerate eggs in their original carton at 40 F or below as soon as possible after purchase.
- Use only clean, unbroken eggs.
- Do not use raw eggs in salad dressings, beverages, ice cream or mousse.
- Cook eggs and egg dishes to a minimum temperature of 140 F throughout.
- Don't leave raw eggs or egg dishes at room temperature for more than one hour including preparation and serving time.
- Thoroughly wash all utensils and other cooking equipment with hot soapy water after working with raw eggs.



When making your own eggnog, begin with the cooked custard base. Cook the eggs, milk and sugar over low heat until an instant read thermometer registers 160 F and the mixture coats the back of a metal spoon. To complete the recipe, add vanilla, nutmeg and/or flavorings and thoroughly chill.

For added richness, fold whipped cream or small scoops of ice cream into the chilled eggnog. The Holiday Eggnog recipe developed by the American Dairy Association also includes directions for almond- and mocha-flavored variations.

Add an extra touch to holiday menus with flavored butter. For several savory to sweet butter blends, simply combine softened butter with fresh herbs, jams or jellies, cinnamon and sugar, maple syrup, or honey. Stir in a small amount at a time until butter is flavored as desired.

### Holiday Eggnog

- 6 eggs
- 1/2 cup sugar
- 1/4 teaspoon salt
- 3 cups milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground nutmeg
- 1 cup whipping cream

In large saucepan, beat together eggs, sugar and salt. Stir in milk. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon, about 15 minutes (thermometer should register 160 F). Remove from heat. Stir in vanilla and nutmeg. Cover and refrigerate until thoroughly chilled, several hours or overnight. Just before serving, beat whipping cream until soft peaks form. With wire whisk, gently fold whipped cream into custard mixture. Serve, if desired, with additional nutmeg.

Makes about 1 1/2 quarts

### VARIATIONS:

For **Almond Eggnog**, omit nutmeg. Stir 1/2 cup almond-flavored liqueur or 1 teaspoon almond extract into egg mixture before chilling. Proceed as above.

Makes about 1 3/4 quarts

For **Mocha Eggnog**, reduce sugar to 1/3 cup. Beat 2 teaspoons instant coffee powder together with eggs, sugar and salt. Cook as directed above. Omit nutmeg; stir 1/2 cup chocolate syrup into egg mixture before chilling. Proceed as above.

Makes about 1 3/4 quarts

## Drawing

### \$150.00 Groceries

Come in and register for \$50.00 in groceries, 3 Baskets worth \$50.00 each will be given away. Drawing to be held the morning of December 24.

- Coca Cola 6 pack cans 1.39
- Coca Cola 2 lit. Limit 6 .85
- Parade Milk LoFat Homo Gal. 1.59
- Santitas Chips Reg. 1.39 .99
- Del Monte Catsup 32 oz. 1.29
- Chex Cereal Asst. Kinds 2.39
- Mandarin Oranges .89
- Parade Pie Shells 2 ct. pkg. 1.29
- Parade Asst. Flavors Cake Mix .89
- Wolf Brand Chili 19 oz. Limit 4 .99
- Bounty Paper Towels roll Limit 6 .79
- Cottonelle Bath Tissue 4 roll pkg. Limit 6 .89

### Davis Grocery & Meat

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## Drawing

### 5 pack Walt Disney Video Movies

Register for a 5 pack of Walt Disney Movies to be given away December 22.

- Parade 16 oz. can Cranberry Sauce 2 / \$ 1
- All Campbell Mix or Soup Match (Limit 2 / .99 10 cans)
- "Fresh" Celery Stalk .59
- Gandy's Egg Nog qt. 1.29
- Parade 8 oz. Whipped Topping 2 / \$.99
- Gandy's Sour Cream 8 oz. .49
- Gandy's Whipping Cream 8 oz. .49
- Grade A Large Eggs doz. .79
- Oscar Mayer "Mello Crisp" Bacon 1 Lb. pkg. .99
- Cut To Order Sirloin Steak Lb. 2.19
- Self Basting Turkey Hens Lb. .59
- Red Rind Cheese Lb. 1.99
- Golden Award Ham Lb. 2.99
- Fully Cooked Bone In Ham Lb. 1.99

We will close at 5:00 pm on Christmas Eve and remain closed all day Christmas.

## Special gift wrap designs

by Sharon Achatz  
Copley News Service

It's often said you can't judge a book by its cover, but folks can and do judge a gift by its wrapping.

After all, the biggest, brightest gift boxes are always the first opened, and who of us hasn't been enticed by a pretty present to stop and ponder at what might be inside?

Whether you wrap 'em, tie 'em, bow 'em or bag 'em, there are more fun options than ever before for creating delightful holiday gift-wrap designs.

For perfect, pretty and easy assembly, buy an ensemble of pre-matched paper, card and bow. Designs range from traditional to whimsical, so it's easy to find motifs keyed to the giftee's personal tastes and interests - from sleigh bells or skiers to trumpets or teddy bears.

