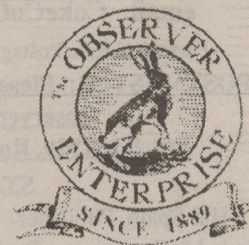


THE OBSERVER/ ENTERPRISE

Serving Coke & Sterling Counties



(USPS 467-480)
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Vol. 119, No. 34

Friday, March 16, 2007

Singing Winds to host golf tournament

There will be a 2-person, 27-hole select shot golf tournament on Saturday, March 17. Tee off time will be 9 am. Food will be available on the golf course. For more information please call (325) 473-2156.

Roping Club meeting set

The Coke County Roping Club will have their annual organizational meeting on Sunday, March 18. All those interested are asked to assemble at the arena in Bronte at 3 pm. For more information, contact Wayne McCutchen at 473-3201.

Runnels Baptist Assoc. meeting set

The Runnels Baptist Association will meet Monday March 19, at Hopewell Baptist Church for an Executive Board and WMU meeting. The meeting will begin at 6:30 pm. A meal will be served.

David Williams, Association Moderator, is in charge of the program. Pastors and Executive Board members are encouraged to attend.

Jon Hart Trunk Show scheduled

Kickin' Up Roses, at 824 Austin, in Robert Lee will be hosting a Jon Hart Trunk Show on Monday, March 19, from 10 am until 4 pm. Jon Hart representatives will be on hand to answer questions and assist customers with orders. Any item purchased during the trunk show will receive free monogramming.

AON to sell chicken spaghetti

The AON Service Club will be selling pans of chicken spaghetti on Sunday, March 25, to benefit the Kirk Bagwell Memorial Scholarship Fund. For more information, contact Tiffany at 453-2036.

CERT Basic classes slated

The Concho Valley Council of Governments is hosting CERT Basic classes on March 24, 31 and April 7 from 9 am until 5 pm at the Concho Valley Council of Governments Training Center in San Angelo. They will

also be hosting a Wound Care Practice on March 24 from 1 pm - 5 pm and a Traffic Control Class on April 7 from 1 pm - 5 pm. For more information, contact the CVCOG at (325) 944-9666 or nicole@cvcog.org.

Wind power turbine meeting set for March 29

Change is in the wind. The wind power turbines are moving into Coke County. Greg Wortham, executive director of the Texas Wind Energy Consortium in Sweetwater, has been invited to speak at the Coke County Courthouse at 6:30 pm on Thursday, March 29.

Questions as to the regional benefits, employment opportunities, small business inclusion, industrial possibilities, and development prospects will be discussed. The short term impact on the county will be apparent soon. Mr. Wortham will bring concrete information on the long term effects of wind farms.

Coke County residents are invited to learn more about the wind energy business in Coke County by attending the meeting with Mr. Wortham at 6:30 pm on Thursday, March 29, at the Coke County Courthouse.

Weather class set for Bronte

The Bronte Volunteer Fire Department is sponsoring a weather class on Monday, April 9 at 7 pm at the Fire Station in Bronte.

Coke County Foundation to fund \$8,000 in scholarships

Four Bronte and four Robert Lee high school seniors will be the recipients of \$1,000 scholarships this spring, as a result of recent action by the Coke County Foundation. The \$8,000 scholarship total makes the foundation the largest local donor of scholarships in Coke County.

The local organization is working with the Permian Basin Area Foundation to award these scholarships. Bronte and Robert Lee high school seniors may download the scholarship application forms off the website at www.pbaf.org. When you access the website, click on



Big Storm! Coke County was inundated with heavy rains and small hail Sunday afternoon between 5:00 and 6:00 pm. Heavy thunderstorms dumped the better part of two inches of rain and some small hail in less than thirty minutes. Some tornadic activity was reported, but for the most part stayed south of our area. The rain has residents smiling again, as the much needed moisture is always a welcome sight. With the warm weather, pastures and wheat fields are already beginning to green up again. According to John Stephens, Coke County Bluebonnet Brigade coordinator, this moisture should also really help this year's crop of bluebonnets. We are hoping to have enough of the beautiful flowers this year to restart our bluebonnet seed distribution program this spring. Stay tuned to the O/E for more details.

scholarships on the left-hand side of the page. From there you will proceed to Coke County, where you can print out the 2-page application under the title Coke County Community Fund Scholarship. You may also apply online on the pdf form provided; however, both Robert Lee and Bronte schools are planning on forwarding all the applications together in one mailing prior to the scholarship deadline.

Scholarship funds are available to Coke County high school seniors who are preparing to enter college or a vocational school in the summer or fall enrollment period. Scholarships will be awarded based on the following criteria:

- Financial need.
- Exhibition of extracurricular involvement in school, church, and community activities.
- Academic proficiency, plus the desire and dedication to succeed in a college or vocational school environment.

If you are interested in applying for one of these

scholarships, please contact your school counselor (at Bronte, Micah Arrott, and at Robert Lee, either Sheri Millican or Dwin Nanny). The deadline for these applications is March 31, 2007. Please contact your counselor for more information, including the local deadline for completing and mailing the applications.

Election filing deadline passes

Filing for inclusion on the ballots for upcoming local elections closed this past Monday, March 12.

West Coke County Hospital District has two 2 year terms on the ballot. The terms of Mary Bessent and Dessie Kendall are expiring. The incumbents will be joined on the ballot by Don Fields.

The East Coke County Hospital District has two 2 year terms on the ballot. The terms of Doris Sims and Alonzo Robbins are expiring and both incumbents have filed for re-election.

The city of Robert Lee has to fill three 2 year council

seats. City officials whose terms are expiring are John Carver, Jackie Walker and Gary Payne. Incumbents Jackie Walker and Gary Payne will be joined on the ballot by Barbara Jenkins, Manuel Abalos and Troy Wimberley.

The city of Bronte has to fill two 2 year and one 1 year council seats. They are currently held by Elton Moore, Misti Bedford and Paula McWright, who have all filed for re-election.

The Robert Lee Independent School District Board of Trustees will have to decide on two 3 year terms. The terms of Kevin Roe and Tod Reed are expiring. Roe and Reed have both filed for re-election and will be joined on the ballot by Brandi Ramon.

Bronte Independent School District has two vacancies to fill for full three-year terms. Positions open are currently held by Terry Charles and Quinda Feil-Duncan. Due to the spring break holiday, BISD was not available for a final application count.

