

Deaths

Mrs. Fox

Former Lampasas resident Glenn Irene Fox, 93, of McKinney died Aug. 6, 2009, at Medical Center of McKinney.

Graveside services were Aug. 10 at Oak Hill Cemetery in Lampasas.

Mrs. Fox was born Dec. 27, 1915, in Kempner, the daughter of Thomas Jefferson and Mable Mae Pickett Collier.

She married Robert Wilson Fox, and he preceded her in death.

Mrs. Fox was a homemaker and a member of First Baptist Church of Lampasas.

Survivors include a son and his wife, Robert D. and Pat Fox of Allen; two grandchildren; and three great-grandchildren.

Memorials may be made to the American Cancer Society.

SNEED FUNERAL CHAPEL

Third & Chestnut • Lampasas
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Former LISD educator dies

Continued from page 1 and his wife, James and Micki Summers of Lometa; a sister, Mona Guthrie of Plant City, Fla.; five grandchildren, Payton Charles Summers, Halle Brooke Summers, Hunter Nation Harris, Dusty Norwood and Stormy Odom; and five great-grandchildren.

She was preceded in death by a sister and brother-in-law, Billie Kenan and James Kenan.

Memorials may be made to the Lampasas Elementary Benevolent Fund or Alzheimer's Association.

Arrangements by Sneed Funeral Chapel of Lampasas.

Correction



In a recent "Remarkable Lampasans" column submitted by Bobby Behlau, an accompanying photograph was incorrectly identified. Pictured are, from left, Dorothy Derwin, Judy Smith and Ethal Mae Yazell, bridge-playing friends of the late Lois Moten.

VDL! party set

Vision Downtown Lampasas! will host an event Aug. 27 at 6:30 p.m. to celebrate the completion of its second mural, "Generations," on the side of Lampasas Hardware, Second and Western streets.

The celebration at the mural site will include music commemorating each decade represented in the mural, along with lemonade, iced tea and small snacks.

The public is invited.

Sports park funded

Continued from page 1 city officials plan to borrow another \$400,000, Stoldt said.

In addition, the city's Scott & White health insurance plan is increasing in cost by nearly 20 percent. As a result, the City Council is considering a preferred provider plan that would increase costs by 6.2 percent.

Under that plan, workers would pay a deductible plus 20 percent of their health-care expenses. Employees who wish to keep their current level of benefits, however, would have the option of paying the difference between the current no-deductible insurance package and the 80/20 plan.

The preliminary budget includes 3 percent raises, intended as cost-of-living adjustments, for all

city employees.

The budget also may incorporate:

- a slight electric rate decrease, which should make utility purchases less expensive both for the city and for utility customers.
- a 25-cent increase in swimming pool admission fees.
- a 25-cent hike in the base water fee for utility customers and a usage fee increase of 15 cents per thousand gallons consumed. The higher water charges will help offset a "fairly large" increase in operating costs paid by the city, Stoldt said.
- \$50,000 toward the construction of public restrooms in the addition to the Lampasas County Office Building. Lampasas County will pay for the remainder of the bathroom project, estimated to cost \$88,000.

Cattle Auction

The report from the Aug. 5 sale at Lampasas Cattle Auction is as follows.

Cattle and calves: Estimated receipts 767 compared to 1,182 last week and 878 last year.

Compared to last week, feeder steers and heifers \$2-\$3 higher. Slaughter cows \$2-\$3 higher. Slaughter bulls steady to weak on a limited test. Trade good and demand moderate.

Bulk supply medium and large 1-2 300-700 lb. feeder steers and heifers. Slaughter cows made up 20 percent of the offering, slaughter bulls 1 percent, replacement cows 1 percent and feeders 78 percent.

Feeder steers: medium and large 1: 200-300 lb., \$122-\$131; 300-400 lb., \$113-\$122; 400-500 lb., \$102-\$110, few \$113-\$115; 500-600 lb., \$99-\$106; 600-700 lb., \$90.50-\$99.

Medium and large 2: 300-400 lb., \$100-\$109; 400-500 lb., \$97-\$103; 500-600 lb., \$93-\$98.50; 600-700 lb., \$88-\$91.

Medium and large 3: 300-400 lb., \$90-\$97.

Feeder heifers: medium and large 1: 300-400 lb., \$100-\$111; 400-500 lb., \$101-\$103; 500-600 lb., \$90-\$95; 600-700 lb., \$82-\$92; 700-800 lb., \$83-\$86.

Medium and large 2: 300-400 lb., \$91-\$94; 400-500 lb., \$90-\$93; 500-600 lb., \$83-\$90.

Medium and large frame 3: 300-400 lb., \$81-\$86.50; 400-500 lb., \$82-\$83

Slaughter cows: breakers, 75-80 percent lean, 1,200-1,600 lb. average dressing, \$42-\$45; breakers, 75-80 percent lean, 1,000-1,200 lb. average dressing, \$43; boners, 80-85 percent lean, 1,200-1,600 lb. average dressing, \$44-\$47; boners, 80-85 percent lean, 1,000-1,200 lb., average dressing, \$42.50-\$45, low dressing \$36.50; lean, 85-90 percent lean, 1,000-1,200 lb., average dressing, \$39.50-\$40.50, low dressing, \$25; lean, 85-90 percent lean, 800-1,000 lb., average dressing, \$35-\$37.50, low dressing \$25-\$28; lean, 85-90 percent lean, under 800 lb., average dressing, \$35, low dressing, \$27.50.

Slaughter bulls: yield grade 1-2, 890-1,100 lb., \$51-\$56.50; low dressing, 800-995 lb., \$42-\$45.

Cow/calf pairs: medium & large 1-2: young to middle aged 850-1,000-1,100 lb. cows w/150-200 lb. calves, \$830-\$900 per pair; aged 980-1,195 lb. cows w/125-250 lb. calves \$510-\$930 per pair.

Regular checkups are big part of staying healthy

Regular screenings are an important part of staying healthy, but it's hard to remember what tests are needed at what age. Baylor College of Medicine doctors offer guidelines to help maintain good health through the ages.

"It is very important at any age to have regular health screenings," said Dr. Steve Rosenbaum, assistant professor of medicine at BCM and section chief of general internal medicine at Baylor Clinic. "It allows us to appreciate our good fortune for good health, and regular exams can detect problems early, so they can be treated and dealt with more expeditiously."

As people age, it is even more important to have regular screenings, kind of like having a favorite old car that has to be "babied" along, Rosenbaum said. He recommends people come in during their birth month. That way it's very easy to remember.

Just how often people should visit their doctor for regular checkups and screenings is a common question. For people with no chronic health issues, Rosenbaum suggests:

- People in their 30s should have checkups every two to three years.
- By 40, checkups are recom-

ended every 12 to 18 months.

- Annual checkups starting by 50. Recommended screenings include:
 - Children: Hearing, vision, height/weight/body mass index, blood pressure, speech and motor skills development and social/behavioral skills.
 - Teens: Pap smear, sexually transmitted infection screening if sexually active and vision.
 - 20s: Vision, pap smear and lipid test.
 - 30s: Baseline mammogram at 35, vision and pap smear.
 - 40s: Mammogram, pap smear, vision, prostate and heart stress test.
 - 50-plus: Colonoscopy, glaucoma/vision, prostate screening, skin cancer, stress test and hearing.

There are many factors that could influence the frequency of screenings. Family history of certain illness and risk factors should be discussed with one's doctor.

For some illnesses, like skin or colorectal cancer, if a first degree relative has been diagnosed, screening could be recommended to begin in the early 20s.

Talking about family medical history with one's doctor is just as important as staying up to date on your checkups.

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