



August 2020
The following reports were made by the Coke County Sheriff's Office for the month of August 2020.

- Sheriff's Information Report - 2
- Welfare Concern - 1
- Civil Standby - 1
- Civil Matter - 1
- Warrant Arrest - 2
- Criminal Trespass - 1
- Criminal Mischief - 1
- Unattended Death - 1
- False Report - 1
- Theft - 1
- Aggravated Assault - 1
- Driving While Intoxicated - 1
- Burglary of a Habitation - 2
- Failure to Report Accident - 1
- Public Service Calls (includes funerals, court, motorist assist, alarm calls, etc.) - 581
- Civil Process - 0
- Prisoner Transport (includes arrest and to and from court) - 6
- Arrest - 4
- Livestock Calls - 41
- Accidents - 2
- Accident Assist - 7
- Blue Forms Issued - 7
- Traffic Stops - 209
- Traffic Stops Resulting in Citations - 157
- Total inmates in Runnels County Jail as of Monday, September 8, 2020:
 - Males - 3
 - Females - 2

Notes from...



The Typical Family Dinner

The typical family dinner takes about 25 minutes to prepare and lasts about 20 minutes at the table. Many adults do not have the time to prepare foods from scratch so pre-prepared foods are often included. For example, chicken may be purchased cut up instead whole, frozen or canned vegetables and fruit may be used instead of fresh, and bread, rolls and tortillas may be purchased in the bakery section of the grocery store.

Family roles are changing. Often the entire burden of food shopping, planning and preparation does not fall the wife alone. Family members including husbands are helping in the kitchen too. About 40% of husbands help with food preparation.

Often family dinner is the only time when the whole family, or at least many family members, can get together to share the activities of their day and discuss upcoming events.

A typical family dinner in the US consists of meat, a starch, and a vegetable. Usually the meat portion covers about half of the dinner plate. For the

starch, potatoes and rice are common and the most frequently served vegetables are peas, corn, and carrots.

Eating a family meal improves nutrition and there is a solid link between nutrition and improved health. Nutrition is not only related to health in the short term, such as improved immune functioning, but to long term health as well such as chronic disease prevention. Both adults and children benefit from improved diet quality.

Research demonstrates that people who eat at home more frequently have better quality diets than people who eat out frequently. When meals are eaten at home, calcium, fruit, vegetable, whole grains and dairy intakes increase. Also, soda and high fat food consumption decreases compared to when meals are eaten away from home.

In addition to the nutritional benefits of family meals, there are also social benefits. When asked children, even teens, say they enjoy family dinner. A family meal-whether dinner or another meal - is often the only time family members have to touch base and connect with one another. Research associates higher levels of emotional well-being and fewer inappropriate weight control behaviors such as fasting or skipping meals with greater frequency of family meals. Interestingly, benefits associated with family meals are independent of socio-economic status.

Parents usually set the tone for family meals which can range from disorder and conflict to security and harmony, decide when and where meals will be served, decide what foods will be served and each family member-including children decides how much to eat based on appetite. Having regular meal and snack times will help establish security for children and an eating routine. It is the role of parents to decide which foods will be served. Adults select which foods will be served based on nutrition, cost, taste, convenience, and other unique family needs.

Family meals are beneficial and important for children.

...Bronte City Council meeting minutes

(Continued from previous page)

Stormy Vaughn wants to review the TMRS plan and understand why the city is paying 13.3% towards retirement. Many things are being said that don't make sense. The council needs to know how this system works. It is her understanding by what she has seen that the city was in a 'buy-back' program for years and is wondering when that program is up. Stormy Vaughn said "It is my opinion that the city should pay up to 6% match on an employee, and if an employee wants to put more money in their retirement, they can". She also said "If Ricky and Ken are part of the 'buy-back' program, and the city needs to put more money in it because of this

program when they retire, then the council needs to see that information but I don't think whoever comes in after Ricky or Ken or a non-vested employee that the city should have to pay the 13.3% to match their 6%".

Stormy Vaughn would like an update on the water study.

Being no further business, the meeting was adjourned at 8:15 pm.

...School Menus

(Continued from page 4)

Tuesday, September 22

Pancake and sausage on a stick or Honey Nut Cheerios, fruit, juice, milk

Wednesday, September 23

PBJ or Lucky Charms, fruit, juice, milk

Thursday, September 24

French toast sticks and bacon or Cinnamon Toast Crunch, fruit, juice, milk

Friday, September 25

Biscuits and sausage or Froot Loops, fruit, juice, milk

Lunch

Monday, September 21

Roasted chicken, tater tots, tomato cup, fruit cup, ice cream cup, milk

Tuesday, September 22

Nacho Grande, beans, cucumber slices, apricots, milk

Wednesday, September 23

Chicken sandwich, fresh veggie cup, oven fries, fruity

gelatin, milk

Thursday, September 24

Hamburger steak, gravy, biscuit, roasted potatoes, broccoli salad, Mandarin oranges, milk

Friday, September 25

Cheese pizza, carrots, garden salad, fresh fruit, snickerdoodle cookie, milk

Robert Lee ISD

Breakfast

Monday, September 21

Sausage biscuit, fruit, juice, milk

Tuesday, September 22

Breakfast burritos, fruit, juice, milk

Wednesday, September 23

Cereal, toast, fruit, juice, milk

Thursday, September 24

PBJ, fruit, juice, milk

Friday, September 25

Funnel cake, bacon, fruit, juice, milk

Lunch

Monday, September 21

Roast beef sandwich, mashed potatoes, tomato cup, strawberries, milk

Tuesday, September 22

French bread pizza, marinara sauce, garden salad, California blend, fruit cup, milk