THE OBSERVER/ENTERPRISE

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Per Year in Coke & Sterling Counties.....\$20.00
 Per Year Elsewhere in Texas.....\$22.00
 Per Year Outside of Texas.....\$25.00

Death Notices



Griffith

Madelle Griffith, former Robert Lee resident, made her way to her reward in the kingdom of God on March 6, 2007.

Funeral services were Thursday, March 8, 2007, at 2:30 pm, at Forrest Heights United Methodist Church. Burial followed at Resthaven Memorial Park. The family received visitors from 6 pm to 7:30 pm, Wednesday, March 7, at Resthaven Funeral Home.

She is survived by her husband and two sons, Douglas of Lubbock and Duane of Ft. Worth. Two grandchildren Isaac and Erika also brought great joy to her life. Madelle is also survived by sister Jessie Harmon of Robert Lee; nieces and nephews, Lawana Perry, Jeffie Roberts and husband Bobby of Robert Lee, Dorene Mashburn of San Angelo, Jerry Harmon and wife Janie of Weatherford, Myrtle Jo Posey, Faye Rose,

Sidney Vernon Creech, Don Creech, Calvin Wayne Creech, Pearl Ann Treadway, Clifton Creech, Earnestine Stevens, Barbara Jane Harrison, Richard Huelster, Craig Huelster, Glenda Tannahill, Leta Hale, John Creech, Eugene Creech, Peggy Encinia, Louise Parten, Suzanne Carver, Peter DuBas, Michael DuBas, Margaret DuBas, Elizabeth Darrrough, John Mark DuBas and many great and great-great nieces and nephews. Also surviving are her special friends who were "RLHS Class of 1941" classmates still living in Robert Lee, Geraldine (Dean Davis) Kinsey, Dale (Cowley) Fields, Doris (Snead) McCabe, Horace Scott and Finis Millican.

CCRT meeting set

The Coke County Retired Teachers Association will meet Monday, March 19, 2007. The noon luncheon meeting will be held at the First Baptist Church in Bronte.

Concho Valley Cotton Conference set for San Angelo

On March 21, 2007, the Concho Valley Cotton Conference will be held at the San Angelo Convention Center from 8 am- 5 pm.

Reniform Nematodes, Verticillium Wilt, Weed Resistance Management, Cotton Root Rot, Early Season Insect Control, Drought Tolerant Cotton, Harvest-aids Challenges, Fertilizer Placement,

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Edward Jones
 MAKING SENSE OF INVESTING

Untraditionals, Cotton's Role in U.S. Energy and the SRPCGA Annual Meeting will be the topics for the day.

To preregister, call 365-5212, 365-2219 or 659-6522. After March 16, there will be a late registering fee.

Genealogy Workshop

scheduled at ASU

Dr. George Schweitzer, distinguished professor at the University of Tennessee and a genealogist who uses historical reenactment to teach genealogy, will lead the sixth annual genealogical workshop sponsored by the Friends of the Porter Henderson Library and West Texas Collection at Angelo State University on Saturday, March 31.

The program will run from 8:30 am to 4 pm March 31 in the C.J. Davidson Conference Center in the Houston Harte University Center at 1910 Rosemont on the ASU campus.

There will be a charge for registration and luncheon.

Persons interested in registering should contact the Friends of the Library by phone at (325) 942-2164 or by mail at Friends, ASU Station #11013, San Angelo, TX, 76909-1013.

Pecan Baptist Church Benefit scheduled

If you plan to do some spring cleaning soon and would like to donate your items (in good condition) to a worthy cause, Pecan Baptist Church garage sale is the place. Proceeds from this sale will go toward the purchase of new hymnals and stained glass windows for the new sanctuary, which was destroyed by fire on October 9, 2006. The garage sale will

PUBLIC NOTICE

BRIEF EXPLANATORY STATEMENT

CONSTITUTIONAL AMENDMENT

SPECIAL ELECTION MAY 12, 2007

PROPOSITION 1 (SJR 13)

SJR 13 would amend the Constitution to authorize the legislature to adjust the public school ad valorem tax or tax rates for taxpayers who are aged 65 or older, or are disabled, and who are owners of an exempted homestead. The amendment would thereby allow the legislature to provide tax relief to such elderly or disabled taxpayers who did not receive tax relief as a result of the school tax rate reduction passed in the 79th Legislature, 3rd called session.

The proposed amendment will appear on the ballot as follows: "The constitutional amendment authorizing the legislature to provide for a reduction of the limitation on the total amount of ad valorem taxes that may be imposed for public school purposes on the residence homesteads of the elderly or disabled to reflect any reduction in the rate of those taxes for the 2006 and 2007 tax years."

Published by Secretary of State Roger Williams.



Mutton Bustin'! On February 17, Gabriel Abalos participated in the San Angelo Stock Show and Rodeo Mutton Bustin', representing Robert Lee Elementary School.

be held in the large rec hall in Robert Lee on April 21, 2007, from 8 am until 4 pm. Items will be received at the rec hall on Friday afternoon April 20, 2007, from 2 pm - 7 pm. If these times are not convenient for you, please contact Bobbie Box at 453-4330 or Donna Waldrop at 473-0353 to arrange a time for you to deliver your items or for someone to pick them up. Sorry, but no clothing

will be accepted. Your help will be greatly appreciated.

Angel Food distribution day set March 31

The Angel Food Ministries distribution day is set for Saturday, March 31 at 3 pm at Central Baptist Church in Bronte. They are also still in need of volunteers, as well as donations, that are always appreciated.

