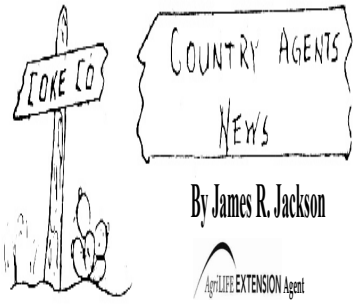




Blackwell Mascot! Heidi Horner, aka Veeda Jeter, Blackwell High School Junior, won a spirit trophy at Angelo State University's camp held July 23-26.



Analysis Now equals Savings Later

Now that August has arrived and we are reaching the end of the growing season, approximately 90 percent of the warm season grass growth has been completed. It can be beneficial this time of year to take an analysis of the forage we have produced in the past growing season. Analysis of forage can be done a number of ways - by walking through the pastures and estimating forage production, establishing photo points and comparing yearly pictures to estimate this year's production compared to past years production or you can do the most accurate method which is by taking clip samples to estimate pounds of forage per acre (most time consuming).

As the old saying goes you cannot manage what you cannot measure is ever true when it comes to managing rangeland. By gaining a rough measurement of production in your pasture, you will be better able to manage it. Once you have an idea on the amount of forage that has been produced, you can

make plans that will affect the next seven months (September-March). This will allow you to make management decisions on how many head you can run and how much feed you will need to supplement with in the coming winter.

On a final note, extra forage left standing through the winter time can be used as forage for livestock or fuel for a prescribed burn. Depending on the condition of your pasture, your location and how comfortable you are with a prescribed burn are all factors that play into this decision.



by Jan Yanez
AgriLIFE EXTENSION Agent
Back to School Nutrition

Often, summer break is when the children's healthy eating plans take a vacation. So, as summer comes to an end and the school year nears, take time to refocus your efforts as a family to ensure your children's nutrition and physical activity habits are ready for the year ahead.

Breakfast is a very important meal for growing children. Studies show that breakfast eaters tend to have higher school attendance, less tardiness and

fewer hunger-induced stomach aches in the morning. Their overall test scores are higher, they concentrate better, solve problems more easily and have better muscle coordination. So whether they eat at home or at school, be sure your children eat a nutritious breakfast every day.

If your children's school provides meals, take time to go over the menu with them and discuss how to build a healthful and nutritious meal they will enjoy. Make sure the choices include whole grains, vegetables, fruits and low-fat or fat-free dairy at every meal.

If you pack your children's lunch, take your kids grocery shopping with you and allow them to pick

out healthy foods that they enjoy. Your children are much more likely to eat what you pack for them if they have picked it out themselves.

If your children are involved in after-school activities, pack a healthy snack they can eat beforehand. Fruit or vegetable slices, 100 percent fruit juice and whole-grain crackers with low-fat cheese are healthy options that will give them the energy they need to make it to dinner.

Regular physical activity is also vital to your children's development. Not all children may like sports, but there are still plenty of ways they can get exercise on a daily basis at school and at home. In fact, involving

the whole family is a great way to spend time together while getting the physical activity everyone needs. Most importantly, talk to your children. Learn the foods they like. Teach them about the foods they need for their growing bodies. Find ways together to make sure they have the knowledge and ability to eat healthy and tasty foods at every meal.

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**BRONTE INDEPENDENT SCHOOL DISTRICT
PO Box 670, Bronte, Texas 76933**

Dear Parent/Guardian:

Children need healthy meals to learn. Bronte ISD offers healthy meals every school day. Breakfast is free; lunch costs are \$2.10 for grades PK-5th and \$2.35 for grades 6-12. Your children may qualify for free meals or for reduced price meals. Reduced price is free for breakfast and \$.40 for lunch. The following questions and answers will provide information about the Free and Reduced-Price Meal Program.

