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Dr. Mike Minodin feels challenged to help people

By Janet Felderhoff
Muenster Memorial Hospital and Muenster Memorial Family Health Clinic have a new physician, Mike Minodin, M.D., MPH. He is certified as a Health Education Specialist by the American Board of Family Practice.

In his late teens Mike Minodin had the opportunity to do volunteer work in Africa. It was this experience that inspired him to become a physician. He saw a contrast between the U.S. or other countries in the world where there is a doctor available within an hour's drive or a hundred miles and people feel assured that somebody can help them and the countries where there are no doctors.

Lindsay ISD sets public hearings

By Janet Felderhoff
A Public Hearing was scheduled for Friday, August 30 at 6 p.m. on the proposed Budget and Tax Rate for Lindsay ISD. It will be held in the Lindsay High School Library. The hearings were scheduled at the Monday, Aug. 19 meeting of the Board of Trustees.

The proposed tax rate is \$13811. If they go over that amount, the district could be subject to a rollback. They were advised that once a rate was proposed they could lower it, but not raise it. Last year's rate was \$1157.

The complete story of the Aug. 19 meeting will be published next week.

Clinics were usually held under the trees. At times they traveled on foot to get to places where clinics were to be held. That part of Africa, it's actually Ethiopia, is so far away from organized health care that if the volunteers didn't go, a lot of people would die," noted Dr. Minodin. He said that the people are very interesting. They celebrate births like a huge blessing from heaven. The whole village dances in celebration. He feels they treasure their newborns because illness due to lack of health care kills many of them.

"I saw a challenge there to help people who are like that," remarked Dr. Minodin. "In fact I have made several trips overseas after medical schooling just to fulfill that commitment to help."

Dr. Minodin volunteered for a couple of months in 1989 with the UN in Thailand where there were many refugees from Vietnam and Laos. In 1995 while doing his second year of residency at Hillcrest Medical Center in Tulsa he had the chance to join 12 doctors from all over the U.S. They went to a small state, Kazak Stan, in the Soviet Union. It is where the Russians have their missile launching pad. "It's supposed to be a very important place with the space program, but the health care is so bad," said Dr. Minodin. "There are several doctors in the town that we lived in. We were there two months. They had absolutely nothing. No instruments. They heal with their hands. Medicine is almost nil and that's how bad the health care system

is and still people get better for some reason."

If in the future Dr. Minodin gets another opportunity to volunteer in such a country he will do it again. Even though it is harder now to find the time to do it, it remains his commitment to help in countries where there isn't available medical care.

Most recently Dr. Minodin worked in Stuart, Iowa at the Mercy Clinics Family Practice and before that from January 1998 to December 1999 at the Independent Medical Contractor for Emergency Departments in Dallas. Other professional experiences include July 1996 to December 1997 as Senior Resident in Family Practice. In His Image Family Practice Residence at Hillcrest Medical Center of Tulsa, Oklahoma; July 1994-June 1996 as Resident in Family Practice also in Tulsa; July 1993-June 1994 as Associate Clinical Researcher, Gastroenterology Section, Loma Linda University Medical Center, Loma Linda California; September 1991- June 1993 as a graduate student in Public Health, Schools of Medicine and Public Health, Loma Linda University Medical Center; September 1989-July 1991 as medical officer, Petroleum Development Oman, Muscat, Oman; and June 1987 to August 1989 doing volunteer work for UNHCR projects in Ethiopia and Thailand.

Besides speaking excellent English, Dr. Minodin speaks fluent Spanish, and also Thai and American Sign. He earned his Master of Public Health

from Loma Linda University School of Public Health in June 1993; a Certificate in Occupational Medicine from the University of Birmingham England in September 1991; and a Doctor of Medicine from Cebu Institute of Medicine in the Philippines in April 1987.

The doctor's current Life Support qualifications include Basic Life Support, and Advanced Life Support in Cardiac, Trauma, Obstetrics, and Pediatrics.

Since finishing his training, Dr. Minodin has been doctoring in very busy areas. He has found the pace of life here in Muenster to be slower. "It gives you a lot more chance to really rap with the people you serve and get to know them much better than the big city where it averages comes in, goes out, comes in, goes out," he remarked. "You listen just to a few things, hopefully about the things that ail them, but not so much about their own personal circumstances. I happen to believe that health care is more than just knowing what to prescribe or what kind of operation is needed. Health is a sum of a person's wellness or illness and the environment. The social environment is how the person's family, neighbors, and the community, society at large - all those combine to create a whole picture of health or illness, for that matter. The whole person concept of wellness and illness is that and I subscribe to that view of health care."

The reason that Dr. Minodin went into family practice is that it is the only specialty medicine that

addresses both issues. It requires a broad base of training that is very difficult because the doctor has to learn about everything possible, he said. He noted that this specialty was once called doctoring from the cradle to the grave and this is still true.

"I seem to like that kind of specialty because of its broad base," commented Dr. Minodin. "I'm always challenged by having to know a lot of things at the same time. In medicine there's so much progress in any one year that every

See DR. MINODIN, Pg. 2.



Dr. Mike Minodin with patient. Janie Hartman Photo

MISD releases proposed tax rate

by Janie Hartman

In a called meeting of the Muenster ISD Board of Trustees on Aug. 14, the Board discussed the budget and proposed tax rate for the 2002-2003 school season.

A pie chart representing the expenditures was discussed, identifying a percentage breakdown of the proposed General Fund, with 74% going toward salaries.

The proposed budget was approximately \$30,000 less than the first budget discussed in June. After cost increases were added, the difference dropped to \$13,211.

Superintendent Clyde Steelman stressed that mandatory increases of state salary for teachers and insurance premiums for \$188,342.00 be added to the budget before any other

See SCHOOL TAX, Pg. 2.

Howell-Sickles' cowgirl paintings celebrate life

"I paint joy," declared Donna Howell-Sickles. "Showing the joy that life is was a deliberate choice in my work. I decided that there was more to the human experience than sorrow, angst, and anxiety. Real joy is a fleeting emotion, something that is so pleasant we rarely enjoy it until we don't have it any more and then you remember those good old days. So I deliberately made an effort to draw people who are aware of their presence and the joy that they're experiencing right now - the joy in their life and in their animals and in the joy

in the actual physical activity. They are actively engaged in being the best that they can be every day."

Featured in all of Donna's work is the adventurous, joy filled cowgirl of the old west. Describing her cowgirl Donna remarks, "She is complete in and of herself and she's actively involved with life, love, laughter, courage, strength and sort of a can do attitude - a kind of person who can tell what's good."

Donna's studio contains beautiful stained glass windows, high ceilings, and an inspiring atmosphere. It was formerly the



Donna Howell-Sickles sketches a work in progress in her studio. Donna is reflected in a large mirror she uses to make sure her paintings are in true proportions. A finished painting

at left depicts the artist's joyful style of a cowgirl and her animal friends. Janie Hartman Photo



Keeping the Bears Out, as featured in the book, Cowgirl Rising - The Art of Donna Howell-Sickles. Janie Hartman Photo

Presbyterian Church, which was built in 1909 in Saint Jo. As she remodeled it, most of the pews were removed and the organ donated to a church in Plano. A friend of hers is a Methodist minister. She performed a rededication service to which all of the old members were invited.

As soon as Donna completes a painting, she ships it off to one of seven galleries that display her work. Those include Big Horn Gallery in Cody, Wyoming; Contemporary Southwest Gallery in Santa Fe, New Mexico; Kneeland Gallery in Sun Valley, Idaho; Meyer Gallery in Scottsdale, Arizona; Telluride Gallery of Fine Art in Telluride, Colorado; and Pitzers of Carmel in Carmel, California.

There are usually at least three to five art pieces in progress in the studio.

"What happens is you work on something until you just can't get what to do next," Donna said.

The pictures sometimes start out on a small scale. If they interest Donna enough she will then continue on with a large version. The small drawing helps her to determine where she would like to go with the idea. Galleries like to have a size range and this helps to balance out the collection. "My preference has always been big, but it works better in galleries if you have a couple of different sizes," she noted.

Donna's creations begin with sketches in charcoal. She works with mixed media. Some of the works might have the background done in acrylics that have a slightly semi-gloss finish and the figures done in pastels that absorbs the light more and have a softer

appearance.

Where does this artist get ideas and inspirations for her works? "I read a lot, actually," she responds (she has a large eclectic collection of books). "Sometimes the ideas will come from the reading or sometimes you'll just see someone with a horse or with anything and remember that. I have a zillion photographs and when I'm at a dry spot and can't think of what I want to do next, I just go back through things until I run across a photo that reminds me kind of full force why I thought that was a neat line."

Many of Donna's paintings come off the canvas or paper (only part of the person or animal is shown). "My life has never stayed inside any set of boundaries I gave it, so why should my art?," chuckled

Donna. "For me emotionally it's in progress. It's not contained by that space that exists in time before we saw it and after we see it."

As the artist explained one of her charcoal sketches in progress she said, "You don't have anything invested in any one (figure) on there yet so you can move them all around. You can add a dog. You can take it off. You can tell what's going to fill the space the best. And when you start drawing it changes. It talks to you all the way through ... you don't know."

Becoming an artist just kind of happened in Donna's life. She was attending college at Texas Tech University where she was studying to become a teacher like her parents. She had to take an art class. Although Donna has always drawn, she said it was more

See COWGIRLS, Pg. 3.

MISD School Board gets progress report, approves auditors' contract

by Janie Hartman

The business discussion of the Muenster ISD School Board on Wednesday, Aug. 14 began when Woodrow Menn, senior appraiser for Perdue, Brandon, Fielder, Collins, and Mott, presented the Board a contract for appeal and audit services of the State Comptroller's Office to ensure that certified values are correct, checking against state and county appraisals.

In 2000, the company did an audit, and nothing was found and there was no charge to the district. If extra money is found, 83% goes to the district, with the auditors getting the other 17%. The Board later approved the contract to have the firm do the audit.

Hearing reports to the Board included a delinquent tax role list from Jim Robertson's office should be available at the next meeting. There was \$72,000 out in back taxes, with \$32,000 of that being from this current year.

Also the WADA payment is due Aug. 27 - \$1.2 million to be sent back to the State.

Consent item discussed was a recommendation by the Child Nutrition office in Austin to increase adult lunches to \$2.50.

Several items were discussed on the legal and local policy of TASH, including that the District has the right to deny use of buildings or facilities if it conflicts with school events; and "religion is still on the top of discussion." Steelman noted, "mainly cannot sway personal beliefs onto students, but can teach 'text' done in the content of the instruction. The band can play *Silent Night* at the concert."

The Board again approved exemplary stipends for staff members. Mr. Newton reported attendance in the vocational program, noting 71 students in Family Consumers Science, 87 total in Ag, and 66 taking shop classes. "Keeping eight periods allowed students to have flexibility to take vocational classes, athletics, and band," Newton concluded.

TECHNOLOGY REPORT: Muenster ISD currently has approximately 220 computers that are being used in labs, classrooms, and administrative offices. Around 30 computers are in need of software and hardware repair, most are older computers. Some of these will be used in the new IT Essentials class that teaches computer maintenance and repair. The repair lab has moved into one of the "old field house" classrooms, freeing up space in the computer

lab, but a request to have the repair lab next to the instructional lab was made to facilitate the hands-on portion of the repair class.

The technology committee also submitted recommendations to the Board that are part of the Muenster ISD technology plan. Items include: 30 TI-83 Plus Silver Edition Calculators for junior high and high school math and computer science classes and UIL and TMSA extracurricular activities with an approximate cost of \$5,000; a plotter for the CAD classroom at a cost of approximately \$4,000; a laptop, projector, and cart for the elementary building and the library at a cost of approximately \$3,500 each; also 10 headphone sets for the elementary computer lab and three laptop computers for elementary teachers to further incorporate technology into the curriculum. Availability of some of these items will depend on what is budgeted.