Area Churches

Invite You to Worship

Bronte Church of Christ
 PO Box 346 • 118 S. Jefferson
 Bronte
 (325) 473-3291
 Preacher John V. Driggers
 Sun. 10 am & 6 pm, Wed. 7 pm
Central Baptist Church
 324 S. Franklin • Bronte
 (325) 473-4811
 Sun. 10 am Sunday School
 11 am & 6 pm Worship
 Wed. 6 pm
Emmanuel Pentecostal
 PO Box 683 • 1019 Colorado City Hwy
 Robert Lee
 (325) 453-2360
 Rev. Ray Aldridge, Pastor
 Sun. 10 am & 6 pm, Wed. 7 pm
First Baptist Church
 424 S. Washington • Bronte
 (325) 473-2331
 Bro. Morris Johnson, Pastor
 Sunday 9:45 am Sunday School,
 10:55 am Worship,
 6 pm Youth
 and Worship
 Wednesday 7 pm Prayer Meeting
First United Methodist Church
 Corner of Washington & Holmes
 Bronte
 (325) 473-3281
 Rev. David Bailey, Pastor
 Sun. 10:00 am Sunday School
 11:00 am Worship
 5:00 Youth
First United Methodist Church
 PO Box 144 • 9th & Chadbourne.
 Robert Lee
 (325) 453-2417
 Rev. Steve Rowe, Pastor
 Sun. 10 am Sunday School
 11 am Worship
 Wed. 7 pm Choir
Iglesia Bautista Bethel
 101 Houston • Robert Lee
 (325) 453-5003 • 453-2296
 Pastor: Basilio Esquivel
 Sun. 9:45, 11:00, & 11:30 am
 & 6 pm, Wednesday 7 pm

Southside Church of Christ
 PO Box 698 • 8th & Houston
 Robert Lee
 (325) 453-2176
 Frank J. Daniels, Preacher
 Sun. 10 am, Sunday School
 11 am & 6 pm, Worship
 Wed. 7 pm, Worship
Northside Church of Christ
 PO Box 388 • 9th & Chadbourne
 Robert Lee
 (325) 655-9784 or 453-2685
 Portis Ribble, Minister
 Services: Sun. 10 am & 1:30 pm;
 Wed. 6 pm
Our Lady of Guadalupe Catholic Church
 601 W. 10th, Robert Lee
 (325) 365-2687
 Rev. Hubert Wade, Jr., Pastor
 Sat. 6 pm
Pecan Baptist
 PO Box 542 • 12 miles West of Robert Lee
 on Sterling City Hwy • (325) 453-2004
 Rev. Richard Easterling, Pastor
 Sun. 10 am, Sunday School
 11 am & 7 pm, Worship
Robert Lee Baptist Church
 PO Box 493 • 22 W. 11th
 (325) 453-2724
 Jason Martin, Pastor
 Sun. 9:45 am, Sunday School
 11 am & 6 pm, Worship
 Wed. 7 pm, Prayer Meeting
Tennyson Baptist Church
 Hwy 277 • Tennyson
 Joe Hodges, Pastor
 (325) 473-2040
 Sun. 9:45 am, Sunday School
 11:00 am & 6 pm, Worship
 Wed. 6:00 pm Prayer Meeting
Victory Assembly of God
 PO Box 638 • 6th & Houston
 Robert Lee
 (325) 453-2208
 Rev. Irving Smith, Pastor
 Sun. 9:45 am, Sunday School
 10:45 am & 6 pm, Worship
 Wed. 7 pm, Prayer Meeting
St. James Catholic Church
 215 N. Washington, Bronte
 (325) 365-2687
 Rev. Hubert Wade, Jr., Pastor
 Sun. 5 pm



4th Grade Recorders! The Bronte Elementary 4th Grade Recorder class recently participated in the Colorado City Invitational Solo/Ensemble and Concert/Sight-reading Contest on Saturday, March 3.

Bronte City Wide Garage Sale set for May 5

It's time for Bronte's annual city wide garage sale. The Sorosis Study Club is sponsoring the annual garage sale so that it costs individuals nothing. The garage sale is scheduled for Saturday, May 5, 2007 at 8 am.

If you want to participate in the garage sale, please call the City Hall at 473-3501 and get your name on the list.

This is a great opportunity to clean out your closets and store rooms, and sell, sell, sell! Remember to call City Hall if you would like your address on the free maps to be handed out the morning of the garage sale.

Luminaria Ceremony slated

The Luminaria Ceremony will be held during the Coke County Relay at 10 pm on Friday, May 11, 2007. Hundreds of luminarias will light the way under the stars and a moment of silence will fall during the Ceremony of Hope. Luminarias are glowing bags that to the naked eye appear to be nothing more than sacks filled with sand and candles. But upon a closer examination they are exactly like people, each carries a name and has a story to tell. This ceremony of light symbolizes the hope that is our reason to participate in this relay and also demonstrates the diligence with which will continue to fight cancer.

Purchase a luminaria in honor of someone who is still fighting the disease or someone who has beaten the disease and in memory of someone who lost the battle. The names In Honor of or In Memory of will be read during the Ceremony of Hope.

Send your donation with the completed luminaria form to Dian Coulter, P.O. Box 274, Bronte, TX 76933.

Beef tenderness test

Results of the checkoff funded National Tenderness Survey show that beef tenderness has increased 18 percent since 1999 due to increased aging times, slower chill rates and a jump in branded beef

programs. This study evaluated beef from retail and foodservice establishments in 11 cities across the country. Tenderness was rated by both trained consumer sensory panels and a sheer force test.

Kickin' Up Roses
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 824 Austin - 325-453-2036

JON HART DESIGN
Jon Hart Trunk Show
 Monday • March 19
 10 am to 4 pm

LONGBRANCH

BAR-B-QUE
 will be open
 for lunch
 Sunday,
 March 18
 Texas Pit Smoked
 Brisket • Ribs
 Chicken • Sausage
 (At the Red Light in Bronte)

BAR-B-QUE

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Texas Lotto Tickets Sold Here
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Small Package
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Family Pack
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Split Fryer Breast
 Lb. **\$.99**

Farm Fresh
Green Cabbage
 Lb. **\$.19**

Seedless Green
Grapes
 Lb. **\$.99**

Shurfine or ShurSaving
 Premium Quality Whole or
 Lowfat Varieties
Fresh Milk
 2 Gal. **/\$5**

Miller Lite, Reg. or Light
Coors Beer
 18 Pack Cans **\$12.39** Keystone Light 24 Pack **\$12.99**

Reg., Light or Select
Budweiser Beer
 18 Pack Cans **\$12.39** Natural Light 24 Pack **\$12.99**

BRONTE SCHOOL NEWS



6th Grade Band! The Bronte Elementary 6th Grade Band recently participated in the Colorado City Invitational Solo/Ensemble and Concert/Sight-reading Contest on March 3. The 6th Grade Band received a first division in concert and a first division in sight-reading.

Bronte Longhorn Band Booster minutes

Booster president, John Eiland, congratulated Mr.

Dannheim, at the Bronte Band Booster meeting on March 7, for the outstanding performance of the Bronte band students at the recent contest in Colorado City.