If ensembles are too structured for your tastes, create your own custom-made mix-and-match paper. Simply select two or more contrasting or complementary designs and colors, tape them together on a box and cover the seams with broad bright or metallic ribbon.

If none of these paper options suits your fancy, substitute fabrics, wallpaper, aluminum foil, scarves, kitchen towels, lap blankets - even pages from newspapers and magazines.

Fabrics are especially handy when it comes to wrapping odd-shape presents such as plush animals, tricycles, tennis rackets and balls.

Looking for a simpler solution that's also reusable? Bag the gifts in bright bags - just drop the gift inside and add a flourish with colorful tissue and a splash of confetti. To prevent peeking seal it with a sticker or slice a slit in the fold of a recycled holiday card and place it over the bag's handles to keep contents concealed.

Basic wrapping completed, lots of little touches can work holiday gifting miracles as well.

Instead of standard ribbon, decorate presents with pieces of silvery garland, lace, miniature ornaments, figurines and cutouts from old holiday cards.

Wrap master Robin Cohen, co-owner of The Paper Plum gift shop in Stockton, Calif., and star of the videotape "Wrap Magic," offers the following suggestions:

**\*Make the package decoration an accessory to the gift inside:** foil wrapped chocolate kisses glued to a box of candy; grapes draped over a bottle of wine; pens tied to a box of stationery; socks affixed to a shoe box.

**\*Instead of gift tags,** paint the recipients' names on ball tree ornaments or a bookmark - or attach small personalized articles such as toothbrushes, pencils, combs or barrettes.

**\*Enhance a wrapping paper motif** by adding appropriate toy miniatures, for example: on paper covered

with stars, add plastic foam stars painted silver or gold; on paper with fruit or flowers, tie on real or wax fruit, real or silk flowers; on music motif paper, tie on a tiny brass horn or tickets to the opera.

**\*Be environmentally aware and recycle.** Decorate discarded food containers and cans. Save used wrapping paper and tear it into strips for use as bows or as bag stuffing. Save boxes - there's another gift day on its way.

If you're one of those folks who hates to wrap gifts, take heart - nearly all major department stores offer wrapping services for a nominal fee, and many mailing outlets provide one-stop wrapping, packaging and shipping services.

If gifts are to be shipped, the United Parcel Service offers the following guidelines to ensure that presents are adequately packed:

**\*Use corrugated cartons or boxes in good, rigid condition,** with all flaps intact and no punctures, tears or corner damage. Select a carton large enough to allow room for sufficient cushioning material on all sides of the contents.

**\*Cushion inside of box with plastic foam peanuts, crumpled newspaper or heavy brown paper.** Cushioning should be stuffed several inches on all sides of the item so it cannot move easily when shaken. Double box and use extra cushioning for fragile items.

**\*Close the carton securely** with a strong tape plastic or reinforced tape at least two inches in width. Masking or cellophane tape is not sufficient - they crack and peel and don't provide necessary strength. Don't use string or paper on packages, since they can get snagged on conveyor belts.

**\*Label properly.** Include complete return address and ZIP code with the complete mailing address; never place the label over a seam or closure or on top of sealing tape; put an extra address label inside the box in case the outside is damaged.

### Omega Coterie Club

The Omega Coterie Club of Blackwell met Dec. 9th for a Christmas covered dish luncheon in the fellowship hall of the First Baptist Church. Laura Seale, president, presided over the business session. Plans were discussed to have a bake sale in February.

Secret Pal gifts were exchanged and a delicious luncheon was served from Christmas decorated tables. Laura Seale and Joyce Jones served as hostesses. Members present were: Colene Fletcher, Sue Parker, Luvane Akins, Emma L. Lanier, Sue Sweet, Shirley Walston, Jane Wheat, Lily M. Walters, Francis Green, Eppie Crain, Mildred Wood, Darris Hagler, Margaret Stout, Marie Romine, Mada Belew, Bea Murray, and one guest, Cissy Crawford.

Next meeting will Jan. 13, 1993.

## Resolutions are not made to be broken

Contrary to the way it usually happens, New Year's resolutions are not made to be broken.

"Resolutions can work any time of year if you go slowly and realize you may not succeed on the first try," said Dr. Michael Cox, a psychologist at Baylor College of Medicine in Houston.

Successful New Year's resolutions begin as reasonable goals with reasonable expectations.

"Make the first step a small one, and take your time," Cox said "Picking something at which you can be successful, and build on that success."

Cox encourages people to ask, "how can I take better care of myself next year?"

"It may sound self-centered, but working on personal growth makes you more able to take care of relationships," he said.

After choosing a resolution or two, write them down.

Cox says that it will not make the resolutions a reality, but it does indicate that you are serious.

Once New Year's Day arrives, it is time to review the list and to get support.

