Wednesday, October 9
Powdered donuts, fruit, juice, milk
Thursday, October 10
Pancake, sausage on a stick, fruit, juice, milk
Friday, October 11
PBJ, fruit, juice, milk

Lunch

Monday, October 7
Corn dog, smiley fries, tomato cup, apple, milk
Tuesday, October 8
Spaghetti bowl, breadstick, veggie cup, green beans, fruity gelatin, milk
Wednesday, October 9
Quesadilla, corn, broccoli, apricots, ice cream sandwich, milk
Thursday, October 10
Nacho grande, refried beans, salsa, cucumber cup, Mandarin oranges, milk
Friday, October 11
Pepperoni pizza, carrots, salad, bananas, cookie

Robert Lee ISD

Breakfast

Monday, October 7
Cereal, toast, fruit, juice, milk
Tuesday, October 8
Breakfast burrito, hashbrown, fruit, juice, milk
Wednesday, October 9
Waffles, sausage, fruit, juice, milk
Thursday, October 10
Stuffed bagel, fruit, juice, milk
Friday, October 11
Sausage, biscuit, fruit, juice, milk

Lunch

Monday, October 7
Chicken spaghetti, garden salad, sweet potato bake, breadstick, fresh fruit, milk
Tuesday, October 8
Walking taco, pinto beans, veggie cup, pineapples, rice crispy treat, milk
Wednesday, October 9
Cheesy breadsticks, marinara sauce, steamed broccoli, cinnamon applesauce, milk
Thursday, October 10
Boneless wings, celery sticks, carrot sticks, chips, mixed fruit, frozen yogurt, milk
Friday, October 11
Chicken parmesan, green beans, corn, roll, diced peaches, milk

Blackwell CISD

Breakfast

Monday, October 7
School Holiday
Tuesday, October 8
Cereal, fruit, juice, milk
Wednesday, October 9
Breakfast pizza, fruit, juice, milk
Thursday, October 10
Biscuit, sausage, scrambled eggs, gravy, fruit, juice, milk
Friday, October 11
Mini donuts (powdered or chocolate), fruit, juice, milk

Lunch

Monday, October 7
School Holiday
Tuesday, October 8
Hot dogs, chili, cheese, chips, milk
Wednesday, October 9
Hornet Chicken Bowl (popcorn chicken, mashed potatoes, corn, gravy, cheese), hot roll, milk
Thursday, October 10
Soup, toasted cheese sandwich, crackers, carrots w/ ranch, milk
Friday, October 11
Chicken parmesan, green beans, garlic toast, milk

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We cannot understand what is happening in others' minds, unless they share. How we encounter others, how we interact with them, and how we treat them within our community can have lasting consequences on others for both negative and positive.

More of our people struggle with their mental health than any of us realize. I will stand up and step forward and tell you that sometimes I struggle with it myself. Sometimes, it manifests through a grumpy funk that lasts for a day or so. Sometimes, I feel crushed by the pressure of all the things I must accomplish in a certain time frame. It can be the result of my own procrastination. In that case, I have nobody to blame but myself, but that doesn't make it any better in the moment when I feel crushed and struggling to push through the weight of it all. I can be paralyzed by having too much to do and in my paralysis, I struggle to get anything done. I feel almost catatonic. I spin my wheels and struggle to even type, so I look for other distractions and I usually find them. Sometimes the distractions help me get through it. Sometimes they just waste valuable time and leave me worse off, with the same amount of work to do and less time to do it.

There's more. It is something I have only recently begun to consider. When I was a child, I developed a pattern of vomiting before school competitions, be it a middle school mathematics competition or a high school FFA contest. It became a running joke on our FFA trips, because it always seemed like I performed better with the pre-competition vomit. For years, I thought it was just a sour stomach that popped up with early mornings. But now, I wonder. The symptoms still arise on occasion in adulthood. It's not always a vomit. Sometimes it is gagging or dry heaving. It can happen in the moments where I am deeply stressed or feeling great pressure. Looking back, I am beginning to believe that it was not a sour stomach in an early morning after all. Instead, it may well be a psychosomatic response (physical illness caused by internal distress) to my own mental stress.

I am doing some things to work on my own mental health. Some of you might know that I have owned a title company since 2015. I am in the process of selling it. I was approached earlier this year by some good people who were interested in purchasing it. I realized that something had to give in my life, because I simply could not satisfactorily meet all my personal, professional, and community obligations. I knew I had to make some choices if I wanted to survive physically and mentally.

