

Community supports Muenster VFD at BBQ



Janet Felderhoff photo

About 1,000 people turned out last Saturday evening for the Muenster Volunteer Fire Department's Annual BBQ and Auction. The event was held at Heritage Park. Muenster Fire Chief Herbie Knabe said that numbers were down some from last year, but they still did good. See related photo on pg. 2 and watch next week for more photo coverage of the event.

LeBrasseur to be inducted to the Sports Hall of Fame

Sacred Heart High School girls basketball coach Jon LeBrasseur has been selected to the Upper Peninsula Sports Hall of Fame (UP-SHF).

LeBrasseur, a native of Nahma, Michigan, has been a coach at Sacred Heart for 36 years.

His basketball teams have won 14 State Championships, including a string of seven straight (1998-2004). He has also directed track and golf teams to State titles and has also coached football, cross country, and boys basketball at Sacred Heart.

The induction banquet will be April 26 at Island Resort and Casino in Harris, Michigan, 15 miles west of Escanaba. Nahma is 30 miles east of Escanaba, on Lake Michigan.

For ticket information

contact UPSHF Executive Secretary Dennis Grall at (906) 789-9005.



Coach Jon LeBrasseur

Nine other people will join LeBrasseur in the 2014 induction class. The UPSHF has existed since 1972 and includes such national sports figures as George Gipp, Steve Mariucci, Tom Izzo, Kevin Tapani, John Ralston, and Stan Albeck.

County imposes ban on outdoor burning

Janet Felderhoff
News Editor

As of Monday, Aug. 12, Cooke County is under a burn ban. Despite the recommendation of County Fire Marshal Ray Fletcher to hold off on a burn ban, Commissioners Court voted unanimously to impose a ban on all outdoor burning in all unincorporated areas of Cooke County.

Fletcher reported the current Keetch-Byram Drought Index (KBDI) as 540. Cooke County is in the moderate drought phase. "All and all, we are doing better than a whole lot of Texas, but still not great," noted Fletcher. The seasonal outlook shows this area to either persist with drought or get worse through the next three months. "Fortunately, we have had a little bit of rain here and there that has allowed us to stay better than we would normally be as far as fire danger goes. We are starting to have some fires that aren't credited to drier conditions, but they are mostly people who are burning and leave them unattended, and a few power lines here and there. What we are not seeing yet are the sparks off the highways, off the roadways, the electric fences, the agriculture-related fires."

Judge Roane added, "Even though there is good moisture north of Muenster, down in the south part of the County, where we live, it is still very, very dry."

Precinct #2 Commissioner B.C. Lemons stated, "I'm interested in a ban. I've seen two start on roads and that

grass is green, but it still burns." Yielding to the situation in the southern part of the County, the Court voted unanimously to impose a burn ban. The ban remains in effect for 90 days or until the Court or Texas Forest Service terminates it.

Rules
The burn ban addresses welding, outdoor cooking, and exceptions.

This order does not prohibit

See BURN, pg. 2

Janet Felderhoff
News Editor

More Cooke County residents will soon be installing storm shelters with help from grant funds. According to Emergency Management Coordinator Ray Fletcher, Cooke County applied for, and received, an additional \$300,000 for the Residential Safe Room Rebate Program through Texas Division of Emergency Management and FEMA. The purpose of the program is to provide homeowners with partial funding, 50% of the total cost, up to \$3,000.00 for the installation of a tornado shelter/safe room.

Fletcher said the response in Cooke County has been large. Already, 110 shelters have been put in with the assistance of grant funds. The total grant for Cooke County is now \$750,000 with an additional \$75,000 for administrative costs.

That means that there should be between 300 and 325 shelters installed

Cooper Eddleman achieves rank of Eagle Scout

Cooper became a Boy Scout in 2007 and successfully completed 22 merit badges to achieve Eagle Scout rank.

As a Boy Scout, Cooper served in many leadership roles such as patrol leader, senior patrol leader, librarian, and Quartermaster. One of Cooper's favorite activities as a Scout was camping.

As a Boy Scout, Cooper made two hiking trips to beautiful Philmont in New Mexico where, during his first trip, the young men endured hiking and camping in torrential rains for 10 straight days with only moments of sunshine. Despite those conditions, Cooper made a second trip two years later and enjoyed beautiful weather. Cooper's total hiking distance exceeded 180 miles.

As a Scout, Cooper completed over 146 service hours. For his Eagle Scout project Cooper chose to serve his community by stripping, sanding, and repainting the benches in the City park pavilion. Cooper organized a crew of Boy Scouts, friends, and adult volunteers to complete the project. He solicited Community Lumber for donations of paint and materials and also consulted them on what they recommended as the best type of paint to use on the benches. The benches were repainted with two coats of weather all exterior paint. The project took more than 68 hours to complete.

Cooper has enjoyed working at Turtle Hill Golf Course for the last four years. He is currently a senior at Sacred Heart Catholic School and plans to attend a four-year

college to study business. He is the son of Coy and Leslie Eddleman and the grandson of Frankie and Dyann Hess and Archie and Judy Eddleman.



Cooper Eddleman

Cooke County awarded more money from storm shelter grant

throughout the County. There are already 378 names on the list. You may still sign up by contacting Fletcher at (940) 668-5400.

The completion date remains the same even with the added funds. Shelters must be completed by March 31, 2014. Fletcher plans to call another 100 people this week to see if they are still interested in the program and to notify them that they can start on their shelters.

Muenster VFD Chief Herbie Knabe spoke on behalf of all the fire departments in the County. He stated, "You know that in the fire service and the EMS service, every minute counts." He said a life can hang in the balance, and sometimes how quickly a responder can get to that person makes a life and death difference. He went on to describe problems with receiving pager notices and the efforts being made to solve those problems. He told of an incident last week with his pager not receiving the tone to a fire and of the en-

tire Rosston VFD not receiving a page to an accident.

Knabe noted that he and some others feel that the problem is in the console in the Sheriff's Office rather than the pagers. A new console is funded in the 2013-14 budget, but Knabe asked the Court to consider moving forward with the purchase before that time. The new budget year begins Oct. 1.

County Judge John Roane said it would be placed on the next agenda for consideration.

Following an executive session, the Court voted to approve a contract for the Cooke County Sheriff's Office and approved the purchase of three security devices for the Courthouse.

District Clerk Susan Hughes explained to the Court that House Bill 1513 called for an increase from \$5 to \$10 for the archival fee for the District Clerk's Office. The Court approved the required increase.

