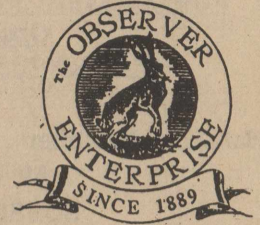


THE OBSERVER/ ENTERPRISE



Serving Coke County

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

Vol. 109, No. 49

Friday, July 11, 1997

"Ole Coke County" Pageant set for July 24th, 25th & 26th

The 21st annual presentation of "Ole Coke County - Home of the Rabbit Twisters" has been set for the last full weekend in July. The musical drama will begin Thursday, July 24 and present shows Friday, July 25 and Saturday, July 26.

The production features many Coke County natives in different scenes depicting historical experiences of pioneers of the county. The musical, historical drama has been a popular attraction for many years and continues to draw visitors from all over the US.

The event is held at the outdoor amphitheatre in the Robert Lee Park. The natural backdrop provides beautiful scenery for the original play that is based on a book written by Mrs. Jessie Yarbrough. The pageant was originally written and directed by Lucile Bryan. Scenes and have been added by other writers and directors in recent years. Lynn Green will head up the production this year, as Lucile

Children's music camp to begin

The First United Methodist Church of Bronte will hold a Christian Summer Music Camp for children from kindergarten through 8th grades. The camp will begin July 21 and will continue through July 25. Camp will begin at 9:00 am and conclude at 11:45 am each day. The principle focus will be to perform the musical, "100 Percent Chance of Rain", based on the story of Noah and the Ark on Friday evening, July 25. The musical will begin at 7:00 pm that evening and homemade ice cream will be served afterwards. Everyone is invited to attend. Parents are urged to make plans to attend.

The musical director is Rev. Marilyn Austin who holds a Masters in Music from the University of North Texas and has worked extensively with both children and adult choirs.

Registration will be from 8:30 am to 9:00 am on Monday, July 21. Encourage the children in the community to participate in this unique learning experience.

is taking a well deserved rest.

For more information call 453-2436 or write Coke County Pageant Association, Inc., PO Box 518, Robert Lee, TX 76945.

The choir sing-out will begin at 8:00 pm, with the production time set for 8:30. Bring your lawn chairs and travel back in time with these local actors and actresses. As the old saying goes, "Pull up a chair and set a spell."

RL Pre-K program to begin

The Robert Lee ISD will be starting a regular Pre-Kindergarten program this fall for the 1997-98 school year. Any child who will be four (4) years old by September 1, 1997 will be eligible to attend. The class will be three (3) hours from 8:15 am to 11:15 am each day. Lunch and transportation will not be provided by the school district for the pre-kindergarten program. Parents will be expected to deliver and pick up their children at 8:15 am and 11:15 am. Registration for pre-kindergarten will be held before the August 14 starting date. Birth certificates, immunization records and Social Security numbers will be required of each attending student.

Maverick homecoming set

The Maverick homecoming will be held Saturday, July 19, from 10:00 am until 4:00 pm at the Bronte Community Center. Lunch will be served at 12:30 pm with brisket and beans furnished. Those attending are asked to bring a salad, vegetable or dessert. Bread, tea and eating utensils will be furnished. For more information, contact Turner or Eyvonne Lee at 786-2096.

Bingo Night

Robert Lee Volunteer Fire Department will host a Bingo Night Tuesday, July 15. The evening will begin at 7:30 pm in the rec hall and conclude at 11:00 pm. Cash prizes will be awarded. All proceeds from the event will go toward the purchase and update of equipment.



During last year's presentation of "Ole Coke County" Pageant, Corey Pitcock and Milburn Wink colorfully depict the "shooting scene" at the local saloon entitled "Plumb Bone Dry" while bar maids and customers look on.

Br. - RL to receive ELC

GTE Telephone Operations will extend local calling for all customers in the Bronte telephone service area beginning July 16.

Under the plan, all Bronte area calls to and from Robert Lee will be local calls.

"Prior to the start of Extended Local Calling, each call between these areas was billed separately as a long-distance call, and customers would see a long distance charge per call on their monthly bills," said Robert S. Bates, GTE area manager-customer operations, West Central district.

"Now, these calls are equivalent to local calls, and all customers in the towns having the new Expanded Local Calling (ELC) must now dial all seven digits, both for local calls and ELC calls," explained Bates.

The implementation of this seven-digit service may require modification to some telecommunications equipment such as fax machines, speed calling, PABX's, key system, automatic dialers and other equipment that may restrict or automatically dial long distance numbers.

Customers are not required to take any action to take advantage of the new service offering. Once extended local

calling is operational, it will no longer be necessary for customers to dial "1+" before the number when placing calls between these communities, but callers must dial all seven digits for local and ELC calls.

This is a result of balloting which took place in the Bronte telephone service area under the rules of Senate Bill 632 and the Public Utility Commission Rule 23.49 (c). Under those guidelines, certain communities were allowed to petition for extended toll-free calling to nearby communities.

No additional monthly fee is required to add Robert Lee to the current calling plan that includes San Angelo and Ballinger.

More information will be provided to affected customers in their monthly telephone bill as the service becomes operational.

Residential customers with questions about the ELC service should call toll-free (800) 483-4400 and business customers should call (800) 483-5400.

Bronte VBS slated

The Bronte Church of Christ will conduct Vacation Bible School for children through 6th grade Monday, July 14 through Thursday, July 17. It begins at 7:00 pm and ends at 8:45 pm. Children of the community are invited to attend.

RLHS Band practice to begin

All Steer band members need to come and get their uniforms for next year. Please come by Mr. Ratliff's house or call 453-2989 to get your uniform. Remember to get black shoes and socks for next year. Pant length is to extend only to the middle of the back of the shoe.

All percussion and mallet players will practice at 5:30 pm to 6:30 or 6:45 pm on these dates: July 11, 18, and 25.

Summer band for all band students will start on August 4 and continue until school starts. Each practice will start at 6:00 pm and continue until 8:30 pm. We will practice on Monday, Tuesday, Thursday, and Friday until school starts.

SS Rep to visit

Garland Gregg, representative for the San Angelo Social Security Office, has scheduled his July visit to Robert Lee/Bronte. He will be at the County Courthouse Conference Room in Robert Lee on Thursday, July 24, from 11:00-11:30. In Bronte, he will be at the City Hall Council Room, Thursday, July 24, from 1:30-2:00.

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.

THE OBSERVER/ENTERPRISE

Published Weekly Except Christmas
707 Austin (915) 453-2433

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

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

STAFF

Hal Spain, Publisher Jo Nell Blair, Editor
Melinda McCutchen

SUBSCRIPTION RATES

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

Obituaries

Mackey

J.B. Mackey went to be with our Lord on Wednesday, July 2, 1997. Service was held at 11:00 am Friday, July 4 at the First Baptist Church of Bronte with the Rev. Garry Bivins and the Rev. R.W. Blackmon officiating. Burial followed in Fairview Cemetery.

Mr. Mackey was born January 9, 1910, in Bronte, Texas to the Coke County pioneer ranching and farming family of Will and Mattie Mackey. He attended schools in Marie and Bronte. On December 16, 1928, J.B. Mackey and Georgia Mae Cumbie were married. At that time he was employed by Cumbie and Wilkins Dry Goods, and later upon Mr. Wilkin's death, became a partner. Mr. Mackey served in the Army/Air Corps during World War II, attaining the rank of sergeant. After the war he returned to Bronte, and he and his wife, Georgia Mae, continued to operate Cumbie and Mackey Dry Goods for 57 years. In addition to his business interests, he was engaged in farming and ranching, raising registered Hereford cattle until his retirement in 1985.