Monte Endres submitted the athletic report which included an update on football and cross country workouts. The Hornets had 45 boys report to the field the first week of practice.

Coach Jeff Presnall had 15+ girls working out for cross country. The first meet is scheduled for Aug. 24 at Dallas Norbuck Park. The new washer and dryer are not yet installed.

The high school/junior high and elementary reports included figures of enrollment as of August 12 as follows:

Grade	Count
PreK	31
K	44
1	40
2	31
3	47
4	36
5	42
6	40
7	35
8	44
9	48
10	42
11	30
12	31

Both Phil Newton and Gwen Trubenbach reported productive and motivational sessions with Dr. Eric Cupp during staff development. Newton also noted the "surprise" resignation of Glen Debnam two days before school began. Debnam was assigned to teach two periods, causing the rearrangement of some class schedules.



Sacred Heart School began classes Monday morning. Keeping busy before going to opening Mass were Bradley Endres and Jason Knabe, members of the Kindergarten class. Janie Hartman Photo

DR. MINODIN Continued from Page 1

doctor, no matter whether they are family doctors or any other specialty have to keep up."

When Dr. Minodin was at the busy clinics, he was seeing about 30 patients a day, some cases being complicated - he got burned out. "If I were to have to be a patient I don't want my doctor to spend 15 minutes with me," he declared. "If I have real concerns it would be nice to sit down and talk about it for 20 minutes or so, maybe half an hour depending on how bad the problems are. Not giving time is not good care. I try my best to spend time. That's what I like to offer people."

On Dr. Minodin's web page he states, "Stay well and whole." He said that is what he likes to see in himself and in other people. It is best to stay healthy, he said. When disease strikes, it's something left up to chance and can and will happen. "It is very important that we as health care providers address both the wellness and the illness issues," he noted.

Dr. Minodin said he read once that doctors are the only professionals who are trying to run themselves out of business because they try to keep people healthy. This won't happen because people will be ill, but he said they would keep trying to run themselves out of business by trying to keep people healthy. Well care is

part of staying healthy also, he noted.

To be healthy Dr. Minodin advises, "Keep your weight down, eat right, stay away from fat, exercise, things like that. Talk to somebody if you have a problem. Don't let emotional problems get you down. If you need a counselor, you go and find somebody. Talk to your priest, talk to your counselor, whoever, talk to your principal... The whole idea is to prevent illness in any form by staying ahead of the game. Deal with little things before they become problems. That's what health and wellness is all about a lot of emphasis on staying well and preventing illness."

MMH Administrator Richard Arnold found Dr. Minodin listed in the Texas Health Coalition and contacted him to see if he'd come to Muenster. Dr. Minodin knew the area from when he'd been in Oklahoma. He likes Texas and was hoping to return to the state.

Although Dr. Minodin is trained to do obstetrics, he will not be practicing it here since Dr. Currier already does. He will be assisting Dr. Currier with the babies. Pediatrics will be a major part of his practice. He can also assist with some of the C-sections and other surgeries.

Dr. Minodin's hobbies include sailing, jet skiing, snow skiing, watching

football games, including local and Cowboy games. He was team doctor for a local high school football team in Iowa.

There will be an Open House hosted for Dr. Minodin on Thursday, Aug. 29 from noon until 2 p.m. at the MMH Family Health Clinic, 509 North Maple in Muenster. The public is invited to come and talk with Dr. Mike and have their blood pressure checked at no cost, if they wish. He looks forward to meeting people from the area.

Regular office hours at the MMH Family Health Clinic are from 9 a.m. to noon and from 2-5 p.m. Monday through Friday.

Dr. Minodin will be taking his rotation with other MMH doctors in the emergency room.

"All and all the contacts that I've had here and the reception from the folks that I've met have been warm and friendly," commented Dr. Minodin. "It was good meeting the Board of Directors, some folks in town. The staff here and the hospital have been very competent, very helpful. So far it's been very good and I hope it will stay that way."

Dr. Minodin is single. He parents lived in the United States for a time, but now reside in the Philippines.

SCHOOL TAX

Continued from Page 1 adjustments should be considered.

The preliminary tax rate was also discussed. Mr. Steelman explained that the state financial school district formula for state funding places more responsibility on local school districts as district property values increase. "Even with the increase in property values, we (MISD) will lose \$36 per student in funding." Also for the next three years the state will reduce the funding for the mandatory health insurance and place the responsibility back on the local district.

The Board discussed and approved a proposed total tax rate of \$1.5575. The additional funding would be used to increase the funds balance to help offset the cost of capital improvements.

A public meeting will be held at 7 p.m. on Wednesday, Aug. 28 in the Muenster ISD Administration Building to discuss the district's budget that will determine the tax rate that will be adopted.



Sacred Heart teacher Michele Knauf and Scout Leader Nancy Nystrom discuss the recycling challenge and options at the Waste In Place workshop attended by 14 teachers and youth leaders. Courtesy Photo

From My Side of the Fence by Ed Cler

Watching the Rangers baseball team lately has become a bit more easy to take. They seem to have reached the "win some, lose some" stage. Even here one would like for them to have a few more wins than losses.

The team started the season in a slump, then seemed to get the hang of it, and won a bunch of games, but then dropped back to their losing stance again. After digging themselves hopelessly into a hole, to the point that it was no longer fun to watch them play, and they no longer had opportunity to compete in any post season activity, they have begun to play some pretty fair ball.

Friday night, Aug. 9, we had the pleasure of seeing them come from behind, and beat the Cleveland Indians 3 to 2 in the 11th inning, when Palmiero slammed a homer into the stands.

To top that off, the Dallas Cowboys took on the Oakland Raiders in a preseason game and they too, won 20 to 6.

We all know that preseason games are, for the most part, played so the coaches can get a good look at their rookies.


If size has anything to do with it, they should be in pretty good shape. Those guys did show a lot of potential, and with proper training, they could be competitive.

You're Invited to an Open House
Honoring **Dr. Mike O. Minodin, MD, MPH**

Thursday, Aug. 29
12:00 - 2:00 PM

MMH Family Health Clinic

The public is invited to visit with Dr. Mike and have free blood pressure checks.



School Finance Meeting

Clyde W. Steelman Jr., Superintendent of Muenster Independent School District, will hold a Community Forum on Tuesday, Aug. 27, 7:00 pm in the Junior High Auditorium to discuss the Texas School Finance System and the impact on local school districts and their taxpayers. All business owners, community members, homeowners and parents of home-school students, private students and public school students are encouraged to participate.



Mike Jones, right, president of Dallas-based Mike Jones Auction Group, has been elected vice-president of the National Auctioneers Association in Orlando, Florida at the 53rd International Auctioneers Conference and Show.

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

Sunday, August 25, 2002 Muenster Museum Open 1-4 PM SHS Hamburger Supper, 5-7PM, Comm. Center	Monday, August 26, 2002 SHS All Parents Meeting, 8PM, Comm. Center	Tuesday, August 27, 2002 Exercise Class, 10:30-11:30, S.N.A.P. Center MISD School Finance System Community Forum, 7PM, Auditorium MMH Board Meeting, 8PM	Wednesday, August 28, 2002 Exercise Class, 10:30-11:30, S.N.A.P. Center Consecration to the Sacred Heart & Immaculate Heart of Mary, 8AM, SH Church Religious Ed Classes begin, Opening Mass, 6:30PM	Thursday, August 29, 2002 Muenster Museum Open 1-4 PM SHJV vs. Era, H, 6PM	Friday, August 30, 2002 Muenster Museum Open 1-4 PM Deadline 5 PM to sign up for C of C Garage Sale SH Tigers @ Era, 7:30PM M Hornets vs. Throckmorton, H, 7:30PM	Saturday, August 31, 2002 Antique Tractor & Farm Machinery Show, Lindsay J.W. Hart PBR Challenge, Gainesville Riding Arena
Sunday, September 1, 2002 Muenster Museum Open 1-4 PM Antique Tractor & Farm Equipment Show, Lindsay	Monday, September 2, 2002 LABOR DAY - Flags Fly No School - MHS or SHS	Tuesday, September 3, 2002 Exercise Class, 10:30-11:30, S.N.A.P. Center SH Preschool Parents Meeting, 7PM	Wednesday, September 4, 2002 Exercise Class, 10:30-11:30, S.N.A.P. Center TDH Immunization Clinic, 9-11AM, Cooke Co. Elec. Co-op C of C Board Meeting, 5:30PM	Thursday, September 5, 2002 SHJV @ Bells, 6PM Muenster 7th, 8th, JV vs. Nocona, H, 4:30PM	Friday, September 6, 2002 Muenster Museum Open 1-4 PM SH Tigers vs. Bells, H, 7:30PM M Hornets @ Nocona, 7:30PM	Saturday, September 7, 2002 Muenster VFD Golf Tourney, Turtle Hill

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COWGIRLS

Cont. from Page 1

like doodling. She found that she had a talent for art and that she genuinely enjoyed it. When she realized that she could make a living painting and drawing she knew that was what she was supposed to do with her life.

A fascination with cowgirl art occurred during Donna's last semester at Tech when she got an old postcard from some friends in a trade for artwork. "It was an old linen postcard of a smiling cowgirl on the back of a horse," recalled Donna. "The imagery just really appealed to me. I was in college in the late '60s and that's when figurative work was pretty much just dead. Nobody was doing figures, but the idea of this heroine, the way I responded to it, was something that I had to explore. She was an on and off fascination, probably until the late '70s when it really became the entire focus of my artwork. Who would have guessed that my senior year in college I would meet a lifetime long friend? What are the odds of that?"

One reason that Donna feels the cowgirl image was appealing is her farm and ranch operation background. "She was also much more of what I thought of as my imagination because I didn't realize the Western woman figure had appealed to other people before me. The late 1800s, early 1900s she was a very popular figure in dime novels and in the Wild West shows when the women in some cities would get 80% of the press. It's been a captivating American idea for a long time." She noted that there aren't that many women hero figures that have costumes. Little boys have a wide array of costumed heroes to choose from.

Donna's art focuses on cowgirls, but does have an occasional cowboy or so. She said that there are zillions of paintings with active cowboys and the women sitting there posed.

"The West was settled by both sexes," asserts Donna.

"She worked as hard as he did." The artist said she'd read many diaries of women of that time. "One was just poignantly heartbreaking," Donna recalled. "As she was looking out the meager little window that the cabin had and noticed that her husband had stopped milking the cow because it was a month before she was going to birth (calve) and she was so envious that the cow got a break and she never did. She was pregnant all the time too and she never got a break. She didn't get to stop working ever."

Over the years Donna's art has evolved taking on more emotion and story telling. In the early years she said her cowgirl art was more about an imagined person than a real person. "The work was kind of static, not much movement just a monumental figure and very few facial features," she remarked of her early work. "Then I became acquainted with the women who helped create this image, the Wild West Show women and the idea of joy became something that I really wanted to work with in my work and those all required specific ideas and defined facial features to get across the personality and the emotion and then I sort of grew into the part where I realized that myths and stories, just for an example from the Greeks and Romans, were a wonderful addition to the stories I was telling about women. Because those are the old stories from agrarian societies also so they dealt with the same animals most of the time and with fate and luck and the weather and being sometimes just overwhelmed by things completely out of your control. That took a lot of go on despite of that and to go on well. Adding those stories to my work, for me, made it mentally so much happier to me. It's a layer that's been added to the work that you don't have to know about to like the work." She feels her work is



Donna Howell-Sickles sketches on one of her cowgirl paintings as another of her drawings hangs behind her. At right - a sculpture of cowgirls and their dogs dance in the doorway. Janie Hartman Photo

changed even from three years ago.