(Continued on next page)

NOTICE OF GENERAL ELECTION
AVISO DE ELECCIÓN GENERAL

To the registered voters of the County of Coke , Texas:

(A los votantes registrados del Condado de Coke , Texas)

Notice is hereby given that the polling places listed below will be open from 7:00 a.m. to 7:00 p.m., November 5, 2024, for voting in a general election to elect presidential electors (presidential electors, if applicable), Members of Congress, Members of the Legislature, and state, district, county and precinct officers.

(Notifíquese por la presente, que las casillas electorales citadas abajo se abrirán desde las 7:00 a.m. hasta las 7:00 p.m. el 5 de noviembre de 2024 para votar en la Elección General para elegir electores presidenciales (electores presidenciales, si es aplicable), Miembros del Congreso, Miembros de la Legislatura, y oficiales del estado, distrito, condado y del precinto.)

On Election Day, voters must vote in the precinct where registered to vote, unless the countywide polling place program is being used in the election.
(El Dia de Elección, los votantes deberán votar en el precinto donde están inscritos para votar, a menos que el programa de sitios de votación del condado se está utilizando en la elección.)

Location of Election Day Polling Places Include Name of Building and Address *(Sitios de votación el Día de Elección) (Incluir Nombre del Edificio y Dirección)*	Precinct Number(s) *(Número de precinto)*
Robert Lee Recreation Hall, 150 County Rd, Robert Lee, TX	Precinct 1
Bronte Recreation Hall, 350 E Park Rd., Bronte, TX	Precinct 2
Coke County Courthouse, 13 7th Street, Robert Lee, TX	Precinct 3
First Baptist Church, 424 S Washington St, Bronte, TX	Precinct 4

During early voting, a voter may vote at any of the locations listed below:
(Durante Votación Adelantada, los votantes podrán votar en cualquiera de los sitios de votación nombradas abajo.)

Location of Main Early Voting Polling Place Include Name of Building and Address *(Sitio principal de votación adelantada) (Incluir Nombre del Edificio y Dirección)*	Days and Hours of Operation *Días y Horas Hábiles*
County Courthouse13 7th Street, Robert Lee, TX	See Attached

Locations for Branch Early Voting Polling Places Include Name of Building and Address *(Sitios sucursal de votación adelantada) (Incluir Nombre del Edificio y Dirección)*	Days and Hours of Operation *Días y Horas Hábiles*
County Courthouse13 7th Street, Robert Lee, TX	Mon Oct 21- Fri Oct 25 7am-7pm
County Courthouse13 7th Street, Robert Lee, TX	Sat Oct. 26 7am-7pm
County Courthouse13 7th Street, Robert Lee, TX	Sun Oct 27 7am-1pm
County Courthouse13 7th Street, Robert Lee, TX	Mon Oct 28- Fri Nov 1 7am-7pm

Applications for ballot by mail shall be mailed to:
(Las solicitudes para boletas que se votarán adelantada por correo deberán enviarse a:)

Jennifer Burdett
Name of Early Voting Clerk
(Nombre del Secretario/a de la Votación Adelantada)

13 7th Street
Address *(Dirección)*

Robert Lee TX
City *(Ciudad)* Zip Code *(Código Postal)*

325-453-2631
Telephone Number *(Número de teléfono)*

jennifer.burdett@co.coke.tx.us
Email Address *(Dirección de Correo Electrónico)*

www.co.coke.tx.us
Early Voting Clerk's Website *(Sitio web del Secretario/a de Votación Adelantada)*

Applications for Ballots by Mail (ABBMs) must be received no later than the close of business on:
(Las solicitudes para boletas que se votarán adelantada por correo deberán recibirse no más tardar de las horas de negocio el:)

10 / 25 / 2024 .
(date)*(fecha)*

Federal Post Card Applications (FPCAs) must be received no later than the close of business on:
(La Tarjeta Federal Postal de Solicitud deberán recibirse no más tardar de las horas de negocio el:)

10 / 25 / 2024 .
(date)*(fecha)*

Issued this 30th day of September, 2024.
(day) (month) (year)

(Emitada este día 30th de Septembre, 2024.)
(día) (mes) (año)

Signature of County Judge *(Firma del Juez del Condado)*