Mr. Mackey was a deacon in the First Baptist Church of Bronte. He lived his religion and will be remembered for his kindness and generosity, always ready to share with those less fortunate than he, most time anonymously.

Besides being a successful businessman, Mr. Mackey was a respected and active member of the community. He belonged to the Bronte Lion's Club and was a 50-year member of the Bronte Masonic Lodge. He served on the Bronte ISD School Board, the Bronte City Council, the Board of Directors of the First National Bank of Bronte, and was secretary/treasurer of the Bronte Cemetery Association.

Mr. Mackey is remembered for his sense of humor and love for his family and many close friends. Survivors include his wife of 69 years, Georgia Mae; a son, Jimmy Ed and his wife, Marifrances, of Bronte; his two beloved granddaughters, Misty Mackey of San Angelo and Melinda Mackey of Bronte; and one great-granddaughter. He is also survived by a brother-in-law and sister-in-law, Edward and Jane Cumbie of Bronte; a special cousin,

Gale Sartain, of San Angelo; and numerous nieces, nephews and cousins. He was preceded in death by two sisters and four brothers.

Pallbearers were W.A. Hickman, Royce Fancher, Tony Mackey, Larry Robinson, Gerald Sandusky and Alonzo Robbins. Honorary pallbearers were Cecil Coalson, Cumbie Ivey, Sr., Roy Robinson, Merle Andrews, and R.T. Caperton.

Dear "BB", Thank you for your legacy of love. We will do our best to pass it on to the great-granddaughter you hardly had time to know.

49a-11c

McAulay

Bonnie L. McAulay went to be with her Lord on July 3, 1997. Services were held July 5, 1997 at the First United Methodist Church in Bronte with Marilyn Austin officiating. Burial was in Fairview Cemetery.

Mrs. McAulay was born in Erath County, Texas on March 13, 1906 to Winton Jefferson Davis Pairish and Florence McKeehan Pairish. She was married to Alfred Connell McAulay in October, 1932, at Bronte. She was a member of the First United Methodist Church in Crane and the Order of the Eastern Star in Bronte.

She is survived by her daughter and son-in-law, Sue and Nealon Carter, of Marble Falls, her brother, J.B. Pairish, of Crane, her granddaughters, Marcia King, of Plano and Donna Bryant, of Austin, her great-grandchildren, Palmer and Bonnie King and Meg and Kelsey Bryant.

49a-11c

RL Physicals slated

Physicals for all Robert Lee School athletes have been set for July 21-25 at Shamrock Clinic in Robert Lee. The clinic hours are from 8 am to 12 noon and from 1 pm to 5 pm each day except Thursday. The clinic will be closed Thursday afternoon. Students will need to call 453-4516 to make an appointment. No fee will be charged to students who receive their physicals during the July 21-25 time period.

Dove and Teal proposals

Hunting season dates and bag limits for mourning doves, white-winged doves, teals, rails and gallinules for 1997 have been proposed by the Texas Parks and Wildlife Department. The department is currently accepting public comments on these rules, said Jay Roberson, program leader for migratory shore and upland game birds. After considering public comments and biological needs, the Texas Parks and Wildlife Commission will adopt provisions for hunting early season migratory game birds at its June 5 public meeting.

Proposed dates for mourning doves are Sept. 1 - Oct. 30 in the North Zone; Sept. 1 - Oct. 19, Dec. 26 - Jan. 5 in the Central Zone (which includes Coke County); and Sept. 20 - Nov. 7, Dec. 26 - Jan. 5 in the South Zone. The department is proposing no changes in either the daily bag limit of 15, the season length of 60 days or all-day shooting hours. The department is also seeking US Fish and Wildlife Service (USFWS) approval to lift the six white-winged dove restriction within the 15 bird aggregate daily bag limit.

Other proposed changes include clarifying baiting regulations so that hunting over managed stands of natural moist-soil and aquatic vegetation is clearly legal.

The proposed white-winged dove season is Sept. 6, 7, 13 and 14 in the Special white-winged dove area of South Texas. Bag and possession limits would be 10 white-winged, mourning and white-tipped doves in the aggregate, including no more than five mourning doves and two white-tipped doves per day. Shooting hours would be noon to sunset.

Also proposed is an early teal season beginning the second Saturday in September (Sept. 13-21) for 9 consecutive days. The proposed bag limit is four daily, eight in possession. The department is still pursuing a longer season and larger bag limit with the USFWS provided teal populations remain high.

As was the case last year, the department proposes to hunt rail and gallinules concurrent with the waterfowl seasons. Proposed dates for 1997 are Sept. 13-21 and Nov. 8 - Jan. 7 but these will likely be modified if waterfowl season dates change.

In 1929, with a prize of \$1,000 and a bit of immortality at stake, Texans went to work composing songs for a contest to designate an official state song. After reviewing the 300 entries, legislators chose "Texas, Our Texas," with music by William J. Marsh and lyrics by Gladys Yoakum Wright. The far more popular and singable "The Eyes of Texas," which is often considered the informal state song, is actually the University of Texas school song.



Annette Percifull, Ron Dickey, and Cayla Jeffrey (l-r) act out a scene of pioneer life in early Coke County at the 1996 "Ole Coke County" Pageant.

East Coke Co. EMS memorials

East Coke County Ambulance Service reports the following contributions received in June, 1997:

Donations

Murl and Pearl Mae Andrews

Memorials

Hubert Jones
EMT Class

Michael Andrews
Frances Kemp

Stephanie Breaux
Gwen Baker

Melvin Easterly
Bob and Beverly Ragsdale

Maurine Richards
Bruce and Fran Sonnenberg, Gwen Baker, Benny and Jackie Corley, Jerry and Sug Lawhon.

Don Bailey's Mother
J.W. and Sue Caudle

Mary Watson
Jim and Mary Morrow

Patsy Green
Residents of Bronte Housing Authority, Bruce and Fran

Sonnenberg, Frances Kemp, Bronte Chamber of Commerce, Bill and Nelda Thomason.

Rudy Phillips

Norman Kiker, Family, Bill and Nelda Thomason.

J.B. Mackey

Joe and Glenda Draper, Bruce and Fran Sonnenberg.

Annie Laurie McShan

Earl Brice, Juanita Bradley, Dot Parker, Wink Kiker, Dee Anna Thompson, Dot Collins, Lois Wallace, Geneva Minnick, Vera Ballard, Johnny Haechten, Virginia Frazee, Charliebelle Bagwell, Carrie Brice, J.W. and Sue Caudle, Bruce and Fran Sonnenberg, Family Education Community Club of Bronte, Bob and Beverly Ragsdale, Friendship Sunday School Class - First Baptist Church, Billy and Charlotte Tounget, Bill and Nelda Thomason, W.N. Gaddy, Jim and Sherry Coombes, Kitty Reeves, Benny and Jackie Corley, Mildred Thomason.

WHAT IS ASSISTED LIVING?

More than personal care, it's a new way of life for those who need assistance.

At Myrtlewood Estates we have created a retirement lifestyle where seniors can receive the care they need and still lead an independent, active life. Our assisted living program blends the

privacy of a spacious apartment and creative activities with the attention of caregivers who provide customized personal care daily.

To schedule a private visit please call Mary or Mary Jane at 947-7194.



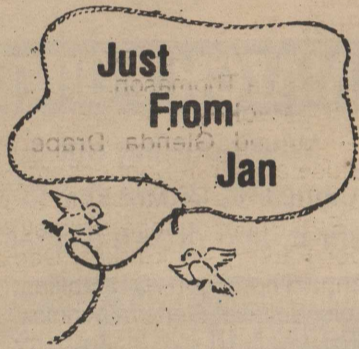
MYRTLEWOOD ESTATES

Retirement & Assisted Living Community
2695 Valley View Blvd. • San Angelo, TX 76904
915-947-7194

OPENING SOON!