Symbolism is in many of Donna's creations. One piece is of a cowgirl and her guardian dog. She is painting a picket fence red while a bear watches from the other side. Donna explains, "We all have those little actions or activities that we do that we assign some sort of value to, a talismanic value almost like a shirt you wear on an airplane or a process that you go through to do something, a medallion that you carry in your pocket, whatever. We all need to create for ourselves a little sanctuary, a little place where we are safe. That's kind of symbolic of what she is doing. She's built her enclosure and she has her guardian in there with her and then she's painting the fence red which for us humans has a long history of religious association. It's kind of a life color."

She sometimes uses bears to depict wildness or wilderness. Red horses are frequently used by Donna as shorthand for the ride that life is. Dogs, especially the white dogs, are good companions in her artwork.

Another piece is a sculpture she calls Sirius (like the Dog Star) Attraction. The constellation is carved into

the bottom. "In Roman times, this star, the Dog Star, could be seen on the horizon during August and they thought that's why August was so hot because that star was adding its heat to the sun. That's why it's called the Dog Days of August," explained Donna.

Donna Howell grew up in the Sivells Bend area. When she was in middle school her family moved to New Mexico. Her background is farm/ranch. She still has family in the Sivells Bend/Gainesville area. Donna and her husband, John, moved to Saint Jo from Frisco about five years ago. The move happened after a drive to visit relatives took them north of Saint Jo. They were so impressed with the stunning scenery that they called a real estate agent. They were soon the owners of a 500-acre ranch on part of what is known as the Devil's Backbone. "It was love at first sight and we're happy to be here," she said. The couple live in a house on the square. Their daughter attends Texas Tech.

Howell-Sickles Studios, located on the corner of Main and Crump Streets in Saint Jo, is open to the public by appointment. Donna prefers that potential visitors call (940) 995-9447 to make



arrangements for a visit. She doesn't mind showing her work to those who are interested. She does sell posters and prints at that location.

Her typical workday begins at 7 a.m. She gets about four to five hours of actual drawing and painting done. The other hours are filled with other projects, paperwork, phone calls, etc. The middle part of the day is dedicated to other things and the early morning and later afternoon to artwork. Shawna Herr assists her part-time.

In her spare time Donna gardens and is trying to get involved in her local community. About her profession Donna remarked, "I love doing what I do to start with and then I am blessed with wonderful people to work with in the galleries where I show."

Going to openings is great fun because artists spend so much of their time alone that going to an opening and getting to talk about your work and why you did things is a real treat. The people are there specifically for that reason so you don't ever have to worry about boring anyone stiff."

Donna will be featured in an art show in Santa Fe this September. The title of show is Passageways.

Lectures are another facet of Donna's profession. She speaks about her work, "I really feel blessed. I feel like I'm in a wonderful position of getting to use a lot of the talents I came with and develop them and expand them and see how far I'm supposed to go."

With each day that dawns Donna remembers to give thanks for the joy and blessings in her life.



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12 OZ.-
 12 PK.



Potato Chips
 lay's® or wavy lay's®
 reg. \$2.99

3\$5
 for



Decker
 all meat franks
 12 oz. pkg.

3\$1
 for

Leg Quarters
 fryer
 10 lb. bag

19¢
 lb.

Shurfine
 Charcoal Lighter
 32 oz.

119



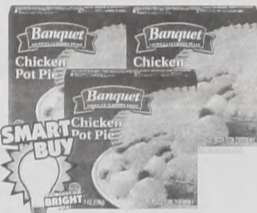
Shurfine
 Milk
 all varieties premium quality
 gallon

199



Banquet Dinners
 assorted value menu or
 select menu
 6.7-11 oz.

79¢



Banquet
 Pot Pies
 select varieties
 7 oz.

3\$1
 for



TOWNTALK
 Hamburger or
 Hot Dog Buns
 8 ct. pkg.

2\$1
 for

230091

Shur & Fine.

20# CHARCOAL
 Regular

\$299
 WITH THIS COUPON

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 \$3.99

To The Consumer: This coupon good only on the product indicated. Only one coupon redeemed with purchase. To The Retailer: We will pay legitimate retailers the face value plus 8 cents handling for each original coupon received in connection with the retail sale of the product indicated. Coupon void if invoices show insufficient purchases for redemption level. Attempted redemption without compliance is a felony. Cash redemption value 1/200th of a cent. Redeem by mailing to: Pinedale, Inc., CRC Dept. #179, 6633 N. Mesa, Suite 501, El Paso, TX 79912-4435.
 GOOD ONLY AT THRIFTWAY STORES
 EXPIRATION DATE: 8/25/02-9/21/02

More Specials

More Specials

More Specials

More Specials

Miracle Whip
 MAYO REAL

199

Kraft
 Miracle Whip
 or Mayo
 regular or light
 32 oz.

Shurfine
 Pork and Beans

4\$1
 for

Shurfine
 Pork and Beans
 15.5 oz.

Bush's
 Baked Beans

129

Bush's
 Baked Beans
 select varieties
 28 oz.

Honey Boy
 Pink Salmon

2\$3
 for

Honey Boy
 Pink Salmon
 14.7 oz.

Lipton
 Tea

2\$3
 for

Lipton Tea
 family size
 reg. or cold brew
 24 ct.

Shurfine
 Ketchup

79¢

Shurfine
 Mustard

2\$1
 for

Shurfine
 Hamburger
 Dill Pickle
 Slices

99¢

Kraft
 Barbecue Sauce

79¢

Kraft
 Barbecue Sauce
 select varieties
 18 oz.

Vlasic
 Pickles

199

Vlasic Pickles
 select varieties of
 16 oz. stackers or
 24 oz. spears

Malt-O-Meal
 Cereal

4\$5
 for

Malt-O-Meal
 Cereal
 select varieties
 12-18 oz.

Shur
 Saving
 Napkins

99¢

Shur
 Saving
 Napkins
 white
 250 ct.

Shurfine
 Heavy Duty
 Flatware

2\$1
 for

Shurfine
 Heavy Duty
 Flatware
 spoon,
 forks or combo
 24 ct.

Solo
 Party
 Plastic Ware

99¢

Solo Party
 Plastic Ware
 20 ct. 16 oz. cups or
 15 ct. 9-inch plates

Viva
 Jumbo
 Paper
 Towels

\$159

Viva
 Jumbo
 Paper
 Towels

Nestle
 Candy

3\$1
 for

Nestle Candy
 select varieties
 single bars

Alpo
 Dog Food

5\$4
 for

Alpo
 Dog Food
 select varieties
 22 oz.

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Quality Fresh Meats

Quality Fresh Meats



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family pack
previously frozen

99¢
LB.

Ribeye Steaks
preferred trim boneless beef

3.99
LB.



Fischer's
MARKET SLICED
Smoked
Bacon
\$2.09
LB.



Fischer's
FULLY COOKED
German Sausage
\$2.09
LB.

FAMILY 6/PK.
Pork
Chops
\$1.69
LB.



Top Round Roast
"London Broil"
preferred trim
boneless beef

1.89
LB.



Pork Roast
fresh "boston butt"

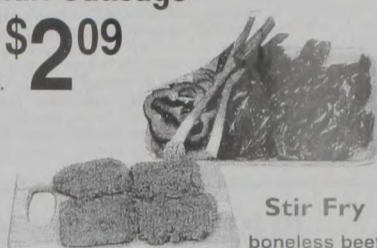
99¢
LB.

LOUIS RICH BREAST OF
Turkey
Portions

\$3.19
lb.

Cubed Steak
tenderized beef

2.99
LB.



Stir Fry
boneless beef

2.59
LB.

DECKER ALL VARIETIES
Sliced Bacon.....12 oz. **\$1.69**

DECKER MARKET SLICED
Bologna..... **\$1.49**

Garden Fresh Produce

Garden Fresh Produce

Frozen & Dairy

Seedless
Grapes
red or white
77¢
lb.

Plums
red or black
79¢
lb.

Honeydew
Melons
59¢
lb.

Red Ripe
Watermelons
2.99
ea.

California
Bartlett Pears
89¢
lb.

Large Green
Bell Peppers
3.19
for

Blue Bunny
Ice Cream
assorted reg. or hi-lite
half gallon
2.59
for

Blue Bunny
Ice Cream
Bars
root beer
or goin' bananas
& pack
1.69

Limes
tangy
10.99
for

Dole
classic iceberg salad
or coleslaw
1 lb. pkg.
1.99
ea.

Green Onions
fresh
2.19
bunches

Medium-Large
Yellow Onions
3.19
lbs.

Texsun
Orange Juice
12 oz.
99¢

Shurfine Dips
french onion, jalapeno
or green chili
8 oz.
79¢

Jumbo
Garlic
5.19
for

Cilantro
fresh
3.19
for

Shurfine
Sour Cream
16 oz.
99¢

Shurfine
Sour Cream
16 oz.
99¢

Shurfine
Sour Cream
16 oz.
99¢

Dole
Orange Juice
select varieties
64 oz.
2.39
for

Betty
Crocker
Chicken
or
Tuna
Helper
Only
\$1.29

Tomatoes
red ripe
89¢
lb.

Cello
Lettuce
69¢
ea.

Kraft Halfmoon
Longhorn Cheese
colby, colby and monterey
jack or cheddar
10 oz.
2.29

Shurfine
Tomato
Sauce
8 oz.
6 for \$1.00

All Detergent
100 oz. liquid or powder
\$3.99

Tissue
9 roll Ultra Charmin
\$3.69

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will be open
on Labor
Day Sept. 2**

Health & Beauty Care

Bayer Children's
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original or cherry
36 ct.

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Advil
tablets, caplets, gel caplets,
regular or migraine
liqui-gels
40-50 ct.

4.99

Pepto
Bismol
regular 8 oz. or
maximum strength 4 oz.

2.99

Colgate Toothbrush
select varieties of act
angle, total or navigator

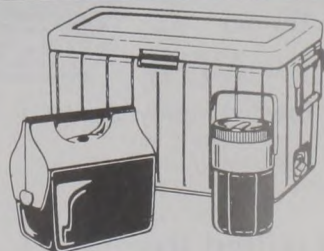
1.99
ea.

Colgate Toothpaste
select varieties
6 oz.

1.99

St. Ives
Lotion
select varieties
18 oz.

2.79



40 qt. Coleman Cooler
with 6 pack cooler and
1/2 gallon water jug. **\$19.99**

50 qt. Coleman
Cooler. **\$19.99**

Lifestyle

Hesse families host guest from Germany

A recent gathering was held at the former home of the late Mrs. Meinrad Hesse to greet two visitors from Cologne, Germany. The visitors were Daniela Schaefer and her friend, Nadine Schuchardt. Daniela is a granddaughter of Josef and Liselotte Hesse of Engleskirchen, Germany. Josef Hesse is a grandson of the late Heinrich Hesse of Germany, who was a brother of the late Frank Hesse, pioneer settler in Muenster, Texas.

Daniela and Nadine enjoyed their visit in Muenster. A special highlight was visiting with Ms. Theresa Hesse, daughter of the late Frank and Elizabeth Hesse. Also, they enjoyed viewing the former homeplace of the Frank Hesse family.

Another highlight of the afternoon gathering was the recitation of the "Our Father" in German by Theresa Hesse, Daniela and Nadine; also, recognizing the eleven birthday

honorees in the family for August (and July 31). Prior to enjoying a snack table and birthday cake, the group was pleasantly entertained by the children singing "Happy Birthday" and "You Are My Sunshine."

Attending the gathering were: Glenn and Eileen Georgia and their sons, William and Grant of Dallas, and their daughter, Kristen of Milwaukee, Wisconsin; Suzanne Williams and daughter, Elizabeth of Fort Worth; Richard and Janis Hesse of Krum; Lorna Chapman of Corinth; Kenny and Melinda Nelson, Trenton and Rileigh of Krum; Robby and Jennifer Hayes, Meagan and Ashley of Corinth; John Hesse and daughter, Bethany of Denton; Theresa Hesse, Dorothy Hesse, Mary Hesse; Tom and Lucille Hesse; Mike and Kim Hesse and their son, Jacob; Will and Noelle Henry; Regina Pels; and Leonard and Christel Vogel of Muenster.



