



4-H! Coke County 4-H youth recently participated in the "Cooking through the Decades" workshop on Monday, July 24, in Robert Lee. The participants took a trip back in time and explored different dishes that were popular in years past. The dishes prepared included tasty homemade waffles, milkshakes, Caesar salad, Grandma Nana's Fruit Salad, and toasted chickpeas. Each recipe was popular from the 60's, 70's, 80's, and 90's. They kids learned about MyPlate, knife safety, kitchen safety, food safety, and meal planning. The new 4-H year will begin on September 1, 2023, and many 4-H activities will kick off once the school year begins. For more information on the 4-H program, contact Extension Agent Morgan Runyan at (325) 453-2461.

As we discuss these topics of rural revitalization and community improvement, it is important that we remember the necessity of real world action. That is the only way that lives and places are truly improved by good ideas.

They say a picture is worth a thousand words. If that's the

case, Stamford just wrote a masterpiece.

James Decker is the Mayor of Stamford, Texas and the creator of the West of 98 website and podcast. Contact James and subscribe to these essays at westof98.substack.com and subscribe to West of 98 wherever podcasts are found.

The A/C changeover is in progress.

The outdoor lighting updates for the facility are moving forward slowly.

Work continues on the new website for RLCC, and should be completed soon.

The Budget Workshop date was set for August 14, 2023, at 9:30 am.

The Budget Hearing date was

set for August 29, at 9:00 am.

Future agenda items were discussed and the next regular meeting will be August 29, 2023, at 9:30 am. The public is invited and encouraged to attend.

Taking a look at the July calendar, Sunday afternoon services continue, led by area churches, at 3:30 pm in the dining room, and there are Bible studies at 11 am on Wednesdays. The

weekly Singalong continues on Monday afternoons at 3:30 pm for any and all who care to participate.

The monthly birthday party, sponsored by the Southside Church of Christ, will be on the afternoon of August 22 at 3:30 pm. There are two birthday celebrants this month, Winona Wagner and Martin Galvan. Happy birthday to Winona and Martin!

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WCCHD board meeting minutes told

By Pat Stephens
The Board of Directors of the West Coke County Hospital District met in regular session July 25, 2023, in the Board Conference Room.

President Beverly Burdett called the meeting to order at 9:40 am, declared a quorum was present, and Roger Alexander gave the invocation. Board members present were Betty Lewis, Pat Stephens and Roma McCarley. Houston McGuire, Administrator, Roger Alexander, Consultant, and Janie Munoz, BOM, were also present at the meeting. There were no visitors.

The minutes of the previous meeting were approved, and absent Board members were excused.

The administrator gave the staffing update; still in need of a speech therapist.

The census stands at 39 as of the meeting date, with one pending.

Accounts receivable were discussed in depth and the DSO stands at 30.6.

The Administrator gave his report, first giving the Board an update on QIPP/QUAPI. The facility had amock survey and did really well. Financial statements were discussed and accepted.

Danco Electrical is still seeking a new generator in order to complete the electrical repairs and updates to the main building and continue to assist in updating the Clinic building. These updates continue to be a work in progress.

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

Bronte ISD announced its policy today for providing free and reduced-price meals for children served under the attached current eligibility guidelines. Each school/site or the central office has a copy of the policy, which may be reviewed by anyone on request.

Starting on August 1, 2023, Bronte ISD will begin distributing letters to the households of the children in the district about eligibility benefits and any actions households need to take to apply for these benefits. Applications also are available at Bronte ISD elementary and high school/junior high offices.

Criteria for Free and Reduced-Price Meal Benefits

The following criteria will be used to determine a child's eligibility for free or reduced-price meal benefits:

Income

1. Household income that is at or below the income eligibility levels

Categorical (Automatic) Eligibility

2. Household receiving Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF); or Food Distribution Program on Indian Reservations (FDPIR) Program Participant
3. Child's status as a foster child, homeless, runaway, migrant, or displaced by a declared disaster
4. Child's enrollment in Head Start or Even Start

Income Eligibility

For those households that qualify for free or reduced-price meals based on income, an adult in the household must complete the free and reduced-price meal application and return it to Danielle Queen, Food Service Director at Bronte ISD. Those individuals filling out the application will need to provide the following information:

1. Names of all household members
2. Amount, frequency, and source of current income for each household member
3. Last 4 digits of the Social Security number of the adult household member who signs the application or, if the adult does not have a social security number, check the box for "No Social Security number"
4. Signature of an adult household member attesting that the information provided is correct

Categorical or Program Eligibility

Bronte ISD is working with local agencies to identify all children who are categorically and program eligible. Bronte ISD will notify the households of these children that they do not need to complete an application. Any household that does not receive a letter and feels it should have should contact Danielle Queen at (325) 473-2511 or jerri.queen@bronteisd.net.

Any household that wishes to decline benefits should contact Danielle Queen at (325) 473-2511 or jerri.queen@bronteisd.net.

Applications may be submitted anytime during the school year. The information provided by households on the application will be used to determine eligibility. Applications may also be verified by the school officials at any time during the school year.

Determining Eligibility

Under the provisions of the free and reduced-price meal policy, Food Service Director Danielle Queen will review applications and determine eligibility. Households or guardians dissatisfied with the Reviewing Official's eligibility determination may wish to discuss the decision with the Reviewing Official on an informal basis. Households wishing to make a formal appeal for a hearing on the decision may make a request either orally or in writing to Tim Siler at tim.siler@bronteisd.net or (325)473-2511 ext. 110.

Unexpected Circumstances

If a household member becomes unemployed or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the attached current income eligibility guidelines.

Happy Birthday in Heaven

Manuel Sanchez
August 2, 1925 - June 22, 2022



Today is filled with memories
With happiness and tears
Of birthday celebrations we've
shared throughout the years.

And though I'll always miss you
The endless joy you brought
Warms my heart with gratitude
And fills my every thought.

Where ever you are resting
I hope that you can see, How precious and uplifting
Your memory is to me.

I feel that you are with me, In everything I do...
So I'll celebrate your birthday
But I'll spend it missing you.