Indian children play under the watchful eye of their mothers during a previous performance of "Ole Coke County" Pageant. This year's Pageant is scheduled for July 24-26.



by Jan Yanez
Coke County
Ext. Agent

Proper treatment for animal bites

Estimates of dog bites range from one to two million a year, and as many as 400,000 cat bites. These injuries may account for as much as one percent of all emergency room visits in the United States today. And some of these bites can be serious when you consider that some dogs can bite with a force of 150-450 pounds per square inch, enough to crush soft tissues as well as bone. Proper treatment of these injuries starts with correct action, follow through and proper medical care.

Start with thoroughly washing the wound as soon as possible to reduce the possibility of bacterial infection. Keep a clear head, and review the circumstances that led up to the bite, for you will need to provide this information to several interested parties. Be sure you can identify the animal, for its past medical history is important as well. What was the animal doing when it attacked? Did it seem to act normally, or was there anything strange about the

behavior? Can you identify the owner, or do you know where the animal came from? Keep this information in mind as you get to the nearest location for emergency medical help. Report the accident to the police as soon as you can.

The medical treatment of the wound will depend upon its nature, location and extent. Antibiotic treatment to prevent infection will be one consideration, as well as a tetanus immunization. A booster may do it, if your vaccinations are up to date. Rabies vaccine may also be necessary, and that depends upon the identification of the animal, its behavior and presence of rabies in your area. The wound may be sutured closed completely or merely closed loosely using adhesive strips, depending upon how clean it appears to be and the amount of tissue damage.

Check the calories in fat-free foods

Parents should study the label carefully before buying "fat-free" foods for growing children.

"In some cases, even where the dietary fat has been reduced, the serving size may have a considerable amount of calories," says Dr. Janice

Stuff at the USDA's Children's Nutrition Center. "Children may tend to eat more servings, which may cause them to gain weight."

Stuff reminds parents that fruits and vegetables are fat-free snacks. Carrots, apples, celery, and bananas all make good healthy snacks. Products like reduced-fat yogurt and skim and 2 percent milk are also good.

However, Stuff says, children need fat in their diets, especially during growth spurts. The energy fat provides them helps them maintain normal bodily functions and supports the increased growth in muscle, skin and bone.

"Based on present knowledge, 30 percent of a child's caloric intake should come from fat. Fat satisfies a child's appetite," said Stuff, an assistant professor of pediatrics at Baylor College of Medicine in Houston. "Fat also helps the body absorb fat-soluble vitamins like A, D, and E. Some of the fat-free offerings may not be balanced in these vitamins."

It's not wise to completely cut fat out of a growing child's diet.

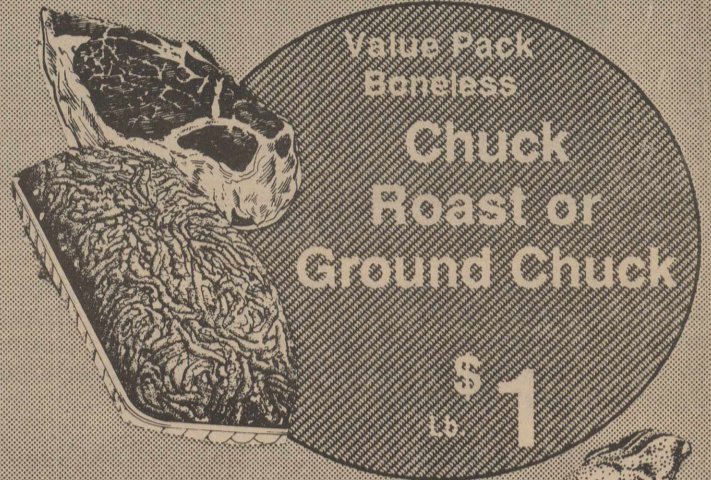
"The daily required amount helps children grow into strong, healthy adults," Stuff said.

LONE STAR CARDS WELCOME **Super H IGA** LIMIT RIGHTS RESERVED

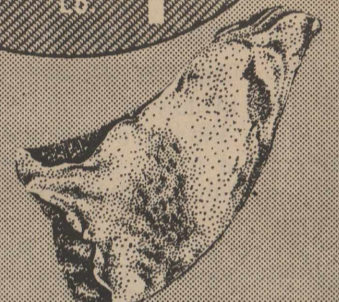
501 Commerce - Robert Lee, TX

Store Hrs: Mon.-Sat. 8-8 Sun. 8-6

SPECIALS GOOD 7/9 Thru 7/15



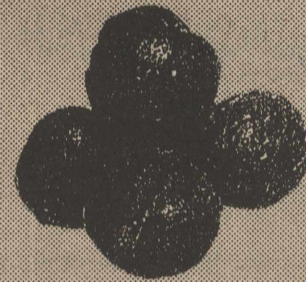
Family Pack Split Fryer Breast \$1 Lb.



Your Choice Fortune-Loroda-Kelsey-El Dorado-Simka-Black Amber-Friar-Catalina

Plums

3 Lbs. / \$1



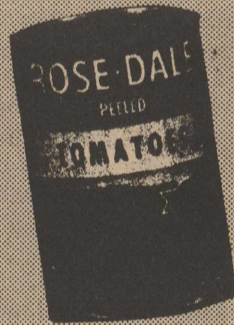
Libby

French Style or Cut Green Beans, Vac/Pk Whole Kernel Sweet Corn, WK or CS Sweet Corn, Sweet Peas



Veggies

12-15.25 oz. Cans 3 / \$1



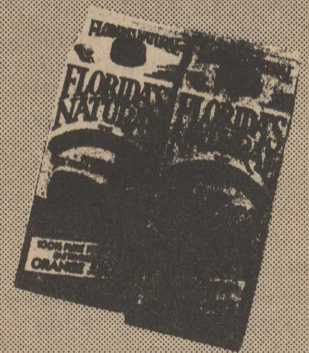
Rosedale Whole Peeled Tomatoes

15 oz. cans 4 / \$1

Florida Natural Growers Pride Country Style & Reg.

Orange Juice

\$1



Sprite, Mr. Pibb, Minute Maid Orange, Barq's Root Beer or Coca Cola

2 Ltr. Bottle .69

RLVFD BINGO Tuesday, July 15 7:30 pm-11:00 pm Robert Lee Rec Hall Cash Prizes!

1997 21st Anniversary "Ole Coke County - Home of the Rabbit Twisters" A Colorful Story of Coke County Pageant in Music and Drama MOUNTAIN CREEK AMPHITHEATRE 102 E. 16TH - ROBERT LEE, TX 8:00 pm Choir Sing-Out Production begins at 8:30 pm Thursday, Friday, and Saturday July 24, 25, & 26 For more information call 915-453-2436



Keith Fletcher (l) plays the part of a legislator as he visits with Bruce Sonnenberg, Roger Graves, and Bob Frazee, pioneer men of Coke County, about the making of their County in last year's "Ole Coke County" Pageant.

Lucketts gather for celebration

Fourth of July is a time to celebrate and that's what was done by a group called the Lockett Gang at the "Box L Ranch".

Several were fishing. Bill and Diane's youngest grandson, Cory, caught the most fish, while Aaron and Amanda were swimming in the big concrete tank.

With Dewey and Bill acting as chefs, there was a big fish fry and all the trimmings for the evening meal. Keeping with the Fourth of July tradition, there were also hot dogs; no apple pie, but everyone agreed the chocolate cake and a freezer of homemade ice cream sure was good.

About dark there was a fireworks display by the younger ones. With the good rains lately, there was no reason to fear starting a fire.

The weather was hot, but sitting in the shade of lots of mesquite trees with a nice breeze blowing made a very pleasant evening.

