



the Kinney Cavalryman

25¢

Alamo Village  
Box 528  
City  
7

USPS 100-610

VOL.7 NO.45

NOVEMBER 20, 1981

BRACKETTVILLE, TEXAS

# MARIJUANA BUST UN-BUSTED

## COUNCILMAN RESIGNS

## 5 FILE FOR CITY MANAGER

### HEADLINERS

### CITY HALL

#### MARIJUANA CASE NO-BILLED BY GRAND JURY PENA RESIGNED AS ALDERMAN

District Attorney Thomas Lee informed the CAVALRYMAN this week that the Grand Jury "No-Billed" the persons concerned in the recent Kinney County confiscation of growing marijuana by a couple operating on the old Kelley Estate approximately 7 miles northwest of Brackettville.

D.A. Lee stated that "The Grand Jury was instructed to drop charges in the case due to the fact that the search warrant that was used to search the property was invalid since it was from an anonymous phone call."

Regardless of the amount of marijuana seized in the operation that was confiscated this case will not go to court.

\*\*\*\*\*

#### PTA CHRISTMAS BAZAAR AND WHITE ELEPHANT SALE

Calling all Organizations, Groups and Individuals do you need extra money--sell your handicraft items and objects you would like to part with, on Saturday, December 5, 1981, from 9:00 am to 5:00 pm at the BrackettHigh School's old gym.

NEED UNIQUE CHRISTMAS GIFTS? Come to the Bazaar for your Christmas shopping and enjoy good food, and old fashioned community togetherness while you support community organizations.

For further information call Jo Mayfield at 563-2168 and reserve your booth for a low fee of \$5.00. No admission charge.

\*\*\*\*\*

### Thank You

Crystal and I wish to thank all the well-wishers, this past week while Judy was hospitalized I wish to apologize for the paper being a day late but that is what happens when you lose your right hand.

A Special Thanks to Rose Mary Slubar for assisting in last week's production of the paper. I hope the joy of Judy's total recovery will excuse our delay and I am sure it pleases all of you as it did me and Crystal.

Bless all of you and Thanks Again.

George and Crystal Loos

Richard C. Pena, son of Mr and Mrs. Pedro Ricahrd Pena, has sent in his resignation as alderman, to the City Council. He has accepted a postioon as the District Office Supervisor, with Dresser Industries, Inc., of Houston, in Sonora, Texas.

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#### FIVE FILE FOR CITY MANAGER

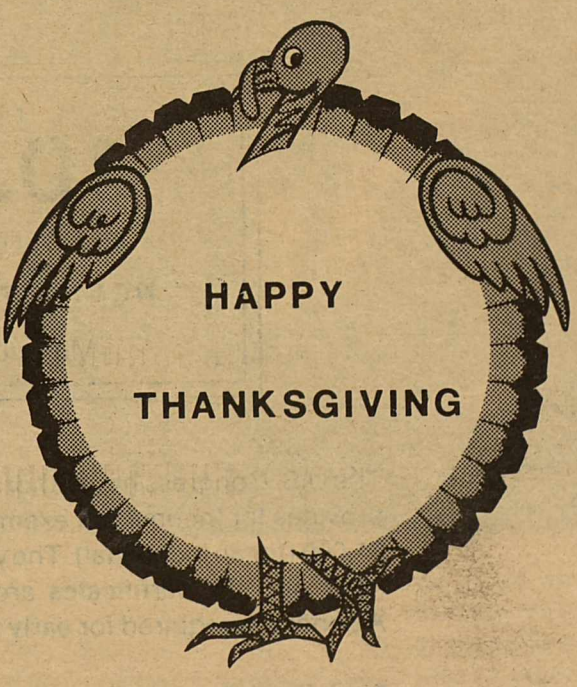
It was learned this week that five have applied for the job of City Manager. The Council will tak action on this matter November 23 at it's meeting.

Those filing are: Louis Starzel, Wm Thurber, Frank Sanchez, Dee Jordan, and Mr. Malory.

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### COMING EVENTS!

