

**Local residents initiated into honor society**

Two Coke County residents were recently initiated into the honor society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society.

Kacelyn Follis of Blackwell, and Louie Martinez of Bronte, were both initiated at Angelo State University in San Angelo.

Kacelyn and Louie are among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 300 campuses in the United States and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

**RL resident honored at ASU**

ASU's Academic Excellence Committee hosted an awards ceremony and reception on Monday, April 29, in the Houston Harte University Center to honor nominees and award recipients, including Giovanna Scott of Robert Lee. She was presented a plaque by ASU President Brian J. May.

Giovanna is a communication major and was nominated by the Department of Communication and Mass Media. She will enter the Master of Arts in communication program at Angelo State University.

**May is National Physical Fitness and Sports Month**

Texas A&M AgriLife Extension is supporting the President's Council on Sports, Fitness & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults to get active every day!

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet only half of adults get the physical activity they need to help reduce and prevent chronic diseases.

Some Interesting Facts:

1. \$117 Billion in annual health care costs are associated with inadequate physical activity. (Think about how much an active nation could save us over the next 10 years).

2. About 1 in 4 young adults is too heavy to serve in our military.

3. 1 in 10 premature deaths, 1 in 8 cases of breast cancer, 1 in 8 cases of colorectal cancer, 1 in 12 cases of diabetes and 1 in 15 cases of heart disease could be prevented by getting enough physical activities.

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for at least 2 hours and 30 minutes of moderate-intensity aerobic activity each week. This includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity good is for everyone's health. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!

**TPWD launches new conservation license plate**

Texans can help the Texas Parks and Wildlife Department in its wildlife conservation efforts through their purchase of the new Desert Bighorn Sheep conservation license plate, available now.

The new plate sells for \$30/year, with \$22 going directly to Texas Parks and Wildlife Department to help fund wildlife management, research and restoration projects for bighorn sheep, pronghorn, white-tailed deer, mule deer, javelina, alligator and more.

The new plate design is a first for TPWD. "Our longtime plate artist, Clemente Guzman, retired, so we decided to use a photograph of a majestic Bighorn Sheep proudly looking into the desert—and perhaps its



**Town Hall!** Congressman Mike Conaway visited the Coke County Courthouse on Tuesday evening, April 23, 2019, to visit with constituents.

future," said Janis Johnson with the TPWD Conservation License Plate program. "We conducted an online survey with thousands of hunters and conservationists and had them rank several designs for a Bighorn Sheep plate and a Pronghorn plate. The Bighorn Sheep was the overwhelming favorite."

TPWD has been involved with Bighorn sheep restoration efforts since 1954 and is working with Texas Bighorn Society, and other conservation organizations, to restore desert bighorn sheep to their historic mountain ranges in the Trans-Pecos region. Since December 2010, more than 400 desert bighorn sheep have been captured and moved from surplus populations to other mountain ranges. Transplanted sheep have done quite well and have gradually expanded their range. They are equipped with GPS collars, which provide valuable data that will enhance future restoration efforts.

Over the last 18 years, \$1.2

million in funds garnered from the sale of TPWD's white-tailed deer conservation license plates has supported projects like chronic wasting disease research and containment, big game population and harvest surveys, Trans-Pecos pronghorn restoration efforts, and more. Additionally, a 1-to-3 match ratio with USFWS Pittman-Robertson funds (which are monies derived from the sale of guns and ammo) helps address these significant conservation needs.

To learn more about these programs and how revenues from sales of the Desert Bighorn

Sheep conservation license plate will be used, please visit: <http://www.conservationplate.org/projects.phtml>.

The Desert Bighorn Sheep plate is one of nine specialty plates that support the department's mission. Others include the horned lizard, rattlesnake and hummingbird plates benefiting wildlife diversity; the white-tailed deer plate benefiting big game management; the large-mouth bass plate benefiting bass fishing; the Texas Rivers plate benefiting Texas rivers; and the camping and bluebonnet plates benefiting state parks.

*(Continued on next page)*

**TIRE RECYCLING**

**Saturday, May 4  
8 am - 12 noon  
13 E. 7th, Robert Lee  
(behind Courthouse)**

**Saturday, May 25  
8 am - 12 noon  
101 N Randall, Bronte  
(Precinct 2 Yard, 2nd street behind Stripes)**

**Residents will be able to dispose of passenger and light truck tires at no charge. No large truck or tractor tires will be accepted.**

**For more information, contact the County Judge's office at 453-2641.**

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