The engagement and approaching marriage of Melinda Fleitman of Lewisville and Mark Cameron of Arlington have been announced by her parents, August and Paula Fleitman of Muenster. Parents of the future-groom are Harold Cameron and Rosa Cameron of Fort Smith, Arkansas. The couple will be married on Sept. 21, 2002 at 4:00 p.m. in the American Airlines Training Conference Center of Fort Worth. Officiating will be Rev. Paul Nichols. The bride-elect earned a Bachelor of Social Work degree in 1999 and is employed by Denton County MHMR. The future-groom holds a Bachelor of Computer Science degree from Arkansas Tech University in 1999. He is employed as a software consultant. The couple will reside in Arlington. Attendants in the wedding will be Wendy Pels, Cindy Cameron, Jan Marion, Alice Fleitman, Kerry Fleitman, Kristen Bell, Brett Marion, Randy Fleitman, and Michael Bell.



The wedding of Carrie Elaine Hess of Lewisville and John Gerard Demcher of Lewisville will be held on Sept. 21, 2002 in Sacred Heart Church of Muenster, with Father Mel Bessellieu officiating at 2:00 p.m. The engagement and approaching marriage have been announced by parents of the bride-elect, Judith and Virgil Hess of Muenster. Parents of the future-groom are Yolanda and John Demcher of Minersville, Pennsylvania. The bride-elect holds a Master of Science degree in Dietetics and Institutional Administration from Texas Woman's University and is a Registered Dietitian at Medical Center of Lewisville. Mr. Demcher holds a Bachelor of Science degree in Computer Science from Lockhaven University. He is employed as a consultant by OSAR Consulting, Inc. The couple will reside in Lewisville. Attendants in their wedding will be Heather Hess, maid of honor, Amy Hermes, Robyn O'Rear and Dave Laudemann, best man, Brian Zernhelt and Craig Aritman.

New Arrivals

Stewart

Ray and Shirley Stewart of Muenster are proud to announce the birth of their first child, a son, on Wednesday, Aug. 14, 2002 at 10:04 p.m. in Denton Community Hospital. They have named him Riley Matthew Stewart. He weighed 5 lb. 14 oz. and measured 18 inches in length. Grandparents are Irvin and Carol Henscheid, Rick and Darlene Stewart, all of Muenster, and George and Laura Gould of Denton. Evelyn Koessler is a great grandparent.

Schumacher

Jerry and Sandra Schumacher of Gainesville are the proud parents of their first child, a son, Jerrad John, born Thursday, August 15, 2002 at 1:59 p.m. weighing 8 lb. 10 oz., and measuring 20 inches long. He was born at Denton Community Hospital. Grandparents are Marcella Hess of Lindsay and the late John L. Hess and Melvin and Patsy Schumacher of Gainesville. Great Grandparents are the late William and Anna Sandmann and the late John J. and Edna Hess and the late Ted and Katie Gremminger and the late Henry and Elizabeth Schumacher.

Schinogoi

Joe and Stacie Schinogoi of Muenster proudly announce the birth of their son, Jon Franco Schinogoi. Jon was born Aug. 16, 2002 at Denton Regional Medical Center weighing 7 lb. 5 oz., measuring 19 1/2 inches. Jon joins sister Taryn 12, Ticia 11, and Aly 6. Grandparents are Rick and Micallee Matson of Muenster, Franco and Bonnie Schinogoi and Larry Champion of Minnesota. Great-grandparents are Daryl Ferber and Jack and Joyce Champion of Minnesota, and Russell and Midge Verville of Modesto, California.

Christian Initiation classes at Sacred Heart

Christian Initiation classes for anyone over the age of seven who would like to join the Catholic Church will begin Sunday, Sept. 8, 9:15 - 10:15 a.m. at the Sacred Heart High School Library. If interested, call Barbara Rohmer at 759-2511, Ext. 16 or 759-4922 (evenings) or Father John Ohner at 759-2511, Ext. 58.

VFW Ladies Auxiliary meets on August 19

The Ladies Auxiliary VFW Post 6205 held their regular meeting Aug. 19 in the Post Home. President Frances Bayer presided. The opening ritual and pledge to the flag was led by Chaplain Ethel Hesse, Conductress Linda Knabe, and Patriotic Instructor Eleanor Felderhoff. Secretary Ida Bindel read roll call and minutes of the previous meeting. Lucille Hesse, treasurer pro tem, gave her report.

Communications and thank you notes were read. It was voted on to send a contribution to cancer aide and research in memory of Rosa Driever.

Frances Bayer will take the Voice of Democracy Essay information to the schools. High school title is "Freedoms Obligation" and

the seventh-eighth grade title is "My Pledge to America."

Ethel Hesse reported on rehab. Armella Cler reported on program participation. Members voted to give a donation to be used for games at St. Richard's Villa. Frances Bayer reported she took socks and tee shirts to Bonham VA Hospital on the 19th of Aug., and on Aug. 4 she attended the District I meeting in Denison. She attended a school of instructions on Americanism.

Chaplain Linda Knabe draped charter in memory of Rosa Driever.

Lucille Hesse served lunch to 11 members. Ida Bindel won the door prize. The next meeting will be Sept. 16.

Gainesville '49ers set lessons for September

Have you ever thought about learning how to square dance? Not quite sure if you want to? Need more information? If so, you are in for a treat. The Gainesville 49er Square Dance Club will be offering lessons on Tuesdays and Thursdays from 7 to 9 p.m. beginning Sept. 17 and ending 10 weeks later on Nov. 26. They will be held at

Westminster Presbyterian Church at 315 E. Scott Street with Ed Gloodt instructor.

To help you decide, you may attend the lessons on Sept. 17, 19 and 24 at no charge. If you decide the fun and fellowship of square dancing is for you, you may continue for the next 17 lessons at only \$60.00 per couple.

For more information call Rosina at 940-665-6739.

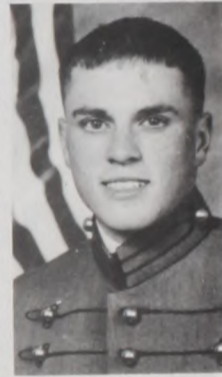
Cadet Michael Kendall named to Dean's List

Cadet Michael Paul Kendall, son of Alice and Mike Kendall of Gainesville, was named to the Dean's List at the U.S. Military Academy. To qualify for the Dean's List, a cadet must maintain a 3.0 grade point average.

Kendall graduated from Lindsay High School in 2001. He is concentrating his studies in Leadership and plans to graduate in 2005 from West Point and be commissioned a second lieutenant in the U. S. Army.

Founded on Mar. 16, 1802, the academy celebrates its Bicentennial this year. The mission of the

U.S. Military Academy is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor Country; professional growth throughout a career as an officer in the United States Army, and a lifetime of selfless service to the Nation.



Cadet Michael Kendall

Car Care Tips

-- The tightness and condition of belts, clamps and hoses should be checked by a qualified auto technician. Most do-it-yourselfers do not have the proper equipment. But weekenders can look for signs of wear, cracking or frayed belts. And, once again, don't ignore the service schedules listed in the owner's manual.

Courtesy of ARA Content



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Registered Representative

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For your entree, we'll be offering

12 oz. RIBEYE STEAK \$ 9.95

10 oz. TOP SIRLOIN \$ 7.95

CHICKEN CORDON BLEU . . . \$ 7.95



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Saturday,

Sept. 7, 2002

Myra City Park

Bigger
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This Year



**Auction
7:00 p.m.**

Live Entertainment
**Doug Martin
& The Rustlers**

All You Can Eat
MENU

includes:
BBQ Beef, Susie Q's,
Beans and Trimmings

Tea and Kool-Aid,
Pies and Cakes

**Serving
5:00 - 9:00 P.M.**

Adults \$6.00

**Children 12 Yrs. & Under
\$3.00**

Sponsored by the Myra Volunteer Fire Department

Nebgen, Aubuchon marry in New Hampshire

by Elfreda Fette

Mr. and Mrs. Jeffrey William Aubuchon were married in the Abbey Church of Saint Anselm College of Manchester, New Hampshire on May 25, 2002 in a Nuptial Mass with double ring vows officiated by Father William Sullivan OSB at 3:30 p.m.

Since returning from a wedding trip to Von Trappe Lodge in the mountains of Stowe, Vermont, the couple is residing in Ashby, Massachusetts.

The bride is the former Melissa Beth Nebgen, daughter of Joyce and Gil Nebgen of Saint Jo, Texas. The groom is the son of Debbie and Paul Aubuchon of Ashburnham, Massachusetts.

The bride is a May 18, 2002 graduate of Saint Anselm Benedictine College with a Bachelor of Arts degree in Psychology. The groom also graduated from Saint Anselm College in Manchester, New Hampshire on May 18, 2002

with a Bachelor of Arts degree in History. He is employed as a history teacher in Trinity Catholic High School. Both graduated Magna Cum Laude. The bride and groom met at college and married after graduation.

Presented at the altar by her father, Gil Nebgen, the bride was wearing a formal wedding gown of elegant simplicity, designed A-line of white satin, with covered buttons down the back, and a chapel length train. She carried a bouquet of white and yellow roses surrounded with yellow asters and white freesia. Her ribbon-edged, single layer illusion veil was handmade by her mother.

For sentiment, she carried a handkerchief embroidered with the anniversary dates of her parents and grandparents, as "something old." For "something blue" she carried a rosary from her confirmation sponsor, Barbara Kaisersatt.

ATTENDANTS

Matron of honor was the bride's sister, Kimberly Ann Jansen of Lincoln, Nebraska. She was attired in a formal floor-length two-piece soft yellow dress and carried yellow roses, yellow asters, Italian ruskus, and white freesia.

Flower girl was Jennifer (Jenny) Aubuchon, five-year-old sister of the groom. She wore a long, white satin dress, with empire waistline; and white ballerina shoes; and a circular crown of white roses and baby's breath. She carried a miniature bouquet similar to the bridal bouquet.

The best man was Corey Genest of Nashua, New Hampshire, a friend of the couple and also a student at Saint Anselm College. Groomsman was Jason Aubuchon of Ashburnham, Massachusetts, groom's brother.

Floral arrangements of daisies adorned the church altars.

RECEPTION

A reception and formal seated dinner were hosted by the bride's parents, Joyce and Gil Nebgen, in the Elms Ballroom of Highlander Inn of Manchester, New Hampshire, known for having provided hospitality for more than 100 years.

The guest book was crafted and embroidered by the bride's mother.

A centerpiece of fresh lemons and calla lilies decorated the bride's table, with tealights surrounded by lemon leaves.

The double layer white almond wedding cake was topped with sugar calla lilies.

Guest tables held tealights, with alternating centerpieces of lemons or calla lilies.

The rehearsal dinner was hosted by parents of the groom, Debbie and Paul Aubuchon at the Highlander Inn in Basil's Restaurant on the veranda.



Mr. and Mrs. Jeffrey William Aubuchon ...nee Melissa Beth Nebgen ...

Donna Lester graduates from UNT on Aug. 10

Donna Kay Lester graduated from the University of North Texas on Saturday, Aug. 10. She received a Bachelor of Business Administration degree with a Double Major in Finance and Real Estate.

Attending the commencement at Denton were her parents Don and Sara Lester, her fiancé Chad Bailey, her uncle and aunt John David and Patsy Fleitman, and friends Tony and Debra Dean and son Bailey.

While attending UNT, Donna was an active member of both the Computer Information System Organization and the Finance Management Association. She was vice-president of the UNT Real Estate Club. During the summer of 2001, Donna

participated in a study abroad program in Matzlan, Mexico.

