



Sports Booster Scholarships! Justin and Jordan Gartman received the Robert Lee Sports Booster Scholarships at the annual RLHS Sports Banquet Tuesday evening, May 21, 2013.

Department Scholarship, \$500.00 East Coke County EMS Scholarship, \$12,000.00 C.J. Macon Memorial Scholarship over four years

Beau Rousseau

\$500.00 West Central Wireless Scholarship

Ethan Sedden

\$500.00 Coke County Scholarship, \$500.00 Larry's Automotive Scholarship, \$12,000.00 C.J. Macon Memorial Scholarship over four years

Zachary Taylor

\$1,000.00 Imagine America Scholarship, \$150.00 Bronte Student Council Scholarship, \$500.00 Coke County Scholarship

Jael Williams

\$500.00 Sorosis Club Scholarship, \$1,000.00 FFA Ford-Ivey Scholarship, \$200.00 Bronte Student Council Scholarship, \$300.00 Bronte Faculty Scholarship, \$8,000.00 San Angelo Stock Show Scholarship over four years, \$500.00 Coke County Scholarship, \$100.00 Bronte Chamber Of Commerce Scholarship, \$250.00 Bronte Evening Lion's Club Scholarship, \$4,000.00 First National Bank of Sterling City Scholarship (payable over 4 years), \$18,000.00 Texas 4-H Opportunity Scholarship

BHS Alumni Scholarships:

Brenda Perez

\$12,000.00 C.J. Macon Memorial Scholarship over four years

Arlis McMullan

\$12,000.00 C.J. Macon Memorial Scholarship over four years

The total amount of scholarships awarded to Bronte High School graduates so far is \$165,900.00.



dangerous levels. But that can mean less blood reaches muscles, which then causes lethargy. It is imperative to drink plenty of fluids and eat cooling foods to help hydrate your muscles and skin in order to maintain a safe internal body temperature.

Instead of focusing on cooling the air around you to cool your body, these foods will help to cool your body temperature from the inside out. Here are some foods that can help:

Water-rich Foods

On a hot, summer day, the first thing that most people reach for is an icy glass of cold water. Water is great at keeping the body cool and hydrated. Maximize your intake of foods that contain high levels of water to minimize the intense heating effects of the sun. Fresh and raw vegetables and fruits have high water content and should be incorporated into all of your meals and snacks. Watermelon, mango, cucumbers, celery, iceberg lettuce, and tomatoes are only a few to mention.

This produce will hydrate the cells in your body and translate to a lower body temperature.

Astringent foods

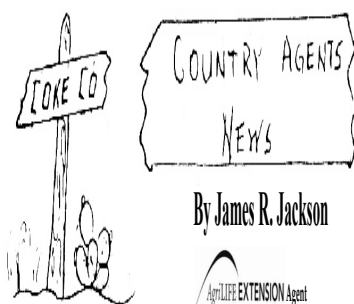
The term astringency describes the drying and sometimes puckering sensation that is experienced after tasting many red wines. Foods like lentils, beans, bananas, and grapes also contain an astringent molecule called tannin that gives these foods their "dryness." When you consume astringent foods, the tissues of your body contract, or shrink, and increase the water absorption by the body. This absorption increases the water content in your

cells, which, in turn, keeps your body temperature cooler.

Green, leafy vegetables

Greens are powerhouse vegetables packed with important vitamins and nutrients to keep your body healthy. They are also a great source of one particular mineral that helps to cool your body, calcium. Calcium works as a thermo-regulator in your body which, as the term implies, helps to regulate your internal body temperature. Your body uses the calcium in these green leafy vegetables to help send signals between your body and your brain to help regulate your temperature efficiently.

(Continued on Page 8)



By James R. Jackson

AgriLIFE EXTENSION Agent

Foods that Cool Eat to Fight the Heat

Record temperatures and humidity across the country has made getting cool the name of the game. While there is always air conditioning, the pool, or the good old-fashioned fan, there are other options to stay comfortable. What you eat and drink can make a big difference in regulating body temperature and make the difference from feeling hot and bothered to cool and comfortable.

On hot, humid days, muscles compete with the skin for blood circulation. When the outside temperature is hot, more blood flows near the skin to help disperse body heat and cool the body down, thus keeping your body's temperature from rising to

Russell Davis
Agent

611 Austin Street
PO Box 1079
Robert Lee, Texas 76945
(325) 453-4505 office
(325) 453-4524 fax
(325) 650-1904 mobile
TXFB-INS.COM

Make your financial future a priority.

Tommy E Neal, AAMS®
Financial Advisor

2412 College Hills Boulevard
Suite 102
San Angelo, TX 76904
325-223-8244

Member SIPC
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Opening
Thursday,
June 27th!

WILDCAT
CAFE

6 Miles West of Robert Lee
*(2nd asphalt road to the right after
leaving Robert Lee on Highway 158 West)*

(325) 453-2801

Open:
Friday & Saturdays • 6 am to 7 pm
Sundays • 6 am to 3 pm

Breakfast • Hamburgers
American Food