The high school band will travel to contest in San Antonio on May 12. After the contest the students will travel to New Braunfels and enjoy a day at Schlitterbahn. There was some discussion about the type of picnic lunch to provide for students on this trip.

The band banquet has been rescheduled for April 26 at the community center for band students in grades 6-12. Each student will be allowed to bring two guests with dinner provided by the Band Boosters. Additional guests may attend but will need to purchase their meal. David Bedford is in charge of preparing the barbecue-with-all-the-trimmings meal. Entertainment will be provided by Les Huff.

The spring concert will be held Sunday, May 20 at 2 PM. It should be a great concert showcasing all band students in grades 4-12. Parents

are encouraged to attend. The students have worked hard all year, and the public will enjoy what they hear.

The Second Annual Big Country Honor Band for beginning band students will be held at Coleman High School on April 21. Mr. Dannheim hopes to take several 5th grade students to this.

High School Concert and Sightreading competition will be April 10 in Llano. Boosters plan to honor all students who participate in this event.

Mr. Dannheim spoke about the possibility of having several students attend the summer band camp at Howard Payne University in Brownwood. It is possible that scholarships could be made available to help with the cost of the camp. Mr. Dannheim noted that this camp is very beneficial to participants.

Due to a job transfer, John Eiland will no longer function as Booster president although he may be able to help out with the projects that are still on the calendar.



5th Grade Band! The Bronte Elementary 5th Grade Band received a first division in concert and a second division in sight-reading at the Colorado City Band Contest.

Susan Williams will now lead the organization. New officers will be elected at the May meeting.

Bronte Bands succeed at Colorado City contest

The Bronte fourth grade recorder class, fifth grade band, and sixth grade band competed in the Colorado City Invitational Solo/Ensemble and Concert/Sight-reading contest held on March 3. The fifth grade band received a first division rating in concert and a second division rating in sight-reading. The sixth grade band received a first division in concert and a first division in sight-reading. This was the first contest for these bands and their first time to sight-read. Many of the students competed in the solo portion of the contest. Forty-nine students received first division medals and one student received a second division ribbon. The fifth and sixth grade bands also received nice trophies for their accomplishments.

The students were very well behaved at the contest and Mr. Dannheim is extremely proud of everything they have accomplished. Mrs. Poehls and the parents who attended helped tremendously. Mr. Dannheim thought that Mr. Johns and the Colorado City band staff had a very well run contest. The judges had very constructive comments and help-

ful suggestions. The bands will be showcased in the Spring Concert on Sunday, May 20 at 2 pm. Please come and celebrate a great year for your children in band.

Lady Longhorns track meet results

By Pam Hilliard

The Lady Longhorns won another meet with a total of 125 points. The stars of the Cross Plains track meet were the 1600m relay, which was run at midnight. Ariel Coalson stepped in and ran for Holly Huskerson who had sprained her ankle/foot warming up for the 300m hurdles. Stephanie Frasier was second leg, third leg was Jessi England and anchoring the 1600m was Katie Cooper. Katie had Gorman and Zephyr breathing on her back trying to pass her for first, but Katie pulled away from them in the last 50 meters to win the gold medal. Great Team Work! Super job by all four ladies!

400m relay - 1st) Katie Cooper, Holly Huskerson, Ashley Royall, Chelsea Cook
800m run - 1st) Jessi England
100m hurdles - 5th) Stephanie Frasier
100m dash - 5th) Marcy McMorris
800m relay - 1st) Katie Cooper, Jessi England, Ashley Royall, Chelsea Cook
300m hurdles - 4th) Stephanie Frasier
200m dash - 1st) Chelsea Cook
1600m relay - 1st) Ariel Coalson, Stephanie Frasier, Jessi England, Katie Cooper

(Continued on page 7)



Breakfast

Monday, March 19
Cereal, pear halves, toast, jelly, milk

Tuesday, March 20
Breakfast burrito, applesauce, milk

Wednesday, March 21
French toast sticks, assorted juice, milk

Thursday, March 22
Pop tarts, assorted juice, biscuit, milk

Friday, March 23
Sausage roll, assorted juice, milk

Lunch

Monday, March 19
Chicken nuggets, gravy, mashed potatoes, green beans, assorted fruit, roll, brownies, milk

Tuesday, March 20
Spaghetti, corn, tossed salad, pear halves, bread sticks, milk

Wednesday, March 21
Grilled cheese sandwich, beef & vegetable soup, baby carrots w/ranch, corn bread, strawberries and bananas, milk

Thursday, March 22
Tacos w/cheese, tossed salad, pinto beans, Spanish rice, taco shell, fruit cup, milk

Friday, March 23
Chicken patty sandwich, tator tots, ranch style beans, lettuce, tomato, pickle, bun, sugar cookies, milk

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PROCLAMATION

Whereas, the Longhorn Basketball Team has experienced an exciting and successful basketball season; and

Whereas, Coach Rocky Rawls and the members of the Longhorn Basketball Team ended the season as Bi-District Champions with a record of 23 and 7;

Now, therefore, I, Gerald Sandusky, Mayor of the City of Bronte, recognize and express the city's congratulations to Coach Rawls and the members of his team, and urge all citizens to join with our city in recognizing the efforts and dedication of these outstanding athletes.

Signed this 8th day of March, 2007

Gerald Sandusky
Mayor
City of Bronte

ROBERT LEE SCHOOL NEWS



RLHS and Sonrisas! Robert Lee High School Spanish Club members Sarah Philley (far left) and Brettne Reed spend some time with a Sonrisas Special Rodeo participant and Professional Rodeo Cowboys Association announcer, Boyd Polhamus, at the Sonrisas Special Rodeo.

RLHS golf results

The Lady Steers finished 2nd at the Merkel Invitational Tournament on March 5, finishing behind Wall. Robert Lee shot a 393 to take the runner-up spot in the 13-team field.

Kelsey Duncan's 85 landed her a 5th place finish in the medalist race. Other scores were Sarah Philley 100, Jaden Alexander 110, Becca Skinner 98; Kasie Skinner 110. Other Lady Steer scores were Molly Burns 132, Emilee Yanez 123, and Megan Percifull 138.