Those enjoying the day were: Bill and Diane Lockett, Helen Murtishaw, and Dewey Lockett, all of Bronte; Debbie and Scott Bayer and children, Aaron, Amanda and Cory from San Angelo; Jim and Lois Dunklin, and Dutch Brown of Robert Lee.

Area host families needed

Foreign high school students are scheduled to arrive soon for academic program homestays, and the sponsoring organization needs a few more local host families.

According to Pacific Intercultural Exchange (PIE) Executive Director, John Doty, the students are all between the ages of 15 and 18 years, are English speaking, have their own spending money, carry accident and health insurance, and are anxious to share their cultural experiences with their new American families. PIE currently has programs to match almost every family's needs, ranging in length from a semester to a full academic year, where the students attend local high schools.

PIE area representatives match students with host families by finding common interests and lifestyles through an informal in-home meeting.

Prospective host families are able to review student applications and select the perfect match. As there are not "typical" host families, PIE can fit a student into just about any situation, whether it be a single parent, a childless couple, a retired couple, or a large family.

Families who host for PIE are also eligible to claim a \$50 per month charitable contribution deduction on their itemized tax returns for each month they host a sponsored student.

For the upcoming programs, PIE has students from Spain, Denmark, Germany, Poland, Russia, Finland, Argentina, Brazil, Colombia, Paraguay, Australia, New Zealand, Croatia, and many other countries. PIE has also been invited to participate in a special government funded program to bring scholarship students from the Newly Independent States of the former Soviet Union to the United States. PIE is a non-profit educational organization that has sponsored more than 18,000 students from 40 countries since its founding in 1975. The organization is designated by the United States Information Agency and is listed by the Council on Standards for International Educational Travel (SCIET), certifying that the organization complies with the standards set forth in SCIET's Standards for International Educational Travel Programs.

Doty encourages families to contact the program immediately, as it will allow the proper time for the students and hosts to get to know one another before they actually meet for the first time.

Robert Lee area families interested in learning more about student exchange or arranging for a meeting with a community representative may call PIE toll free, at 1-800-631-1818. The agency also has travel/study program opportunities available for American high school students as well as possibilities for community volunteers to assist and work with area host families, students and schools.

Fat is good for you

Believe it or not, some fat in your diet is good for you.

"Certain dietary fats are essential to maintaining life," said Lynne W. Scott, a registered dietitian and director of The DeBaKey Heart Center's Diet Modification Clinic at Baylor College of Medicine in Houston.

Fat has several important functions in the body, according to Scott. It is the most dense source of calories, providing more than twice the calories of carbohydrates or protein. Fat spares protein so that protein can be used to build and repair tissue instead of being used for energy. Fat also helps with absorption of vitamins like A, D, E and K.

Fats comes in three types -- saturated, monosaturated, and polyunsaturated. Saturated fats are found in meat with fat and whole-milk dairy products and vegetable fats such as coconut and palm oils.

Common oils such as canola, safflower, corn, and olive oil contain all three types of fat. These oils all have the same amount of fat and calories. Canola oil has the lowest amount of saturated fat.

Besides its health benefits, fat helps satisfy your appetite, Scott says.

"People like the taste of fat. It adds to the palatability of food," she said. "Fat slows down the rate at which food leaves the stomach and produces a feeling of fullness after a meal."

Although ingredients such as egg yolk, sour cream, and cream cheese may be satisfying, they are also high in saturated fat. The key is moderation.

The American Heart Association recommends a diet with no more than 30 percent of calories from fat. For example, an adult requiring 2,500 calories a day should get no more than 80 grams of fat a day.

Knowing what kind of fat to choose is important in making wise fat choices.

Scott, who has authored a book, "The New Living Heart Diet", offers the following tips on choosing low-fat, yet nutritious foods:

- *Read the food label and check for calorie and fat content. A low-fat food has three grams of fat or less per serving.

- *Choose lean types of meat like chicken breast without the skin, fish, and the leanest cuts of beef and pork.

- *Prepare foods with little or no added fat. Cook vegetables with fresh herbs, spices, garlic and onions. "Paint" your cooking pan using a paper towel with a small amount of canola oil or olive oil, or use a non-fat cooking spray.

- *Don't mistake fat-free foods for calorie-free foods. Some brands of fat-free cookies, for example, are higher in calories than their regular counterparts.

Kids' nutrition Q&A

Q. My toddler refuses to drink milk, but she loves cheese, yogurt, and ice cream. How can I be sure she is getting enough calcium?

A. Each cup of milk or yogurt or 1 to 1 1/2 ounces of natural cheese contains approximately 300 milligrams of calcium. The recommended dietary allowance for children ages 1-10 is 800 milligrams.

If your child refuses to drink milk, try to incorporate it into some of the foods you cook, such as soups, puddings, and made from scratch macaroni and cheese.

Cooked vegetables, like mustard greens and broccoli, contain about 50-80 milligrams of calcium in each half cup; however, vegetables contain varying amounts of calcium and may not be readily absorbed by the body.

Canned fish products contain substantial amounts of calcium. One sardine contains 90 milligrams of calcium, while one ounce of salmon contains 60 milligrams.

Other unexpected sources of calcium include tortillas made with lime which contain 40 milligrams each and tofu which contains about 30 milligrams per ounce.

Children go through stages where they refuse to drink milk. Here's a little tip: Kids will be more likely to drink milk if they see Mom and Dad make it a part of their diets.

Use a vacuum to control roaches

Integrated pest management is common in agricultural circles, but one urban entomologist says it also works in cockroach control.

The key to cockroach control is sanitation, says Dr. Roger Gold, entomologist with the Texas Agricultural Extension Service. But cleanliness may have to be helped along with pesticide applications.

A mild spring is breeding a bumper crop of cockroaches, and since they need food, water and a safe place to hide, Gold urges homeowners to slam the door on the unwelcome visitors.

"Taking the garbage out, using a vacuum cleaner, scrubbing up the grease around stoves and refrigerators helps," Gold says.

Gold recommends cockroach control be done by professionals because they have the experience to do a good job, and they will give a warranty so the consumer has some recourse if the work is done incorrectly.

MATCH POINT

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

REMEMBER, ONLY YOU CAN PREVENT FOREST FIRES.

A Public Service of the USDA Forest Service and Your State Forester

WINK INSURANCE AGENCY

Home*Auto
Life*Commercial

715 Austin - 453-4551

We have the money

For your New Home

Isn't it about time you decided to get the financing you need for that dream home you've always wanted? We think so! We're prepared to provide you with an individual plan designed to meet your budget...at terms you can live with! Don't let time and the home you want slip by.

Robert Lee State Bank

Member FDIC

MAY THE SOURCE BE WITH YOU

Tap into THE SOURCE of useful government publications—the free CONSUMER INFORMATION CATALOG.

Call toll-free 1-888-8 PUEBLO.



Lynn Green leads the pageant choir last year in one of the many creative songs written for the "Ole Coke County" Pageant.

"Senior Connections" meeting slated

The Robert Lee Senior Center and the Area Agency on Aging of the Concho Valley Council of Governments are hosting a community meeting on Wednesday, July 30, 1997 at 11:00 am at the Robert Lee Senior Center located at 1402 Austin Street, in Robert Lee. "Senior, Connections" is a community meeting designed to provide information about services and programs available to older individuals. A brief introduction to the Area Agency on Aging will be followed by a question and answer session.

Senior citizens, their families and friends, and other persons who are interested in issues affecting the aging population are invited to share their insights, concerns, and thoughts for solutions to the unmet needs of Coke County's older population.

A wide variety of printed information covering various topics will also be distributed. Area Agency on Aging representatives will meet with community members for "Coffee and Conversations" from 11:00 am until 12:00 noon. Additionally, representatives with expertise in the areas of Information & Assistance, Benefits Counseling, Nursing Homes, Long Term Care, and Employment and Training will be available from 1:00 to 3:00 pm for individual, confidential appointments.