THANKSGIVING - NOVEMBER 26TH



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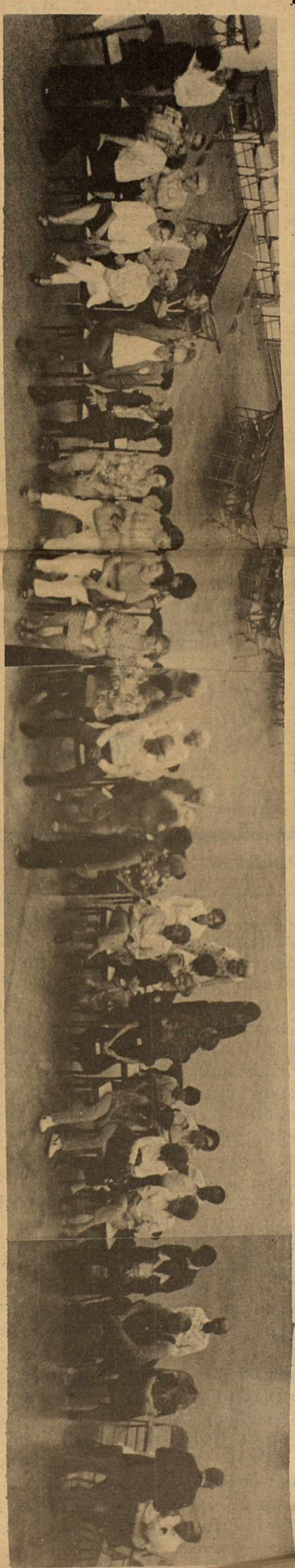
COMPLETION OF EMT COURSE FOR SEVEN OF OUR AMBULANCE ATTENDANTS AND POTENTIAL ATTENDANTS. COMPLETION WILL BE SOMETIMES IN DECEMBER, 1981.

\*\*\*\*\*

FLEA MARKET SPONSORED BY THE VOLUNTEER AMBULANCE ORGANIZATION. BOOTHS WILL HAVE A \$10.00 CHARGE. EVERYBODY THAT SOMETHING TO SELL ARE WELCOME.

A REAL WELCOME

DOCTOR AGUSTIN LUZ AND WIFE WERE GREETED BY KINNEY COUNTY RESIDENTS AT A RECEPTION OF OVER 100 PEOPLE ON TUESDAY NIGHT AT THE BRACKETTVILLE CIVIC CENTER. THE ENTHUSIASM OF LOCAL AREA RESIDENTS AND THE PLEASANT PERSONALITIES OF DOCTOR AND MRS. LUZ MADE THE AFFAIR ONE OF THE OUTSTANDING EVENTS OF THE YEAR. MORE PICTURES INSIDE.





the Kinney  
**Cavalryman**

USPS 100-610

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\*\*\*\*\*  
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\*\*\*\*\*  
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**CRYSTAL SEZ:**

"A man often pays dear  
for a small frugality."  
Ralph Waldo Emerson



**Plants  
&  
Posies**

Jeannie

**PILEA - URTICACEAC**

Pileas are attractive foliage  
plants of creeping and upright  
varieties. With age, some  
become straggly, so be sure to  
pinch back stems and prune for  
a full, bushy effect. Creeping  
Charlie is an excellent plant  
for a hanging basket or a  
trailing effect. It is a fast  
growing, small leaved plant  
with thin branches. The leaves  
are quilted, and about 3/4 in.  
across.

The Aluminum plant, or water-  
melon pilea is an upright  
variety. This colorful green  
plant with aluminum colored  
markings on the leaves.  
Pileas enjoy semi-shade, so  
always avoid direct sunlight.  
Since pileas are tropical  
plants, they enjoy heat and  
humidity. Provide extra  
humidity by misting, or by  
standing the pot on a bed of  
moist pebbles. Let the top  
1/3 of the soil dry between  
waterings- pileas never like  
soggy soil. Fertilize regu-  
larly during the early spring  
and summer months.

\*\*\*\*\*

**NEW HOME ECONOMIST**



UVALDE--Barbara Lynn Charlet  
assumed duties as Extension  
Agent-Home Economics for Kinney

LaSalle, and Zavala Counties  
effective November 1, according  
to Mrs. Gloria Schwarzlose, dis-  
trict director for the Texas  
Agricultural Extension Service.

Ms. Charlet will provide  
leadership in home economics  
educational programming for a-  
dult homemakers in the three  
respective counties plus 4-H  
activities which encompass re-  
lated areas, Schwarzlose said.

Ms. Charlet, is headquartered  
at the Texas A&M University  
Agricultural Research and Exten-  
sion Center in Uvalde.

A native of Peoria, Illinois  
she was graduated from Iowa State  
University in 1975 with a degree  
in interior design.

For five years Ms. Charlet  
was employed by Sanger Harris,  
Dallas, as a fabrics home dra-  
pery and carpeting consultant.  
The past year she has been a  
partner in the firm Renovation  
Products, as east Dallas retail  
store specializing in remodel-  
ing and renovation products and  
decorative expertise for the  
home.

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Leakey: Corner of Market & 4th - 232-6631  
Hondo: 609 19th Street - 426-4325  
Nueces Canyon: Hwy. 55 & 7th St. 597-3930



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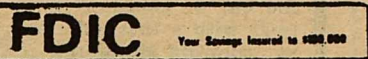
If all of the new certificates and various interest rates have you confused, our employees can help you. There has never been a better time to invest.