"Whatever change you want to make, tell other people," Cox said. "Give them your

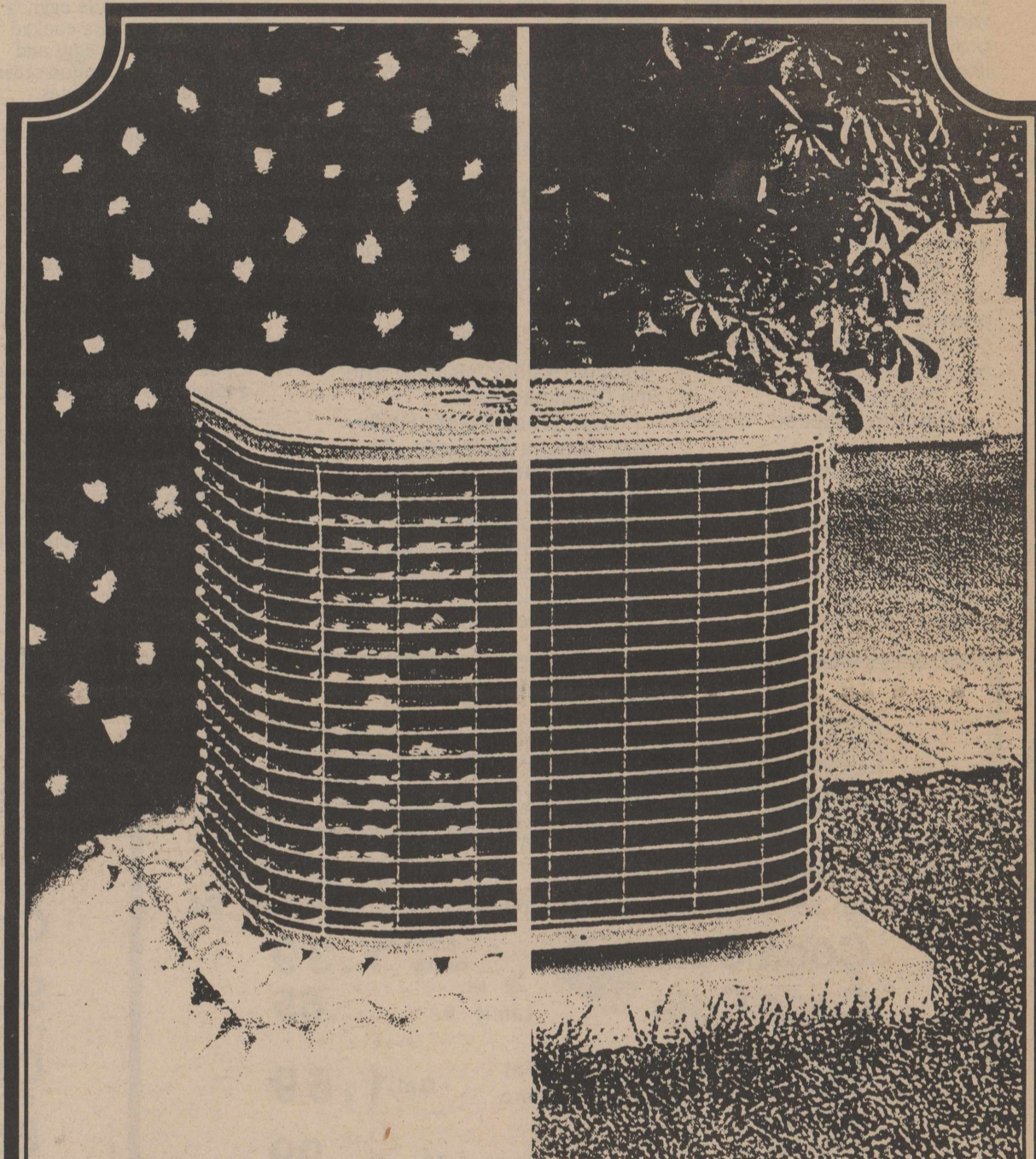
sense of direction, so they can help."

It may be a friend's encouragement to stick with that new walking program or a co-worker's positive comments that make the difference.

"Take credit for positive changes and accomplishments," Cox said. "As you begin to see yourself making changes, the attitude truly begins to change."

And, if you do break your resolution?

Try again. There is nothing magical about New Year's. Cox says it is seldom, if ever, too late to make a change.