Persons wishing to schedule individual appointments may contact Kelly Millican at 453-2314, or the Area Agency on Aging of the Concho Valley at 944-9666 or 1-800-728-2592.

Make plans to attend this important event at the Robert Lee Senior Center and let the Area Agency on Aging staff help you get connected! Services of the Area Agency on Aging of the Concho Valley are funded by the Texas Department on Aging.

Ranch estate planning seminar set

"A properly drawn estate plan may save many ranch families over \$200,000 in estate taxes." This statement made by Wayne A. Hayenga, Texas Extension Economist and Attorney, assumes a lot of information: a married couple

who "like each other" and want to care for each other, who have a ranch worth \$1 million or more, and want to pass it on to their children.

This is any eye opening fact for many ranchers. In fact, many people only worry about estate planning if they hear of a friend's "problem" in selling a ranch to pay estate taxes. "But," Hayenga continued, "for many families the estate tax savings are not as large as income tax savings if they have a properly prepared estate plan."

A two day seminar talking about these complicated tax topics will be held at College Station on August 10 and 11 at Texas A&M University in conjunction with the Annual Beef Cattle Shortcourse.

The seminar is structured to help ranchers learn how to lower their tax burden and ease administrative burdens that affect passing their estates to their loved ones. In addition to discussing estate planning systems, tax savings possibilities will be discussed using corporations, partnerships and trusts when family members are involved in the business.

Making gifts to avoid estate taxes will be discussed also. "There are three problems with making gifts - the first is dying poor; the second is the adverse income tax consequences the gift can cause the recipient; the third is when somebody other than your intended beneficiary ultimately gets the gifted property."

Two problems that affect family operations - planning for inflation and growth needs of the business will be discussed. Another topic, how to be fair among all children when one child is interested in the ranch and others are not, will be addressed.

The speaker, Wayne A. Hayenga, is a Professor and Extension Specialist with the Texas Agricultural Extension Service. An agricultural economist and attorney, Dr. Hayenga works extensively with farmers, ranchers and family-owned firms in financial, business and estate tax planning. He is a member of the Texas and American Bar Associations and the American Agricultural Law Association. He is active in the Agricultural Law Committee of the State Bar of Texas.

Dr. Hayenga is an excellent communicator. He delivers a

top-notch educational program, emphasizing key points with an entertaining style, illustrating estate and income tax law provisions with practical examples that make learning a pleasure. His teaching makes full use of his broad background and practical experience as a farmer, lender, and lawyer.

Registration information is available from Wayne A. Hayenga or Christine Eubank, Agricultural Economics Department, Texas A&M University, College Station, Texas 77843, or phone (409) 845-2226.

WCC EMS

memorials listed

The following memorials were given to the West Coke County EMS during the month of June. They are:

R.C. Rainwater

Cotton and Clela Timmons, Zola Hatley.

Gertie Bloodworth

Joe David Key Family, David and Alene Key.

Loma Preslar

Jack and Nina Brewer.

Archie McVey

Joe David Key Family, David and Alene Key, Joe and Dee Anna Harmon.

Irene Newell

Joe David Key Family, David and Alene Key.

Former White House Press Secretary **Bill Moyer** once spoke very softly as he led a prayer at a meeting. "Speak up, Moyer, speak up," urged President Lyndon Johnson.

Moyer turned to LBJ and said, "I'm sorry, Mr. President, but I was not addressing you."

Harmon clan celebrates the 4th

Forty-eight descendants of Thomas and Amanda Harmon gathered at the home of Olean Poor on Lake Spence Friday, July 4th. The group spent the afternoon visiting and playing dominoes.

The Independence Day theme was carried out in red, white and blue decorations. All types of snacks, including several kinds of homemade ice cream were served.

Attending the festivities were Floyd and Jessie Harmon, Jerry and Janie Harmon, Dorene Mashburn, Cheri Mashburn, Bobbie and Jeffie Roberts, Jim and Sheila Farrar, Crystal and Lauren Ham-merton, Douglas, Denise, Casey and James Roberts, Marshall and Stewart Millican, Troy, Susan, and Kayla Millican, Nola Harmon, James and Blanche Harmon, Jerrel and Lavelle Harmon, Brent and Robin Harmon, La Rae Harmon, J.D. and Mary Jo Harmon, Alfred and Ethel Harmon, Alf Harmon, Bill Harmon, Pete and Barbie Garrett, Jim and Sharon Eicke, Randal Harmon, Inez Hamm, Olean Poor, Teresa Morgan, Seth and Sean Long and Trey, Betsy, Samantha and Jennie Barton.

The day ended with a fireworks display on Paint Creek.

Father: "It doesn't bother me that my son makes more money than me. What bothers me is that he is only 6 years old."

WCCNH memorials released

During the month of June the following memorials were donated to the West Coke County Nursing Home.

Loma Preslar

Robert Lee State Bank, Bill and Bobbie Allen.

Ballinger Depot Daze to begin

When looking for something fun to do in Texas, mark your calendar for a visit to historic Ballinger and "Depot Daze". The trade day is scheduled for the last Saturday of each month through September. Display booths full of arts & crafts, commercial items, trader/flea market goods, and food will be set up on the pecan tree shaded land adjacent to the railway in beautiful downtown Ballinger, directly behind the restored Santa Fe Depot. The one day event is sponsored each month by the Ballinger Chamber of Commerce. You are invited to visit Depot Daze and historic Ballinger soon! Show dates for 1997 are July 26, August 30 and September 27. For more information on this event or vendor spaces call 915-365-2333 or 915-365-5611.

"What am I supposed to do with this?" grumbled the motorist as the police clerk handed him a receipt for this traffic fine.

"Keep it," the clerk advised. "When you collect four of them, you get a bicycle."

GLENN-BIVINS INSURANCE

See us for your auto insurance

YOUR Independent AGENT

123 W. Main
Bronte
473-6791

Who are you going to call if you need full time skilled nursing care or therapy while recovering from

PNEUMONIA

BROKEN HIP OR LEG

STROKE

HEART ATTACK

or any other condition which confines a person to bed for an extended period of time?

WEST COKE COUNTY NURSING HOME

is now a skilled facility under Medicare rules.

What does this mean to you? If you have a medical problem that requires therapy (Physical, Occupational, Speech, Respiratory or IV) or Skilled Nursing, these needs can now be met at the Nursing Home in Robert Lee.

How about seeing your loved ones every day because there is no drive to San Angelo?

Request to be moved to West Coke County Nursing Home instead of the hospital's skilled unit.

FOR DETAILED INFORMATION, CONTACT ROGER ALEXANDER, ADMINISTRATOR AT 453-2511.

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

CLASSIFIED ADVERTISING RATES

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

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

Additional 50c
for Blind Ads

Cards/Thanks...
20c Per Word

Legal Notices...
25c Per Word

COPY DEADLINE

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

FOR SALE

ROBERT LEE

Close to school - Great starter home. Lots of storage, priced to sell.

2 BR, 1 Bath - nice location
53+ acres - 3/2 with fireplace, liveoaks

Two for the price of one! 2 BR, large bath, with storm cellar. Good location. Plus 2 BR covered mobile home.

320+ acres - close to town

AT THE LAKE
Great View - with boat storage. Easy access.

Lake lot with great view and boat ramp.

Very nice lake cabin

BRONTE

Close to town - 3/1 on 2+ acres.