Wednesday, September 23

Boneless chicken wings, celery and carrot sticks, peaches, pudding, milk

Thursday, September 24

Mexican combo plate (tacos, pork tamales, Spanish rice, corn, refried beans, salsa), graham crackers, milk

Friday, September 25

Popcorn chicken, vegetable medley, mashed potatoes, pears, roll, crispy treat, milk

Blackwell CISD

Breakfast

Monday, September 21

Cereal, fruit, juice, milk

Tuesday, September 22

Pancake on a stick, fruit, juice, milk

Wednesday, September 23

Bagels, fruit, juice, milk

Thursday, September 24

Chicken in a biscuit, fruit, juice, milk

Friday, September 25

Kolache, fruit, juice, milk

Lunch

Monday, September 21

Fancy burrito (burrito, chili, cheese, lettuce, tomato), tater tots, milk

Tuesday, September 22

Southwest chicken casserole, corn, tortilla chips, milk

Wednesday, September 23

Salisbury steak, mashed potatoes, brown gravy, hot roll, milk

Thursday, September 24

Chopped BBQ sandwich, pickle spears, coleslaw, chips, milk

Friday, September 25

Chicken quesadilla, nacho cheese, refried beans, salsa, milk

Water Weekly

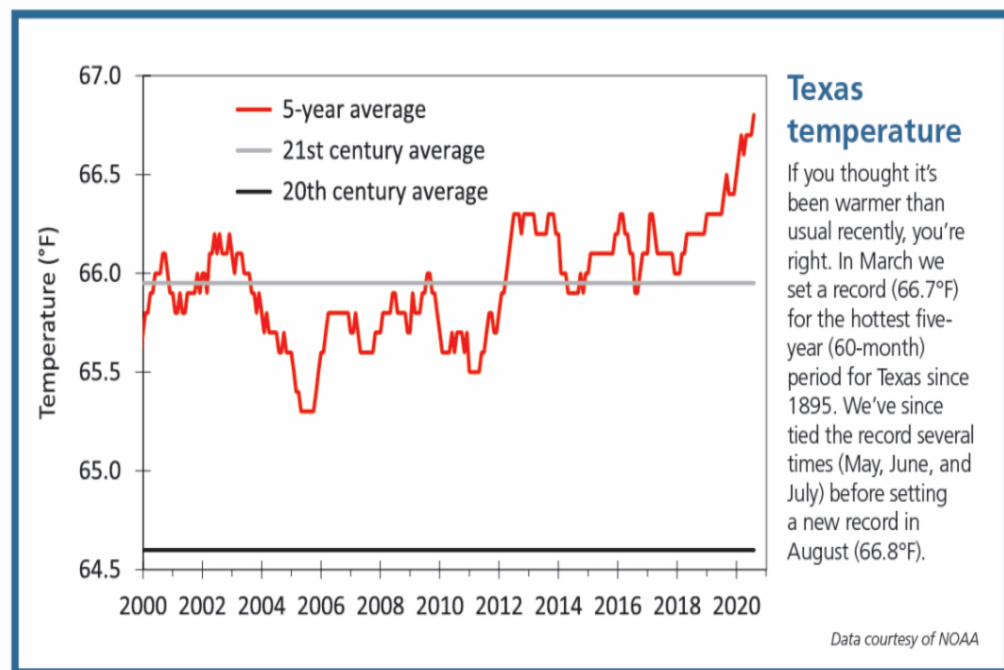
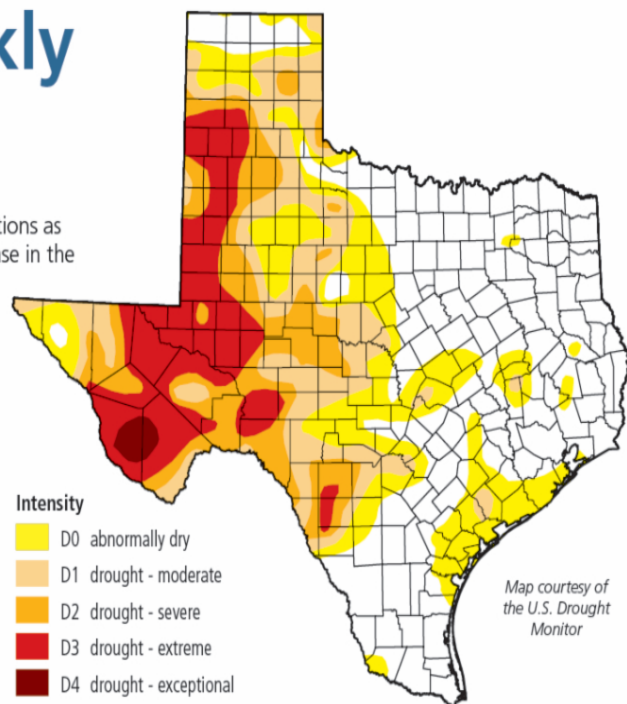
For the week of 09/14/20

Water conditions

The latest drought monitor map for conditions as of September 8 shows a significant decrease in the area of the state impacted by drought. Areas of Central Texas saw as much as a two-category improvement in drought condition. Unfortunately, drought intensified in parts of West Texas.

Drought conditions

- ◆ 40% now
- ◆ 55% a week ago
- ◆ 23% three months ago
- ◆ 53% a year ago



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