## Savings and Comfort for all Seasons:

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Oscar Mayer Market Sliced

**Cooked Ham**

Lb. **1.29**

Lb. **2.59**

Lb. **2.99**

Hormel  
**Little Sizzlers**

12 oz. pkg. **.99**

Wright's Vac Pack Sliced

**Bacon**

Lb. **1.39**

Swift Market Sliced

**Bologna** Lb. **1.59**

Pork

**Spare Ribs**

**Ribs**

3-5 Lb. size Lb. **1.29**



Parade Jellied  
**Cranberry Sauce**

16 oz. can **.59**

Parade Light  
**Corn Syrup**

32 oz. Bottle **.99**

Parade  
**Pineapple Juice**

46 oz. can **.99**

Parade  
**Pineapple in Juice**

Crushed, Chunk, Sliced  
20 oz. can **.69**

Parade  
**Flake Coconut**

14 oz. Bag **.99**

Parade Powdered or Brown  
**Sugar**

2 Lb. Bag **.99**

Lean  
**Ground Chuck**

10 lbs. 1 Lb. pkgs. Lb. **1.59**

Owen's  
**Country Sausage**

1 Lb. Pkg. **1.89** 2 Lb. Pkg. **3.75**

Cook's  
**Butt or Shank Ham**

Lb. **1.39**

Eagle  
**Potato Chips**

6 oz. bag **.89**

**Coca Cola**

6 pk. 12 oz. cans

**1.59**



Parade  
**Bath Tissue**

4 Roll Pkg.

**.69**

Betty Crocker  
**Cake Mixes**

18.5 oz. Box

**.99**

**Milk**

Gal. Jug **1.59**

Parade Large  
**Eggs**

Doz. **.59**

Parade  
**Pumpkin**

303 size can **2/\$1**

Crisco Reg. or Butter  
**Shortening**

3 Lb. can **1.99**

Del Monte  
**Vegetables**

Cut & French Style Green Beans, Whole Kernel & Cream Style Corn, Sweet Peas, Mixed Vegetables

**2/.89**

Parade  
**American Singles**

12 oz.

Kraft Philly  
**Cream Cheese**

8 oz. **.89**

Dove Dishwashing Liquid  
**Soap**

22 oz. Bottle **.99**

Ajax Ultra  
**Detergent**

18 use 42 oz. **1.99**

Parade  
**Biscuits**

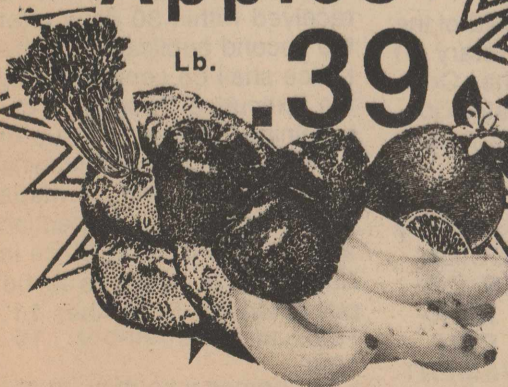
10 ct. 7.5 oz. can **5/\$1**

Colorado Fancy Red Delicious

**Apples**

Lb.

**.39**



## FRESH PRODUCE

Fancy California Navel

**Oranges**

**10/\$1**

Golden  
**Bananas**

3 Lbs. **/\$1**

Russet  
**Potatoes**

20 Lb. Bag **2.99**

Fresh Large  
**Celery**

Stalk **.49**

## FROZEN FOOD

Parade  
**Pie Shells**

2 ct. 9" 10 oz. pkg.

**.79**

Parade Frozen  
**Orange Juice**

12 oz. can **.79**

Parade  
**Whip Topping**

8 oz. Bowl **2/.99**

Prices Good 12-17 thru 12-23  
FOOD STAMPS WELCOME



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

**CLASSIFIED.**

**FOR SALE OR RENT**  
424 S. Jefferson in Bronte. Large 2 BR, 1 BA on 2 lots, garage. Owner will finance sale. Available now. Call Mary Lou Hudman at 915-387-2817 after 5 pm or 387-3893 (work).  
15-tnc

**FOR SALE**  
2 bedroom, older home, corner lot, good location. 902 Euel, Robert Lee.  
20-3tp

**PANEL RAY WALL HEATER**  
For Sale. Go by Gregston's Welding and make offer.  
18a-tnc

**REDUCED TO SELL**  
318 South State, Bronte. Two bedroom, one bath home. \$12,500. Alliance Realty Co. 915-653-6384  
20B-2tc

**DICK'S FIREWOOD** - Fireplace wood, campfire wood, and BBQ wood. 453-2151, Robert Lee.  
41-TNC

**FOR SALE**  
Artesia, New Mexico alfalfa hay. Call 786-2096 or 473-3202.  
08B-tnc

**FOR SALE**  
Registered Beefmaster Bulls, 19 months old. All one brand. Phone 473-3652.  
18B-tnc

**MISC**

**REWARD**  
for information leading to the conviction of persons damaging any property of Ben Hambright Family. Phone 473-3841.  
19-3tp

**D&L DOZER SERVICE**  
Larry Spivey, operator. PO Box 166, Bronte. Oak Creek Lake. Phone (915) 743-2577.  
19B-tnc

**DO YOU HAVE** a drinking problem? Call Alcoholics Anonymous, 453-2158, 453-4508, or 453-4382. Meetings - Friday, 8 pm; Sunday, 5 pm; Coke County Courthouse, Robert Lee.  
23 - tnc

