

... Robert Lee Homecoming

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The parade will end at the high school where a pep rally will be held at 2:45 pm.

The Beta Club will host a tea for the Exes from 3:30-5 pm.

FCCLA will host a brisket dinner from 5-7 pm. Brisket dinner tickets may be purchased from any FCCLA member

The football game will be against the Blackwell Hornets. There will be a homecoming dance following the game at the rec hall.

RLISD Board posts minutes of special meeting

On Wednesday, August 31, 2011, a special meeting of the Robert Lee ISD Board of Trustees was held in the Robert Lee High ISD Conference Room 119 at 6 pm. The meeting was called to order by President Washam.

Present were Wes Washam, Jeffie Roberts, Beverly Sinclair, Tracy Allen, Tom Sawyer, and Brandi Brosh. Irma Torres was absent.

The invocation and pledge were led by Tom Sawyer, Jr.

Ed Portier, Dale Parker, Tyler Mercer and Joe Spoon, all with W.B. Kibler, presented flags to the Board as an appreciation gift. Rusty Hodges presented the Gym Plaque given by Cadco, Inc.

Jeffie Roberts made a motion to approve the minutes of August 16, 2011. It was seconded by Tom Sawyer. All voted for.

Tom Sawyer made a motion to accept the financial report and budget amendments as presented by Robin Allen and to pay the bills. The motion was seconded by Brandi Brosh. All voted for.

No one was present for the public hearing on 2011-2012 proposed budget.

Supt. Hood recommended to approve the 2011-2012 Budget by Fund and Function. Tom Sawyer made a motion to adopt the 2011-2012 Budget by Fund and Function, seconded by Beverly Sinclair. All voted for.

No one was present for the public hearing on 2011-2012 Tax Rate.

Supt. Hood made a recommendation that the Board adopt the 2011-2012 Tax Rate by Ordinance. M&O Tax Rate as at a \$1.04 and .44 cents for I&S Tax Rate for a total tax rate of \$1.48. Jeffie Roberts made the motion to adopt the 2011-2012 Tax Rate as presented, seconded by Brandi Brosh. All voted for.

Supt. Hood made a recommendation to approve a resolution setting the minimum fund balance for year ending August 31, 2012 at two months operating. Tom Sawyer made a motion to approve the recommendation, seconded by Tracy Allen. All voted for.

Supt. Hood made a recommendation to approve by resolution GASB 54 Policy as presented. Brandi Brosh made a motion to approve recommendation, seconded by Jeffie Roberts. All voted for.

Supt. Hood made a recommendation to approve resolution GASB 54 committed fund balance as \$180,000 for sick leave; \$600,000 for capital expenditures; \$120,000 for technology; and \$300,000 for land. Tom Sawyer made a motion to approve the recommendation as presented, seconded by Tracy Allen. All voted for.

Supt. Hood gave his report on enrollment numbers, calendar items and read a letter from Project Graduation 2012.

The next meeting for the RLISD School Board will be held Tuesday, September 20, 2011, at 6 pm.

Jeffie Roberts made a motion to adjourn, seconded by Tracy Allen. All voted for.

The meeting was adjourned 7:04 pm.

... BHS Senior Parent Meeting

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refreshments will be provided.

In addition, a Project Graduation meeting will occur after the BHS senior meeting.

BHS 9th Grade Parent Meeting set for September 19

Parents of Bronte High School freshmen are invited to attend a meeting on Monday, September 19, at 6:30 pm in the school library.

There have been drastic changes in the state testing requirements for current 9th graders.

The purpose of this meeting is to make parents aware of the changes and make certain parents understand the ramifications of the new testing.

Please plan on attending to learn more about graduation plans and the new state testing requirements. Refreshments will be provided.

For more information, please

contact the BHS principal's office or counselor's office at 473-2521.

... Back to School Tips

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older, bedtimes seem to get later or disappear altogether so its important to encourage teens even more so to get enough rest.

"The older your children get, the more vital sleep becomes because of busy extra-curricular activities and social lives," "It is important to stress the importance of getting enough rest at every age to your children."

The next step in ensuring your child will be a star student is sending them off to school with a full tummy. Skipping breakfast in the midst of all the chaos is not only bad for the brain, but also damaging in maintaining a healthy weight. Studies show that kids who eat breakfast take in more of the nutrients they need, and cannot get those nutrients at any other time of day. These healthy, kid-friendly breakfast options include:

- Eat cereal that is rich in whole-grains topped with fruit
- Half a whole-grain bagel, spread with peanut butter and a glass of milk
- 8 ounces of low-fat fruited yogurt, whole-grain toast and 100 percent juice
- Fruit and yogurt smoothie
- Scrambled eggs stuffed into half a whole-grain pita pocket and a glass of juice
- A waffle sandwich and a glass of milk

Although breakfast is considered to be the most important meal of the day, parents cannot forget about lunchtime. To ensure your children are getting all the nutrients they need consider these tips when packing their lunchboxes:

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Robert Lee Junior High Football Schedule			
September 8	*Loraine	Here	5:30
September 15	*Blackwell	There	6:00
September 22	*Sterling City	Here	5:30
September 29	Santa Anna	There	6:00
October 6	Zephyr	Here	6:00
October 13	*Eden	There	5:30
October 20	*Veribest	There	5:30
October 27	Water Valley	Here	5:30
* Halftime game/scrimmage with 7th Grade team.			

• Make it colorful! Add fruits and vegetables to keep kids energized and ready to learn. Apples, pears, berries, dried fruit, and baby carrots are easy to pack and fun for your kids to eat.

• Drink up! Making sure your kids stay hydrated throughout the day is key. Limit the amount of soft drinks your kids consume each day and encourage them to drink more juice and water.

• A wholesome meal. Eating a diet rich in whole-grains is essential for a healthy lifestyle. Make sandwiches on whole-grain bread and pack whole-grain crackers and snack bars in their lunches.

• Get them MOOving! Make sure to add nonfat or low-fat dairy products into your kid's daily diets to strengthen their bones and their brains. If your kids don't like milk, try yogurt or flavored milk to get their recommended daily dose.

While schools provide children recess and P.E. classes, sometimes that exercise just isn't enough. Don't overestimate the amount of physical exercise your kids may be getting from school: according to a research study conducted by the U.S. Department of Health and Human Services, only 33% of students attended daily physical education classes in 2009. Encourage them to play outside and participate in fun activities

that include lots of running around. Studies show growing kids need to run for at least an hour each day. But also give your kids time to rest and relax during busy schedules.

Schools can also be a breeding ground for germs. Make sure your children know how to properly wash their hands by rubbing their hands for at least 20 seconds. Singing "Happy Birthday" while hand washing is an easy way for your kids to know just how long to wash their hands. Also teaching your kids how to cover their noses and mouths when coughing or sneezing will prevent them from spreading germs to other children. If you kids seem to be under-the-weather, let them stay home. It's better than them going to school spreading germs and picking up some extra ones with their weak immune system.

"Keep your kids and others healthy by teaching your kids healthy habits when coughing and sneezing," "Schools are already a dangerous area for germs so make sure you send your kids to school knowing how and when to wash their hands."

Sending your kids off to school can be a chaotic time, but by following these simple tips, you can ensure that your kids will have a healthy and happy school year. And if your kids are happy, you are happy.

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