

# NOTICES

**PUBLIC NOTICE  
CITY OF BRONTE  
TxCDBG**

The City of Bronte will hold a workshop open to the public at 6:30 p.m. on Tuesday, August 13th, 2013, at 114 S. Washington, Bronte, Texas, in order to gather information for its Texas Community Development Block Grant program (TxCDBG) Planning and Capacity Building Fund Contract No. 712134. The City encourages citizens to attend this workshop. The goal of the meeting is to record public input on the City's vision for its future. Discussion will include identifying challenges faced by the City, prioritizing desired projects; and defining the City's character. Persons with disabilities wishing to attend this meeting should contact the City at (325) 473-3501 so that appropriate arrangements can be made.

04-1tc

**BLACKWELL CISD**

is accepting bids for gasoline and diesel to be used in school vehicles for the 2013-2014 school year. Bidder must furnish two 1,000 gallon on site tanks for dispensing fuel. Bidder must be responsible for all tax exempt documents. Blackwell CISD reserves the right to accept or reject any and/or all bids.

For more information contact Abe Gott, Superintendent, PO Box 505, Blackwell TX 79506, Phone: 325-282-2311. Deadline for accepting bids is August 26, 2012 AT 2:00 p.m. Winning bid will be approved on August 28, 2013 Board Meeting.

03-2tc

**... Eating Well  
Over 50**

(Continued from page 5) Understanding what is happening will help you take control of your nutrition requirements.

**Physical changes  
Metabolism**

Every year over the age of forty, our metabolism slows. This means that even if you continue to eat the same amount as when you were younger, you're likely to gain weight because you're burning fewer calories. In addition, you may be less physically active. Consult your doctor to decide if you should cut back on calories.

**Weakened Senses**

Your taste and smell senses diminish with age. Older adults tend to lose sensitivity to salty and bitter tastes first, so you may be inclined to salt your

food more heavily than before—even though older adults need less salt than younger people. Use herbs, spices, and healthy oils—like olive oil—to season food instead of salt. Similarly, older adults tend to retain the ability to distinguish sweet tastes the longest, leading some to overindulge in sugary foods and snacks. Instead of adding sugar, try increasing sweetness to meals by using naturally sweet food such as fruit, peppers, or yams.

**Medications and Illness**

Some prescription medications and health problems can often negatively influence appetite and may also affect taste, again leading older adults to add too much salt or sugar to their food. Ask your doctor about overcoming side effects of medications or specific physical conditions.

**Digestion**

Due to a slowing digestive system, you generate less saliva and stomach acid as you get older, making it more difficult for your body to process certain vitamins and minerals, such as B12, B6 and folic acid, which are necessary to maintain mental alertness, a keen memory and good circulation. Up your fiber intake and talk to your doctor about possible supplements.

**Tips for Creating  
a Well-Balanced Diet**

It doesn't have to be difficult to swap a tired eating regimen for a tasty, well-balanced eating plan.

**Avoid Skipping Meals**

This causes your metabolism to slow down, which leads to feeling sluggish and making poorer choices later in the day.

**Breakfast**

Select high-fiber breads and cereals, colorful fruit,

and protein to fill you with energy for the day. Try yogurt with muesli and berries, a veggie-packed omelet, peanut-butter on whole grain toast with a citrus salad, or old-fashioned oatmeal made with dried cherries, walnuts, and honey.

**Lunch**

Keep your body fueled for the afternoon with a variety of whole-grain breads, lean protein, and fiber. Try a veggie quesadilla on a whole-wheat tortilla, veggie stew with whole-wheat noodles, or a quinoa salad with roasted peppers and mozzarella cheese.

**Dinner**

End the day on a wholesome note. Try warm salads of roasted veggies and a side of crusty brown bread and cheese, grilled salmon with spicy salsa, or whole-wheat pasta with asparagus and shrimp. Opt for sweet potatoes instead of white potatoes and grilled meat instead of fried.

**Snacks**

It's okay, even recommended, to snack. But make sure you make it count by choosing high-fiber snacks to healthfully tide you over to your next meal. Choose almonds and raisins instead of chips, and fruit instead of sweets. Other smart snacks include yogurt, cottage cheese, apples and peanut butter, and veggies and hummus.

**Stuck in a Rut**

No matter how healthy your diet, eating the same foods over and over is bound to get boring. Rekindle inspiration by browsing produce at a farmers market, reading a cooking magazine, buying foods or spices you haven't tried before, or chatting with friends about what they eat. By making

variety a priority, you'll find it easier to get creative with healthy meals.