**HAIR WITH PATIENCE**  
Open Tuesday-Friday 8:30-5:30; Saturday, 9:00-1:00. 1516 Washington, Robert Lee.  
17a-tnc

**FOUND**  
Large, dark red dog, maybe Irish Setter. Call 453-2979 or 453-2820.  
20-1tp

**LOST**  
Wire-haired terrier-spaniel cross dog. WALDO. Black curly hair, med. size. If found, call Longs, 453-2383 or leave message.  
20-1tp

**FREE CHRISTMAS PUPPIES**  
Small, shorthaired. Excellent for small children. 453-4312. Call after 5:00 pm.  
20-2tp

**B & B Enterprises**  
Wrecker Service  
Round Bale Hay Trailers  
On call 24 hours a day.  
124 N. State Bronte, Texas  
915/473-2200

**BUYING LIVE RATTLESNAKES**  
We pay top prices. Call 915-737-2403.  
20-4tc

**WOULD LIKE TO BUY**  
some Sweet Bee Hay. Call Evelyn McKinley at 453-2292.  
20-1tc

**Johnson's Water Well Service**  
Farm Ranch Home Windmills & Pumps  
24 HR. SERVICE  
658-6039 or 655-0379

**CARD OF THANKS**

**THANKS TO EVERYONE**  
I mowed and shredded for this year. Will be doing the same in 1993. Jesse Eads, Robert Lee, TX, 453-2610.  
20-1tp

**NOTICES**

**DIETARY POSITIONS AVAILABLE**  
Apply in person. West Coke County Nursing Home, 307 W. 8th, Robert Lee, TX. EOE  
17a-tnc

**NOTICE OF ELECTION ORDER FOR ELECTION OF DIRECTORS, COKE COUNTY KICKAPOO WATER CONTROL & IMPROVEMENT DISTRICT #1**  
By virtue of the authority vested in the Directors of Coke County KWCID #1, said Directors do hereby order that on the 12th day of January 1993 at the City Hall in Bronte, County of Coke, State of Texas, an election shall be held for the purpose of electing three directors of said District.  
No person shall vote at such an election unless he is a resident voter of said district and also qualified voter under the constitution and laws of the State of Texas.  
On or before the fifth day of such election the officers holding such election shall make due returns, in triplicate, of all the votes cast for Directors of said District, and deliver One (1) return to the President of the District, and one (1) to the Secretary.  
WITNESS THE HAND of the President and Secretary of the Directors of the Coke County Kickapoo Water Control and Improvement District #1.  
Royce Fancher, President  
Noah Pruitt, Jr., Secretary

**AVISO DE ELECCION DE DIRECTORES DE COKE COUNTY KICKAPOO WATER CONTROL & IMPROVEMENT DISTRICT #1**  
Ahora, por eco para la virtud de la revestido do autoridad de los direcotres de Coke County Kickapoo Water Control and Improvement District No 1, dichos directores mandan que en el Doce de Enero 1993, en el edificio Publico De La Ciudad en la ciudad de Bronte, el condado de Coke, El estado de Texas ena eleccion se tendra para el proposito de elegir tres (3) directores de dicho distrito. No persona se votara en esta eleccion excepto si es un votante registrado de dicho distrito y tambien es un votante cualificando debajo la constitucion y los leyes del estado de Texas. En o antes del quinto dia despues de la eleccion los funcionarios que tienen la eleccion hara los resultados en triplicado, de todas de las direcotres de dicho distrito y can uno (1) el Presidente del distrito y uno (1) al Secretario. Testigo el mano del Presidente y el Secretario do los Directores de Coke County Kickapoo Water Control and Improvement District No. 1. Royce Fancher, Presidente Noah Pruitt, Jr., Secretario  
20B-1tc

**TO ALL INTERESTED PERSONS AND PARTIES:**

You are hereby notified that SANCO MATERIALS COMPANY has applied for Texas Air Control Board (TACB) Permit No. 21884. This permit, if approved, will authorize operation of a Sand and Gravel Plant in ROBERT LEE, COKE COUNTY, Texas. The location of the facility is on IH 208, 4 miles South of the city of Robert Lee. This facility will emit the following air contaminants: particulate matter (rock and road dust).

A copy of all materials in the public file is available for inspection and reproduction at the TACB Abilene Regional Office at Commerce Plaza Office Building, 1290 South Willis, Suite 205, Abilene, Texas, 79605, telephone (915) 698-9674, and at the TACB Central Office, 12124 Park 35 Circle, Austin, Texas, 78753, telephone (512) 908-1000. Inquiries about the permit application should be directed to the TACB Permits Program in Austin or the TACB Abilene Regional Office.