School Menu

Breakfast

Monday, March 19

Juice, cinnamon roll, cereal, milk

Tuesday, March 20

Juice, muffin, cereal, milk

Wednesday, March 21

Juice, pop tart, cereal, milk

Thursday, March 22

Juice, pizza, cereal, milk

Friday, March 23

Juice, biscuit & sausage, cereal, milk

Lunch

Monday, March 19

Bean chalupa, salad, Spanish rice, applesauce, graham crackers, milk

Tuesday, March 20

Chicken O's, scalloped potatoes, green beans, bread, pineapple, milk

Wednesday, March 21

Hot dog, chili & cheese, fritos, pork & beans, peaches, milk

Thursday, March 22

Salisbury steak, baked potato, corn, bread, pears, milk

Friday, March 23

Sausage wrap, French fries, ranch beans, salad, go-gurt, milk

The next tournament for the Lady Steers will be the Robert Lee Invitational on March 20.

The Steers took first place honors at the Merkel Invitational on March 7, firing a 323 to take a one shot victory over Hamlin in a field of 19 teams.

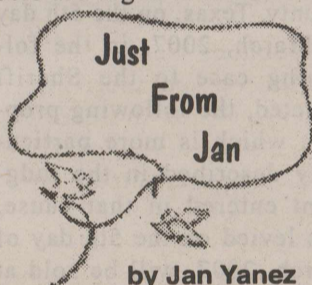
Johnathan Pagan shot a 75 for second place medalist honors and Mason Ross shot a 78, which gave him the fourth place medal as well. Other Steer scores were: Brody Dillard 87, Kevin Honse 81, Taylor Percifull 83, Kaden Duncan 89, Cody Brosh 98, and Blake Millican 106. The next tournament will be the Robert Lee Invitational on March 21.

Fire Dept. Notes

By Mark Sides,
RLVFD Chief

Thankfully, the department hasn't had to respond to any wildland fires so far this month. Despite this, March has been a busy month. Department members pro-

vided traffic control for medivac flight(s), assisted the Coke County Sheriff's Department with traffic control during clean up of an aggregate spill on Highway 158, and rolled on two vehicle accidents. The next meeting will be at the fire department at 7 pm on Monday March 19. This meeting will be for training and equipment familiarization. All members are urged to attend.



by Jan Yanez
Cooperative
Extension Agent

March is Nutrition Month

Diet fads come and go, and some may help you lose weight in the short term. For National Nutrition Month the American Dietetic

AON Chicken Spaghetti Pans

8x8 Pans/\$8 • 2 Pans/\$15

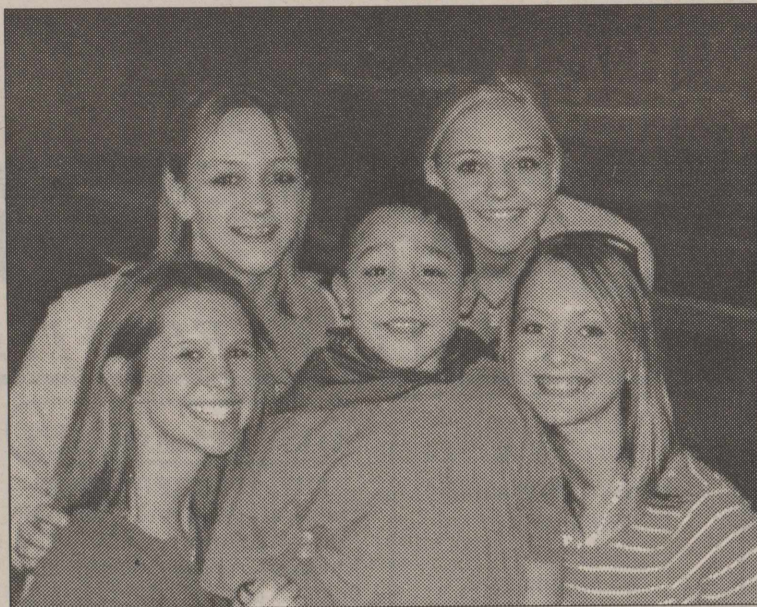
Contact Tiffany at 453-2036

Benefiting the Kirk Bagwell
Memorial Scholarship Fund

DARYL'S BODY SHOP

300 STATE HWY 229
ROBERT LEE, TEXAS 76945

DARYL COPELAND, OWNER 453-2980



Sonrisas Rodeo! A few Robert Lee High School Spanish Club members take a quick break for a photo with one of the Sonrisas Special Rodeo participants. The RLHS Spanish Club members include (from left to right) Emilee Yanez, Sarah Jones, Kelsey Martin and Briana Brisbin.

Association says the most effective long-term way to achieve a healthful lifestyle is to be 100% Fad Free.

"You can lose weight on virtually any diet," said registered dietitian and ADA spokesperson Roberta Anding. "If you eat less, you will lose weight. The question is, can you maintain a healthy lifestyle over the long term, your life? The real key to reaching long-term goals is to focus on your overall health."

Through National Nutrition Month, the American Dietetic Association promotes healthful eating by providing practical nutrition guidance and focusing attention on making informed food choices and developing sound physical activity habits. It also reminds consumers that registered dietitians are their most valuable and credible source of timely, science-based information.

Everyone should keep in mind these National Nutrition Month key messages to enjoy a 100% Fad Free lifestyle:

- * Develop an eating plan for lifelong health. Too often, people adopt the latest food fad rather than focusing on overall health. Get back to basics.

- * Choose foods sensibly by looking at the big picture. A single food or meal won't make or break a healthful diet. When consumed in moderation in appropriate portions, all foods can fit into a healthful diet.

- * Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.

- * Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well being and reduces the risk of chronic diseases.

