

making turkey salad wraps for school lunch if little Jamie doesn't like turkey or tortillas.

Here are some quick lunchbox tips:

Actual time for eating lunch at most schools only lasts for 15 to 20 minutes and is filled with distractions. Make sure the lunch foods you pack are easy to eat, packed in easily opened packages, and don't require peeling or special tools.

Small children may not eat very much at one sitting. Think about packing appetizers instead of a large sandwich and whole banana. You can also include more choices if the quantity of each is smaller. Fill a mini muffin tin with small amounts of foods, wrap with foil, and pack into the lunch box.

Small foods are not only easier for children to handle, but they are more fun to eat. Cut sandwiches into smaller pieces, use tiny tortillas for wraps and small sandwich buns, serve baby carrots and peel and cut fruit into smaller pieces to interest your child in the foods you pack.

Think about different types of bread for sandwiches and dippers. Try crackers, mini waffles, rice cakes, mini croissants, pita bread, mini muffins, small bagels, tortillas, raisin or cinnamon bread.

If your child wants the same thing day after day, go ahead and pack it, as long as the overall meal is nutritious and you are sure your child eats it. Kids don't like a lot of change in what they eat. Did you know that it takes 10 to 12 introductions to a new food before a child is usually willing to even taste it?

Take some time to look at the prepackaged lunches in your grocer's refrigerated section. These appeal to kids, but aren't very nutritious. You can pack the same types of snack foods, but use healthier choices for more kid appeal.

Salsa, bean dips, or fruit dips with baked chips and veggies or fruit are good lunchbox choices, since these foods contain more vitamins and fiber.

Make sure to think about food safety. Freeze juice boxes or small gel packs and place in the bag. The juice will keep other foods cool and will thaw to just the right temperature and consistency by lunchtime. Use an insulated thermos for hot foods like soups and stews, and cold salads too. For best results, rinse out a thermos with very hot water to heat it before adding hot soups. Rinse it out with ice water to chill the thermos before adding cold soups.

If you make your own snack mixes, you can include healthy additions like dried fruits, unsalted nuts, pretzels, and baked crackers. Kids love to munch on something

crunchy and sweet or savory. Instead of making sandwiches, consider packing individual sandwich ingredients to let your child make their own sandwich at lunch, or eat the ingredients separately. Many children don't like to eat more than one food at a time, since their sense of taste is very intense.

Cereal bars can pack a lot of nutrition into a food kids love to eat. Include raisins, currants, or other dried fruits in the recipe for additional flavor, color and nutrition.

Make sure to include something fun - a sticker, cookies wrapped in plastic wrap with a ribbon tie, sandwiches cut into playful shapes, or meats and cheeses or fruits threaded on a caramel apple stick (which is safer than a traditional kabob stick).

These recipes can certainly be packed in brown bags, but there are such wonderful and high tech insulated lunch boxes and sacks on the market that have built in food safety features: thermoses, a space to slip a pre frozen gel pack, even pockets for wet wipes and utensils. Take some time to browse through the selection at your store and your child will be well equipped all year



Beau Boxell, Assault Family Violence, 4-1-12
Nicholas LeBlanc, Out of County Warrants, 4-2-12
Travis Ferguson, Fictitious Registration, 4-17-12

Christopher Baldwin, Evading Arrest with a Vehicle, DWI 1st, Theft of a Firearm, 4-24-12

Brenden Fuentes, Theft by Check, 4-29-12

No District or County Court held in April May 2012

Arrest and Disposition
April Ashmore, DWI 3rd or More, 5-5-12

Christopher Boner, Public Intoxication, 5-18-12

Terry Green, Out of County Warrant Arrest, 5-19-12

Christopher Bedford, Evading Arrest, Warrant Arrest, 5-31-12

No District Plea's in May No County Court Plea's in May June 2012

Arrest and Disposition
Raymond Garza, Criminal Mischief >\$50 <\$500, 6-15-12

Rockey Wickliffe, DWI 3rd or More, 6-16-12

Martin Luviano, Cruelty to Non-Livestock Animals - Torture, 6-17-12

Raymond Garza, Public Intoxication, 6-24-12
Trent White, DWI, 6-29-12

Ruben Castillo, Driving While License Invalid with Previous Conviction, 6-30-12

No District Court Dispositions 6-11-12

FISCAL YEAR 2013 SALARIES FOR COKE COUNTY EMPLOYEES SET BY COURT

(salary figures represent no increase in base pay with a \$60 per year longevity increase for employees with three years experience up to a fifteen year maximum)