You may submit written comments concerning the permit application to the TACB Executive Director in Austin. All written comments received within 30 days after the second publication of this notice shall be considered by the Executive Director in determining whether to issue or not issue the permit. All written comments will be made available for public inspection at the TACB Central Office in Austin. This notice is to be published on December 11, 1992 and December 18, 1992. Any person who may be af-

**FOR SALE**

4 OR 5 BR, 3 BA on approximately 4 acres with workshon and orchard.

**MOBILE HOUSE** on Cedar Cove, partially furnished  
**3 BR HOUSE**, 2 BA, central heat & air, numerous extras, well-kept, large corner lot, trees, sprinkler system, garage, patio, and storage buildings.

**2 BR, 1 BA house** Bayview Estates  
**NICE 3 BR, 2 BA**, new to market. Large corner lot near school.

**NEW LISTING** - 100 Ft. Lot located on 11th street.

**2 1/2 CORNER LOTS** facing Hwy 208

**2 LOTS** on east side Hwy. 158.

**3/4 Acre Waterfront lot** in Cedar Cove with improvements.

**BAYVIEW ESTATES** - 2 BR, 1 BA mobile home located on 2 lots; storage and water well.

**Mobile Home** on 4 lots in Robert Lee.

**2 STORY 3 BR, 2 BA** on 2 corner lots with sprinkler system.

**4 BR, 2 BA**, brick house, living room, den, kitchen combination. Fenced yard.



**ADAMS LAND & REALTY CO.**

Phone 453-2723 or 655-9429  
Elsie Adams 453-2757  
Becky Clendennen 453-4748

**FOR SALE**

Exercise equipment, like new. Schwinn AirDyne stationary bicycle, treadmill, PP Ergo Trac 4. Call 453-2523.  
17-tnc

**FOR SALE**

3 Bedroom, 2 Baths, game room, 2200 sq. ft. Sparks or Beverly Burdett, 453-2887.  
11-tnc

**FOR SALE**

2 Bedroom, 1 Bath house, 701 Chadbourne, Robert Lee. 473-2071 after 6 pm or 657-5227, ask for Rod.  
18-4tp

**SHAFFER FUNERAL HOME**

BRONTE ROBERT LEE  
473-3131 453-2424

**MONUMENTS**  
Duplications  
Custom Designs

**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...  
20c 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**

**1975 AIRFLOW**  
8x40 w/4x8 tip outs, equalizer hitch, 25 gal. propane, new tires, full-size bathroom, 18 cu. ft. refrigerator. 453-4349. If no answer, leave message.  
17B-4tc

**AGRI - PLEX** - Heating and air conditioning company of Ballinger is now working in Coke County. We specialize in sales and services. Compare prices. For more information call Dale Monse at 1-800-530-4153. License number is TACLB00670SE.  
44B-TNC

**FOR SALE**

Small house in Bronte. 453-2662.  
18-4tp

**FOR SALE**

**MINT CONDITION..**  
Weekend cabin fully furnished on 1/2 acre. Seller motivated to deal.  
**5 PLUS ACRES** w/option for more. Country living at its best.  
**DESIRABLE** waterfront lot. Asking less than purchase price. Call for details.  
**11 UNIMPROVED LOTS.** Lots of room. Call today.

Lee Associates  
EQUAL HOUSING OPPORTUNITY  
453-2226

Elaine Lee  
453-2995

Laura E. Crenshaw  
453-2761

**CLASSIFIED**

**NOTICES**

ected by emissions of air contaminants from the proposed facility may request the Board to hold an informal public meeting and/or contested case hearing on the permit application pursuant to Section 382.056 (d) of the Texas Health and Safety Code. The Board is not required to hold a contested case hearing if the basis of a request is determined to be unreasonable. All requests for a contested case hearing must be received in writing within the 30-day comment period regardless of whether an informal public meeting has been held or scheduled on this matter.

Before a permit can be issued for this facility, the applicant must demonstrate that all emission sources are in compliance with all TACB Rules and Regulations and all applicable Federal Regulations. This includes the application of "best available control technology" to each new or modified emission source and compliance with all ambient air quality standards.

19a-2tc

**Eastern Star**

Deputy Grand Matron Becky Camp, District V, Section I, Order of the Eastern Star, Grand Chapter of Texas made her official visit to Bronte Chapter #1048 on Monday night.

Worthy Matron Joy Ehl and Ed Ehl, Worthy Patron presided for the meeting.

Following the meeting a salad supper was served, hosted by the members of the local chapter to those present including guests from the Robert Lee and Carlsbad Chapter.



Candles once cost so much that only wealthy people could afford them.