## MONEY MARKET CERTIFICATE

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## THE FIRST STATE BANK

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BRACKETTVILLE

563-2451



Our local Clinic Staff were present to officially welcome our new Doctor. They are from Left to right: Delia Longoria, Rosie Vela, Lucy Holliday, Mrs. Agustin Luz, Dr. Agustin Luz, Jovita Aguilar, Rose Mary Slubar and Enrique Ramirez. Rosie Vela, Lucy Holliday and Enrique Ramirez are employees of the Maverick County Out-patient Clinic in Eagle Pass, Texas. Rosie has the position of bookkeeper, Lucy is the outreach service supervisor, and Enrique is the assistant to the administrator, George Kypuros. Mr. Kypuros could not make the party due to out of town business. George, you missed a really nice party! Our thanks to Rosie, Lucy and Enrique for coming to help us rejoice with our very welcomed Dr. and Mrs. Agustin Luz.



When cooking or baking (but not whipping), you can substitute three quarters of a cup of milk and a third of a cup of butter for heavy cream.

#### STUFF THE TURKEY, NOT YOURSELF!

Eating is a delightful and traditional way to celebrate holidays and special occasions. It is a shared experience, from the food preparation itself to the fancy silverware on the table. Good food can make a special.

But many would-be dieters can declare an "open season" on eating with the first bite of Thanksgiving Day turkey, notes the Texas Medical Association (TMA). The binge usually ends with a New Year's resolution to lose the ten pounds gained during that month of sheer gluttony.

Now is the time to reconsider this attitude towards eating. First, think of the fat. Next, think of the guilt.

All the time that you're stuffing yourself with rich, greasy, calorie-laden food, a small voice in the back of your mind will be nagging you about your sins (and about not fitting into last year's winter wardrobe). While that voice may not slow your pace, it will hamper your enjoyment.

You may want to temporarily abandon your diet at Thanksgiving. Well, your're forgiven, but remember that you'll have to pay the price later. Why not plan out your caloric transgressions? If you know that you'll be eating a huge Thanksgiving dinner next week, cut down on your food intake this week. That way your calories will balance out.

Continued Pg. 7, Column 3



# The Longhorn



563-2767

3 Miles West of  
BRACKETTVILLE, TEXAS

HOME OF THE WORLD FAMOUS

"LONGHORN CHICKEN FRIED STEAK"

"Bragged on From Paris to Tokyo"

## "THE WEEKENDERS"

FRIDAY &

SATURDAY NIGHT

THE LONGHORN  
RESTAURANT, MOTEL & LOUNGE

Your Host TRAVIS & LANETTE WILSON

### FIRST AID FACTS

#### 1-2-3's of Home Medical Care

A few moments of planning can prepare any member of the household to tend to minor daily emergencies that require first aid treatment.

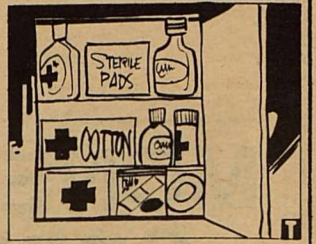
First, check your medicine cabinet. Is it adequately stocked with Band-Aids in assorted sizes, gauze pads, rolled gauze, and adhesive tape?

Show all family members where these dressings are stored, making sure that every item is visible, so no one has to hunt for things when there is no time to spare. You may also want to clip this article and tape it to the inside of your medicine cabinet for reference.

Always *cleanse* all minor wounds with mild soap and water. Remember to wash your own hands first to prevent germs from entering the cut or abrasion. Then, *treat* with a first aid cream or topical antibiotic for further protection.

To prevent contamination and to absorb fluids leaking from the wound, *cover* with a gauze dressing. First, fold the gauze in place and *secure* with a first aid tape. If the wound is small, use a Band-Aid. Covering a wound also protects against reinjury.

First aid experts caution that deep wounds or serious burns require immediate medical attention. Take the victim to the doctor's office



Prepare ahead against emergencies.

as quickly as possible. If you cannot reach your doctor or you have no family physician, take the patient to the closest emergency room for treatment.

Any time the skin is broken due to an injury, tetanus may result. So check with your physician to see if a booster is needed. Children's inoculations are usually up to date, but adults somehow feel that they are not vulnerable and this leaves them open to dangerous illness. Parents should keep records of all inoculations, yes, including their own and provide for booster shots whenever necessary.

After the accident, keep the wound clean, change dressings frequently and check for signs of infection: hot, painful reddening around the injured area, swelling, chills or fever. Any or all of these symptoms require immediate medical care.



Present at our Welcome party for our new Doctor were some of our local Clinic Committee members. They are from left to right: Rose Mary Slubar, Wanda Schwandner, Mrs. Agustin Luz, Dr. Agustin Luz, Mrs. Else Sauer, Mr. Herbert Blackwell, and Mr. Francis Larson.