The Texas Legislature also passed a bill allowing

the County Clerk's offices in Texas to increase their archival fees to \$10. A public hearing was required prior to increasing the County's Clerk's archival fees. Rebecca Lawson, Cooke County clerk, explained what she plans to do with the archival fees collected this year. She hopes to archive 20 years rather than the usual 10 years she has been doing. That would cover 1977 to 1957.

Following the public hearing, the Court voted to approve her plan and the fee increase.

Commissioners Court proclaimed August, September, and October as United Way Months in the County. The organization has been involved in meeting the needs of people in Cooke County for 59 years. The fundraising campaign for 2014 kicks off Sept. 1, with the kick-off luncheon set for Thursday, Sept. 5 at the Gainesville Civic Center. This year's goal is \$400,000.

United Way Executive Director Angie Hare remarked, "In my opinion, we are the only organization that represents all of the community from cradle to grave."

On the consent agenda, See GRANT, pg. 2

State Representative Springer to speak in Gainesville

After three special sessions at the State Capitol in Austin, State Representative Drew Springer from House District 68 has many good things to report from his first year in office. The Cooke County Young Republicans Club invites you to join them in welcoming Rep. Springer and hearing his thoughts on the recent happenings in Austin.

This free event will take place at 7 p.m. on Saturday, Sept. 7 at the State Theater (200 East California Street) in Gainesville. Everyone is invited. Don't miss this opportunity to stay informed!

Sacred Heart students begin a new school year



Janie Hartman photo

Sacred Heart Catholic School kindergartners were on their way to church Wednesday morning to attend a Mass marking the beginning of a new school year. Pictured with the class are, at left, teacher's aide Kathy Berres, and at right, Barbara Davidson, teacher.



Janie Hartman photo

Muenster VFD Chief Herbie Knabe accepts First Freedom Award from Republican Party Chairman Chuck Bartush.

First Freedom Award presented by County Republican Party

County GOP Chairman Chuck Bartush announced that the organization's Freedom Award for 2013 is being presented to the volunteer fire departments of Cooke County in recognition of their selfless service.

The first presentation was made to the Muenster VFD at their fundraiser on Saturday, Aug. 10. Chief Herbie Knabe accepted the award at the new Heritage Park in Muenster.

Bartush thanked the firefighters and went on to state, "Our volunteer fire departments represent the traditions and spirit of freedom that make our Country

great. The United States is exceptional and stands as a beacon of freedom when our ordinary citizens daily perform extraordinary deeds to benefit their neighbors. These firefighters give their time without pay. They risk their lives, day and night, seven days a week, to protect the lives and property of their fellow citizens.

"Many times in this day and age, people take their freedom for granted or just use freedom as an opportunity to take for themselves. But, our Cooke County volunteer firefighters use their freedom to not take, but to help others.

"They represent everything that is great and good in our Country."

Chief Knabe accepted the award and spoke of the Department's appreciation for the award. He then told the hundreds of people present that they could best express their freedom by voting in elections.

Over the next several weeks, all County volunteer fire departments will receive the award.

The Cooke County Republican Party intends to annually recognize those special people or entities that use our cherished freedom for the betterment of all.

Commissioners Court approved:

- Preliminary plat for Polaris Point Subdivision (Lots 1-7), off of Hilltop Drive, located in Precinct #4.
- Setting the price that Cooke County Road and Bridge will reimburse landowners at a rate of \$1.25 per yard for creek gravel for FY 2013-14.
- Accepting auction proceeds in the amount of \$52,586.30 from the sale of Precinct #3 and #4 equipment.
- Surplus by auction or salvage of a John Deere Motor Grader and a tree saw tractor attachment.
- 2009 Grant Adjustment for the Texas Department of Public Safety Homeland Security Grant.
- Municipal annexation of 3.79 acres located at the corner of Hwy 82 and FM 371 by the City of Gainesville.
- Indigent cremations of Theresa A. Tweedy and Richard Johnson.
- Accepted a donation in the amount of \$10 to the Cooke County Library for

research from Ruby Nash, and a donation from Friends of the Cooke County Library in the amount of \$700.

- Cooke County Library to apply for the Union Pacific Foundation Community Grant.
- Renewal of the contract between Cooke County Justice Center and Dr. Robert McLeroy for inmate health services for a one year term beginning Aug. 12.
- Advertising for bids and bid specifications for ground maintenance services for the Cooke County Justice Center, Courthouse, old jail, County Library, and Juvenile Probations Center.
- Surplus by auction of a Halla Excavator and G3WD Gradall.
- Accepting \$20,492 from the Texas Association of Counties Health and Employee Benefits Pool
- Accepted an additional insurance settlement of \$2,750 for a 2012 Cooke County EMS ambulance that was damaged in an accident.
- Accepting an insur-

ance settlement on a Cooke County Sheriff's Office 2013 Chevrolet Tahoe that was totaled in an accident

- Accepting an additional settlement on a Cooke County Sheriff's Office 2013 Chevrolet Tahoe that was totaled in an accident.
 - Additional change fund for the Cooke County Tax Assessor/Collector's Office.
 - Contract with EOG Resources, Inc. for the installation of a temporary water line on CR 345, located in Precinct #3.
 - Contract with Woodbine Water Supply for the installation of a water main on CR 262, and for the installation of water lines on CR 262, both located in Precinct 2.
- In other business, Commissioners Court:
- Approved County Treasurer's report for July stating cash on hand and short-term investments totaling \$25,684,913.52.
 - Approved Cooke County United Way to put a sign on the Courthouse lawn through the length of its campaign (August-October).

BURN

it outdoor burning activities related to public health and safety that are authorized by the Texas Natural Resources Commission for (1) firefighter training; (2) public utility, natural gas pipeline, or mining operations; (3) planting or harvesting of agricultural crops; or, (4) burns that are conducted by a prescribed manager certified under Section 153.048, Natural Resources Code, and meet the standards of Section 153.047, Texas Natural Resources Code.

Outdoor Cooking is allowed with restrictions. Those are:

- The cooking device is propane, natural gas, wood, or charcoal and has a complete and full enclosure that is utilized at all times.
- The cooking device shall be clear of vegetation and/or combustible materials or debris for a 10 foot radius.
- A minimum of 100 gallons of water with a capability to be sprayed will be required at any site where above-mentioned activities take place. A water hose attached to a constant supply will suffice for this requirement.
- Welding and/or hot work allowed with restrictions listed below:
- All areas where welding, cutting, or grinding operations are being performed will be free of vegetation for

at least 25 feet in all directions.