73 acres - large stock tank, well-kept brick home, fireplace

Concho Realty

1886 Pecan #4
San Angelo, TX 76901

Marshall Millican

REALTOR®

453-9002

653-4535

3 BEDROOM, 2 BATH
CH/CA, fenced yard, carport, shed, large shop, 2 lots. Just reduced \$5000. 473-3303.

48B-tnc

HOUSE FOR SALE IN BRONTE

2 bedroom, 1 bath, 309 N. Randal. If interested call 378-7381.

48B-3tc

FOR SALE

413 Key Street, Bronte. 3 bedroom, 2 bath brick home, 2 car garage. Extra room for office. New tile and carpet. Storage building. \$59,900. Call 473-4402 after 6 pm.

49-tnc

FOR SALE

Robert Lee

3 Bdrm, 1 1/2 bath close to school. Very good condition. Call for further details.

3 Bdrm, 1 bath in quiet location of town. New roof, carpet, central heat/air. Ready for occupancy.

Mobile home and approximately 2 acres. Easy access. No city taxes.

2 Bdrm home with hardwood floors. Needs painting and other repairs. Owners will finance to qualified buyers.

WANTED: Large family for this large home on corner lot with water well, fenced yard and fireplace. Make an offer.

The place everyone is looking for. 3 bedroom home with room for horses.

Mobile home with fenced yard, water well, large trees.

Elaine Lee, Agent
453-2995



FOR SALE

14x80 mobile home to be moved. 3 bedroom, 2 bath, total electric. Call 915-453-2668 or 453-2516 to view.

48a-2tc

FOR SALE

Nice 3 BR, 1 Bath corner lot, huge backyard, newly remodeled interior. Must see to appreciate. 1724 Eucl. Call Ron McCown, 453-2788.

49-tnc

23 FOOT CRUISER

Re-built 235 HP, I/O, OMC. \$6000 OBO, (915) 689-2022.

49-4tc

SPACIOUS/MANY

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

38B-tnc

CANDY BOUQUET

New & deliciously different. Great for all occasions! Call for more information. 453-4703.

42a-tnc

FOR SALE

3-1, Carport, Corner Lot, Newly Remodeled Interior, \$32,000. 453-2061.

44-tnc

"TEXAS BEST" DEFLOODING & CARPET CLEANING

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

FOR SALE

QUEEN SIZE WAVERLESS WATERBED

for sale. Just like new. Call 473-3202 or 473-4643.

49b-3tc

FOR SALE

1978 Honda CX500. Good condition. 1980 CX 500, good for parts. Both for \$500.

New/complete Chrysler big block 440. Zero miles. \$1,000 or reasonable offer.

Luxurious Hair LTD. Medium length, brown. Never used. \$50.

Ladies long fur coat. Medium size. Only worn a few times. \$100. Call 453-2544.

49-1tp

FOR RENT

TAKING APPLICATIONS

for one, two & three bedroom apartments. Contact Housing Authority of Robert Lee, 170 N. Bishop, 453-2912. Equal Housing Opportunity.

49a-EOW

HOUSE FOR RENT

3 bedroom, \$300 per month, deposit required. Contact Debbie Wilkes at 453-2545 (work) or 453-2819 (home).

49a-1tc

MISC

D & E WELDING

Carports, corrals, fence building and repair, custom built items, etc. Call Eric Brothers, 453-2432.

44-8tp

HALL'S HOME APPLIANCE REPAIR

Now serving Bronte, Blackwell, & Oak Creek Lake area. Excellent service & fair rates since 1978. Dave Hall, owner. Call (915) 743-2355, Oak Creek Lake.

30B-tnc

D & L DOZER SERVICE & CUSTOM FARMING

Larry Spivey, owner-operator. PO Box 160, Bronte, Texas. Phone (Oak Creek Lake) (915) 743-2577.

27B-tnc

KEY TURNED INTO BRONTE O/E OFFICE

July 3rd. Claim by identifying and pay for this ad.

49B-1tc

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

34b-tnc

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

WINDOW UNITS

Serviced & Repaired

Donnie's Appliance & Refrigeration
915-453-2188

MISC

SWIMMING LESSONS July 14-18

\$25. Call between 2-6 pm to sign up!!! 453-2714. Private lessons, \$40.

49-1tc

IRONING DONE

\$7 a dozen. For more information call 453-2832.

49-4tc

US HAY

For all your hay needs. Also for heavy hauling. Call 453-2832.

49-2tc

HAY BALING

Big round or square bales. Bronte, Robert Lee, Blackwell area. 473-2063.

49B-2tp

NEED AVON PRODUCTS??

Call 473-2138.

48B-3tp

LONE WOLF WELDING
Ranch & Farm Welding. All general welding. Call 915-453-2014. Buck Murray.

48-4tp

YARD MOWING

Tilling, tree-trimming, etc. Call Donnie Jackson, 473-2031.

45b-8tc

SUBMIT YOUR FAVORITE RECIPE

to West Coke County Community Development for publication in their cookbook to come out in the fall. Joan Davis, 453-2301; Phelan Wrinkle, 453-2713; Joann Rynnion, 453-2438.

49a-4tc

HELP WANTED

WANTED

Farm-ranch hand. Knowledge of farming, cattle, goats. House and utilities furnished. Prefer middle-age couple, references a must. Write PO Box 1206, Brady, 76825.

49a-2tc

WANTED

a nursery keeper for Robert Lee Methodist Church from 10-12 on Sunday mornings, \$5 per hour. Contact Gayle Bolding at 453-2508.

49a-tnc

DELIVERY

WE NEED YOU TO DELIVER THE NEW GTE TELEPHONE DIRECTORY IN THE SAN ANGELO, BALLINGER, AND SONORA AREAS

Earn up to \$8 per hour or more depending upon you speed of delivery. Must have a valid driver's license, a vehicle with a current license plate and have 4-8 hours daylight hours available. For more information call 1-800-657-4113, Mon. - Fri. 10:30 am - 6:00 pm.

49a-2tc

LVN NEEDED

Temporary full-time. Apply at Robert Lee Shamrock Clinic, 722 S. Washington or call Julie Martin at (915) 657-5206.

47a-3tc

CARD OF THANKS

Wilson, who took on kitchen duties, was especially grateful for the delicious food that was brought!

49-1tc

THE FAMILY OF J.B. MACKEY

would like to express our sincere gratitude and appreciation for the kindness and love shown to us during the illness and loss of our loved one. We appreciate the cards, flowers, food and especially the prayers.

We want to especially thank the Bronte Nursing Home for all the love and tender care you gave to Daddy. He loved you all.

May God Bless You,
Jimmy Ed, Marifrances, Misty,
Melinda and Georgia Mae
49B-1tc

GARAGE SALES

GARAGE SALE

Saturday, July 12, 8 am - ? 18 West 10th St., Robert Lee, Waggoner's Auto Shop.

49-1tc

HUGE GARAGE SALE

Friday and Saturday. 606 W. 9th, Robert Lee. Ladies, men's and children's clothes, tools, dishes, jewelry, (including man's gold ring), small color TV, lots of everything!

49-1tc

MOVING SALE

1621 Bishop, Robert Lee. Pool table, washer and dryer, linens, toys, miscellaneous. Saturday Only from 8 am to 5 pm.

49-1tp

SALE IN SILVER

July 11 & 12, 8 am - ? At old Silver store on Hwy. 208. Ice merchandiser, washer and dryer, fax machine, trampoline, file cabinet, 2 clarinets, boys and girls clothes, lots of misc.

49-1tc

Plants have common ancestor

Blades of bermuda and bunches of broccoli appear to have a little more in common than color. But a new study has found that they - and all flowering plants in the world - stem from a common ancestor that existed perhaps 200 million years ago.

The finding, reported in the December issue of Nature Genetics, means that breeders who are trying to develop better plants may soon have a much larger storehouse of genetic material to use.