Our Welcome Get-Together that was held November 17, 1981, at the Civic Center for our new Doctor, was hosted by eight of our nicest citizens. They are from left-to-right: Mrs. Enamencia Starzel, Isabel Rubino, Jo sponholtz, Mrs. Gomez, Kay Smith, Mrs Agustin Luz, Dr. Agustin Luz, Judy Loos, Lela Cervantez, and Mrs. Cerilla Daniels. Our Thanks to these nice ladies for a job well done.





# KINNEY COUNTY CONCRETE INDUSTRIES INC.



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MASONRY

SMALL AND LARGE GRAVEL CRUSHED BRICK

563-2405

(HWY 90 WEST BRACKETTVILLE)

# KINNEY COUNTY LIBRARY

BY: Marie Bixby

Dear K.C.,

It was with much appreciation and, yes, thanksgiving that the Friends of the Library heard the Commissioners' Court adopt budget "A" on November 9th. The library was not only allotted the \$13,382. which was submitted as the minimum that the library could run on during this precedent-setting fiscal year, but was also changed from the 100% Federal Revenue budget source funding to the local county tax revenue budget source. Our Librarian, Charlotte Corey, is now eligible for the 6% annual salary increase. It will take many years at this rate before she will get anything near a professional librarian's salary. Kinney County is fortunate to have found in her someone who is interested, willing, and capable to dedicate her time and effort to this demanding undertaking.

At the last "Friends" meeting there was discussion on a possible class action suit against Architect Graves. Also ideas were discussed as to the next step that should be taken now that the phase of enclosing the library is coming to an end. A second letter to those absentee landholders who didn't take advantage of their opportunity to contribute to this worthwhile project and thus gaining tax exemptions, is being composed by Chas. Ward, President of the Library Board; and the possibilities of special skills volunteers was also discussed. With continued interest in the library, the "Friends" hope to proceed, step by step, in their effort to complete the library building.

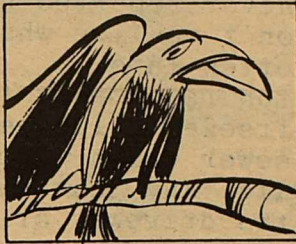
There will be a Voluntarism Workshop December 7th in San Antonio presented by the Texas State Library which is expected to help direct us in supplying needed help for improving our library services.

Mr. Jim Murdock, Coors Beer Distributor, meantime, is still giving a personal donation of \$25 each month until the library building is completed.

As Mr. Pagel's volunteer services come to an end after months of working toward enclosing our new library building, the "Friends" want to express their heartfelt appreciation for the generous way in which he gave of his time and knowledge with genuine interest in this phase of the project.

The library will be closed for the Thanksgiving holidays beginning November 25th and opening again Monday, November 30th.

Yours truly,  
Friends of the Library  
\*\*\*\*



The longest lived birds are the ravens, which have been known to live to age 69.

# NEW BABY

IT'S A BOY!!!!!!

Sergeant and Mrs. Richard K. Moore of Lackland AFB, in San Antonio, are the proud parents of a baby boy, Richard Charles, born October 27, 1981, in Wilford Hall medical Center. He weighed 8 lbs. 8 ozs. and measured 23 inches long.

The baby is being welcomed by his grandparents, Mr. and Mrs. Charles F. Moore of Del Rio and Mr. and Mrs. Pedro Richard Pena of Brackettville.

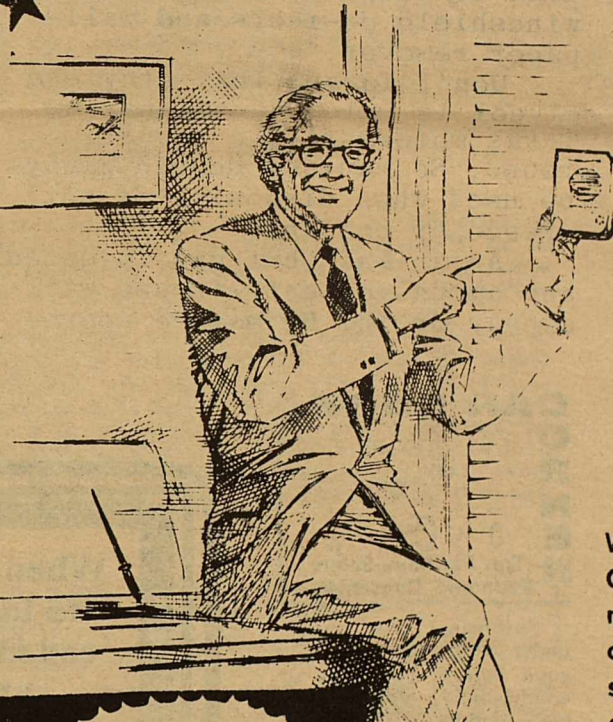
His great-grandparents are Mrs. Frances Swanson of Hppsten, Illinois; Mr. Mauro Padilla, Sr. of Del Rio, Mr. and Mrs. Serapio T. Cardenas, Jr. of Del Rio, Mr and Mrs. Atanacio Pena of Brackettville.