A party was hosted by her parents at their home on Saturday evening. Also attending the graduation party were her grandmother Bertha Fleitman, great-uncle Horace Burkhart, uncle Jerry Fleitman and Deronda Bailey, Jeremy and Jennifer Bailey, Jack and Joan Jones, Mary Woody, Leon and Betsy Fleitman, Joe and Ruthie Felderhoff, Meredith Bowman and daughter Kylie, and Patsy Henry.

Donna is a 1997 graduate of Lindsay High School. She is employed as a Case Manager for American Arbitration Association of Dallas.

Annual Sell-O-Rama reservations accepted

Reservations continue to be taken for the Arts & Crafts Sell-O-Rama scheduled for Friday, Nov. 8 and Saturday, Nov. 9. The Sell-O-Rama is sponsored by the Cooke County Extension Education Council and will be held in the Gainesville Civic Center.

The Annual Sell-O-Rama is designed to provide an outlet for the many people in the area who enjoy doing one or more types of crafts. This may include woodworking, jewelry, porcelain, decorative clothing, hand stitchery,

Christmas decorations, etc. Talented crafters have the opportunity to sell their handcrafted items and those who don't have the talent or time to make items have the chance to buy them.

Reservations are currently being made for individuals or groups who want to have a sale table. To obtain a reservation form and rules for the Sell-O-Rama call the Cooke County Extension office at 940.668.5412.

Individuals, as well as organizations, are invited to have a crafts display.

Sr. Roberta Hesse to be honored on Sept. 8

Sister Roberta Hesse will observe the golden jubilee of her service as a member of the Sisters of St. Mary of Namur on Sept. 8 at Sunday Mass at 10:30 a.m. in Sacred Heart Church. A

reception will follow Mass, about noon in Sacred Heart Community Center. Sister Roberta Hesse will return to

her mission in Africa after Jan. 1, 2003. Those who wish to participate in her project may rest assured that she will direct their donations to the places, uses, and for the intent they wished, as relates also to her pharmacy project. She will return to Our Lady of Victory Convent after completion of her project.

Cameron celebrates one!

Cameron Glenn Skrivaneck, son of Glenn & Tracey Skrivaneck of Ennis, celebrated his first birthday with a party hosted by his parents in their home on August 3. A traditional Czech dinner was served, consisting of barbecue, parsley potatoes, green beans and broccoli rice casserole, followed by cake and ice cream. A baby animal farm theme was used for the celebration. His guests enjoyed swimming after opening gifts.

Attending were his parents, brother, Caleb, grandmothers, Juanita Walterscheid and Laverne Skrivaneck both of Ennis, great-grandmother Vernelle Smith of Pasadena, Uncle Bob and Aunt Julie Skrivaneck and cousin Tyler, Great-uncle David and Great-aunt Ann Smith, Great-uncle Rick Smith, Godparents Robert and Annette Hornik, along with several other cousins and friends. Special guests from Muenster were Kevin, Terri, Kyle and Kolby Klement.



Cameron Skrivaneck

Save water outdoors

Be sure to adjust irrigation system controllers according to seasonal irrigation needs. Install moisture sensors in each irrigation zone (sunny, shady, etc.) to better determine irrigation needs.

Baptisms

Flusche

Nathan Maximilian Flusche, infant son of Phillip and Brenda Flusche, was baptized Aug. 13, 2002 at St. Peter's Catholic Church in Lindsay by Father Camillus Cooney. The godparents, who were also present, were sister, Jacqueline Flusche and cousin Thomas Schad. Also present were Nathan's parents, and brothers and sisters, Nicholas, Adria,

Kevin, Zachary, and Kendra Flusche; grandparents, Martin and Nancy Krahl; and aunt, uncle and cousins Elaine and E.J. Schad, Eddie Schad and Angela Schad. Not able to be present was Regina Flusche, great-grandmother, James and Sally Flusche are deceased grandparents of Nathan.

After the ceremony, everyone met at the Smokehouse to celebrate.

CattleWomen present 4-H best beef awards

On Aug. 12 the Texoma CattleWomen attended the award banquet held at the Gainesville Civic Center. They presented awards to the 4-H member who won at last year's Cooke County 4-H Food Show. Amber Nortman won the Best Beef dish award for the junior division (9 to 11 yrs. old) with the dish Beef Taco Pizza. Chris Aitchison was the Best Beef Dish award for the intermediate division (12 to 13 yr. old) with Garlic Beef

Enchiladas. There was no senior division winner, for last year.

The Texoma CattleWomen have presented the Best Beef Dish Awards for the past three years in Cooke, Grayson, and Montague counties, in conjunction with the 4-H county food shows. The Awards are presented to the grand champion main dish that of course, contains "delicious and nutritious" beef.

Wanted: best beef restaurants/meat markets

The Texoma CattleWomen organization is calling for entries in the "Beef Backer" award competition. The program recognizes restaurants and or meat markets for excellence in beef menus and promotion. The persons who nominate the overall winner will receive recognition in several local

newspapers. The Texoma CattleWomen funds the Beef Backer Competition.

Nominations will be accepted through Oct. 1. To learn more about the award program or to nominate a restaurant, contact: 1st VP Bobby Henderson (940) 612-1629 e-mail: bmranch2000@earthlink.net

Many Thanks

Our hearts are filled with appreciation to all who have extended kindnesses to our family upon the death of our mother, Gertrude Koelzer, and to our mother during the last years of her life. We are grateful to Dr. Edd Advincola, the nursing staff of Muenster Memorial Hospital, and the staff of River Valley Health and Rehabilitation Center for the care and concern they extended to her.

Thank you to all who participated in the rosary, wake and funeral services, especially Fr. Don Branner OSA for the inspiring homily, and Ruth Felderhoff, Christi Hesse and Rose Ganzon whose beautiful music added to the funeral service.

Thank you to all who donated, prepared and served the delicious family meal after the funeral and to McCoy Funeral Home for their professional and sympathetic support.

All of the gifts of food, flowers, cards, visits, words of sympathy and acts of kindness will be treasured always.

- Una & Marie Koelzer
- Veronica & John Jones
- Thleen & Arnold Knabe
- Dolores & Mark Hermes
- Wilfred & Pauline Koelzer
- Norman Koelzer
- Mice & Joe Hermes
- Melvin & Bobbie Koelzer

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School

Muenster group visits Jonesboro

Annette Bayer, Mary Lin Knabe and Susan Yosten, along with their daughters, Michelle Bayer, Nicole Bayer, Diana Knabe, and Debra Yosten, spent Aug. 5 through Aug. 8 at the Holy Angels Convent in Jonesboro, Arkansas. This trip was organized by Prioress Sister Eileen Schneider and Sister Judith Dalesandro, Vocation Directress.

During their stay they attended a Mass of Thanksgiving for the Perpetual Monastic Profession of Sister M. Lisa O'Connell, OSB. This Mass was celebrated on Aug. 6 at 2:00 p.m. in the convent chapel, with Most Reverend J. Peter Sartain, DD, Bishop of Little Rock, Arkansas, officiating. Concelebrants were Father Gregory Pilcher, OSB, Chaplain, Father David Paul Baltz,

MCCJ., and Father Kyle Walterscheid. Prior to the Mass there was a dinner held in Sister Lisa's honor, attended by her family, Sisters of the Benedictine order, and those visiting from Muenster. Following the Mass there was a reception in the dining room with cookies and punch.

On Wednesday, Aug. 7, the group traveled to Pocahontas, Arkansas, to visit the original site of the Holy Angels Convent, where the Benedictine Sisters first lived upon their arrival from Switzerland. While in Pocahontas they also viewed the Century Wall along the Black River, a stone wall carved with the faces of many noteworthy people of the last century. They enjoyed touring St. Paul Church and viewing the beautifully restored stained glass windows and the St. Paul Cemetery. Sister

Romana Rohmer treated the group to lunch at the convent, where roasted marshmallows were a treat later in the afternoon. Attending with the Muenster group were Subprioress Sister Mary Ann Nuce, Sister Georgia Felderhoff, Sister Lisa O'Connell, Postulant Chon Nguyen and Postulant Cathy Carucci.

While at the convent they enjoyed walks on the grounds, swimming, softball, browsing in the gift shop, and conversing with the Sisters.

On their return trip home, the group traveled to the Subiaco Abbey. There they visited with Brother Henry Fuhrmann, Brother Louis Fuhrmann, Brother Thomas Moster, and Father Victor Gillespie. Before returning home they toured the Post Familie Winery in Altus, Arkansas.



Visitors to Jonesboro included, from left, front row - Sister Judith Dalesandro, Postulant Chon Nguyen, Sister Lisa McConnell, Postulant Cathy Carucci, Prioress Sister Eileen Schneider; middle row - Susan Yosten, Nicole Bayer, Michelle Bayer, Mary Lin Knabe; back row - Brittney Williams of North Little Rock, AR, Diana Knabe, Debra Yosten and Annette Bayer.

Religious Ed classes begin Aug. 28

Sacred Heart Church will begin religious education classes for public school students in grades K through 12 at 6:30 p.m. on Wednesday, Aug. 28, with an opening Mass. Parents are asked to accompany their children to Mass. The students will be dismissed class by class after the opening Mass starting with K. Class will end at 8 p.m. The following Wednesday, Sept. 4, classes will be at the usual time, 7 - 8 p.m.

Teachers for the upcoming school year are Susie Fleitman, Denise Landers, and Judy Trubench for kindergarten. Lisa Miller and Kim Hennigan will teach each of the first grade classes. Aides are still needed to help these teachers. Second grade teachers include Linda Knabe, Linda (Mrs. Claude) Vogel, Kay Schroeder, and Shari Flusche. These children will be preparing for their first communion. Third grade teachers are Carol Grewing and Barbie Barnhill for one group, and Dawn Green and Shelly Trubench for the other group. Fourth grade teachers are Renate Pagel and Lisa McAden for one fourth grade, and Cathy Kubis for the other fourth grade. Cathy still needs an aide. Fifth grade classes will be taught by Karen Dangelmayr and Beth Trubench and Jean Walterscheid and Diane Sicking. Sixth grade teachers are Margie York and Judy Flusche. One seventh grade will be taught

by Grace Walterscheid. She still needs an aide. The other seventh grade class will be taught by Diane Ellis and Ethel Bayer. Eighth grade teachers are Phil and Marlene Endres.

Ninth grade is divided into two sections. One will be taught by Terri Luke and Tina Bindel. The other will be taught by Joann Pagel. She still needs an aide. Tenth grade teachers are John and Amy Anderle. Juniors will be taught by Barbara Rohmer and Katie Walterscheid. Seniors will be taught by Clinton Endres and Gerri Eckart. Two hall monitors are still needed to assist in setting up TVs and

VCRs and unlocking and locking Sacred Heart High School. If anyone is interested in being a co-teacher, aide, or hall monitor, call Barbara Fuhrmann Rohmer at 759-2511, Ext. 16 or 759-4922 (evenings).

If you would like to register a child in the religious education program, pick up the appropriate forms in the front entrance of Sacred Heart Church or at the business office and put them in the collection (label "Religious Education"). You may also mail them to Sacred Heart Church, 714 N. Main St., Muenster, TX 76252.



Josten photographer Katie Harper prepares Muenster High School senior Karl Fisher for his senior picture Tuesday morning. Janie Hartman Photo

School Lunch Menus

WEEK OF AUG. 26 - 30

MUESTER ISD
 Mon. - Hot dogs, chili and cheese, potato wedges, ranch style beans, pears, cake.
 Tues. - Chicken patties, creamed potatoes w/gravy, corn, pineapple, hot rolls.
 Wed. - Ham and cheese sandwiches, lettuce and tomatoes, chips and salsa, oranges, carrot sticks, cookies.
 Thurs. - Burritos, Spanish rice, pinto beans, peaches, banana bread.