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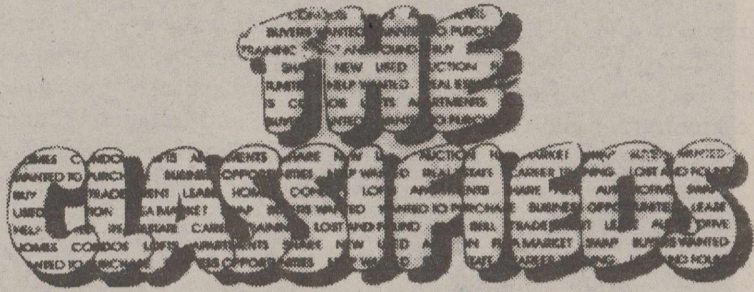
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CARD OF THANKS

THANK YOU
 so very much for the abundance of love that was showered on me and Joe when I had surgery and after I came home. The friends of our church, people of Robert Lee, and friends of Pecan Church are just wonderful. We love all of you and hope everyone can know the love you showed to us. Thank you for your prayers, cards, visits, and other ways that you showed your loving concern.
 Love,
 Joe and Donna
 34-1tp

NOTICES

THE CITY OF ROBERT LEE
 will hold a public hearing on the budget for the fiscal year beginning April 1, 2007, and ending September 30, 2007. This hearing is for input into the budget process. The hearing will be held at the Robert Lee City Hall at 6 E. 7th Street, Robert Lee, Texas, on Monday, March 26, 2007, at 6:00 pm. 34-1tc

NOTICE OF SHERIFF'S SALE STATE OF TEXAS COUNTY OF COKE
 By the virtue of Orders of Sale issued out of the Honorable 51st Judicial District Court of Coke County, Texas, on the 5th day of March, 2007, in the following case to the Sheriff directed, the following property, which is more particularly described in the judgment entered in that cause, was levied on the 5th day of March, 2007, will be sold at 10:00 am on the 3rd day of April, 2007, which is the first Tuesday of said month, at the North door of the Courthouse in Coke County, Texas in the City of Robert Lee, Texas, to satisfy judgment with interest and with all cost of suit in favor of Blackwell Independent School District, Et Al, and other taxing units and against those defendants listed in said judgments and Orders of Sale. Cause #4089

BLACKWELL INDEPENDENT SCHOOL DISTRICT VS ROY TAYLOR
 All Lot 4, Block 5 of the McDorman Addition, Blackwell, Texas

GIVEN UNDER MY HAND THIS THE 5TH day of March, 2007.
 Rick Styles
 COKE COUNTY SHERIFF
 BY: Misti Hayes
 All bidders should contact the Coke County Central Appraisal District to comply with Section 34.015 of the Texas Property Code. 33-3tc

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 Lake Front Property, 3 BR, 2 Bath home, 1550 sq. ft., vaulted ceiling in living area, 2 car carport, on apprx. 4.5 ac. with magnificent views, additional guest house.

Judge Coulter attends seminar
 Judge Grady Coulter was certified at the recent Twenty Hour Justice of the Peace Seminar held February 27-March 2, 2007 in Austin, Texas. The seminar was sponsored by the Texas Justice Court Training Center, a division of Texas State University-San Marcos, with offices in Austin.

The seminar is one of five held for elected Justices of the Peace so they can fulfill their Continuing Judicial Education Requirements as set forth in Article 27.005 of the Texas Government Code. The seminar addressed topics such as Judicial Ethics, Juvenile Law, Small Claims/Justice Court, Elements of Criminal Law, Clerkless Courts: Criminal and Civil Issues, Juvenile Sentencing, Judging Civil and Small Claims Cases, Legal Analysis, Conflict Resolution, Coping With Death Scenes, Appellate Procedures, Chapter 45, Expunctions, Court

Technology: Security, Inquests Procedure, Hearsay, Ruling on Objections, Constable Duties, Court Technology: Hardware/Software, Property Code: Leases, DWI Magistration, Collections, Beginning Computers, Pretrial Motions and Post Trial Remedies.

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...BHS Track

(Continued from Page 4)

Field events

Pole vault - 1st) Marcy McMorris, 2nd) Katie Cooper, 3rd) Chelsea Meek
 High jump - 1st) Chelsea Cook
 Shot put - 5th) Casey Harris, 6th) Chloe Grigg

Lady Shorthorn track results

The Bronte Lady Shorthorns competed in the Shorthorn Relays in Bronte on Thursday, March 8. After an exceptional day of a few new school records and some personal bests, the Lady Shorthorns finished an unbelievably close second place to Highland. The Hornets finished the meet with 85 points and Bronte finished with 84 points pulling into second place from sixth place from a field of 13 teams.

Overcoming ailing ankles, backs, and legs, the Lady Shorthorns gave Highland some worries with selfless efforts from Kaitlin Moore, Rani Parks, Shandee Vaughn, the 800 meter relay team, and an amazing run-away win by the mile relay. The above and beyond attitudes of all team members brought the Lady Shorthorns into striking distance of the championship and hungry to win the next meet. Track results are as follows:

Shot put - 3rd) Kassie Filman
 Triple jump - 6th) Shandee Vaughn
 High jump - (Tie)-4th) Brenda Perez/Shandee Vaughn
 Pole vault - 1st) Jill Scott
 400m relay - 4th) Kelsey Sedden, Kim Lee, Jill Scott, Brenda Perez
 800m run - 6th) Rani Parks
 800m relay - 2nd) Kelsey Sedden, Brenda Perez, Kim Lee, Shandee Vaughn
 400m dash - 3rd) Kaitlin Moore
 300m hurdles - 1st) Shandee Vaughn
 1600m run - 5th) Rani Parks
 1600m relay - Brenda Perez, Jill Scott, Kim Lee, Shandee Vaughn

Coke County Relay for Life set May 11

All cancer survivors are invited to join as honorary guests in the Survivor Lap on Friday at 7 pm, which will kickoff the 2007 relay.

Survivors who wish to participate in the Survivor Lap will need to register at the Survivor Table beginning at 5:30 pm and will also need to pick up their purple T-Shirt and sash to wear during the Survivor Lap at 7 pm. In honor of those who are survivors, they will be provided a complimentary hamburger meal at 5:30 pm for those participating in the Survivor Lap at the Bronte track field.

The strength and courage of each cancer survivor helps community and friends see that cancer survivorship is real and that progress is being made to battle all

kinds of cancer, one step at a time.

If you are a cancer survivor and would like to participate, please complete the survivor form and return as soon as possible to: Joe and Glenda Draper, P.O. Box 655, Bronte, TX 76933 or Eddy and Sue Spiller, 724 Brunson, Bronte, TX 76933.

Healthy beef

Approximately 400 registered dietitians, healthcare professionals, dietetic technicians and students gathered in College Station for the Texas Human Nutrition Conference where the Texas Beef Council (TBC) showcased the nutritional benefits of beef. Two registered dietitians provided presentations on beef's role in a healthy diet and Chef Richard Chamberlain demonstrated recipes from The Healthy Beef Cookbook. Interfacing with health professionals to provide correct beef nutrition information is one of the focuses of the nutrition program at TBC.