He is also the great-great-grandson of Mr. Serapio Cerdnas Sr., of Del Rio.

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# JOIN

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You are probably eligible to be a member of Border Credit Union, almost everyone in Val Verde, Maverick, and Kinney County is. Compare us with other financial institutions and save with us.

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Ofrecemos un servicio completo y comprensivo en Certificados de Deposito, con certificados especiales para los deseos y necesidades de cada uno de nuestros miembros. Pase por nuestra oficina y platique con nuestros expertos y denos la oportunidad de servirle. Nuestra meta es servirle.

**NOTICE**

Effective 23 October 1981 initial membership shares was increased to \$25.00 plus \$1.00 joining fee. All members must retain at least \$25.00 in their share account.

Accounts insured to \$100,000<sup>00</sup> by TSGCU.


# BORDER CREDIT UNION

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Call  
774-3503  
Ask for  
John Cody  
or  
Lana Smith





REAGAN BROWN CANDIDATE FOR SECOND TERM

AUSTIN--Agricultural Commissioner Reagan Brown announced his candidacy for a second term in ceremonies at the State Capitol November 17. He stressed his record in office and his 32 years of service to farmers, ranchers and consumers of Texas.

"I do not offer pie-in-the-sky promises; I'm working to keep meat and potatoes on the table," Brown said in presenting the accomplishments of his first term "Today's economic conditions call for sensible answers from leaders who know agriculture.

"By acting decisively, we have kept the Mediterranean fruit fly out of Texas. California has spent \$100 million because of delayed action, but we won the battle with common sense," he said. "As president of the southern commissioners of agriculture, I could unify the 15 states for the successful effort.

"We've been able to provide superior service in administering 60 laws for consumer protection, marketing, and agricultural support programs for about \$1 per capita," Brown said. "With frugal management in my term we have returned to the State \$1.4 million in contingency funds that could not be spent wisely, in addition to the \$2 million in fees collected annually.

"Farmers and ranchers need a state leader who can serve as their spokesman. I have worked for such legislation as the right to farm, gasohol programs, and tax changes for farmland and livestock in Texas. I have testified in Washington on all of the important agricultural issues," Brown said. "I have spoken out for farmers and ranchers in hundreds of urban meetings outlining the role of agriculture in our economy.

"My goal is to improve agricultural profits so that producers can stay in business and provide a steady supply of whole some food for consumers.

"I am placing my record of service before the people. I am confident of their judgement and a successful endorsement of my candidacy."

Brown has chosen Walter Todd of Dall as his state campaign chairman and has established a network of coordinators throughout the state.

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ANTI-FREEZE IS A TASTY BUT DEADLY POISON TO PETS

AUSTIN--One laboratory-confirmed death of a dog due to anti-freeze poisoning has already been reported by the Texas Veterinary Medical Diagnostic Laboratory in Amarillo.

Although cooler temperatures hit the Texas Panhandle early, other parts of the state are just beginning to experience the chilly weather. Consequently, motorists who are draining and adding anti-freeze to their radiators should be reminded that anti-freeze is a tasty but deadly poison to animals, and can result in their deaths.

"Anti-freeze has a sweet taste and is a tempting treat for animals. Consequently, veterinarians in Texas treat numbers of dogs and cats for anti-freeze poisoning each year," said Dr. Ben Johnston, president of the Texas Veterinary Medical Association (TVMA).

"It's probably more common than anyone realizes. An owner may find his pet in a coma or dead and not know what has happened," said Johnston.

A small amount constitutes a toxic dose for an animal two to three c.c.s per pound of weight for a dog, and even less for a cat, said the TVMA president.

Anti-freeze poisoning accounts for about 15 percent of reported animal poisoning, but many are never reported because owner's don't realize what their pet has gotten into.

Johnston recommends that old anti-freeze be flushed down the sewer drain since it is biodegradable. Any that has spilled onto the driveway or street should be washed for 10 minutes toward the street drain. No puddles should be left for pets to get into. And no residue should be left behind because the dried crystals contain the poison. The drain pan should also be washed thoroughly.

The substance in anti-freeze which animals find tasty is ethylene glycol, a sweetish colorless liquid that also is an ingredient in other compounds found around the house. The toxin also is found in brake fluid, windshield de-icers and wall-paper remover.