Fri. - Hamburgers, lettuce, tomatoes, pickles, onions, French fries, applesauce, ice cream.
SACRED HEART
 Mon. - Chicken nuggets, potatoes, gravy, corn, hot rolls, green salad, peaches.
 Tues. - Vegetable soup, grilled cheese sandwich, crackers, strawberry shortcake.
 Wed. - Spaghetti and meat sauce, salad, green beans, apple pineapple cobbler.
 Thurs. - Turkey roast,

broccoli and rice casserole, carrot sticks, fruit salad, hot roll.
 Fri. - Cheeseburgers w/trimming, French fries, pears, ice cream.
LINDSAY ISD
 Mon. - Pizza, corn, salad, pineapple, bread.
 Tues. - Chicken sandwich, French fries, lettuce, pickle, oranges.
 Wed. - Burritos, refried beans, Spanish rice, applesauce, pears, bread.
 Thurs. - Hot dogs w/chili, vegetable sticks, peaches.
 Fri. - Fish, macaroni and cheese, cole slaw, black-eyed peas, fruit, bread.

ERA ISD
 Mon. - No School.
 Tues. - Chicken spaghetti or mini corn dogs, green beans, pear halves, tossed salad, bread sticks.
 Wed. - Chicken patty or steak fingers, mashed potatoes, gravy, tossed salad, peaches, hot roll.
 Thurs. - Frito chili pie, shredded cheese, corn, tossed salad, applesauce, chocolate chip cookie.
 Fri. - Sub sandwich, trimmings, potato chips, pickle spears, ice cream.

Save water indoors
 Re-use the water that vegetables are washed in for watering houseplants or for cleaning.



Laneta Martin, Kindergarten classroom aide, shows Elizabeth Weinzapfel how to check her name on the lunchroom attendance sheet. Janie Hartman Photo

NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET AND PROPOSED TAX RATE

The Muenster Independent School Dist will hold a public meeting at 7:00 PM 08/28/2002 in Muenster ISD Administration Building Muenster, TX. The purpose of this meeting is to discuss the school district's budget that will determine the tax rate that will be adopted. Public participation in the discussion is invited.

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

Comparison of Proposed Rates with Last Year's Rates					
	Maintenance & Operations	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
Last Year's Rate	\$1.306470	\$0.075000*	\$1.381470	\$3,115	\$3,700
Rate to Maintain Same Level of Maintenance & Operations Revenue & Pay Debt Service	\$1.457000	\$0.077500*	\$1.534500	\$3,675	\$3,289
Proposed Rate	\$1.480000-	\$0.077500*	\$1.557500	\$3,730	\$3,289

* The Interest & Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both. The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.

Comparison of Proposed Levy with Last Year's Levy on Average Residence

	Last Year	This Year
Average Market Value of Residences	\$74,283	\$78,015
Average Taxable Value of Residences	\$15,000	\$15,000
Last Year's Rate Versus Proposed Rate per \$100 Value	\$1.381470	\$1.557500
Taxes Due on Average Residence	\$207.22	\$233.62
Increase (Decrease) in Taxes	\$0.00	\$26.40

Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in tax rate or property value.

Notice of Rollback Rate: The highest tax rate the district can adopt before requiring voter approval at an election is 1.638700. This election will be automatically held if the district adopts a rate in excess of the rollback rate of 1.638700.

Fund Balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

Maintenance and Operations Fund Balance (s)	\$150,000
Interest & Sinking Fund Balance(s)	\$3,000

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Asthmatic students can self-administer medication

As Texas students begin to wind down their summer vacations and start preparing for the next school year, the American Lung Association of Texas wants educators, parents, and students to know about a new law that allows asthmatic students to carry and self-administer their medication while at school.

During the last Texas Legislative session, lawmakers enacted House Bill 1688, which amended the Texas Education Code entitling students with asthma to possess and self-administer their prescription asthma medication while on school property or at a school-related event or activity. Previously, some public school policies required such medication to be stored with the school principal or the

school nurse, sometimes resulting in a significant delay between the time a student feels the onset of an asthma attack and the time the medication is administered, increasing the risk of the student having to go to the emergency room.

Parents must provide a written authorization and a statement from the prescribing physician to their child's school to be kept on file in the school nurse's office or the principal's office. More than one million Texans suffer from asthma; one-third of them are children.

For more information about asthma or House Bill 1688, contact the American Lung Association at 1-800-LUNG-USA or visit www.texaslung.org.



Madison Hesse "checks in" on the first day of school Monday at Sacred Heart. Madison is a member of the kindergarten class.

Janie Hartman Photo

UCLA Extension offers opportunities online

UCLA Extension offers dozens of courses online this Fall, designed to open up whole new worlds, no matter where a student may live. Courses range from *World Literature: Late Middle Ages to the 17th Century* to *Contemporary Issues Impacting Women in the World*. They include such varied topics as *Introduction to American Politics*, *Sociology of Education*, *Human Physiology*, *Exercise and Sports Nutrition*, *Spanish for Educators*, *Beginning Algebra* and *Advanced Statistics*.

Online learning requires little more than a computer,

access to the Internet, and the desire to learn. It allows students to study at their own time, and in the comfort and convenience of their own homes or offices, no matter where they are in the world. A pioneer in online study, UCLA Extension has provided online courses to more than 20,000 students from across the country and around the world.

UCLA Extension's Fall quarter begins Sept. 21, and enrollment is now open. For more information call (310) 825-9971 or (818) 784-7006, or visit uclaextension.org/online study.

WIC supports World Breastfeeding Month

In commemoration of World Breastfeeding Month, the Outreach Health Services (OHS) Women, Infants and Children (WIC) program is reminding new or expectant mothers about the benefits of breastfeeding and the free education and support classes available to them.

According to the American Academy of Pediatrics, studies have shown that breastfeeding is the optimal method of infant feeding, and breast milk provides newborns with protection against infections and allergies, lowers the risk of diseases and potentially improves mental development.

There is even more good news. Babies are not the only ones who benefit from breastfeeding. Research indicates that mothers also benefit from producing this natural, nutritious and convenient infant food by having less postpartum bleeding, lowering their risk of developing breast, ovarian and uterine cancers and experiencing a natural weight loss.

Contrary to popular belief most women are able to breastfeed successfully, but in some cases there is a reason why a mother is unable to breastfeed. Despite proven benefits, a significant number of mothers still rely solely on infant formulas to feed their babies.

"Think about it. Breast milk is always warm, ready to serve, and free. Compare that to bulky formulas that take time to prepare and can cost hundreds of dollars a year, and that's just the

practical reasons. Our nurses and staff work with breastfeeding women every day, and they can confirm the important emotional bond that is created between a mother and child," says Joyce Devereaux, Director of WIC programs for OHS.

According to Cari Collins, breastfeeding coordinator for WIC programs at OHS, most mothers choose not to breastfeed based upon misconceptions of what is involved. "They incorrectly believe their breasts aren't the right size, that the experience will be painful or that they won't produce a sufficient amount of milk," said Collins. "At WIC, it's our goal to give moms the facts, make accurate information available and work with each mother individually."

The Outreach Health Services-WIC program offers breastfeeding support classes year round, and they do more than simply introduce the benefits of breastfeeding to women. The classes provide new and expectant mothers with helpful tips related to proper positioning, breastfeeding in public or at work, encouraging the baby to "latch on" correctly and recognizing when a baby is getting enough to eat.

During these classes, new and expectant mothers view videos, receive educational

materials to take home and have an opportunity to talk to peer counselors and other mothers who have breastfed successfully.

"Although breastfeeding is natural, it is not instinctual. It is a skill that must be learned by the mom and baby," Collins said. "For some, the experience may be easy from the start. For others, the process may take a few days or weeks until feedings proceed easily. Help, however, is only a phone call away, and the benefits of breastfeeding far outweigh the frustrations."

WIC is a well respected, federally funded program that gives children a healthy start by encouraging optimal nutrition during the critical stages of development. In addition to immunizations, WIC participants have access to vouchers for healthy foods, ongoing nutrition education classes, meal planning assistance and breastfeeding instruction and support.

Breastfeeding Facts

Breastfed babies have fewer ear infections, incidences of diarrhea, lung infections and infections of the spine and brain (meningitis).

Breastfeeding helps a baby's teeth and jaw grow correctly.



In support of the Relay For Life, Gus Ashley (at right) bought a raffle ticket and won airfare for two to anywhere in the continental U.S. Ashley and Gary Grewing (left) flew into Jackson Hole, Wyoming on Aug. 6, touring the area, including Yellowstone. Above is Jackson Lake and Old Faithful. Below - a summer snowstorm.



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Sports

Hornets practice with Bulldogs

The Muenster Hornets saw their first action of the 2002 football season Saturday morning in Alvord. The Varsity Hornets outscored the Bulldogs by a count of 3-1, while the Muenster JV came out on top 1-0.

"Both teams played well defensively, and our offenses were productive, but inconsistent," noted Hornet Coach Monte Endres. The varsity team gave up only two first downs, with Alvord's lone score coming from a 70 yard run.

Offensively, Muenster rushed for 209 yards, led by

Cody Cory with 91 yards on eight carries. Other ground gainers were Justin Wolf with seven carries for 54 yards; Clint Miller four carries for 30 yards; Dustin Hiser two carries for 26 yards; and Dustin Walterscheid three carries for 8 yards. Cory scored on runs of 35 and 12 yards, while Wolf found the end zone from 6 yards out.

In JV action, Justin Ferguson led the team rushing with 84 yards on four carries, scoring the JV touchdown on a 52 yard run. Quarterback Jordan Walterscheid completed one pass to Wes Koelzer for 22

yards. "Overall the teams played good and are looking forward to their next action," concluded Endres.

Muenster will host the Gainesville State School this Friday. It will be detergent and towel night, with all donations accepted. The Tornados, members of TAPPS District 1-A, have no returning lettermen and no returning starters from a 0-8 team last season.

Action begins at 6 p.m. Hot dogs and barbecue will be served after the scrimmage. It is open to the players and public of both teams.



Sacred Heart quarterback Paul Bartush breaks away for the end zone in the Tigers' scrimmage at Tom Bean last Friday. Sacred Heart will host the Lindsay Knights this Friday for another night of practice. Action begins at 6 p.m. Courtesy Photo

Tigers to scrimmage Knights

The Sacred Heart Tigers scrimmaged Honey Grove and Tom Bean last Friday to begin their football season.

"We were very happy with the results of the scrimmage," commented Tiger Coach Kris Hogan. "Our offensive line did a good job and we had a chance to use a new defensive wrinkle that worked out good."

Hogan also noted that the

Tigers and coaches had the opportunity to look at their base packages on both sides of the ball against good competition.

Sacred Heart will host the Lindsay Knights this Friday with action beginning at 6:00 p.m. The Tigers hope to work on a wider range of offensive plays and utilize some of their two-minute offense. "We are excited about the

chance to play against Lindsay's veer offense, because the Tigers' first opponent, Era, also runs a version of the veer," Coach Hogan stated. "Our boys have really worked hard and they're really ready for football season."

At the end of the scrimmage, Sacred Heart and Lindsay will be running one live quarter.



Lindsay Head Coach John Erwin tells the play to quarterback Sam Hellinger, at right. The Knights then ran the pitch back during practice earlier this week. The Knights will travel to Muenster this Friday to scrimmage the Sacred Heart Tigers.

Janie Hartman Photo

Another hole-in-one!

Turtle Hill Golf Course reported a hole-in-one by Jack Biffle on Monday, Aug. 12. Biffle aced 155 yards at the 13th hole with a six iron.

The shot was witnessed by Darrin Kupper, Charlie Carnuele and Sean Parker.

Advantage Tips

Making a lure enter the water without any noise or

disturbance is a trick. Use a modified roll cast, by snapping your wrist in an underhanded circular motion, to propel a tube jig, lizard or finesse worm just inches above the water. It's low angle and an ability to feather the spool of the spinning reel allows the lure to enter the water as quietly as possible.

