

THE OBSERVER/ENTERPRISE

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SUBSCRIPTION RATES

Per Year in Coke County ... \$30.00
Per Year Elsewhere in Texas ... \$35.00
Per Year Outside of Texas ... \$37.00

Check Out Coke County Library

The winners for the weekly drawing for July 21-24 at the Coke County Library are Kristen Moreno and Gavin Flanagan.

MARK YOU CALENDARS! The Coke County Library will be hosting magician, the Amazing Mr. K! Mr. K. will be performing on Wednesday, August 5, at 10 am at the large rec hall in the park. Please make plans to attend. All ages are invited.

Library hours are Tuesday 8-12, Wednesday 8-4, Thursday 1-5, and Friday 8-12.

... Robert Lee

City Council Minutes

(Continued from page 1)
three animals. Following a second, the motion passed.

A motion was made to discuss employee pay and benefits. After discussion, this item was tabled until the budget workshop.

A motion was made to fill the front tires on the tractor that pulls the shredder, with foam type rubber. After a second, the motion was passed.

A motion was also made to buy 2 new tires for the front of the back hoe. This motion was also passed following a second.

A motion was made to accept the contract amendment to Republic Service trash contract. This will cap the remaining contract to 3.5% rate adjustment. The motion received a second and was passed.

A motion was made to set the dates for the budget workshops for fiscal year 2016-2017. Following a second, the motion passed.

A motion was made to change the August council meeting from August 10 to August 3. Following a second, the motion passed.

The mayor reported to the council that he had been to a meeting at the CRMWD office in Big Spring, where he and mayors from Odessa, San Angelo, Snyder, Coahoma participated in discussions regarding water problems in the region. Texas Water Development Board was also

part of the discussions.

The City Secretary Report: Reminding the council members that some needed to complete the Open Government Training. She also reminded everyone of the Code Red emergency call network.

The meeting was adjourned at 9:01 pm.

The Many Faces of Medicine

By Robin Roller

Aromatherapy

You're joking right? How can smells do anything for our health, good or bad? Walking down the street, you smell an apple pie cooking. The next thought is about how your grandma used to spend quality time with you while it baked and then you would get to taste test it. Great memories ... triggered by a smell.

The sense of smell is unique in that it is the only sense which doesn't have to travel to the brain through nerves. It has a fast track. The tip of the nasal passages allow the information gathered by the nose direct access to the brain.

Aromatherapy is the use of smells to create a desired effect in the body and/or mind.

* Peppermint helps ease headaches.

* Lavender is calming.



LOOK WHO'S NEW! Branden and Tiffany Phillips are the proud parents of their new baby girl, Brooke Nicole Phillips, who arrived at 10:08 pm June 24, 2015, at San Angelo Community Hospital. Brooke weighed 7 pounds, 15 ounces and measured 19.5" long. Also welcoming Brooke is big brother, Gavin James, age 5.

Grandparents are John and Janie Phillips of Robert Lee, Grandma Dena Lafler of Moran, Texas, and Grandparents Daniel and Abby Escobedo of Snyder, Texas. Brooke also is welcomed by Great-grandma Bonnie Roberts of Robert Lee, and great-grandparents James and Irene Smith of Los Banos, California.

* Vanilla promotes confidence and clear thinking.

These descriptions are pretty vague. What most want to know is "Do they work?". First, let me say that nothing works on 100% of the people, 100% of the time. Some claim that it's a placebo effect - all in their head. However, what if it is the placebo effect? The pain is still gone!

Sometimes, it's difficult to say how or why something works. If just thinking that putting lotion on my hands will make my headache go and the desired effect is achieved when it is applied - I'm grateful.

The placebo effect is simply the mind registering what is supposed to happen and creating the expected results. Good - no pain is definitely a good thing. The mind is a

powerful thing still not completely understood.

Aromatherapy is a subtle action to restore lost balance in the body. It promotes an outcome gently and is a great compliment to other stronger therapies. The subtle effect of property used oils can soothe and soften the rough edges of a harsh treatment, making the user more comfortable in an uncomfortable

circumstance.

Aromatherapy is only one way to use essential oils. There are many others, such as topically in a diffuser and in massage and bath oils. Discovering the joys of these oils is a gift you can give yourself that will last a lifetime.

Stay informed and stay well!

[Robin Roller's massage therapy business is located at Designs by Toni in Robert Lee.]