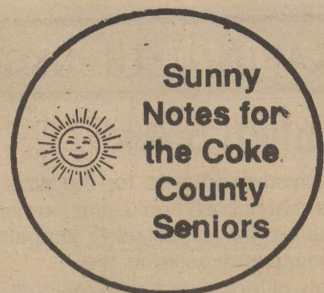
"Down the road, we may be able to treat the genomes of all crops as one," said Dr. Andrew Paterson, Texas Agricultural Experiment Station molecular biologist at Texas A&M University and lead investigator on the project. "If we know the function of a gene in cotton, we will be able to infer what that gene's function in grain sorghum is."

Same goes for turfgrass, cactus, oak trees, grape vines, and any of the other 250,000 species of plants classified on Earth, according to a United Nations report on biodiversity.

CARD OF THANKS

WILSON AND LUCILE BRYAN

wish to thank their friends for so beautifully sustaining them during her recent illness. They definitely felt the power of prayers in their behalf.



Sunny Notes for the Coke County Seniors

Menu Monday, July 14

Meatloaf w/Tomato Gravy, Blackeye Peas, Glazed Carrots, Cornbread, Melon Salad.

Wednesday, July 16

Steak Fingers, Cream Gravy, Whipped Potatoes, Steamed Broccoli, Dinner Roll, Peach Cobbler.

Friday, July 18

Fried Catfish w/Tartar Sauce, Hominy, Okra/Tomato Gumbo, Dinner Roll, Apple Crisp.

Quilting

Quilters will be busy next week at the Bronte Senior Center. You are welcome to join them at 9:00 am, Thursday, July 17. A pot luck luncheon will be served at noon.

Does your lawn need an apple a day?

by Dr. Ellen Henke

"An apple a day keeps the doctor away." Or so they say. We all know that an apple alone isn't all it takes for good health. Our nutritional needs are somewhat more complex than that.. and so are your lawns.

Most of us accept that our lawns must be watered and mowed for good health, but many of us think that fertilizing our lawns is optional. It really isn't.

Grass has a tough life. Grass plants are thrown into the soil, crowded together in competition for water and nu-

trients with each other, neighboring trees and shrubs. For grass plants, it's survival of the fittest, and lawns must be fertilized for grass plants to have a chance at survival.

Just as most people's bodies demand three square meals a day, your lawn demands two square meals a year - one feeding a month after the lawn starts growing and another feeding a month before your lawn goes dormant. Spring fertilization is necessary to replensih your lawn's food reserves that have been used in the first flush of spring growth. During the fall, your lawn is storing food in the root system to allow it to grow underground during the dormant season - so the fall fertilization is the most important one of all.

What does your lawn need? Grass plants need three essential nutrients. Nitrogen is needed for a healthy green color and grass blade growth. Phosphorus promotes healthy root development, and potassium provides for disease and drought resistance.

To determine how much of these nutrients your lawn needs, John Deere suggests that you conduct a soil test by taking several random plugs of soil from around the lawn. Dig down six to eight inches for the samples. Remove any grass blades, roots and stems. Mix the soil and label it "Lawn". Send your soil samples to a county extension agent, university turf specialist or soil test lab.

The lab results will tell you the pH of your soil - if it's too acid or too alkaline - plus the major nutrients your soil needs.

And while an apple a day may not keep the doctor away - the lawn doc, that is - proper

nutrition and proper care the whole year through will help your lawn bounce back from the stress of dry spells, insects and disease.

Avoid dehydration this summer

Thirsty? Then your body is on its way to becoming dehydrated.

The average adult has between 10 and 12 gallons of water in his or her body - accounting for 50 percent of body weight. That water plays a critical role in nearly every bodily process. And being a quart or two low can impact how you feel.

"Water is needed by virtually every muscle or tissue cell," said David Brennan, an exercise physiologist at Baylor College of Medicine in Houston. "Regulating body temperature is one of the most important roles water plays in the body. Without a plentiful supply of water, the body can have a difficult time maintaining a normal temperature."

Nearly everything you do during the day - including typing, talking, walking, and even eating - requires energy. That energy, in turn, generates heat, which escapes the body through perspiration. Perspiration is the mechanism that keeps the body cool.

"We lose about two and half quarts of water a day through normal activity," said Brennan. "People who exercise lose even more and should drink water throughout the day to meet the demands of exercise. But don't wait until you are thirsty. Thirst is body's way of saying your water level is low."

Dehydration is the most serious consequence of not drinking enough water. The loss of just two to three per-

cent of body-water weight can impact some of the functions of the body.

To guard against dehydration, drink up.

"Drinking eight to twelve cups of water a day should keep you well hydrated," said Brennan. "Water is best for fluid replacement, but sports drinks and juices are also good options."

Brennan suggests limiting consumption of beverages containing alcohol and caffeine - they cause water loss.

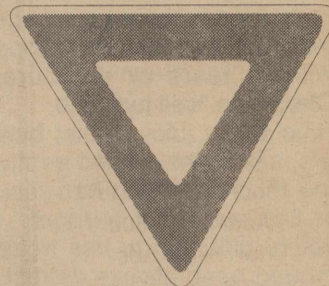
AISE announces web site

The American Intercultural Student Exchange, a non-profit organization, proudly announces the unveiling of its newly updated web site. The updated site offers a wealth of information to those who may be interested in sending their son or daughter overseas for a year of study, or to individuals who wish to participate as volunteers, as well as those who are considering opening their homes to an AISE exchange student. "The AISE web site offers something for anyone who wishes to learn more about the world around them," commented Kevin Donaker-Ring, author of the site.

For those interested in hosting an exchange student in their homes, the new AISE

web site offers the opportunity to browse student photos and read profiles online, something which was not offered on the previous site. The new site also boasts new in-depth online forms with which families may request the sex and country of origin of their exchange student, and potential exchange students may request information on a particular destination.

For more information on the AISE program, please call 1-800-SIBLING, or visit the updated web site at <http://www.sibling.org>.



MDA won't yield in its quest to defeat 40 neuromuscular diseases.

MDA
Muscular Dystrophy Association
1-800-572-1717

Knowledge is learning the facts, wisdom is thinking things through.

Health Notes

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

Alzheimers Detection

When it comes to Alzheimer's, the one concept doctors agree on is early detection. Early screening and detection allows more time for the patient and his or her family to plan for the future, and the two drug treatments currently available to Alzheimer's patients respond more effectively during the mild to moderate stages of the disease. Many cases of what appears to be Alzheimer's isn't and can be reversed by proper treatment if caught early enough.

There are several major steps that a patient will typically go through on the road to detection:

(Continued from last week's ad)

NEUROLOGICAL EXAM. A neurologist evaluates the nervous system for problems that may signal brain disorders other than Alzheimer's. The physician searches for evidence of previous strokes, Parkinson's disease, fluid accumulation in the brain, brain tumors, and other illnesses that impair memory and/or thinking. The brain's health is also examined by testing coordination, muscle tone and strength, eye movement, speech, and sensation.

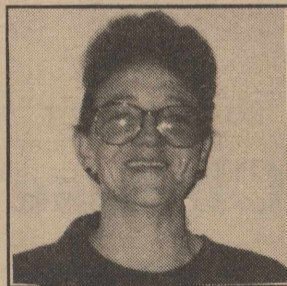
LABORATORY TESTS. This is primarily to diagnose Alzheimer's by ruling out other disorders. A blood count, blood chemistry will be ordered to detect defects. Levels of vitamin B-12 and folic acid are measured. Very high levels of the thyroid hormone can cause confusion or dementia.

PSYCHIATRIC, PSYCHOLOGICAL AND OTHER EVALUATIONS. Evaluations to rule out other illnesses.