Passed and Approved this 13th day of August, 2012

| NAME | OFFICE | SALARIES |
|-----------------|------------------------|-------------|
| ROY BLAIR | COUNTY JUDGE | \$27,927.00 |
| TROY MONTGOMERY | COMMISSIONER, PREC #1 | \$28,836.00 |
| WENDELL LEE | COMMISSIONER, PREC #2 | \$27,936.00 |
| GAYLON PITCOCK | COMMISSIONER, PREC #3 | \$28,656.00 |
| BOBBY BLAYLOCK | COMMISSIONER, PREC #4 | \$28,296.00 |
| NANCY ARTHUR | COUNTY ATTORNEY | \$27,320.00 |
| JOSIE DEAN | TAX ASSESSOR/COLLECTOR | \$27,080.00 |
| WAYNE MCCUTCHEN | SHERIFF | \$32,871.00 |
| MARY GRIM | COUNTY/DISTRICT CLERK | \$27,440.00 |
| HAL SPAIN | COUNTY TREASURER | \$26,540.00 |

PARK SUPERINTENDENTS AND COURTHOUSE CUSTODIAN

| | | |
|-----------------|----------------------|-------------|
| JEFF BARNES | ROBERT LEE PARK SUPT | \$21,556.00 |
| JOHN BARNETT | BRONTE PARK SUP | \$21,616.00 |
| RICHARD JOHNSON | COURTHOUSE CUSTODIAN | \$19,902.00 |

DEPUTIES AND SECRETARIES

| | | |
|-----------------|-----------------------|-------------|
| BILLY WILLIAMS | DEPUTY SHERIFF | \$28,430.00 |
| BRANDON NEAL | DEPUTY SHERIFF | \$28,610.00 |
| RANDALL JACKS | CHIEF DEPUTY SHERIFF | \$30,302.00 |
| ORVILLE DAVIS | DEPUTY SHERIFF | \$28,790.00 |
| MISTI HAYES | OFFICE DEPUTY SHERIFF | \$22,638.00 |
| ROSA LONGORIA | CHIEF DEPUTY TAX A/C | \$22,338.00 |
| RHONDA JACKS | SECOND DEPUTY TAX A/C | \$21,461.00 |
| LORRIE MARTIN | SECRETARY, JUDGE | \$22,998.00 |
| MARTHA RATLIFF | CHIEF DEPUTY CLERK | \$22,098.00 |
| JUDY GARTRELL | SECOND DEPUTY CLERK | \$13,201.00 |
| NEW HIRE | THIRD DEPUTY | \$ 7,008.00 |
| VALLERY JOHNSON | AUDITOR'S OFFICE | \$22,998.00 |

JP'S AND CONSTABLES

| | | |
|-------------------|--------------------|-------------|
| JACKIE WALKER | J P PREC #1 | \$19,992.00 |
| GRADY COULTER | J P PREC #2 | \$21,140.00 |
| MARSHALL MILLICAN | CONSTABLE, PREC #1 | \$14,760.00 |
| MARTY BOYD | CONSTABLE, PREC #2 | \$14,880.00 |

ROAD HANDS

| | | |
|------------------|---------|-------------|
| TIM MILLICAN | PREC #1 | \$23,981.00 |
| JOE DAVID KEY | PREC #1 | \$23,981.00 |
| DARRELL SOWELL | PREC #2 | \$23,981.00 |
| RICHARD KEMP | PREC #2 | \$23,981.00 |
| CHARLES YORKE | PREC #3 | \$23,561.00 |
| TOMMY SHOOK | PREC #3 | \$24,461.00 |
| JIMMIE WALKER | PREC #4 | \$24,461.00 |
| MICHAEL SAUNDERS | PREC #4 | \$24,461.00 |

EXTENSION DEPARTMENT

| | | |
|---------------|------------------------|-------------|
| JAMES JACKSON | COUNTY EXTENSION AGENT | \$15,344.00 |
| JAN YANEZ | HOME ECONOMICS AGENT | \$10,988.00 |

OTHER SALARIES

| | | |
|------------------|--------------------------|-------------|
| SHERYL TAVAREZ | COUNTY AUDITOR | \$27,440.00 |
| BETH PRATHER | COUNTY LIBRARIAN | \$ 9,113.00 |
| NATALIE CLAWSON | EXTENSION OFFICE | \$ 8,693.00 |
| DEBBIE HARRIS | COURT REPORTER | \$ 3,797.00 |
| BARBARA WALTHER | DIST JUDGE SUPPLEMENT | \$ 485.00 |
| STEPHEN LUPTON | DIST ATTORNEY SUPPLEMENT | \$ 485.00 |
| MARY BETH DODSON | CO ATTORNEY OFFICE | \$14,494.00 |
| SHARON YOUNG | DIST JUDGE ADMINISTRATOR | \$ 1,023.00 |
| PHILLIP RACE | DIST JUDGE BAILIFF | \$ 300.00 |
| MARY MORROW | CO-ORD BRONTE CENTER | \$ 8,781.00 |
| SUSAN MILLICAN | COORDINATOR RL CENTER | \$ 9,021.00 |
| LINDA AGENT | BRONTE VAN DRIVER | \$18,016.00 |
| KATHI COX | ROBERT LEE VAN DRIVER | \$18,016.00 |