Don't forget that ethylene glycol is also a coolant and Texas motorists use it year round. So caution should always be used when disposing of anti-freeze or coolant.

An animal that has ingested any amount of anti-freeze will appear drunk. He may be appre-

hensively, depressed, listless, uncoordinated or wobbly. If your family pet exhibits these symptoms he could be suffering from anti-freeze poisoning and should be taken immediately to your veterinarian. Treatment for anti-freeze poisoning can't wait.

Prevention is always the best medicine though, and the Texas Veterinary Medical Association president urges pet owners and all of Texans to use caution when disposing of anti-freeze or coolant.

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Hints for HOMEMAKERS

Practical Tips To Help You

If cleaning dirty windows, walls and appliances big and small give you a pain in the pocketbook, there could be a better way.

In spite of inflation, you may be able to buck the trend of the shrinking buck and stretch your home care cleaning budget.

Packaged in convenient trigger spray or aerosol dispensers, glass cleaners that make such easy work of windows are proving effective for most other hard surfaces around the home. More and more homemakers are taking advantage of this versatility and eliminating the extra housekeeping costs of buying a variety of special purpose cleaning products.

Researchers for the Drackett Co., makers of Windex, say studies of consumer use patterns show that nearly 60 percent of the product's users shine far more than windows with the light blue chemical cleaner. Everything from painted walls, refrigerators, ranges and small appliances to car interiors.



A versatile cleaning product is helping homemakers stretch their home care budgets.

The convenient spray dispensers make cleanup fast and economy-sized refills—up to two liters—mean plenty on hand for a variety of jobs.

The combination of detergents and solvents blended for no-streak, no-rinse window cleaning, say the scientists, makes the product ideal as a general purpose cleaner around the house.

A new six-page booklet from Drackett provides a guide to the use of Windex on many surfaces. For a free copy, write: The Drackett Co., Box PR2, Spring Grove Ave., Cincinnati, Ohio 45232.

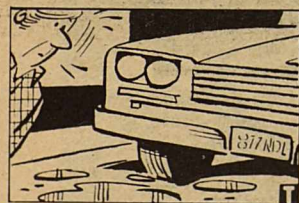
CAR CARE



Reader Tips For More Safety, Economy, Convenience

Surprisingly, a puddle under your car can be a good sign. If you have air conditioning, you should see a puddle of clear water under your car on warm days. If not, your air conditioner may not be dehumidifying the inside of the car properly.

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Most of the time, however, a puddle can mean trouble. The experts who wrote the Reader's Digest Complete Car Care Manual suggest you learn what else can drip from your car. Clear, green or yellow fluid with a faint, sweet odor could be antifreeze. Reddish light oil could be automatic transmission fluid or diesel fuel, depending on odor. Clear, slightly oily liquid with a distinctive odor could be brake fluid. Dark colored, light oil could be shock absorber fluid. Black, brown or tan, heavy oil could be gear oil.

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Advertisement for Diet Center featuring a woman sitting on a chair and a large apple with the text 'HOW TO WIN AT THE LOSING GAME DIET CENTER'. Text includes: 'When you decide to lose weight, call Diet Center! I DID... And I Lost 40 Lbs. Quickly & Safely' and 'Call today for a Free Consultation!'.

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7 AM-2 PM 4:30-7 PM SAT 8-10 AM



# KAZEN

The business community and most of the individuals who have contracted me over the past several months have said repeatedly that they are willing to sacrifice if the burdens are shared equally under an orderly economic plan based on common sense.

They are willing to bite the bullet is that is necessary to help end the confusion that has plagued our economy and made it impossible to make plans for progress.

It was no wonder that so many people found the campaign of David Stockman so attractive and demanded acceptance of his plans. Stockman, Director of the Office of Management and Budget, promised all this and a light at the end of the tunnel. He spoke repeatedly of an economic program which provided for a massive reduction in taxes, increased defense spending and a balanced budget by 1984.

Many of us were skeptical from the beginning because it simply did not make mathematical sense. For example, we attempted without success to hold off on the third year of the tax cut until we were sure that economic conditions had improved to the point that a third year cut would not interfere with the goal of a balanced budget.

David Stockman, who was in the forefront of those who insisted that "supply side economics" would provide enough muscle in broad areas of the economy to offset those cuts, has now disclosed in a series of interviews over a period of months that he was privately among the skeptics.

At the time, supply side economics was described as a massive jolt to the economy that would shower all of us with the fruits of increased productivity. The keystone of this was the famous Kemp-Roth plan of massive tax cuts.

Privately, Stockman was saying that he did not believe that cutting taxes would expand employment but, in his own words, Kemp-Roth made a great "Trojan Horse" to drop the top tax rate from 70 percent to 50 percent. The breaks for the very rich would sooner or later trickle down through the economy and help the rest of the country, but Stockman chose not to advertise the plan as the long-disputed "trickle-down" theory of economics.

