

THE OBSERVER/ENTERPRISE

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

styles of massage are done on a mat on the floor, through the clothes, because cloth does not inhibit the transference of energy. Since there is no privacy needed as well as no equipment, table or oils, this is by far the easiest to manage. Because it affects a different nervous system, the mechanics of it are different. Working to unblock meridians, the energy pathways through the body. It is quite complicated and I don't understand the mechanics well enough to tell you how it works, I just know it does. I am trained to look for temperature changes in the body because most pain manifests itself in the body as heat. There are many ways the body speaks to one trained to listen.

I will continue this discussion next week due to space limitations. I hope you all have a great week! Stay informed and stay healthy.

About Me...

After reading a few of my articles, I thought you might want to know who I am. My name is Robin Roller. I moved to the area in the middle of April after living in San Diego California, for 18 years. I grew up in west Texas, Marathon, Alpine and Ft. Stockton. I have lived on cattle ranches from the Big Bend area to Dripping Springs.

I went to the School of Healing Arts for my education in massage, 110 hours was the license requirements at the time, graduating in March of 2000. I've been working in this field ever since.

I am a firm believer in alternative medicine. I disagree with much of the established medical system. I believe there is a better way. "Medicine for profit is inherently evil".

The ancient Chinese method of paying medical professional makes more sense to me. They got paid only if the patient stayed well.

I hope to inform people about the unethical practices of the big drug companies. There are a few things out there that kill a virus, yet the medical professionals tell you that there's not. Things like food grade hydrogen peroxide, colloidal silver and essential oils all are very effective at restoring balance to the body and maintaining health.

Stay well and stay informed.

Meet the Hornets and Teachers set for Friday, August 21

Blackwell CISD is hosting Meet the Hornets/Teachers on Friday, August 21, 2015. The event will begin with a meal at 6 pm.

Football Pages beginning August 28

Football season in Coke County officially begins August 28. With the beginning of football season, the annual "Football Sponsor" pages will begin in the August 28 issue of the Observer/Enterprise.

All 2014 sponsors will be included on the 2015 pages at the same price as last year. If you have a change or wish to discontinue your sponsorship, please call the office at (325) 453-2433 by 12 noon Monday, August 24.

A complete list of the 2014 sponsors is included below.

Bronte

Pitcock Properties, Jerrod Pitcock 325/ 650-4079; Shaffer Monument Company; Texas Best De-Flooding & Carpet

Cleaning, Bob & Patti Frazee; Glenn-Bivins Insurance Co., Marilyn, Lucretia, & Lanette; First National Bank in Bronte, Member FDIC; Grady Coulter, Justice of the Peace, Precinct 2; Bronte Grocery Store; Bronte Health & Rehab Center; Tom's Tire, Lube & Detail, 473-2400, cell 473-8534; Ivey Motors; Larry's Automotive Repair; Coke County Hardware, 453-2911; Marty Boyd, Coke County Constable, Precinct 2; Concho Realty, Becky Clendennen, 325/ 650-9729; Paul's Body Shop, 123 N. State, Bronte 473-2425; Bronte Hardware Store; Front of the Line Feed; Floyd C. Pettit Insurance, Robert Lee & San Angelo; Hal Spain, Coke County Treasurer; Wayne McCutchen, Coke County Sheriff, Crazy T Greenhouse, Shahan Guevara Decker & Arrott, Attorneys at Law

Robert Lee

Daryl's Body Shop; Shaffer Monument Company; Robert Lee-Silver Lions Club; West Coke County Community Development; Ivey Motors;

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Obituaries



Fenley

Coleta Alice Fenley was born on July 5, 1913, in Coleman County, Texas. She was the youngest of four children and her parents were W.D. and Emma May Mullis. She married John H. Fenley on December 31, 1937, in Seguin, Texas. Her husband was a WWII veteran and they traveled to several post war countries. As a young woman, she served as post mistress in Brookesmith, Texas. She was also a hairdresser for many years.

Coleta passed away in the Robert Lee Care Center on August 2, 2015. She is survived by nieces Tommye Wright and Lucretia Cargile, and nephews Charles Mullis and Jimmy Mullis. She was also loved and will be missed by many great nieces and nephews, great-great nieces and nephews and even great-great-great nieces and one nephew. She is also survived by cousins Jack and Marie.

She was loved by all who knew her and admired for her strong spirit and independence. She was a positive influence in the lives of family and friends. Recently the family joined her in celebrating her 102nd birthday, a local band which included her great nephew, played for her party at the Care Center.

The family would like to express a special thanks to the Robert Lee Care Center for the attention and consideration she received over the last few months.

In lieu of flowers, the family requests donations to Coke County Food Pantry, Vision with a Purpose or any local charity.

Visitation was held all day Tuesday, August 4, 2015, at the funeral home with family present from 6 pm to 8 pm.

Graveside services were held at 11 am Wednesday, August 5, 2015, at Trickham Cemetery.

05-1tc

Red Hat meeting slated

The Red Hat Society will meet at Golden Corral, 4387 Houston Harte Express, in San Angelo on Thursday, August 6, at 11 am.

Get your red hat and meet us there for some fun and fellowship.

The Many Faces of Medicine

A Look at the Benefits and Types of Massage

By Robin Roller

We have two nervous systems. One is the parasympathetic nervous system which controls the voluntary muscle movement like the muscles of the arms and legs that you can move by sending a signal along nerves that tell the muscles to move. The other is the sympathetic nervous system, which controls the involuntary movements like the heart and the lungs are a part of both. You can control your breathing to a point. If you hold your breath until you pass out, once you are no longer aware the sympathetic nervous system will kick in and you will breath again.

There are massage methods targeting each system. The parasympathetic massage is the back rub type massage that most people associate with the term massage. These include the Swedish massage, the most common, and the deep tissue massage among others. The only massage methods that target the sympathetic system originated in the Far East. Thai massage is one of the sympathetic system affecting methods. Unfortunately, I have no education in that one. However, Zen touch is also a method coming from the Orient in which I am trained. These

ROBIN'S NEST

Masseuse & Aromatherapist

is now Upstairs at

Designs by Toni

(325) 453-4317 * 712 Austin * 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 Worship
6 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

Tennysson

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

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