National Ag week set March 18-24

By Commissioner Todd Staples
 Agriculture Commissioner Todd Staples announced that March 18-24 is National Agricultural Week in Texas—a time to recognize the state's hardworking farmers and ranchers and acknowledge their contributions to the Texas economy—\$73 billion a year.

"Take time especially on March 21, National Agriculture Day, to recognize, celebrate and thank the many individuals who help shape our Texas agriculture industry," Commissioner Staples said. "From nutritious foods to high-quality fiber and fresh plants, agriculture provides us with the necessities of life while helping ensure a robust economy for all Texans."

The Agriculture industry is currently going through a major transformation. New innovations and advances in technology are turning Texas

agriculture into a high tech business. The application of new equipment like global positioning systems, self-propelled machine operations and electronic data has changed the nature of the business. To maintain the leadership role in agriculture it is important for Texas producers to remain on the cutting edge of this new technology.

From the Gulf Coast to the Panhandle, Texas is one of the most agriculturally diverse states in the nation. Agriculture is the state's second largest industry and employs about one out of every seven working Texans. Eighty percent of the state's land is in some form of agricultural production.

American farmers are working harder and are more efficient than ever before, and it shows. Today, each producer feeds more than 129 people. Agricultural crops are America's top exports and are vitally important in sustaining a healthy economy.

And it's not just the producer who makes our food possible. All aspects of the agriculture industry, all the way from the farm gate to the retail clothing store and grocery store, are vital links in a chain that brings food and fiber to every citizen and millions of people abroad.

"It can be easy to take agriculture for granted in America because our food is readily accessible and safe," Commissioner Staples said. "For this, we are extremely fortunate, and it gives us even more of a reason to recognize those who make it possible."

Ag week fact sheet

*Texas is the second-largest agricultural state in the United States, accounting for about 7 percent of the total U.S. agricultural income.

*The food, horticulture and fiber industry is the second-largest industry in the state and generates \$73 billion a year for the economy, or approximately 9.5 percent of

the state's total gross state product.

*Eighty percent of the land in Texas is in some form of agricultural production.

*Ninety-two percent of Texas' agricultural operations are still run by individuals or families.

*Agriculture employs one out of every seven working Texans.

*Texas ranks first in the nation in the number of cattle and calves, accounting for 14 percent of the U.S. total. Texas also ranks first in the number of cattle operations and the value of all cattle and calves.

*Texas is the top producer of cotton, hay, sheep, wool, goats, mohair and horses. The state's top crops also include vegetables, citrus, corn, wheat, peanuts, pecans, sorghum and rice.

*Texas is one of the leading exporters of agricultural commodities. Texas' top agricul-

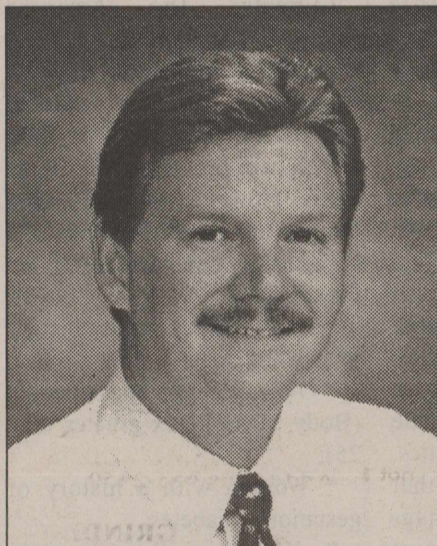
tural exports are live animals and meat, cotton and cottonseed, feed grains and products, hides and skins, wheat and products, and feeds and fodder.

*Each Texas farmer grows enough food and fiber for 129 people in the United States and abroad.

*The Texas Department of Agriculture's Family Land Heritage Program has recognized more than 4,200 farms and ranches in 232 counties for being maintained in continuous agricultural operation by the same family for 100 years or more.

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Scott Allison elected as a director of the First Nat'l. Bank in Bronte

Earl Glenn, chairman of the board, announced that Scott Allison with Allison-

Lacy Real Estate in San Angelo was recently elected as a director of First National Bank in Bronte.

Allison brings twenty-two years of real estate experience to the board and has been very active in many local, state, and national real estate boards.

"First National Bank in Bronte feels that we are extremely fortunate to have someone of Allison's abilities and reputation serving on our board," according to Glenn.

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Women with Pre-diabetes may have higher heart disease risk

by Jennifer Wider, M.D.,
Society for Women's Health
Research

With cases of obesity and type 2 diabetes at record numbers in the United States, new research reveals that women with "pre-diabetes" may experience blood vessel dysfunction, clot formation and high blood pressure more often than men, possibly making them more vulnerable to heart disease in the future.

"Pre-diabetes is a condition, not a disease, when fasting blood sugar is 100-125 mg/dl," explains Richard P. Donahue, Ph.D., M.P.H., professor at the School of Public Health and Health Professions at the State University of New York at Buffalo and lead author of the study. In other words, in pre-diabetes, blood glucose levels are higher than normal, but not high enough to reach the diagnostic criteria for diabetes. Studies show that a considerable number of people with pre-diabetes develop type 2 diabetes later in life.

It has long been established that differences between women and men exist when it comes to diabetes and heart disease risk. Some studies have shown that diabetic women have a greater risk of coronary heart disease than diabetic men. Other studies have shown that the risk of a heart attack is higher in female diabetics than in male diabetics. This new study suggests that even before diabetes is diagnosed, there may be significant differences that contribute to the risk of heart disease.

"The reasons why women with type 2 diabetes are at higher risk (for heart disease) than male diabetics are not well known," Donahue said. "Some studies suggest that women may have more coronary microvascular disease, as opposed to disease in the larger coronary arteries, but this is only a hypothesis."

From this study, it is feasible to speculate that pre-diabetic women may be more prone to blood vessel dysfunction and clotting problems than pre-di-

betic men, but more studies are needed to further examine the role sex—the biological status of being a woman or a man—plays in pre-diabetes and the risk of heart disease.

What is known for certain is that lifestyle changes in pre-diabetics, regardless of sex, can delay or prevent the onset of type 2 diabetes. Researchers have proven that healthy dietary choices and moderate physical activity can ward off the development of type 2 diabetes and further lower the risk of heart disease and stroke.

Diagnosing pre-diabetes in patients is very important because treating it may not only prevent the development of diabetes, it can also prevent the many, unwanted complications.