**Mini Cheer Camp  
set for Robert Lee**

A Mini Cheer Camp will be held from 9 am to 11 am August 12-16 at the Robert Lee High School Tennis Courts. Cheers, chants and sideline routines will be taught by the 2013-2014 RLHS Cheerleaders to children going into Pre-K through 6th grade.

Thursday will be Crazy Day and Friday will be Steer Spirit Day. Presentations and awards will be held at 10:30 am Friday.

Children need to bring their own water bottle. Snacks will be available for purchase. Campers need to bring their money in a purse/sling-pack or baggie with your name. All those attending will get to perform at one High School pep rally and 5 minutes at a home football game.

For more information, contact Maranda Hood at maranda.hood@rlisd.net.

**Benefit style show  
slated for August 3**

An afternoon of fashion, wine and motivation is slated for 2 pm Saturday, August 3, 2013, to benefit the Concho Valley Rape Crisis Center!

Motivational speaker, Charlene Trumet, will be the keynote speaker, followed by a runway of local women of all ages and sizes modeling some of the fabulous fashions of Glorious Styles. Models will be escorted by the handsome and beautiful canines of Concho Valley PAWS. There will also be door prizes and a raffle!

The event will be held at Beauregard Place, located at 1421 W. Beauregard in

San Angelo. Tickets can be purchased at Concho Valley PAWS in Sunset Mall or by calling the Concho Valley Rape Crisis Center at 655-2000.

Please help make a difference by celebrating the beauty of strength and survival. For more information, contact Karla Payne at 655-2000.

**21st Annual  
Mesquite Show  
Returning to  
Fredericksburg**

The 2013 Texas Mesquite Arts Festival returns to Fredericksburg, Texas on October 11, 12, and 13.

Juried artists from around Texas and beyond will gather in Fredericksburg Marktplatz for a three-day celebration of the exquisite and attractive mesquite.

"Besides seeing the absolute best selection of mesquite, visitors will enjoy the largest mesquite show in the world," show organizer Al Carr said.

The Mesquite Arts Festival has become one of the top events in Fredericksburg. Organizers expect over 10,000 visitors during the weekend.

Visitors will be treated to collections of sculpted wood from the world's absolute finest mesquite craftsmen. Items range from large furniture items such as beds, dressers and chairs made entirely from mesquite, to unique craft and gift items such as beautifully turned lamps, delicate scroll work, handsome pen and pencil sets, unique Christmas tree ornaments, sturdy gun stocks, and sculpted vases, all carefully crafted of mesquite.

More information on the Texas Mesquite Arts Festival is available at [www.texasmesquiteartfestival.com](http://www.texasmesquiteartfestival.com), or by calling the Fest Office at 830-993-8515.

# IVEY MOTOR COMPANY, INC.

- 2012 Ford Flex Limited** #7133 **\$27,995**  
*White Suede w/Black Leather • A Steal!!!*
- 2013 Ford Escape SE** #7149 **\$23,997**  
*Ingot Silver with Gray Interior*
- 2010 Ford F-150 FX2 Super Crew** #6575A **\$22,995**  
*Oxford White w/Charcoal Captains Chairs, Matching Bed Cover*
- 2013 Ford Focus SE** #7150 **\$18,695**  
*Ingot Silver with Gray Leather • Moonroof!*
- 2009 Lincoln MKS All Wheel Drive** #6557A **\$21,995**  
*Tuxedo Black w/ Black Leather • Navigation • Double Moon Roof*
- 2013 Ford Taurus Limited** #7148 **\$23,995**  
*Sterling Gray w/ Graphite Leather Seats • Only 12K Miles!*
- 2013 Ford Fusion** #P147B **\$22,995**  
*Ingot Silver w/ Graphite Cloth Interior • 5,000 Miles Wow!*
- 2011 Ford Mustang Coupe** #5178 **\$19,995**  
*Grabber Blue w/Charcoal Interior • Grabs You!*
- 2008 Lincoln Town Car Signature** #6515A **\$16,995**  
*Adobe w/Tan Leather • 52K Miles • Really Nice!*

- 2008 Mercury Grand Marquis LS** #6423B **\$12,495**  
*Wedgewood Blue w/Tan Leather • Local Car!*
- 2012 Ford Fusion SE** #7151 **\$17,895**  
*Ingot Silver with Dark Gray Interior*

## 453-4561

Ask For:

*Randy Flanagan • Jim Herring  
Billy Wayne Roe*