- Surface around welding area will be wetted down.
- Wind speeds must be no more than 15 miles per hour while performing welding, cutting, or grinding operations.
- A dedicated fire watch person will attend and monitor each welder, cutter, grinder, or any activity which causes sparks.
- A minimum of 100 gallons of water with a capability to be sprayed will be required at any site where above-mentioned activities take place. A water hose attached to a constant supply will suffice for this requirement.

.....continued from pg. 1

- Each site will have cell phone or radio capability on site to provide emergency notifications.
- At least one member of the work crew will remain on scene, with water standby, for 30 minutes after operations are completed to ensure no danger exists.
- If an emergency arises where these activities must be performed and above conditions cannot be met, then the fire department for that area will be notified to provide standby at the scene until actions are complete plus 30 minutes.
- A violation of this order is a Class C misdemeanor punishable by fine not to exceed \$500.

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Nortex continues serving its customers

Recently, there was a postcard sent to Nortex's previous cell phone customers stating that Nortex's Gainesville store on California Street had closed. This is inaccurate.

A spokesperson for Nortex stated, "We want to be clear that our Gainesville store is up and running, and bringing you all the offerings of Nortex. Drop by to get help with your computer or device, or try out our SkyFi Broadband Internet Service. Also, check out how Nortex can help you monitor your home with security, cameras, and entry controls - all from your smartphone. And soon you can see how TiVo® devices might work in your home.

"Not only do we still offer IT Computer support, but also computers, computer accessories, cell phone accessories, data back-up, phone systems, and more. Feel free to come by the store and see all we have to offer today!"

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|--------------------------|---|---|---|---|-------------------------|---------------------------|
| Muenster Museum Open 1-4 | MISD In Service begins VFW Aux mtg. 7:30 pm | Library open 10 am-6:30 pm MMH Board mtg. 7 pm MISD Jr Hi Orientation | Library open 10 am-5:30 pm Kiwanis mtg. noon MISD Elem Howdy Night 6 pm, Cafeterium SHCS dismissal 3 p.m. | Museum open 1-4 Library open 10 am-6:30 pm | Museum open 1-4 pm | Library open 10:00-2:30 |
| Sunday, August 25, 2013 | Monday, August 26, 2013 | Tuesday, August 27, 2013 | Wednesday, August 28, 2013 | Thursday, August 29, 2013 | Friday, August 30, 2013 | Saturday, August 31, 2013 |
| Museum open 1-4 pm | MISD 1st Day of School | Library open 10 am-6:30 pm | Library open 10 am-5:30 Kiwanis mtg. noon Religious Ed hotdog supper 5:30 Opening Mass 7 pm | Muenster Museum open 1-4 pm Library open 10 am - 6:30 pm | Museum open 1-4 pm | Library open 10:00-2:30 |

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DAYS GONE BY.....

65 YEARS AGO
Aug. 13, 1948

Burglars break into H and H Motor Co. and J.B. Wilde Oil Co.; no arrests have been made. Obituaries: A.H. Richter, 68; Toby Wiese, 42. Walter Klement loses part of his index finger in hay bailer accident. Wedding; Uneida Dieter and Joseph Fernandez. New Arrival: a girl for the Ewald Hoelkers.

50 YEARS AGO
Aug. 16, 1963

Sandra Cain is crowned Farm Bureau Queen; Rita Fisher is Runner-up; Linda Fisher is Farm Bureau Princess. Bro. Thomas Mosler to get Bachelor of Science degree in Secondary Education from NTSU in Denton. New Arrivals: Joey to A.R. and Janice Lamanna; Troy to Ernest and Bea Wolf; Kelly to the Johnny Wolfs; Shellie to Sonny and Annette Wal-

terscheid; Floyd to Dan and Patsy Haverkamp. The Martin Friskes observe 40th anniversary. Ralph Hermes is State winner in Rural Life Essay. *PT 109* starring Cliff Robertson is playing at the State Theatre. Edgar Dyer is in Dallas at Ag teachers meeting. Ben Franklin advertises canvas binders for 88¢, heavy weight binders \$1.49.

25 YEARS AGO
Aug. 12, 1988

Jason Gehrig earns Scouting Eagle Rank. Carol and Ted Henscheid and Pat Dennis, proprietors, open Bed and Breakfast of Muenster. Obituary: John S. Russell, 34. Ray and Irene Klement celebrate 50 years of marriage. Wedding: Mary Felderhoff and John Fiala. New Arrival: Rebecca to Paul and Jeanette Houston. Special page in paper highlights "Memories of the Medders."

Jessica Luttmmer takes a leap of faith

Cathy Krahl
Staff Writer

Jessica Luttmmer was in the eighth grade when she first had an inkling that God was calling to her.

She was in a group of eighth grade girls visiting Holy Angels Convent in Jonesboro, Ark. at the invitation of the nuns who wanted to show them what religious life was like. Luttmmer found she enjoyed the experience, especially the quiet.

"It had such a calming affect on me," Luttmmer said. She would remember that peacefulness at times throughout her high school years.

During her teens, she became more spiritual with her attendance of Mass, going to Adoration, and praying the rosary. Her parents, Wayne and Cathy Luttmmer of Muenster, kept her on the straight and narrow if she ever wanted to skip religion classes.

After graduation, Luttmmer planned on a career in teaching. Enrolled at North Central Texas College, she scheduled her classes for later in the morning so she could celebrate Mass each morning.

At this time, everyone kept asking her what she wanted to do with her life, what career did she wish to pursue. While in her mind, that nagging question was "What did God want her to do?"

She started working two jobs: at the nursing home in

Muenster and at a popular restaurant. This was in addition to her college schedule.

One day she was praying her rosary and wondering what God had planned for her, she thought she heard someone there.

"There was no one there," Luttmmer said. But she did feel a presence and believes it was God giving her another poke in the right direction.

"I ran out to my pickup and immediately called my sister (Marsha Dill)." she reported. "And she was so excited for me. But after a while, I wondered *why am I so excited?*"

A week went by and she quit going to church because God's calling scared her. This put a rift in the relationship between herself and her sister.

"Marsha and myself always got along, but the relationship became strained," she explained. The tension between the two women was so bad that Luttmmer refused to even drive in the car with her sister.

But Dill eventually persuaded her to return to Mass.

After talks with Father Raymond McDaniel, then pastor at St. Peter's Catholic Church, he advised her not to miss Mass because she was scared.

Attending World Youth Day in Spain in 2011 really

helped her to accept His calling. She spent all of August in Spain when she realized she was on fire for the Lord. "Boy, was I on fire," she stated.

After returning home, she was able to spend another week in the Jonesboro convent. The calling was even stronger there and she didn't want to leave.