Stockman was on the front line in winning the reconciliation measure authorizing budget reductions of historic proportions and billed as the first step toward a balanced budget. Privately, however, Stockman was saying that the plan was questionable at best because the cuts were from an imaginary level of spending projections which he believed had little basis in fact.

Recent developments indicate he was right on target. Our hopes for a balanced budget by 1984 have gone by the boards, at least partly because of Stockman's success with a program based on faulty figures. Toward the end of his interviews, he held out only a glimmer of hope that the economy may begin to respond to the stimulation of the tax cuts.

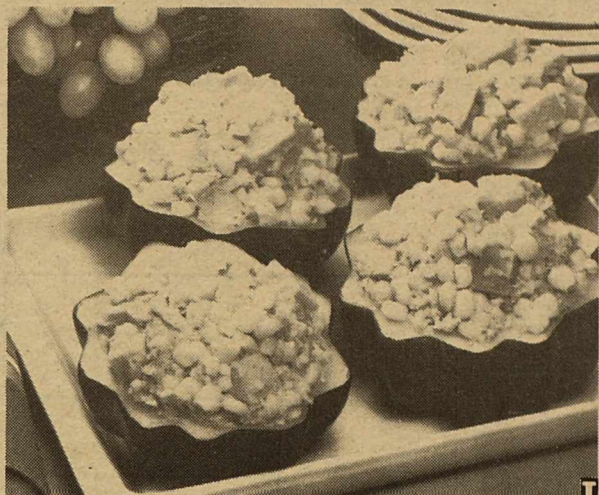
"Who knows?" was the comment of the director of the Office of Management and Budget.

That attitude is the tragedy of this whole episode. It is unfortunate that Stockman was caught up in this situation and that his economic and political education came from on-the-job training but the real problem is the signal sent out from his office that we cannot trust the word of our economic spokesmen. It would be difficult in the future for Stockman to argue economic theory or to be persuasive in support of economic proposals, regardless of merit, with his true feelings always in questions.

The President, according to a White House spokesman, expressed dismay at suggestions that any member of his Administration might seek to mislead the American public. Stockman himself confessed to "Poor Judgement and Loose Talk".

The Stockman revelations create what economists and businessmen fear most—confusion in the market place and a lack of faith in solutions. It will take a lot of work to repair the damage. If there was ever a time for us to work together, and end the polarization over economic theory, it is now.

## STUFFED SQUASH MAKES ECONOMICAL, HEARTY MAIN DISH



Corn and squash, staples in the diets of the early Americans, are still popular American foods today. The two vegetables combine with ham and seasonings in Hearty Stuffed Squash to make a nutritious, economical dish for the whole family.

### HEARTY STUFFED SQUASH

- 2 medium acorn squash, halved and seeds removed
- 1 cup water
- 1/4 cup chopped onion
- 2 tablespoons margarine or butter
- 1 1/2 cups crushed herb-seasoned stuffing
- 2 cups cubed, cooked ham
- 12-oz. can Green Giant Niblets Golden Whole Kernel Corn, drained
- Dash pepper
- 1 chicken bouillon cube
- 1/4 cup boiling water

Heat oven to 400°F. Place squash, cut-side-down, in 13x9-inch pan with 1 cup water. Bake at 400°F. for 40 to 45 minutes or until tender. With spoon, scoop cooked squash from shells to within 1/4-inch of sides. In medium bowl, mash squash. Reserve shells in warm oven.

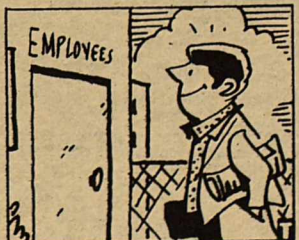
In large skillet, saute onion in margarine. Stir in stuffing; mix well. Remove 1/2 cup; set aside. Stir cooked squash, ham, corn and pepper into remaining stuffing mixture. In small bowl, dissolve bouillon cube in water. Stir into squash mixture. Cook over low heat, stirring occasionally, until thoroughly heated. Fill reserved shells with mixture. Top with reserved stuffing. Place under broiler for 1 to 2 minutes or until lightly browned. 4 servings.



Birds, in proportion to their size and weight, are about 75% stronger than are human beings.

**METRIC MEASURES**  
Helpful Information From The U.S. Metric Board

Q. How will conversion to the metric system benefit the American worker?



A. One out of seven U.S. jobs is now related to exports. If adoption of the metric system facilitates the ability of U.S. companies to do business abroad and open new markets, it could mean more jobs for American workers.

The U.S. Metric Board is a government agency which does planning, research and coordination in connection with voluntary usage of the metric system.