**TO ALL INTERESTED PERSONS AND PARTIES: SANCO MATERIALS COMPANY has made application with the Texas Air Control Board for Permit No. 21884 to operate a SAND AND GRAVEL PLANT in ROBERT LEE, COKE COUNTY, Texas. The location of the proposed facility is IH 208, 4 miles South of the city of Robert Lee. Additional information concerning this application is contained in the public notice section of this newspaper. This notice is to be published on December 11, 1992 and December 18, 1992.**

# Holiday meals are made easier when everyone brings a dish

While the holidays are a time for family and friends to gather together, if those gatherings are for a meal the preparations can be overwhelming for one person. To make the festivities more manageable for everyone, consider a cooperative feast. Ask each guest to bring a specific dish to ensure that all foods complement each other and that there are no duplicate dishes. When everyone brings just one dish, the burden of preparation is not too great for anyone.

The American Dairy Association has some suggestions for the cooperative holiday meal -- traditional flavors with a twist. Consider, for instance, Pumpkin Walnut Date Pie, a delicious variation on the tradition. The spicy pumpkin custard is dotted with toasted walnuts and plump dates, then topped with the customary dollop of whipped cream. Even the novice cook will have no trouble making this brown sugar and butter pat-in-the-pan crust.

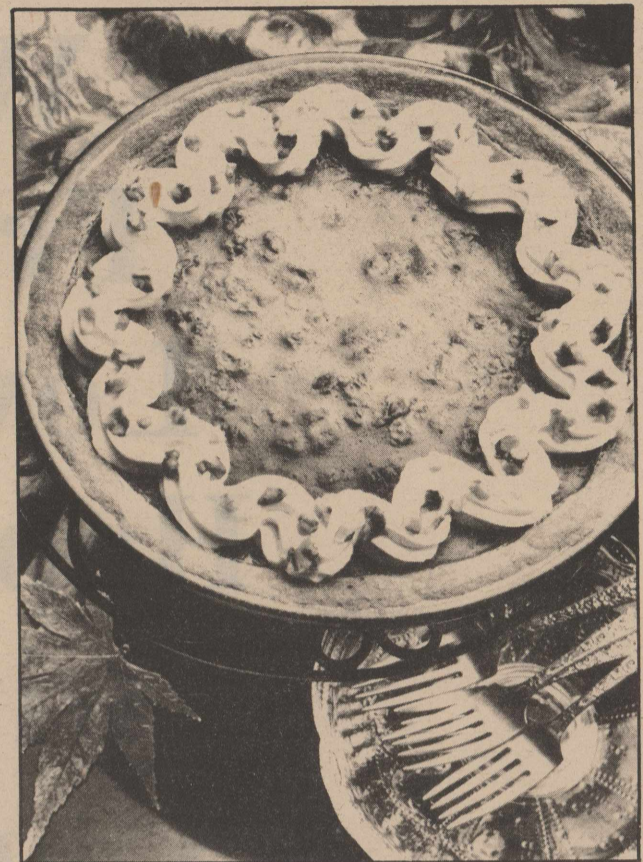
**Pumpkin Walnut Date Pie**

- 1 cup flour
- 1 cup firmly packed brown sugar, divided
- 1/2 cup (1 stick) butter, chilled
- 1 cup canned solid-pack pumpkin
- 2 eggs, beaten
- 1 cup evaporated milk
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 cup chopped dates
- 1/3 cup chopped toasted walnuts
- Whipped cream

Preheat oven to 350 F. In work bowl of food processor, combine flour, 1/3 cup sugar and butter. Process until mixture resembles coarse meal. Press evenly onto bottom and sides of 9-inch pie plate. Prick bottom several times with fork. Bake 5 minutes; remove from oven. Increase oven temperature to 375 F. In medium bowl, combine pumpkin, eggs, milk, remaining 2/3 cups sugar, cinnamon and cloves. Stir in dates and walnuts; pour into prepared crust. Place pie on cookie sheet. Bake 45 to 50 minutes or until knife inserted near center comes out clean. Cool completely. Serve topped with whipped cream.

For a black and white photo or color slide of this recipe call Associated Milk Producers, Inc., at (817) 548-5313. Reference number SM-380.

ASSOCIATED MILK PRODUCERS, INC., P.O. Box 5007, Arlington, Texas 76005 (817) 548-5300



Pumpkin Walnut Date Pie features traditional pumpkin custard dressed up with walnuts and dates.

**Pamphlet offers 'Delectable Spreadables for Every Occasion'**

Versatile cheese spreads for every occasion are found in this new leaflet from American Dairy Association. Most take just minutes to prepare. Many can be made with the most basic on-hand ingredients. Flavor combinations range from Tex-Mex to Italian and sweet to savory -- all are delicious. They're great for spreading on everything from crackers to toast, muffins, bagels, fresh veggies and more.

To order your free copy of Delectable Spreadables, send a pre-addressed, stamped business-size envelope to:

Delectable Spreadables  
Associated Milk Producers, Inc.  
P.O. Box 5007  
Arlington, Texas 76005

## Avoiding heartburn during the holidays

Heartburn is a common complaint for many Americans - 40 percent of the adults in this country experience one attack or more per month. During the holiday season, large meals, rich foods and alcohol are often the culprit.