"We had an eight hour drive home, and I cried all the way," Luttmmer said. "It really worried my parents who were driving."

Her parents were able to take her back to the convent on July 27 or 28. By July 30, 2012, she had entered the convent. Her days in Jonesboro are taken up with classes. Luttmmer is also taking piano classes, which was optional.

"It is very soothing," she said. Her niece Emily Dill, also plays.

The novices and postulantes also have nine different gardens that they weed and water. Some are vegetable gardens with blueberries, tomatoes and persimmons. Others grow flowers that they use to decorate the altar in church. The order might buy flowers for special occasions like final vows but otherwise use the flowers in their gardens.

As she loves children, Luttmmer hopes to become a teacher, "but I will take whatever they ask me to do," she said.

She attended Lindsay school kindergarten through eighth grade and high school in Muenster. Luttmmer said a lot of her teachers and family members claim they could see the sisterhood in her future.

"These weren't just my religion teachers but some of my high school teachers as well," she said.

Her first vows a scheduled to take place in August 2014. Then she will have four more years before she will be able to take the final vows.

"I can't wait," Luttmmer said.



Jessica Luttmmer

Obituary

Jimmy Hamilton 1947 - 2013

Funeral services for Jimmy Edward Hamilton, 66, of Era, were held Aug. 14, at the Era Baptist Church.

Jimmy was born in Muenster on June 22, 1947 to Joe Edward and Joyce Matthews Hamilton. He died in Denton on Aug. 10, 2013.

Survivors are his wife Peggy of Era; daughter

Sherree Weaver and husband Derrick of Callisburg; two grandsons; parents Joe and Joyce Hamilton of Gainesville; brother Billy Joe Hamilton of Gainesville; brother-in-law Melvyn Murry of Gainesville.

He was preceded in death by his daughter Tarjia Beaver; son Joe Beaver; and sister Linda Sue Murry.



Barbosa Studio photo

M-o-o-ving Thru' The Mud with Landon's 2013 Mud Run raised \$20,000. The check was presented to Hope for HH Foundation recently. Pictured making the presentation are, from left, Addi, Wendi, Landon, and Houston Tipps and committee members Dr. Marty Thomas, Mark Helton, Cheryl Davis, Joe Conner, Michelle Neu, Kim Wiese, and Kathi Kirby. Not pictured is Kyle Ingram.

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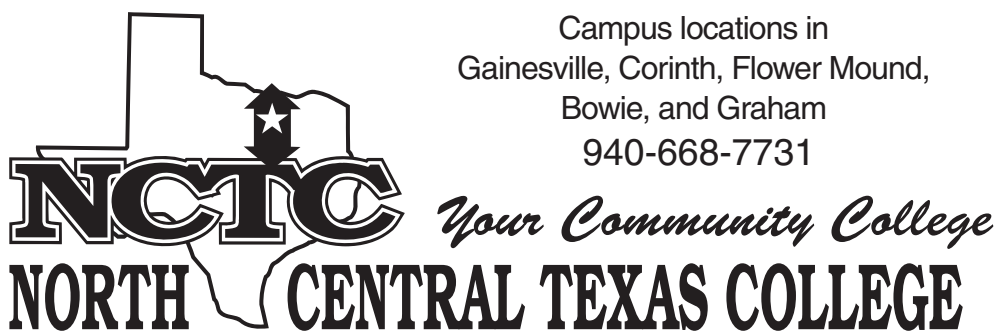
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CLASSES BEGIN MONDAY, AUGUST 26

Fuhrmanns' daughter shines at dance event

Friday evening, June 21, Shannon Selland, daughter of Francis and Cathie Fuhrmann, participated in the annual Dance with Our Stars fundraiser in Yuba City, California. Shannon and her dance partner, Adrian Uribe of Yuba City, took home the Voters' Choice and People's Choice trophies for the night's competition.

The annual event raised \$142,879 for the American Red Cross and the Rideout Health Foundation. More than 1,100 people were in attendance at the Colusa

Casino Resort in Colusa, California, breaking previous records for the event. The benefit pairs 12 local volunteers with professional dancers in the style of the hit television show "Dancing with the Stars."

The dancers begin the rigorous tasks of practicing two dances while developing their choreography - music combinations then adding their own creative costumes designs months before the event. Although the volunteers have to raise \$5,000 minimum in order to dance in the competition, they are encouraged to work as hard as possible for this major fundraiser. Shannon and Adrian were awarded special recognition for the highest contribution of \$27,000.

Besides donations from the community, local businesses can purchase tables for the event. Francis and Cathie Fuhrmann had VIP seating provided by son-in-law George Selland, owner of Rose Insurance. Shannon was asked to join the Board of the American Red Cross.

This was a tremendous experience which has created a great love for ballroom dancing. Shannon now dances every chance she gets and is looking forward to a Pacific Northwest and Canada "Dancing with the Stars" cruise and train excursion combination in the Fall.

Adrian is an instructor at the Uribe family-owned Exer-Son studio, which specializes in Zumba and International Dance Instruction. The studio is very dedicated to community fitness improvement and encourages youth Zumba.



Courtesy photo
Adrian Uribe and Shannon Selland at Dance with Our Stars competition.

Walterscheid graduates

On Aug. 10, Sara Walterscheid, daughter of John and Dana Walterscheid, graduated with honors from the University of North Texas. Sara graduated Cum Laude with a Bachelor's of Arts degree in Psychology and a minor in Rehabilitation Studies. She also graduated as an Honors Scholar from the UNT Honors College and as a member of the international honors society for psychology, Psi Chi.

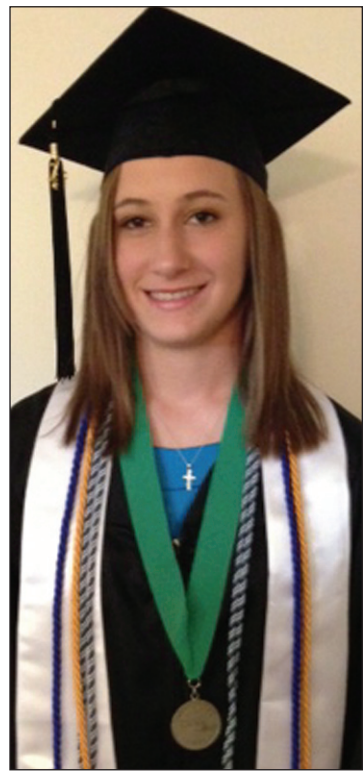
A Muenster High School Class of 2010 graduate, Sara began her college career at North Central Texas College (NCTC).