Tossing the lure onto the bank, a tuft of grass or a lily pad, allows the lure to slide into the water silently.

Bass use shade for shelter from the sun as well as ambushing position the same way they utilize aquatic vegetation or brush. Fish will usually be holding on the edge of the shade in similar fashion to a weed line.

Both provide an edge for opportunistic bass to hide behind and attack from.

Learn to skip lures up under boat docks and overhanging limbs to reach bass hiding from the summer sun.

Buy hunting and fishing licenses early

When it comes to renewing your hunting and fishing licenses, which expire Aug. 31, "waiting until you need 'em" may not be the way to go.

With dove hunting season opening Sept. 1 in most of the state, outdoor enthusiasts will be flocking to license outlets at the last minute and the Texas Parks and Wildlife Department is encouraging customers to buy early and avoid the rush.

Texas issues 3.5 million hunting and fishing licenses and special permits annually through 28 TPWD field offices, more than 100 state parks and at many sporting goods retailers across Texas. New licenses for 2002-03 went on sale Thursday, Aug. 15 and agency officials are anticipating that nearly 300,000 license transactions will take place during the Labor Day holiday weekend alone.

On the first day of sales under the new WorldCom system, 21,166 license transactions were completed, according to John Wilson, TPWD senior project director. "Overall, I think everything is running smoothly. We're seeing a few minor glitches in the system and those are being addressed," he noted. People will see a new look to their hunting and fishing

licenses this fall as the state makes the transition to a new format. Rather than the sales receipt printout license of recent years, new printing technology will enable TPWD to provide better graphics and a user-friendly product. The new version resembles the traditional Texas license with detachable game tags around the perimeter of the license.

"Hunters will appreciate the look and feel of these new licenses, they are more practical than what we've had the last few years," said Robert L. Cook, TPWD Executive Director. "I am pleased that the startup is moving along smoothly and am confident that this new system will serve the department and its customers well for years to come."

Hunters and anglers can also purchase licenses by calling 800-895-4248. The phone license operation serves both Texans and non-residents, enabling hunters and anglers to buy licenses over the phone using a major credit card. Call center hours are 9 a.m.-8 p.m. Monday-Friday and 9 a.m. to Noon on Saturday. A license confirmation number is issued at the time of purchase, and the physical license is mailed separately. Confirmation numbers will

verify that a license has been purchased but will not allow hunters to take fish or wildlife that requires a tag. A \$5 fee is charged for ordering over the phone.

Annual resident hunting and fishing licenses cost \$19 each and it is \$32 for a combination hunting and fishing license.

Warden's Report

"I Don't Need A Life Jacket" -- Motley County game wardens were checking boats on Lake Alan Henry and came upon a boat occupied by four adults and two small children. A female passenger in the boat insisted she did not need a life jacket because she had no intentions of getting in the water. She also said she didn't understand why they needed a fire extinguisher when they were surrounded by water. As one warden was issuing a citation, the control box on their boat started smoking and the outboard motor burst into flames. All the passengers jumped into the lake. The fire was extinguished and the wardens got the passengers and boat safely back to the dock.

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2p-10p CMA Ins. benefits, Comp. Salary

7a-3p every other weekend. \$25 hr Contact Linda Holcolm or Becky Spikes.

HELP WANTED
Apply in person. Full Time RN and Full Time OB/RN Call Laura Stoffels at Muenster Memorial Hospital 940-759-2271.

HELP WANTED
Apply in person. Roymer's Restaurant

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Texas Department of Health
Bring Shot Record!
Parent Must Be Present!
Sliding Scale Fee
FLU SHOTS AVAILABLE
Date: Sept. 4, 2002 (WEDNESDAY)
Time: 9:00 A.M. to 11:00 A.M.
Location: Cooke Co. Elec. Co-op,
E. Hwy. 82, Muenster, TX
Phone: 940-665-6397 (TDH)
Public Service Announcement by Muenster Enterprise

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Gehrig's Bridal Registry
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Stephanie Fleitman & Brad Schilling
Sarah Morgan & Tommy Joe Dankreiter
210 N. Main Muenster 759-4112

Wedding Selections for
Stephanie Fleitman & Brad Schilling
HESS FURNITURE CO.
202 N. Main 759-4455

Bridal Registry
Carrie Hess & John Demcher
Sarah Morgan & Tommy Joe Dankreiter
Christi's Jewelry & Gifts
211 N. Main Muenster 759-2994

BRIDAL SELECTIONS FOR
Carrie Hess & John Demcher
Sandy Schreiber & Lambert Hess
Crafty Olde German
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ALAN JOSEPH HEMMI 718 Green Apple Dr. Garland, Texas 75044

All persons having claims against this estate which is currently being administered are required to present them within the time and in the manner prescribed by law.

Dated this 15th day of August, 2002.

Respectfully submitted, /s/Russell Duncan, P.C. P.O. Drawer 1219 Gainesville, Texas 76241-1219 (940) 665-1671 Bar Card No. 06219000 Attorney for the Estate

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AVON: To buy or sell Avon, call Evelyn Sicking, 759-4388.

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Legal Notices
NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF EUGENE N. BLOCK, DECEASED

Notice is hereby given that original Letters Testamentary for the Estate of EUGENE N. BLOCK, Deceased were issued on August 15, 2002, in Cause No. #15480, pending in the County Court at Law of Cooke County, Texas - Probate Division, to the following named ALAN JOSEPH HEMMI, executor whose mailing address is listed below.

Alan Joseph Hemmi 718 Green Apple Dr. Garland, Texas 75044

All persons having claims against this estate which is currently being administered are required to present them within the time and in the manner prescribed by law.

Dated this 15th day of August, 2002.

Respectfully submitted, /s/Russell Duncan, P.C. P.O. Drawer 1219 Gainesville, Texas 76241-1219 (940) 665-1671 Bar Card No. 06219000 Attorney for the Estate

Nortex Communications
205 N. Walnut Street, Muenster 759-2251

Local Telephone Cable TV Long Distance Internet Wireless Service

Hennigans awarded yard of the month

People in Muenster watched the improvement of the home and yard of Doug and Nicole Hennigan of 415 N. Oak St. so much so that Keep Muenster Beautiful received nominations for this yard from two different sources. After purchasing the home the Hennigans began refurbishing it inside and out.

Previous owners had planted young shrubs without considering the mature size of the shrub. As a result the shrubs grew too close to the house and had to be removed. This opened up the view to the facade of the home and made the front porch more open and airy. The yard is filled with color and flowers that are planted in such a way that a layered look is achieved with taller flowers in the back and shorter flowers in the front of the many garden areas.

September yard of the month nominations may be mailed to Keep Muenster Beautiful at P. O. Box 604 Muenster, TX 76252

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New Listing-Vintage Charming Kick back and relax, covered porch and shaded yard awaits you. Located in Saint Jo, this two-story 4 br home is complete with hardwoods, fireplace, plenty of storage space, and lots of character!

It's Breathtaking! Exceptionally nice 3/2 mfg. home on 4 ac. near Forestburg. From its hillside location, enjoy incredible views & star gazing from back deck and hot tub. Fireplace, walk-in closets, lighted landscaping & more!

Unrestriated - 3.92 acre available east of Muenster with Highway 82 frontage.

Price Reduced on this move in ready 3/2 custom built home with rose garden & pergola in Muenster. 2,200+ SF of living area, split floor plan design, interior is wheel chair accessible, central vac., & irrigation system.

For information on these and all other properties in the area, go to: www.ChristineWeinzapfel.com Christine Beaulieu Weinzapfel 940/759-4749

NORTH TEXAS PROPERTIES
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75+ Ac. - Some minerals, no oil, Excellent Deer and Turkey, only \$1,800 P/Ac.
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90+ Ac. - More Trophy's, Spring fed creek, big Pecans, no oil, \$2,000 P/Ac.
All of these have good mix of trees and open areas and all in the northern Saint Jo to Dye Mound area known for VERY good Deer and Turkey. MAKE OFFER!
Pictures, maps, and details on our website at www.northtexasproperties.com or Call Jack at: 940-995-2987
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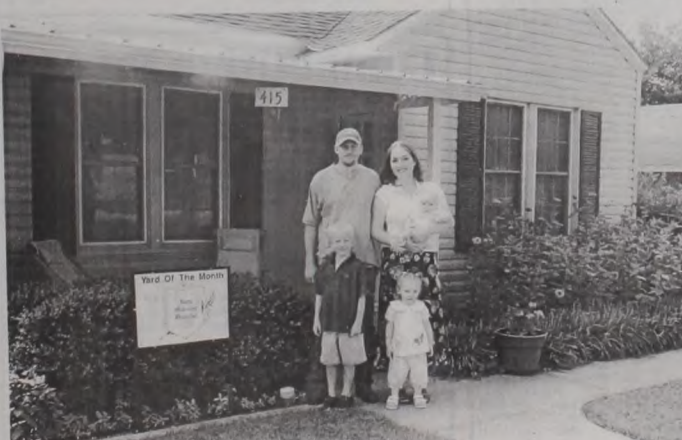
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Yard of the Month awardees are Doug and Nicole Hennigan and their children, from left, Austin, Lydia and Hunter. Courtesy Photo

Farm & Ranch

Livestock producers warned to keep eye out for animal diseases

Beef quality begins with the state's cattle producers being allowed to maintain open trade and exports, according to the executive director of the Texas Animal Health Commission.

"A reporter once told me there is no free trade, only open trade," Dr. Linda Logan told participants at the 48th Annual Beef Cattle Short Course held at Texas A&M University. She was one of the featured speakers at the short course, which drew about 1,100 cattle producers and trade show exhibitors.

However, "animal diseases are a non-tariff (trade) barrier," she said. Diseases can "close down trade overnight."

With 1.3 million people entering the United States and millions moving about the world every day, it is difficult, if not impossible, to keep this country from having either an accidental or deliberate introduction of a devastating animal disease, she said.

Livestock producers, agencies such as the TAHC and the U.S. Department of Agriculture, and livestock organizations must work hard in order to keep diseases from causing trade barriers, Logan said.

The biggest constraint to livestock producers in Texas presently is cattle tuberculosis, and it promises to be a costly disease to deal with, she said.

The USDA published an interim rule in June that downgraded Texas' cattle tuberculosis status from accredited-free to modified accredited-advanced. In other words, unless cattle are moving directly to slaughter, Texas breeding cattle and bison must be officially identified and tested for cattle tuberculosis within the 60 days before being transported across state lines. Unstested Texas cattle and bison still can move freely within the state.

Two domestic herds in Texas were diagnosed with cattle tuberculosis in 2001.

The major concern with the disease is that it is a threat to humans when they drink unpasteurized milk, she said. Milk pasteurization was, in part, introduced about 100 years ago in order to combat tuberculosis.

Tuberculosis also is a trading constraint, she said. The disease also causes poor growth rates and general un-thriftiness in cattle.

It can spill over into wildlife, including white-tailed deer, and it has been shown to affect other animals such as skunks, badgers and possums, she said.

"You really don't want to get TB established in your herd because it is not only a threat to your herd (and) your ability to sell your animals, but also to wildlife," Logan said.

The TAHC feels the downgrade in Texas' tuberculosis status is unfair, Logan said, because it has had only two cases out of 153,000 herds. Due to its large size and number of herds, Texas should not be compared with other, smaller states, she said.

Therefore, TAHC has asked the USDA change the rules and base the loss of the "free" status on prevalence (how many cases per animals) and not on the old rule of "two herds per state," she said.

The TAHC also has proposed an "action plan" and is in the process of "selling" this plan to producers, Logan said.

The first part is to continue to "zone out" the area around El Paso, Texas initially earned accredited-free status in 2000 when El Paso and Hudspeth counties were "zoned out" by the USDA due to low levels of infection in dairy herds there. For purposes of cattle movement and eradication, the state will remain split and these counties could not apply for accredited-free status until three years after the herds were depopulated and no additional infection detected.