# Watchdog

The Texas Consumer Association  
Education Fund's Report  
from Austin

By Rebecca Lightsey, Director

Texas is about to get a chunk of money — several chunks in fact.

The federal government is giving out block grants. It used to be that the government helped out local areas by giving them a bit of money earmarked for solving a specific problem; these were known as categorical grants in the bureaucratic vernacular. The current administration has a new plan for giving away federal money — in the form of block grants. Texas won't be getting more money than before (because with the budget cuts everybody gets less) but now the money'll come in large blocks.

The new system combines several different types of programs together and hands the state (instead of the local areas like before) a large pot of money to use any way it sees fit on any of the programs in that "block." Now, the feds give the chief executive officer of the state, the Governor, all of Texas' share of the fed funds. The reason for this change is to let the folks in Texas control how the money is to be spent, instead of letting the bureaucrats in Washington control it.

Along with lumping all the money together, there's also another change — the block grant process has removed all federal guidelines on public involvement in the decision-making process of how the money is spent.

And this has got lots of people concerned. "Power to the People," they say, was the idea of block grants in the first place. We folks down here on the ranch know what plagues us, and what's got to be done to fix it. We should be the ones who decide how this precious federal money is spent.

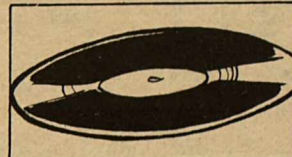
But instead, we end up with even less control (hard to imagine) over those bucks than before. Because now, the Governor alone gets all the block grant money. There's no guarantee that anybody else (especially the poor folks who'll be affected by the new spending) will get any say in the planning process. This doesn't sound like much of a deal — to go from a federal system where we got a little input in Washington, to a state system where we may not get any at all.

No cause for alarm, the block grant supporters say. The money will be controlled right here on the state level, and that's a lot closer than half way across the continent, like it was. With the money close to home, it surely will be well-directed.

Besides, things were just getting entirely too bogged down with the picky government regulations and something had to give to make the wheels turn. Block grants are the answer, supporters contend. The whole process will take place closer to home, so if you don't like it you can elect new officials.

But there's a better, more immediate solution, others say. We can ask our state legislators to put a couple of provisions into force — like retaining public participation in the planning process, and requiring state agencies to spend the money on the problems it was designed to combat.

What do you think? Should the law have a way for the average citizens to help recommend the best way to spend the federal money? Contact your state representatives and let them know: their address is: Capitol Station, Austin, Tx. 78711.



The first long-playing records were produced by the Neophone Co. of Finsbury Square, London, from 1904 to 1906, and consisted of 20 in. discs with a playing time of up to 12 minutes.

## STUFF THE TURKEY.....

But for all of you with iron wills who are determined to look gamourous and slim at your Christmas Eve gathering, there is good news. It is possible not to waddle away from the Thanksgiving feast. Some foods typically included in the traditional dinner are relatively low in calories, while others, seemingly harmless, are caloric disasters.

Green beans, for example, are very low in calories. Load up on them. And turkey itself, particularly the white meat, is fairly low. Even gravy isn't too bad. But watch out for the cranberry sauce, and the extra dollop of whipped cream on that extra slice of pie. Mixed drinks are caloric traps, so it may be wise to stick to wine.

If you think about what and how much you're eating, you may even be able to walk away from the table without groaning and vwoing "Never Again!"



# classified ads

TUESDAY 12: NOON DEADLINE

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#### UNITED METHODIST CHURCH

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Sunday School (Adult)	9:45 a.m.
Morning Worship	11:00 a.m.

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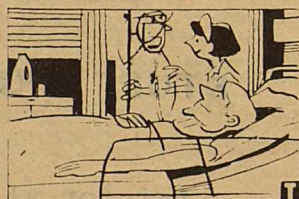
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## Capital Ideas

### Nutrition Important to Recuperation

Too many people are unaware that the ideal diet is really simple. It's made up of four basic food groups--fruits and vegetables, breads and cereals, dairy products and meat, poultry and fish.



Good nutrition is vital for recuperating patients.

Planning our diet around these four groups and eating in moderate amounts can yield a double reward of good health and a good figure... so says the Nutrition Foundation, Office of Education, Washington, D.C.

Laboratories Division, Ensure and Ensure Plus oral liquids come in a variety of enjoyable flavors that can be consumed "as is" or combined with other ingredients for a variety of interesting, nutritious drinks. They are available at pharmacies without prescription.

However, there are times when obtaining proper nourishment is beyond our control. Surgery or a debilitating illness can leave a person unable or unwilling to eat normal meals.

For the seriously ill who must be fed intravenously, Abbott's Hospital Products Division now offers a complete line of parenteral (for intravenous) products for both hospital and home use. They may be obtained with prescription.

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