While at NCTC, she became an inaugural member of the NCTC Honors Program and a member of the national honors society for two year colleges, Phi Theta Kappa. Upon graduating with her Associates of Arts degree in December 2011, Sara was also one of the first students to receive the NCTC Honors Program Graduate award.

While continuing her education at the University of North Texas, Sara was an active member in both her academic and faith communities. Apart from being a member in both Psi Chi and the Honors College, Sara was a Dean's List student and acted as a student associate editor for the 2013 publication of the Honors College Journal *The Eagle Feather*. She was also an active member of the Blessed John Paul II University Parish and Catholic Center.

While at the Catholic Center, Sara volunteered her time putting on student-led retreats, acting as the head sacristan for the Parish, and as the Parish Mass coordinator for the 2012-13 academic year.

Sara has recently accepted a position with the mental health authority of Denton County, MHMR, and has future plans to attend graduate school to receive her Masters of Arts Degree in Counseling.



Sara Walterscheid



Courtesy photo

Alison Becker, Midnigh Mustang 4-H member, received her first 4-H award last Saturday at the 4-H Awards Banquet.

MMH discovers gem in its aquatic therapy pool

Janet Felderhoff
News Editor

Most people in this area are aware that Muenster Memorial Hospital has a pool in its therapy center that is designated for use by patients only. But, many may not be aware of how unique the pool is.

MMH FIT Center Director Tim Pembroke remarked, "It's the only therapy pool between Denton, Sherman, and Wichita Falls, with the exception of Decatur that has part of their gym as a pool for the public that the therapists steal part of. Ours is the only dedicated therapy pool."

Especially designed for Muenster Hospital, the pool not only has a deep end and a shallow end, it also has three 300 gallon tanks that allow the water level to be raised or lowered according to the patient's need without draining or refilling the pool. This conserves water.

According to Tim, the pool is a really useful tool for people who have back pain, arthritis, generalized fatigue, or anyone who has difficulty getting around and moving on land. He added "Anyone who has a little bit of a weight problem where arthritis is more of an issue, the buoyancy of the water is really beneficial for that because it helps to eliminate the person's body weight so they can exercise in a pain-free way."

Patients with sports injuries such as ankle sprains or ACL problems may also benefit from aquatic therapy. Tim said that people who can't exercise at full speed on land due to their injury can use the pool's treadmill to work on smoothing their running pattern. "You can get them back to playing faster," he noted.

Regarding patients who have hip replacement restrictions from their physicians on how much weight they are allowed to put through. "Tim explained, "If we submerge them in the pool, if they are in water up to their belly button, it takes away 50% of their body weight; mid-chest takes away 75% of their body weight; and to the collar bone removes 80% of the body weight. So, with the hip replacements, normally they're not allowed to put all of their weight on the hip replacement right away. So, we are able to get them exercising without breaking any of their doctor's rules. We can get them walking on the treadmill and really improve how well they can walk."

"We can put in the pool

fairly close after surgery because we have waterproof dressings. If the physician approves it, we can put the dressing on top of that and they can use the pool."

Other benefits of aquatic therapy include the heat of the water possibly increasing the elasticity and flexibility of the tissue, allowing the patient to stretch further. The pressure of the water can help decrease swelling of the feet, ankles, and lower legs. "As well as moving through water opposed to exercising on land burns more calories because of the added resistance of the water," added Tim. "So, it's easier on your joints and it makes it more pain-free to burn, but it burns more calories in the process."

Tim said that there are patients using the pool for four or five hours everyday. There can be up to three patients using it at one time.

Reflecting on some of the patient successes with aquatic therapy, Tim mentioned, "There were a number of people who had both knee and hip arthritis, as well as individuals who have back pain, who have had progressive disability over the years just from not being able to move on land. We've been able to rebuild their strength, rebuild their mobility in the water, and then slowly transition that back on to land. Then, there was a lady who, with a combination of diet and exercise, lost a total of 97 pounds. Because of her weight issues, she was not able to exercise on land so she used our pool with a subscription from her physi-

cian to come in and be guided through exercise with us.

"We've had some individuals after ACL repair that we were able to get up and running. Most notably, we had a lady get back to running a 5K race 12 weeks after her surgery, about four weeks faster than traditional on-land therapy."

Tim noted that MMH is the second facility that he's worked in that's had a pool. "It's (MMH) the most advanced pool I've seen because of the treadmill recessed into the floor and resistance jets able to add increased resistance on top of that. Other places just have a regular pool that may have a shallow end and a deep end, but nothing as fancy."

Aquatic therapy is only a portion of what is offered in the MMH FIT Center. It has a fully functioning gym that is used in patient therapy, but is also open to the public through memberships. Tim reminds all members of the volunteer fire department get free memberships.

Tim concluded, "This is an enormous facility for any hospital, not just one our size. It's a very, very well appointed facility for any area or region I practiced in from New York to Florida to Texas. It's a very impressive gym. It has everything from the cardio equipment to the free weights to the weight machines."

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-St. Anthony of Padua

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On Tuesday, Aug. 6, Living for Zachary came to Muenster to provide heart screenings for youth ages 12-22. The day of heart screenings was dedicated to the memory of Zach Swirczynski who died from sudden cardiac arrest (SCA) while playing pickup basketball at Austin College on Feb. 2, 2009. The above image shows all 56 who were able to take part in the heart screening. Living for Zachary was founded in honor of Zachary Schrah who died at age 16 from SCA during a football practice. Living for Zachary's Annual InCREDible HeartRun is a 5K and one mile run/walk to be held Saturday, Oct. 26 in Plano. Proceeds from the event are used to further Living for Zachary's mission. All are encouraged to register with team Zach45 at www.living4zachary.org.

New Arrival

Kendall

Jeff and Lisa Kendall of Carrollton proudly announce the birth of their daughter Alaina Marie Kendall. Alaina was born at Las Colinas Medical Center in Irving on June 3, 2013, at 6:48 p.m. She weighed 7 lb. 11 oz. and measured 19 3/4 inches long. Grandparents are Michael and Alice Kendall of Lindsay, Connie Rohmer of Coppell, and Alan and Rhonda Rohmer of Muenster. Great-grandparents are Louise Schad of Lindsay, Beatrice Tole of Wichita Falls, and Viola Rohmer of Muenster.



Alaina Kendall

Get the scoop on American Heritage Girls

Come get the scoop on American Heritage Girls and sign up for the upcoming year!