According to Justin McCarthy, M. D., gastroenterologist on staff at Methodist Hospital, the term "heartburn" is misleading because the condition has nothing to do with the heart. "Heartburn occurs when a band of muscle called the lower esophageal sphincter relaxes, allowing stomach contents to flow back up into the esophagus. The lining of the esophagus is extremely sensitive," said Dr. McCarthy.

Heartburn can be avoided by taking a few simple precautions:

**\*Eat smaller meals** - Too much food causes the stomach to expand and puts pressure on the esophageal sphincter, which helps keep food in the stomach.

**\*Avoid alcohol, fatty foods, chocolate, spearmint and peppermint** - These foods relax the esophageal sphincter and promote the upward flow of stomach contents.

**\*Use an antacid** - Antacids help prevent as well as relieve the symptoms of heartburn. Take antacid after meals and before bedtime. If symptoms are severe, seek medical advice regarding one of the newer drugs available for the treatment of reflux disease.

**\*Don't eat before sleeping** - Don't lay down until two to three hours after eating. This allows time for increased stomach acid from a meal to taper off.

**\*Wear loose clothing** - A tight belt, waistband or girdle can exacerbate heartburn.

**\*Stop smoking** - The nicotine found in cigarettes also causes the esophageal sphincter to relax.

**\*Elevate the head of**

**the bed** - Raising the head of the bed 4 to 6 inches helps keep stomach acids in the stomach.

And once the holidays are over, shedding excess pounds helps to relieve the abdominal pressure placed on the stomach when lying down, another culprit of heartburn.

**Involved in a fender bender?**

Don't hold up traffic when you have a fender bender. Texas law requires you to move your car off the road and then exchange insurance information. So next time,

**MOVE IT** - it's the law

A message from your Texas Department of Transportation

DEC92

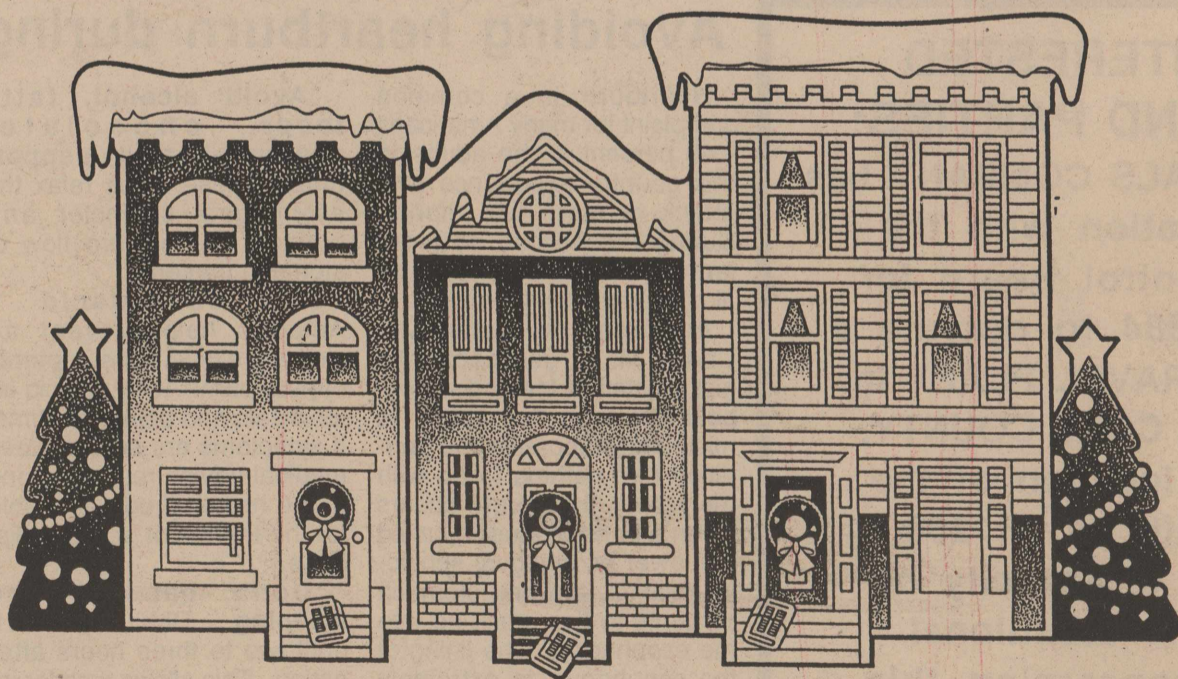
# Wish your Friends and Loved Ones a Happy Holiday with an O/E Christmas Ad

Ad Deadline is Monday, December 21

## BEST WISHES AND HEARTFELT THANKS TO EVERYONE

Being a part of this wonderful community is truly a blessing.  
We hope you all have a Christmas to be remembered with joy.

**The Observer/Enterprise**



Bronte  
473-2001

Robert Lee  
453-2433