"Women should know their glucose value and have it measure annually from age 45 onwards," Donahue said. "If it continues on an upward trend, the primary care docs may consider more intensive therapy for risk factors for heart disease including, hypertension and LDL cholesterol."

Currently, the American Diabetes Association recommends that all adults aged 45 years and older be considered for diabetes screening by their health care provider every three years. However, the following people are at higher risk and should also consider pre-diabetes screening:

- * People with a family history of type 2 diabetes;
- * Overweight or obese people (Body Mass Index greater than 25);
- * Women with a history of gestational diabetes;
- * Women with polycystic ovary syndrome;
- * People with a sedentary lifestyle; and
- * High-risk minority groups including African Americans, Native Americans and Latinos.

Pre-diabetes can develop at any age and many American children and adolescents now have the condition. You also do not have to be significantly overweight to develop it, so individuals who do not eat a healthy diet or do not exercise regularly should be aware of the condition and talk to their health care providers.

Pet Talk

Animal experts agree: leave those whiskers on Whiskers alone.

That's the advice of animal experts when it comes to vibrissae, the technical name for whiskers. They serve a purpose and it's not a good idea to cut or trim them, as many pet owners feel they should do.

"It's best to leave them alone," says Dr. Bonnie Beaver, an animal behavior expert at Texas A&M University's College of Veterinary Medicine & Biomedical Sciences.

"Some pet owners might get the urge to take out some scissors and give some long whiskers a little trim, but they should not. Whiskers serve a very real purpose -- they are like a sensory device for the dog or cat."

"Especially in cats, whiskers keep the animal from bumping into things at night and help with depth perception. They help the animal decide where it's going, so it's not a good idea to cut them."

Cats can have whiskers on the sides of their face, under their chin, above their eyes and on the back of their front legs. The average cat has between 20 and 30 whiskers.

Whiskers are attached to a nerve under the skin, and these whiskers can provide cats with all sorts of information. They can tell the animal about its immediate surroundings and also help it move in closed-in areas where space is tight.

"Sometimes, whiskers will naturally fall off the animal," Beaver explains.

"If this happens, it's nothing to be alarmed about. Over time, the whisker will eventually grow back."

Dogs use their whiskers in the same way as cats do, Beaver says, "but because cats are more nocturnal, they tend to rely on their whiskers a little more."

"We know cats can feel breezes by using their whiskers, and they can also use them to detect such things as high grasses. All of this goes back to their ability to hunt in the wild. They need whiskers to do certain things."

The slightest touch of a cat's whiskers will result in the blinking or closing of its eyes, again a natural reaction that goes back to

the animal's hunting background.

Studies have shown that cats with poor eyesight will use their whiskers much like a person uses a cane -- as a sort of guide to help it maneuver through a room or an area.

"That's why it's best to leave the whiskers alone," Beaver adds.

"Your cat or dog will appreciate a nice brushing much more."

Prescription Drug Abuse and Teens

America's war on street drugs routinely garners headlines but much less attention is given to our problem with prescription drug abuse, despite the fact that it is more widespread than abuse of all types of illicit drugs combined, excepting only marijuana. And despite their therapeutic purposes, controlled prescription drugs can be just as deadly as heroin, cocaine or other street drugs.

"Americans are so accustomed to trusting the medical community that they don't have the same sense of danger about these drugs that they do with street drugs," stated Ryan Thorpe, Director of Admissions at Narconon Arrowhead, a residential drug and alcohol rehabilitation facility in Canadian, Oklahoma. "Children are given prescription drugs throughout their childhoods, so how bad can it be to raid the medicine cabinet, accept a few pills from a friend or order your own supply from an unscrupulous Internet site? It can be bad enough to account for 23 percent of all drug-related emergency room admissions and more than 20 percent of all single drug-related emergency room deaths. ER admissions from this cause have grown three to four times faster than admissions for heroin or cocaine use."

One of the most frequently abused drugs is OxyContin, an opioid (opium-like) painkiller. The strength of OxyContin made it a valuable painkiller for those people suffering from severe pain that no other painkiller would touch. The higher dosage was made safe for use by administering it in a time-release formulation. The downside: all abusers had to do was to crush or dissolve the tablet to

thwart its time-release mechanism. The result of abuse was a high similar to heroin.

Also prone to abuse are stimulants such as Ritalin, often available from a young friend who would rather sell the pills than take them, anti-anxiety drugs Valium and Xanax, and steroids. In 2003, approximately six percent of the U.S. population admitted abusing controlled prescription drugs -- that's 15.1 million people. Growth of this type of abuse far outstrips the growth in use of marijuana, cocaine or heroin.

"One of the worst aspects of this problem is that it predisposes young abusers to street drug use," added Thorpe. "Teens who abuse controlled prescription drugs are twice as likely to use alcohol, five times likelier to use marijuana, 12 times likelier to use heroin, 15 times likelier to use Ecstasy and 21 times likelier to use cocaine."

"By failing to conquer this epidemic, we are creating a future epidemic of street drug use. All the drug enforcement efforts in the world will be wasted when these teens and young adults graduate from controlled prescription drugs to street drugs. The tidal wave of demand will ensure that heroin, cocaine and other drugs will make it to the streets no matter what barriers are placed in the way. Effective rehabilitation that eliminates drug cravings and restores a person's ability to enjoy a drug-free life is essential, along with drug education that keeps new teens and young adults from falling into the same trap."

Thorpe explained that the Narconon Arrowhead program has been successful in helping adults both young and old create new drug-free lives for themselves for more than 40 years. "Six out of ten of our graduates are drug-free two years after completion of our program, regardless of the type of drug that was being abused. This is the kind of success that will turn this dangerous situation around."

For information on Narconon's successful drug treatment and educational programs and materials, contact Narconon Arrowhead at 1-800-468-6933 or visit their web site at www.stopaddiction.com. In more than 120 centers around the world, Narconon programs restore drug abusers and addicts to a clean and sober lifestyle.

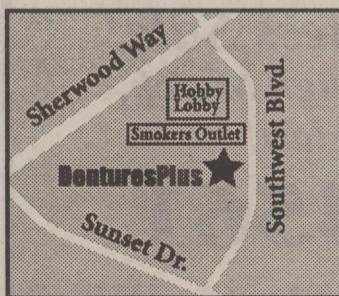


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