They are having an Ice Cream Social and Fall Signup for Troop TX1618 on Tuesday, Aug. 20 from 6-8 p.m. This is a come and go event held at New Life Bible Church, 3901 East Broadway, Gainesville. American Heritage Girls (AHG) builds women of

integrity through service to God, family, community, and country. AHG is a faith-based organization of girls ages five through 18 where girls experience new challenges that teach service, team-building, and leadership skills.

For more info, contact Dianna Villa 940-902-4105 or Alison Lewis 940-736-8137 or ahgtx1618@gmail.com.

NCT Chorale seeks singers

The North Central Texas Chorale is looking to add more singers for the 2013 fall season. The Chorale is a community-based chorus that has presented quality music in Texas, New York, and abroad.

This Fall, Dr. Mike Linder will be back as director. Dr. Linder retired from North Central Texas College in 2011, where he was director of choral activities and professor of voice.

There is no audition required to sing with the Chorale, but singers need to have experience singing in choirs. The ability to read music and sing on pitch is also very important.

Rehearsals are on Tuesdays from 7-8:30 p.m. in the choir room at the First State Bank Center For The Performing Arts. This building is on the NCTC campus in Gainesville. Rehearsals will begin Aug. 27.

If you have any questions, contact Chorale President Phil Schenk, at 940-387-1886.

Don't forget the Cub Scout swim party!

A swim party for all current and prospective Cub Scouts (grades 1 through 5) and their families is set for Friday, Aug. 16 at the Muenster park. Hot dogs, chips, lemonade will be served at 6:30 p.m. followed by swimming from 7 to 9 p.m. So, all who are interested should come for what is sure to be a lot of fun!



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Percy Jackson in 3D (PG)
Fri-Thurs 12:10, 2:30, 4:55, 7:20, 9:45

We're the Millers (R)
Fri-Thurs 12:20, 2:45, 5:10, 7:40, 10:10

Elysium (R)
Fri-Thurs 12:00, 2:30, 5:00, 7:30, 10:00

Planes in 3D (PG)
Fri-Thurs 12:00, 2:15*, 4:30, 7:00, 9:15

The Conjuring (R)
Fri-Thurs 10:00pm

The Smurfs 2 in 3D (PG)
Fri-Thurs 12:00, 2:25*, 4:50, 7:15

* Denotes 2D

August 13, 2013

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Changes coming for Religious Education at Sacred Heart Church

There will be some changes in the religious education program at Sacred Heart Church this month. Starting on Aug. 28, at 5:30 p.m., there will be a hot dog supper for all families who have enrolled children or teens in the religious education program and Sacred Heart Youth for grades K through 12. After the supper, Barbara Rohmer and Dan Aedo will review the changes. Then children and parents will be invited to go to the classrooms and meet the teachers. From the classrooms, the youth will go to an opening Mass at 7 p.m. Starting on Wednesday, Sept. 4, classes will begin at

6:45 p.m. instead of 7 p.m. and end at 8 p.m. For the evenings that the students go to Mass, they are to go first to the classrooms at 6:45 and then to church for Mass at 7 p.m. Parents are welcome to join the class as they attend Mass.

Children will also be given the opportunity to go to confession each semester. Each grade will come at 6 p.m. on a designated Wednesday to go to confession.

For more information about religious formation at Sacred Heart Church, contact Barbara Rohmer at 940-736-6269 or Dan Aedo at 940-372-9281.

Gearing up for fall sports exasperates asthma threat

It's common to see athletes coughing and wheezing on playing fields and in gyms as they go through intense conditioning drills prior to the start of their fall seasons. But for asthma sufferers, gasping for air is a serious concern.

A near-perfect trifecta – the scorching heat, poor air-quality conditions, and demanding exercises – together creates the threat of increased attacks for asthma sufferers. Before fall sport schedules begin, they need to ensure their condition is well-controlled.

Dr. Rebecca Gruchalla, who leads the division of allergy and immunology at UT Southwestern Medical Center, recommends the following:

- See a pediatrician, internist, or asthma specialist (for individuals with moderate to severe cases) to ensure that asthma is properly controlled.

- At the appointment, be prepared to answer questions about the frequency of symptoms, use of an albuterol (short-acting inhaled bronchodilator), and sleep interruptions caused by asthma.

It is imperative that school nurses, trainers, and coaches know about and pay close attention to athletes who suffer from asthma. Dr. Gruchalla recommends that athletes be allowed to ease into practice to see how well they tolerate exercising in the heat or in demanding conditions.

Coaches should be alert for the signs and symptoms of asthma, which include shortness of breath, fatigue, chest tightness, coughs, and wheezing. Everyone should exercise extra caution on extremely hot days and high-pollution days.

Open House set for FCCLA

All prospective 2013-14 FCCLA members are invited to an Open House on Wednesday, Aug. 21 at 7 p.m. in the Family and Consumer Sciences Department at Muenster High School. FCCLA Texas State VP of Peer Involvement Officer Jori Magee will inform students with the latest updates for the coming year.

Also, former Muenster FCCLA members who are currently enrolled in a high school FACS course may sign up for a Muenster FCCLA office for the 2013-14 school year. Membership in FCCLA (Family, Career and Community Leaders) is open to students currently or previously enrolled in a FACS course.

Cooke County Library to offer eBook classes

The Cooke County Library will be offering a series of eBook classes to help library patrons get started using the new Freading eBook system. These classes will be device-specific and will cover all the major eReaders and tablets.

The first eBook class will cover the use of Freading on iPads and Android Tablets. This class will be held Wednesday, Aug. 21 at 10:30 a.m. at the Library. The program should last about an hour and when you leave the class, you will have your first eBook on your device, ready to read.

Freading gives the Library patrons access to over 20,000 eBooks. You can download fiction and non-fiction books for both children and adults.

By visiting the Cooke County Library website and clicking the "Books & More" tab, you can follow the direct link to the Freading website. From there, you'll be able to log in using your library card number and view available downloads.

Each class is limited to 10 people, so you must sign up ahead of time. You can sign up by visiting the library or calling 940-668-5530.

Walterscheid awarded FCCLA scholarship

Brooke Walterscheid is the recipient of an \$18,000 FCCLA scholarship donated by the Houston Livestock Show and Rodeo. The Texas Association of the Family, Career and Community Leaders of America (FCCLA) awarded a total of 10 of these scholarships at its State meeting on Saturday, April 14 in Dallas. To be eligible for the scholarship, the applicant had to meet criteria of membership in FCCLA, citizenship, residence, academic standing, recommendations, university enrollment plans, and demonstration of leadership.

Brooke served as the 2012-13 State V P of Competitive Events and as president for Muenster FCCLA. She also served as FCCLA Region 2 President in 2011-12. She will be attending Texas Tech University in the fall as a Pre-Med major.