The state's other 252 counties may reapply to the USDA for accredited-free status in two years if no more infected herds are found.

Also, stepped-up tuberculosis surveillance would be implemented in slaughter facilities and in dairy and beef feedstock.

Since the TAHC believes almost every case of tuberculosis in Texas has some indirect relationship to Mexican roping steers or Mexican feeder cattle that have been on pastures adjacent to domestic cattle, TAHC is proposing limited contact between these two groups.

Certain criteria would be outlined, including having "approved pastures" that would include no adjacent fence lines with domestic stock or allow no co-

mingling with domestic stock.

Nearly 1 million feeder cattle are imported annually from Mexico, where cattle tuberculosis is still a problem. Many of these imported cattle are used for roping practice, competitions or rodeos, according to the TAHC.

Trade barriers also could be caused by the fever tick, also known as *Boophilus annulatus*, which is capable of carrying a protozoa, or minute parasite. When the tick feeds on cattle, it injects this protozoa into the bloodstream. The protozoa attacks red corpuscles, causing acute anemia, an enlarged spleen and liver. A fast, brutal death occurs in up to 90 percent of the affected cattle, according to the TAHC.

Cattle fever has been eliminated in the U.S., and a "fever tick" buffer zone of eight South Texas counties is located along the U.S. and Mexico border.

"We have to maintain that barrier," Logan said, especially since 18 states in Mexico have a species of fever tick that is resistant to the acaricide (pesticide) used to dip or spray cattle in the U.S.

Even though veterinary services personnel from the USDA Animal and Plant Health Inspection Service continually inspect cattle in that zone and cattle being imported from Mexico, the state's ranchers still need to be watchful for ticks on their livestock, she said.

Another disease that could cause trade barriers is brucellosis, Logan said. Brucellosis, which can cause female livestock to abort their young, is passed to other animals through contact with infected aborted fetuses or afterbirth, or to offspring through nursing. And though rare in humans, brucellosis is a potentially debilitating and chronic disease that can be transmitted by drinking unpasteurized milk or by handling infected cows.

The disease rate in Texas cattle herds has dropped from 810 infected herds 10 years ago to only three last year, Logan said. Texas and Missouri are the only two states that still have herds infected with the disease.

Chronic wasting disease has been in the headlines recently, and it is another disease ranchers need to be watchful for. It is an untreatable, fatal, neurological (brain and nervous system) disease found in deer and

elk in certain regions of the U.S., and there is no test that can be used to determine whether it has infected a live animal. Epidemiologists with the Centers for Disease Control and Prevention have studied CWD, however, and found no evidence that it poses a risk to humans or domestic animals.

CWD is known to infect free-ranging deer and elk in northeastern Colorado and free-ranging deer in western Wyoming, southern Nebraska, South Dakota, Wisconsin, New Mexico and Saskatchewan.

While there are no known cases of CWD in Texas, deer and elk have been imported into the state, and "We do have the potential of chronic wasting disease spilling over into our state," Logan said.

Another disease Texas ranchers need to be watchful for is foot-and-mouth disease.

"I think there's been a higher level of awareness (among livestock producers of foreign animal diseases) because of the foot-and-mouth outbreak in the United Kingdom and because of 9-11. People are more concerned about the accidental or intentional introduction of foreign animal diseases."

Foot-and-mouth is a highly-contagious disease that causes serious, chronic illness in cloven-footed animals such as cattle, swine (feral or wild and domestic), sheep, goats, captive and wild deer, elk, bison and llamas. It also can cause high mortality in young livestock, such as pigs.

Farm policy workshop for producers

A producer meeting will be held Aug. 28 at 7:30 PM at the new Sanger High School in Sanger, Texas, 1 mile east of I-35 on Hwy. 455, south side of the street, main entrance.

The main speaker will be Dr. Joe Outlaw, Texas Co-operative Extension, State Economist. Topics to be covered will be New Farm Policy, base and yield updates, Farm Program sign-up (enrollment, documentation, signature requirements, power of attorney, etc.).

For more information, contact the FSA office at 668-7794.

Abbey cattle are black and beautiful

By Fr. David Bellinghausen, OSB
As one arrives at the Abbey by highway, one notices all-black cattle grazing in the pastures. That's quite different from the multi-colored cattle seen around here until three years ago. We black monks now raise all-black cattle - registered Black Angus.

Three years ago the Abbey Farm sold its commercial herd. With the help of David McMahon of Belle Point Ranch, Lavaca, Arkansas, we were given good cows from top Angus breeders in the U.S. With this donated seedstock as a basis, we used embryo transplant and artificial insemination to enlarge the herd. We have kept all the heifers and will sell the bulls.

This year, so far, we have sold 40 young bulls, mostly by private treaty. Farm Manager, Lawrence Geels, says the demand for Abbey animals has been strong. Most people see the bulls, stop to inquire, and end buying as many as four bulls at a time. Some bulls have been sold to as far away as south Texas and western Oklahoma with most of them staying in western Arkansas.

The Abbey uses the Angus Association's database to guide its breeding decisions. Fortunately, ultrasound use for carcass data became possible two years ago. When bulls and heifers are at 320-450 days of age, ultrasound is used to see the animal's potential carcass performance. A certified technician scans the animals for carcass traits such as marbling, ribeye area and backfat. That data goes to Centralized Ultrasound Processing in Ames, Iowa, for analysis. The analysis is sent back to the Abbey to use the information to select AI sires for the herd. This data

from the heifers is used to determine which bulls to breed with them in order to produce a superior balanced product.

"We try to produce animals superior in all categories for carcass traits," says Mr. Geels. That means bulls are used that are in the top 10% for these carcass traits. "Production traits are all a given and those are never sacrificed here. We use the ultrasound to make AI matings and we cull for reproductive traits," Mr. Geels says. The Abbey Farms aims for explosive growth and moderate size in its cattle.

By using artificial insemination the abbeys can use the top two or three bulls in the Angus Breed for every trait. We have calves on the ground for sale next spring out of the following bulls: 616, Rockn D Ambush and Bon View New Design 1407. Many of our heifers are from GAR Commitment, EXT and even Precision 1680, the very best sires.

The animals are expected to do well on Abbey pastures with our own hay for winter feeding. With the help of the Arkansas Beef Improvement Program to improve pastures, year-around grazing is available for the cattle.

All this technical help and data is necessary to compete in a changing cattle industry. We want to sell bulls that cattlemen need, to produce beef that consumers are demanding.

Our herd consists of 60 cows and 45 heifers. We keep our best heifers to enlarge the herd to a 200-cow limit. At that stage of growth, we will be able to sell female as well as male animals. In the future we may need to hold a production sale to give all customers an equal chance to buy our animals.

Reprinted from *The Abbey Message*, Summer 2002 (Fr. Bellinghausen is a former Sacred Heart Pastor)

Land prices, farm income relationship has changed

Land prices used to track farm income fairly closely. But that relationship has changed in the past few years as off-farm earnings gained importance.

USDA is projecting a modest decline in net farm income for 2002 even with enactment of the new farm bill. This doesn't necessarily mean a decline in farmland values, though. Half of the dollars buying farmland comes from non-farm sources now. Also, farmers themselves are earning much more nonfarm income than in 1988.

The most popular type of radio station in the U.S. is country music. One quarter of all commercial stations broadcast country music.

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Sale Date: August 15, 2002
Market Early Active on All Classes of Calves & Yearlings, Butcher Cows & Bulls \$1 to \$3 Lower. Stock Cows & Pairs \$50 to \$100 Higher on good run of 900 cattle.

Steers, 300-400 lb. \$88 to \$94.50;
400-500 lb. \$84 to \$88;
500-600 lb. \$78 to \$83.50;
600-700 lb. \$76 to \$82;
700-800 lb. \$72 to \$74.50;
Heifers, 300-400 lb. \$90 to \$96.50;
400-500 lb. \$78 to \$84.50;
500-600 lb. \$74 to \$78;
600-700 lb. \$70 to \$73.50;
700-800 lb. \$68 to \$72.50;
Packer Cows, Utility Boning, \$36 to \$40; Canner/Cutter, \$32 to \$37.50;
Bulls, \$48 to \$53.50;
Bred Cows: Choice, \$625 to \$750;
Med.-Good, \$575 to \$600;
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Cow-Calf Pairs Choice, \$825-\$910;
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<p>Feeder Steers (per lb.) 200-300 lbs., No. 1, 1.05-1.11; Nos. 2 & 3, .95-.1.05. 300-400 lbs. No. 1, 1.00-1.08; Nos. 2 & 3, .90-.1.00. 400-500 lbs., No. 1, .90-1.00; Nos. 2 & 3, .80-.90. 500-600 lbs. No. 1, .78-.84; Nos. 2 & 3, .67-.78. 600-700 lbs. No. 1, .72-.78; Nos. 2 & 3, .64-.72; 700-800 lbs., No. 1, .70-.76; Nos. 2 & 3, .55-.70.</p> <p>Feeder Heifers (per lb.) 200-300 lbs. No. 1, .90-1.04; Nos. 2 & 3, .80-.90. 300-400 lbs. No. 1, .88-1.00; Nos. 2 & 3, .78-.88; 400-500 lbs. No. 1, .83-.91; Nos. 2 & 3, .71-.83; 500-600 lbs. No. 1, .75-.83; Nos. 2 & 3, .68-.75; 600-700 lbs. No. 1, .70-.74; Nos. 2 & 3, .61-.70; 700-800 lbs. No. 1, .62-.70; Nos. 2 & 3, .50-.62.</p> <p>Slaughter Cattle (per lb.) Slaughter Bulls, Yield Grade 1-2, 1,200-2,050 lbs., 44-51.50. Slaughter Cows, #1-3, 33-35; Cutter, 24-33.</p>	<p>Stocker Cows (per head) Pregnancy-tested, 3- to 9-year-olds - Large Frame, \$625-\$780. Medium Frame, \$450-\$625. Cow/Calf Pairs w/calves under 250 lbs. - Large Frame, \$740-\$840; Medium Frame, \$600-\$740. Holstein Baby Calves, \$40-\$80; Crossbreds, \$90-\$175.</p> <p>Barrows & Gilts: US #1, 230-270, 40-50; US #2, 220-280, 40-48.</p> <p>Feeders (per head): 100-175 lbs. \$40-\$75; 25-90 lbs. \$20-\$40.</p> <p>Sows: Feeder, 400 or less, 15-30; Light wt., 400-500, 15-22; Med wt., 500-600, 15-22; Heavy wt., 600-up, 15-22.</p> <p>Boars: 300lb-up, 5, 200-300 lbs., NT, Light wt., 8-11.</p> <p>Sheep (per lb.) Feeder Lambs, 40-60 lbs., 30-70; Light lambs, 60-90 lbs., 60-75; Fat lambs 90-120 lbs., 60-75.</p>	<p>Barbados (per head) Lambs: \$15-\$30. Ewes: \$15-\$40. Bucks: \$30-\$75.</p> <p>Ewes: Stocker, NT, Thin, 15-22; Fat, NT.</p> <p>Bucks: Thin: NT, Fat, NT.</p> <p>Goats (per head) Kids: 20-35 lbs., \$20-\$35; 35-55 lbs., \$30-\$50; 55-75 lbs., \$40-\$60. Yearlings: 75-120 lbs., \$75-\$115.</p> <p>Nannies (per head) Stocker \$40-\$90; Milk Type: \$25-\$65. Slaughter, Thin, \$20-\$35; Fat, \$30-\$60.</p> <p>Billies (per head) 120 lbs-up Breeders, \$40-\$85; Slaughter, \$40-\$85.</p> <p>Boer Goats (per head) 1/2 Nanny, NT, \$75-\$90; Full Nanny, \$75-\$120.</p> <p>Boer Goats (per head) 1/2 Billy, NT, 3/4 Billy, NT, Full Billy, NT.</p>
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