Come As You Are



Sunday Mornings • 10 am
Table Time • Tuesday evening
Pot Luck 6 pm • Study 7 pm



FORGIVEN MINISTRIES
Downtown Bronte • Across from Grocery Store
Russ Frasier, Preacher

Area Churches Invite You to Worship

Bronte
Bronte Church of Christ
PO Box 346 • 118 S. Jefferson • Bronte
(325) 473-3291

Preacher John V. Driggers
Sun. 10 am & 6 pm, Wed. 7 pm

Central Baptist Church
324 S. Franklin • Bronte
(325) 473-4811

Dale Patterson, Pastor
Sun. 10 am Sunday School
11 am & 6 pm Worship
Wed. 6 pm

First Baptist Church
424 S. Washington • Bronte
(325) 473-2331

Sunday 9:45 am Sunday School,
10:55 am Worship,
5 pm Youth

Wednesday 7 pm Prayer Meeting
First United Methodist Church
Corner of Washington & Holmes
Bronte

(325) 473-3281
Rev. Everette Boyce, Pastor
Sun. 10:00 am Sunday School
11:00 am Worship

Forgiven Ministries
117 W. Main, Bronte
Russ Frasier, Pastor
Sun. 10 am

Tuesday 6 pm Table Time
St. James Catholic Church
215 N. Washington, Bronte
(325) 365-2687

Rev. Hubert Wade, Jr., Pastor
Sun. 5 pm

Coke County
Pecan Baptist
PO Box 542 • 12 miles West of
Robert Lee on Sterling City Hwy
(325) 453-2065, Bill Hood, Minister
www.pecanbaptist.org

Sun. 10 am, Sunday School
11 am & 7 pm, Worship

Robert Lee
Bible Baptist Church
PO Box 938 • 9th & Austin
(325) 453-2621 Robert Lee, Dennis Clark, Pastor
Sun. 10 am Sunday School, 11 am & 6 pm
Worship, Wednesday 1 pm Ladies Bible Study

Emmanuel Pentecostal
PO Box 683 • 1019 Colorado City Hwy
Pastor Tim Wood (325) 453-2360
Sundays 2 pm, Thursdays 7 pm

First United Methodist Church
PO Box 144 • 9th & Chadbourne
Robert Lee • (325) 453-2417

Cyndi Weidner, Pastor
Sun. 10 am Sunday School
11 am Worship, 5 pm Choir Practice

Iglesia Bautista Betel
101 Houston • Robert Lee
Sun. 9:45 am • Sunday School
11 am Service • Bible Study Wed. 6 pm

Southside Church of Christ
PO Box 698 • 8th & Houston
Robert Lee (325) 453-2176
Jordan Arnold, Preacher

Sun. 10 am, Sunday School
11 am & 6 pm, Worship
Wed. 6 pm, Worship

Northside Church of Christ
PO Box 508
9th & Chadbourne • Robert Lee
(325) 453-2685, (806) 543-2118 or
(325) 473-1053

Services: Sun. 10 am
Our Lady of Guadalupe Catholic Church
601 W. 10th, Robert Lee
(325) 365-2687

Rev. Hubert Wade, Jr., Pastor
Sat. 6 pm
Robert Lee Baptist Church
PO Box 493 • 22 W. 11th
(325) 453-2724

Danny White, Pastor
Sun. 9:45 am, Sunday School
11 am & 7 pm, Worship
Wed. 7 pm, Prayer Meeting

Victory Assembly of God
(325) 453-2208, PO Box 638
6th & Houston, Robert Lee
Rev. Irving Smith, Pastor
Sun. 9:45 am, Sunday School
10:45 am & 6 pm, Worship
Wed. 6 pm, Bible Study

Tennyson
Tennyson Baptist Church
Hwy 277 • Tennyson
(325) 473-2040

Sun. 9:45 am, Sunday School
11:00 am & 6 pm, Worship
Wed. 6:00 pm Prayer Meeting

Attend Your 2015 County Convention Thursday, August 13

Dear Farm Bureau Member:

The Coke-Sterling County Farm Bureau cordially invites you to attend the Annual County Convention and Dinner on Thursday, Aug. 13, 2015. The convention will be held at the Robert Lee Recreation Center in Robert Lee.

Dinner will begin at 6 pm. Val Stephens, TFB District 6 state director, will be the guest speaker. The business session of the meeting will begin at approximately 7 pm.

All Coke-Sterling members are invited to attend this meeting. Members are urged to bring a guest. Any member signing up their guest for membership in our county Farm Bureau will receive a free membership for one year. Please bring this card with you to the convention to register for door prizes.

For 1 lucky winner a 40" flat screen TV will be awarded.

Hope to see you there!

Ross Copeland
County President