Muenster FCCLA members have received 10 FCCLA scholarships in the past 12 years for a total of

\$149,000. Other scholarship recipients from Muenster FCCLA are: Reagan Koesler, Lauren Dangelmayr-Sammon, Tara Swirczynski, Tiffany Klement, Jessica Walterscheid, Noel Barnhill, Lia Heers, Natalie Valliere, and Briana Bindel.



Brooke Walterscheid

The man who never alters his opinion is like standing water, and breeds reptiles of the mind. ~ William Blake

College and Career Corner

By Rose Rennekamp

Last-minute tips for college success

You're about to leave the nest bound for a grand new adventure — college. Whether you're the first, second, or fifth generation to attend, there are some simple steps you can take to ensure the transition is as seamless as possible. These steps will also help your parents rest easier at night.

After all, your parents have always been available to encourage and help you. College may be the first time you've been away from home for an extended period. While heady, independence can be abused. Before you leave, talk with your folks about safety expectations while you're away. No, they can no longer enforce a curfew! But they can help you learn how to stay healthy and strong.

One good first step is to get to know your resident assistant (R.A.) and dorm director. These staff members were hired to support you with academic, social and safety programs. They are surrogates for your parents while you're at college; ditto for campus security, student health services, and other support staff.

Feeling safe and welcome is the first step in adjusting to college life. Socializing is another aspect. So make friends, join groups, and get to know others. But remember that schoolwork should always come first.

Time management is a large part of college academic success. During high school, your parents, teachers and counselors may

have helped you map out your activities. Your parents may even have kept track of your due dates and prodded you to study. Not so in college.

Students are often surprised to learn there is a lot of unstructured, unscheduled time in college. That's what our ACT bloggers and podcasters tell us. Conversely, when it's busy in college, it's very busy. Classes may take up only a fraction of your time, but you've got to learn to stay on track. That way, on the day two term papers come due and your group presentation is scheduled, you'll be ready — without having Mom or Dad there to nag!

You will also need to master study skills. In fact, according to ACT data from the 2008 graduating class, nearly 20% of high school students reported that they needed help with study skills. Nineteen percent said they needed assistance with math skills. And more than 19% reported they needed help with reading and comprehension.

If you find yourself struggling, tap into as many university resources as needed right away. These services are usually included in tuition and fees, so there are no extra charges. Remember that you shouldn't have to go it alone. Most professors and teaching assistants are happy to spend time outside of class if you need a little extra help. Academic advisors, tutors, and writing center staff can help teach or hone other needed skills. Counselors and R.A.s can help you with homesickness, depression, roommate problems, or other concerns. And your parents are always available to listen.

As a freshman, you may not know what to study and what career to pursue. According to ACT research, nearly 21% of the 2008 graduating seniors requested assistance with educational and occupational planning. Most college career and placement centers offer group sessions or one-on-one career counseling — again, at little or no extra charge. College internships and jobs are two great ways to discover what you like, and equally as important, what you don't like to do. Be patient as you navigate careers and majors. You'll soon discover your passion. Oh, and it wouldn't hurt to give Mom and Dad a call once in a while!

For more information about the transition to college, check out ACT's podcast series What I've Learned Since High School at <http://www.actstudent.org/blog/>.

Rose Rennekamp is the VP of communications for ACT.

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Janie Hartman photos

Supporting local athletics



Janie Hartman photo

Muenster Family Medical Clinic donated over \$3,500 to the booster clubs of Muenster, Sacred Heart, and Saint Jo schools. Pictured at the presentation are, from left - Muenster Coach Brady Carney, Amy Dangelmayr, Katie Morman, Saint Jo principal, and Dale Schilling Sacred Heart coach.

MUENSTER HORNETS

Upcoming Scrimmages

Fri., Aug. 16
Sacred Heart hosts
Prince of Peace, 6 pm

Sat., Aug. 17
Muenster hosts S&S,
9 am

Thurs. Aug. 22
Sacred Heart travels to
Petrolia, 6 pm

Muenster travels to
Gunter, 7:30 pm



Thomas Otto photos



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Thomas Otto photos

At right - members of Muenster's Cross Country team warm up on the track as early morning workouts continue in preparation for the 2013 season.



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LEGAL NOTICES

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE
ESTATE OF CARLA JEAN CLAY

STATE OF TEXAS
COUNTY OF COOKE

Notice is hereby given that original Letters of Administration for the
Estate of Carla Jean Clay were issued on August 8, 2013, in Cause no. PR
17019, pending in the County Court of Cooke County, Texas, to Nancy J.
Clay, Independent Administrator.

Claims may be presented in care of the attorney for the Estate addressed
as follows:

Estate of Carla Jean Clay
c/o THOMAS L. CLAXTON Attorney at Law
P.O. Box 329 Gainesville, Texas 76241

All persons having claims against this Estate, which is currently being
administered, are required to present them within the time and manner
prescribed by law.
August 8, 2013

Nancy J. Clay, Administrator
BY: /s/ Thomas L. Claxton
THOMAS L. CLAXTON
Attorney for Applicant

8.16-1

It is the policy of Muenster ISD not to discriminate on the
basis of race, color, national origin, sex or handicap in its
vocational programs, services or activities as required by
Title VI of the Civil Rights Act of 1964, as amended; Title
IX of the Education Amendments of 1972; and Section 504
of the Rehabilitation Act of 1973, as amended.

It is the policy of Muenster ISD not to discriminate on the
basis of race, color, national origin, sex or handicap in its
employment practices as required by Title VI of the Civil
Rights Act of 1964, as amended; Title IX of the Education
Amendments of 1972; and Section 504 of Rehabilitation Act
of 1973, as amended.

Muenster ISD will take steps to assure that lack of English
language skills will not be a barrier to admission and partic-
ipation in all educational and vocational programs.

For more information about your rights or grievance pro-
cedures, contact Title IX Coordinator and Section 504 Co-
ordinator, Clay Richerson, at 135 E 7th Street, Muenster,
TX, 940-759-2282

8.16-1

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FARM & RANCH

Food companies dispose billions of pounds of food

Food manufacturers, wholesalers, and retailers together disposed of 4.1 billion pounds of food waste in the United States in 2011, according to a new study from the Food Waste Reduction Alliance (FWRA), Grocery Manufacturers Association (GMA), the Food Marketing Institute (FMI), and the National Restaurant Association (NRA). This study is the first comprehensive assessment of food waste data collected

directly from the food industry.