1. **Do I need to fill out an application for each child?** No. Complete one application to apply for free or reduced price meals. Use one Free and Reduced-Price School Meals Application for all students in your household. We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to Phillip Ratliff at PO Box 670, Bronte, Texas 76933, phone (325) 473-2511.
2. **Who can get free meals?**
 - **Income** - Your children can get free or reduced-price meals if your household's gross income (total, without deductions) is within the limits described on the *Federal Income Eligibility Guidelines*.
 - **Special Program Participants** - All children in households receiving benefits from Supplemental Nutrition Assistance Program (SNAP) or Temporary Assistance for Needy Families (TANF) can get free meals regardless of income. Children who attend Head Start, Early Head Start, and Even Start are also eligible for free meals.
 - **Foster** - Foster children under the legal responsibility of a foster care agency or court are eligible for free meals. A foster child is eligible for free meals regardless of the income of his or her resident household.
 - **Homeless, Runaway, and Migrant** - Children who meet the definition of homeless, runaway or migrant qualify for free meals. If you haven't been told about a child's status as homeless, runaway, or migrant, please call Jackie Timmerman at (325) 473-2511.
3. **Should I fill out an application if I got a letter this school year saying my children are approved for free or reduced-price meals?** Carefully read the letter you received and follow the instructions. Call your child's school at (325) 473-2511 if you have questions.
4. **My child's application was approved last year. Do I need to fill out another one?** Yes, your child's application is only good for the school year and for the first few days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year.
5. **I get WIC. Can my child(ren) get free meals?** Children in households participating in WIC may be eligible for free or reduced-price meals. Please fill out an application.
6. **What if my income is not always the same?** List the amount that you normally receive. Even if you missed some work in the last month, put down your usual pay. If you normally get overtime pay, include it. If you have lost a job or had your hours or wages reduced, use your current income.
7. **We are in the military; do we include our housing allowance as income?** If you get an off-base housing allowance, it must be included as income. If your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income.
Is combat pay counted as income? No, if combat pay is received because of deployment in addition to basic pay and was not received before deployment, combat pay is not counted as income.
8. **May I apply if someone in my household is not a US Citizen?** Yes. You or your child(ren) do not have to be a US citizen to qualify for free or reduced-price meals.
9. **Will the information I give be checked?** Yes, we may ask you to send written proof.
10. **If I don't qualify now, may I apply later?** Yes. You may apply at any time during the school year. If your household income or circumstances change, you may become eligible for free or reduced-price meals.
11. **Who should I include as members of my household?** You must include yourself as well as other living with you who share income and expenses - related to you or not (grandparents, other relatives, or friends). Do not include others who live with you who are economically independent - that is anyone you do not support, does not share income with you, and does pay a pro-rated share of expenses.
12. **What if I disagree with the school's decision about my application?** You should talk to school officials. You also may ask for a hearing by calling or writing to: Alan Richey, PO Box 670, Bronte, TX 76933, phone (325) 473-2511 ext. 111.
13. **My family need more help. Are there other programs we might apply for?** To find out how to apply for other assistance benefits, contact your local assistance office or dial 2-1-1.

If you have any other questions or need help, call Phillip Ratliff at Bronte ISD (325) 473-2511 ext. 116. Si necesita ayuda, por favor llame al telefono Phillip Ratliff, Bronte ISD (325) 473-2511 ext. 116.

Sincerely,
Phillip Ratliff
Food Service Manager

FEDERAL INCOME CHART for School Year 2009-10					
Household Size	Annually	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	\$21,257	\$1,772	\$886	\$818	\$409
2	\$28,694	\$2,392	\$1,196	\$1,104	\$552
3	\$36,131	\$3,011	\$1,506	\$1,390	\$695
4	\$43,568	\$3,631	\$1,816	\$1,676	\$838
5	\$51,005	\$4,251	\$2,126	\$1,962	\$981
6	\$58,442	\$4,871	\$2,436	\$2,248	\$1,124
7	\$65,879	\$5,490	\$2,745	\$2,534	\$1,267
8	\$73,316	\$6,110	\$3,055	\$2,820	\$1,410
Each additional person:	\$7,437	\$620	\$310	\$287	\$144

More Information on How to Report Your Income on the Application

- **Gross Income** - Record the amount earned before taxes and other deductions.
- **How Often Income is Received** - Record type of income received for the month - weekly, every other week, twice a month or monthly and not the take-home pay. You should be able to find this information on your paystub, or ask your boss.
- **All Other Income** - Record Worker's Compensation, unemployment or strike benefits, regular contributions from people who do not live in your household, and any other income. Do not include income from SNAP, FDIPIR, WIC, federal education benefits, and foster payments received from the placing agency. For ONLY the self-employed, under *Earnings from Work Before Deductions*, report income after expenses. This is for your business, farm, or rental property. If you are in the Military Privatized Housing Initiative or get combat pay, do not include these allowances as income.

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