Meet Our Staff

Margaret Alderman, LVN

Margaret graduated from San Angelo Vocational School of Nursing in 1980. She worked for Shannon Hospital Skilled Nursing for 5 years, Medical Surgical Floor for 2 years, and has worked Home Health for the last 2 years. She has 2 daughters and 1 granddaughter.



Margaret Alderman, LVN

brought to you as a service of

North Runnels

Home Health Agency

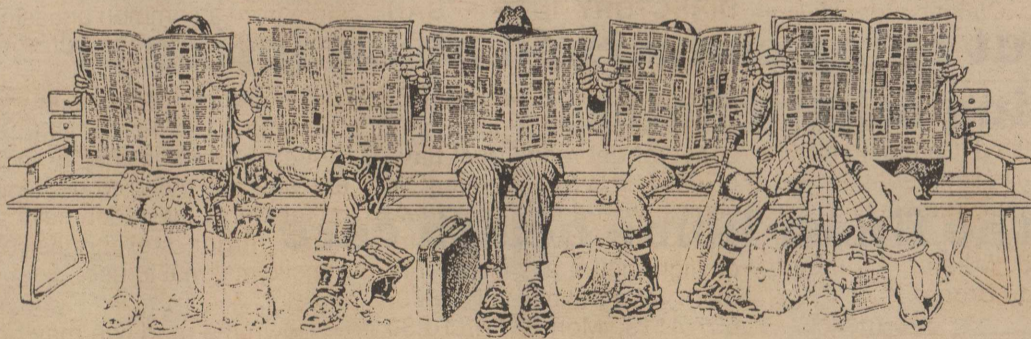
PO BOX 128, ROBERT LEE, TEXAS 76945
(915) 453-2290

106 N. Main, Winters, Texas 79567
(915) 915-754-4141

(800) 687-3305 (Toll Free)

Got Something You Don't Need?

Put It In The Classifieds!



Everybody Reads 'Em.....

THE **OBSERVER/**
ENTERPRISE
Serving Coke County

Bronte
473-2001

Robert Lee
453-2433

How to get the perfect burger

We all have our own ideas of the perfect burger. But no matter how you top it - whether it's with mustard and tomatoes or basil pesto and roasted bell peppers - a perfect burger is also one that's handled and cooked properly.

"You can serve delicious and safe burgers by following just a few simple steps," says Communications Manager, Lisa Williams. "You don't have to sacrifice taste or time for safety."

Before You Fire Up.

The first step in making a perfect burger starts at the supermarket. Choose packages that are cold and well wrapped without tears or punctures. Check the "sell by" date.

To make juicy, moist burgers, shape the patties gently - too much handling can result in firm, compact burgers. If you're planning to use frozen ground beef, always defrost it in the refrigerator to prevent bacterial growth. It'll take about 24 hours to defrost a 1 to 1 1/2 inch thick package.

It's also important to defrost homemade frozen patties before cooking. If you cook burgers that are frozen or partly defrosted, they may appear cooked on the outside but not be completely done on the inside.

After handling raw ground beef (or any raw meat or poultry) wash your hands with hot soapy water. Remember to wash utensils and platters that come into contact with raw meat.

What's Done is Medium Done. Some tips for cooking the perfect burger:

- Grill 1/2" thick patties 11 to 13 minutes or until the centers and the juices are no longer pink. The US Department of Agriculture recommends cooking burgers to medium doneness (160° F on a quick-read thermometer). Use medium to medium-low temperature coals. Determine grill temperature by holding the palm of your hand above the coals at cooking height. Count the number of seconds that you can hold your hand in position before the heat forces you to pull it away - about 4 seconds for medium heat. When ready, the coals will be covered in gray ashes.

- When using brown or red sauces (such as teriyaki, Worcestershire, soy, ketchup or barbecue) brush them onto the surface of cooked beef patties. When these sauces are mixed into raw ground beef, it can be difficult to determine doneness.

- Use a spatula to turn burgers without pressing or flattening them. Pressing causes loss of flavorful juices and results in a dry burger.

For a handy guide on grilling perfect burgers, look for a free *Building the Perfect Burger* card in your local supermarket meat department. The *Perfect Burger* card was developed by the beef industry, in cooperation with TV chef Mr. Food and the Food Marketing Institute. The card was also reviewed for accuracy by specialists at the USDA Meat and Poultry Hotline. If you cannot find a *Perfect Burger* card at your supermarket, you

may order one by sending a self-addressed, business size, stamped envelope to: Perfect Burger Card, Texas Beef Industry Council, 8708 Ranch Road 620 North, Austin, TX 78726.

Beyond Burger Basics: Tempting Toppings

To make your burger truly unbeatable, get creative! Experiment with different condiments, cheeses, and vegetables. You can go beyond the basic bun and use different breads, like focaccia, sun-dried tomato, herb, vegetable or even bagels.

- Put a new twist on classic burgers. Choose crumbled feta or blue cheese, along with a flavored mustard. Or, try baby lettuces and greens, cabbage slaw, sliced fresh mushrooms, or bell pepper rings in place of the usual iceberg lettuce.

- Go International. Try an

Italian burger, with slices of mozzarella cheese, thinly sliced plum tomatoes and fresh basil leaves. For a Mediterranean flavor, serve burgers in pita bread pockets with cucumber-yogurt sauce, chopped kalamata olives and tomato slices.

- Cross Country Burgers. Try regional flavors. Make a Northeastern style burger with prepared Boston baked beans, shredded white cheddar cheese and sliced red onion. Or, on the other end of the map, create a spicy southwestern hamburger, with guacamole, salsa, and sliced jalapeno Monterey Jack cheese.

Wonderful things happen when we live expectantly and think affirmatively.



Keeping an eye on Texas

Texas universities publish books

Texas and New York, each with seven university presses, top the list of states with the largest number of schools that publish books and journals. The seven Texas schools had 1,995 titles in print, as well as 17 journals, in 1995-96. With access to today's best ideas and research, the university publications cover a wide variety of topics, including regional literature and folklore, fiction and literary criticism, computer sciences and environmental conservation, art and architecture, and Indian, black, Hispanic and women's studies.

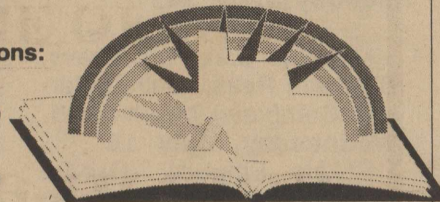
To obtain a catalog of publications:

Rice University Press, P.O.Box 1892, Houston, TX 77251, (713) 527-6035 or (713) 285-5236

Southern Methodist University Press, Box 415, Dallas, TX 75275-0415, (214) 768-1430

Texas A & M University Press, Drawer C, College Station, TX 77843-4354, Orders: (800) 826-8911

Texas Christian University Press, Box 30783, Fort Worth, TX 76129, (817) 921-7822



Texas Tech University Press, Box 41037, Lubbock, TX 79409-1037, Orders: (806) 742-2982 or (800) 832-4042

Texas Western Press, University of Texas at El Paso, El Paso, TX 79968-0633, Orders: (800) 488-3789

University of Texas Press, P.O. Box 7819, Austin, TX 78713-7819, Orders: (512) 471-4034

SOURCES: John Sharp, Texas Comptroller of Public Accounts, Association of American University Presses, and individual universities.



North Runnels Home Health Agency

Home Health Care Patients

You have the right to:

- Choose your Doctor
- Choose your Hospital
- Choose your Pharmacy
- Choose your

Home Health Care Provider without being concerned about losing or affecting other choices.

For the finest home health care

Choose North Runnels Home Health!



LOCAL OFFICE
712 Washington
Robert Lee, TX 76945
(915) 453-2290

HOME OFFICE
106 N. Main
Winters, Texas 79567
(915) 754-4141

(800) 687-3305 (Toll Free)