



James Roberts

Supt. Hood recommends that the Statement of Impact for TLC Academy be signed and state that it would affect the district in a negative way. Jeffie Roberts made a motion to approve recommendation. It was seconded by Brandi Brosh. All voted for.

Supt. Hood held a discussion on the STAAR Policy.

Supt. Hood held discussion on possible May 12, 2012, Bond Election. Estimated amount of bond would be \$1.3 million but overall tax rate would decrease by two cents.

Tom Sawyer made a motion to approve Order of Election for Board of Trustees, May 12, 2012. Motion seconded by Irma Torres. All voted for.

Supt. Hood gave his respective report on enrollment numbers, budget update, administration salaries and football field water.

The Board entered into closed session at 9:35 pm and reconvened into open session at 10:18 pm.

Tom Sawyer made a motion, seconded by Tracy Allen, to extend Supt. Hood's contract one year making a five year contract with 3% salary increase. All benefits will remain the same. All voted for.

The next meeting for the RLISD School Board will be held on Thursday, February 23, 2012, at 6 pm.

The meeting adjourned at 10:28 pm.

Area Foundation Scholarship application available

The San Angelo Area Foundation's 2012 scholarship application is now available through March 1, 2012, for students attending college in the fall of 2012.

Interested students can apply at www.saafound.org, by clicking on the "Scholarships" tab. The San Angelo Area Foundation manages over 80 scholarship funds, created by generous donors for the benefit of students. The student need only complete one online application and each scholarship is awarded based on a variety

of qualifications unique to each scholarship fund. Scholarship awards are announced in early May.

If you have any questions during the application process, please contact our office either by email, scholarship@saafound.org or by calling (325) 947-7071.

**Check Out
Coke County
Library**

The Library has received notice of the 11th Annual Genealogical Workshop sponsored by the Friends of the ASU Library. The date is Saturday, March 3, at the Trinity Lutheran Fellowship Hall beginning at 8:00 a.m. For more information call 325-942-2164 or come by the Library to get a copy of the registration form.

The local genealogy group met Monday evening in the Library for a discussion on the settling of Virginia and Maryland. Today's political arena is a mere shadow of the politics of Colonial America. The membership of this group is open to anyone with an interest in history and family connections to it.

They meet each first and third Monday evening at the Library.

Need some surprises? Come browse at the Library. Follow an author's thought

process. It's an unpredictable, often amusing, sometimes scary, adventure without leaving the house.

Library hours are Tuesdays, 8-12; Wednesdays, 8-4; Thursdays, 1-5; Fridays, 8-12. Call 453-2495 for information.



by Jan Yanez
Cooperative
Extension Agent

**Tension-Type Headache
What's a TTH?**

Tension-type headaches (TTH) are the most common primary headache (accounting for 90 percent of all headaches), followed by migraine, and cluster headaches. Though tension type headaches are the type most experienced, doctors see more patients for migraine and cluster headaches. A tension-type headache may appear periodically (episodic, less than 15 days per month) or daily (chronic, more than 15 days per month). An episodic tension headache may be described as a mild-to-moderate, constant band-like pain or pressure. These headaches may last from 30 minutes to several days. Episodic tension headaches usually begin gradually and often occur in the middle of the day.

The 'severity' of a tension



Luisa Carrera

headache increases significantly with its frequency. For chronic TTH sufferers, this daily or almost daily pain is usually throbbing and affects the front, top, or sides of the head. Although the pain may vary in intensity throughout the day, the pain is almost always present. Chronic tension headaches come and go over a prolonged period of time, but it is important to realize that they do not cause neurological symptoms or affect vision, balance, or strength.

About 30-80 percent of the adult U.S. population suffers from occasional tension-type headaches, with the chronic form affecting about 3 percent of the population. Women are twice as likely to suffer from TTH as men. Many patients with chronic TTH have usually had the headache for more than 60 to 90 days (while episodic TTH usually only occurs once or twice a month, though they can be more frequent). For

many chronic TTH sufferers, these headaches impair their daily activities.

The exact cause or causes of tension headache are unknown. Experts used to think that the pain of tension headache stemmed from muscle contraction in the face, neck and scalp, perhaps as a result of heightened emotions, tension, or stress. But research suggests that there doesn't appear to be a significant increase in muscle tension in people diagnosed with tension headache.

Researchers now suspect that tension headache may result from changes among certain brain chemicals – serotonin, endorphins, and numerous other chemicals – that help nerves communicate. Although it's not clear why the chemical levels fluctuate, the process is thought to activate pain pathways to the brain and to interfere with the brain's ability to suppress the pain. It's likely

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CCR TWISTERS Restaurant

809 Commerce • Robert Lee • 453-2900

LUNCH SPECIAL MENU

Tuesday
Hamburger Steak or Liver & Onions

Wednesday
Hand Battered Chicken Strips, Mac with KRAFT Velveeta Cheese or Chicken Fried Steak

Thursday
Steak Fingers

Friday
American Catfish

Friday Night • 5 pm until close!
ALL YOU CAN EAT AMERICAN CATFISH

Saturday
\$1.00 OFF menu price on all hamburgers

Saturday Night
Steak Specials

Sunday
Chicken Fried Chicken Breast with Peach Cobbler for dessert!

**First Annual
Lion's Club Chili Supper**

Saturday • February 18 • 6 pm
Robert Lee Rec Hall • \$5/Bowl

**Robert Lee Volunteer Fire
Department Dessert Auction • 7 pm**

Barbecue Pit Raffle
Tickets - \$1 each or 6 for \$5
Raffle Tickets available from any local Lion!

Come one! Come all!
Support your local Lion's Club & Fire Department!