"What's frightening about this number is that it only accounts for food waste from companies, not consumers who throw away nearly 20 pounds of food per person per month," says Phil Lempert, founder of Food Nutrition & Science and CEO of The Lempert Report. "Everyone in the food chain from growers and manufacturers to

retailers and consumers have to figure out how to decrease the waste and get these staggering numbers down."

The manufacturing sector disposed of 2.4 billion pounds, while the retail and wholesale sectors disposed of 1.7 billion pounds. Fortunately, only a small amount of waste ends up in landfills while 73% is converted to animal feed, and 20% is reused as fertilizer.

Tractors lead cause of ag fatalities

Tractors continue to be the leading cause of occupational fatalities in agriculture, according to a study conducted by the Agriculture Department's National Agricultural Statistics Service for the National Institute for Occupational Safety and Health.

In 2011, there were an estimated 4.4 million tractors in operation on farms and ranches. Just under 60% (2,563,000) were equipped with a roll-over protective structure (ROPS), a proven engineering control in the prevention of tractor overturn deaths.

More than 3,000 farms were estimated to have had at least one tractor overturn in the previous 12 months; 1,600 or 53% of tractors that overturned were equipped with ROPS.



When Roosters Crowed

From the Muenster Historical Commission
Preserving the Past for the Future

Overalls

Two pairs of overalls, a woolen shirt under a cotton shirt, a jacket, two pairs of mittens, boots, and overshoes were standard clothing for cold, wet winter days.

Overalls have pockets for everything - pliers and hammers on the side, knife and change in the right side pocket, and nails, bolts, etc. in the left side pocket. Then there are two bib pockets for watch, cigars, small notebook. The hip pocket held the wallet and a big red bandana. A small pocket for kitchen matches was above the right side pocket at the waistline.

Underwear

No description of early dress would be complete without some mention of the underwear.

The long legged, one-piece suit was wool or cotton. It had a dual purpose - pajamas and underwear. A big embarrassment was the loss of buttons across the back that held up the "barn door."

Another problem, the stocking rolled up over the ankle length style. Boys with long pants didn't worry about how smooth the underwear blended into the stocking and leg. But boys who wore knee pants and girls had problems - when underwear stretched, problems appeared at the ankles.

The underwear sleeve was not meant to show below the shirtsleeves, but each worked in opposite directions. Then the undershirt was exposed.

In the cold winter, farmers had to dress for it. Long woolen underwear ordered from the Sears catalog was the standard for men as well as boys. Men could go real foul if their long underwear was not changed before weekly washday.

There's a story that goes of a nun schoolteacher who sent a note home with a student saying he stunk and needed a bath. The irate mother wrote back that she had smelled him and he smelled just like his Pa. "The trouble is you nuns don't know how a man ought to smell."

The party line

The rural telephone, it was a means for business and a source of local news. Nobody said anything on the telephone that he didn't want repeated.

Some people on the party line never listened in, some part of the time, and some never missed a call and even broke into the conversation from time and time.

45 cherries a day keeps the doctor away

A recent study conducted by the Agriculture Department's Agricultural Research Service shows consuming 45 sweet Bing cherries may hold large health benefits.

The research concludes the fruit can decrease the risk or modify the severity of inflammatory diseases such as arthritis, diabetes, cardiovascular disease, high blood pressure, and cancer because of its ability to decrease concentrations of inflammatory biomarkers in the blood.

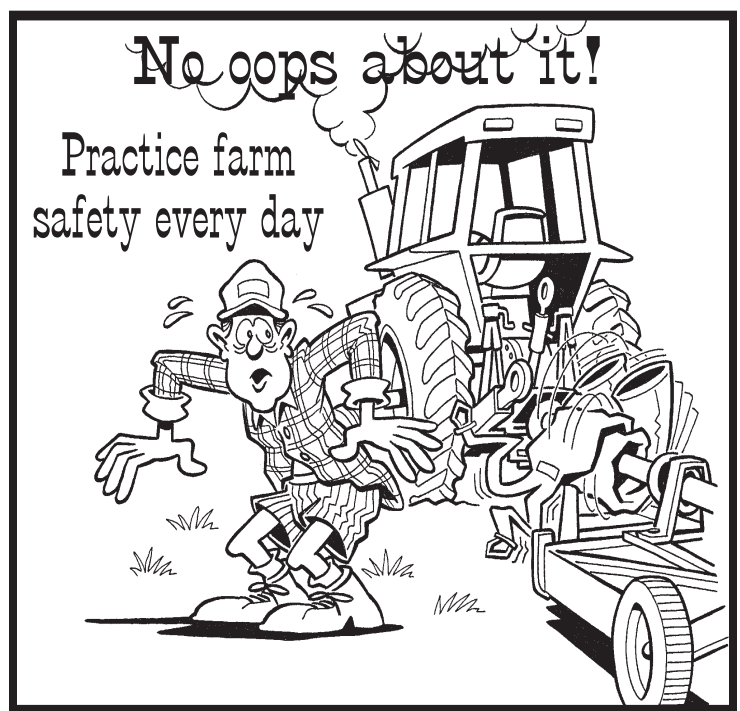
Source: AFBF

USDA lowers its food price estimate

Americans are paying about the same at the grocery store as they paid at the beginning of this year.

According to a report on USDA Radio, food prices have not risen as they were expected to as a result of drought conditions in 2012.

In fact, the steadiness of food prices has prompted the U.S. Department of Agriculture (USDA) to lower its U.S. food price inflation estimate for 2013 from 4% over the year to between 1.5 and 2.5%.



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FDIC

Link missing between RSF, food prices

There is not a direct correlation between the Renewable Fuels Standard (RFS) and the overall increase in retail food prices since 2008, according to a new study commissioned by the Renewable Fuels Association.

"If you take a look at the time since the implementation of the Renewable Fuels Standard, and basically we're five years into the RFS, and you take a look at a comparable period prior to that, what we found is that retail-level food prices have actually increased at a slower rate than was the case before the RFS took effect," said John Urbanchuk with ABF Economics, the group that conducted the study.

Source: AFBF

U.S. corn crop worsens

A lack of rain in some areas and too much in others is taking a toll on the U.S. corn crop. According to a report from the U.S. Department of Agriculture (USDA) featured on DairyHerd.com, 11% of the U.S. corn crop is in poor or worse condition. That's up two percentage points over last week.

Corn in Kansas and Colorado appears to be the hardest hit. Thirty percent of corn in Kansas is estimated to be in poor or very poor condition, while 25% of corn in Colorado is in the same category.

Fifty-three percent of corn across the nation reportedly has silked. That's more than double last week's estimates. Corn progress remains behind the five-year average.

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