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AWARD WINNER

the Kinney Cavalryman

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NOVEMBER 1, 1985

BRACKETTVILLE, TEXAS

ALAMO VILLAGE
P.O. BOX 528
BRACKETTVILLE, TX 788320528

" HAPPY " HONORED



TEXAS TOURIST COUNCIL RECOGNIZES SHAHAN

The Texas Tourist Council, meeting in Austin (Oct. 24th), today elected Happy Shahan, Owner of Alamo Village as a Life Director. Shahan has served on the Council's Board for sixteen years representing our area and the attraction industry.

The Texas Tourist Council is a private enterprise organization whose purpose is to support and supplement our State's efforts to attract more visitors to Texas.

THE KINNEY CAVALRYMAN

USPS 100-610
 P.O. DRAWER CQ
 BRACKETTVILLE, TEXAS
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MEMBER 1985

TEXAS PRESS ASSOCIATION

"Any erroneous reflection upon the character or standing of any person or firm appearing in this paper will be gladly corrected, upon being called to the attention of the Management and to the article in question".....

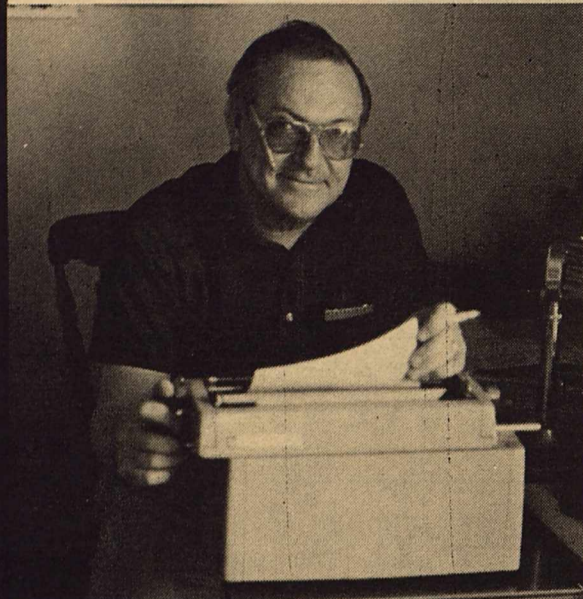
IT HAPPENS-----

An unknown editor-hero is said to have published the following somewhere, sometime, "You'll notice that there are mistakes in this week's paper just as there were in last week's, and as there will be next week's. They are there for a purpose. We try to print something for everyone, and there are people who are always looking for mistakes".

Crystal Loos ...

"Truly absurd is the man who never changes."
 Auguste Barthelmy

EDITORIAL



BY GEORGE

"A TRASHY SUBJECT"

I have not written one of my "FIREBREATHING EDITORIALS" in a long time!

However, over the past few months, citizens of Brackettville have brought up one subject to me numerous times.

"WHY DON'T WE HAVE CITY TRASH PICKUP?"

LET ME GIVE YOU SOME HISTORY ON THE SITUATION:

Several years ago this same subject was brought before the City Council. They "him hawed around", and decided to pass the "buck" by putting it to a vote of the local citizenry. I ALWAYS THOUGHT WE ELECTED OUR COUNCIL TO GUIDE AND MAKE DECISIONS FOR OUR CITY! The fee they proposed was very reasonable.

Well, the proposal failed by very few votes. Probably if you had counted all the persons, and thier families, that were in the trash pickup business at the time and through out thier votes, THE PROPOSAL WOULD HAVE PASSED.

So, they passed a no trash burning ordinance. About the first one to violate it were county employes, by burning trash in the middle of town. WE STILL HAVE THE WONDERFUL STENCH OF BURNING GARBAGE FLOWING THROUGH OUR YARDS AND HOUSES!

This ordinance proved to be about as our Dog Ordinance and the No Parking in front of Davis Hardware. They are neither obeyed or enforced.

THEY ARE ALL ABOUT AS USLESS AS "TITS ON A RATTLESNAKE!"

Brackettville is growing and the situation is worsening daily. IT IS BECOMING A SERIOUS SANITATION AND HEALTH PROBLEM. AND THE PRICES THE FEW REMANING PEOPLE THAT PICKUP TRASH HAS BECOME OUTRAGOUS.

IT IS TIME OUR PRESENT CITY COUNCIL SHOW SOME BACKBONE AND CURE THIS PROBLEM!

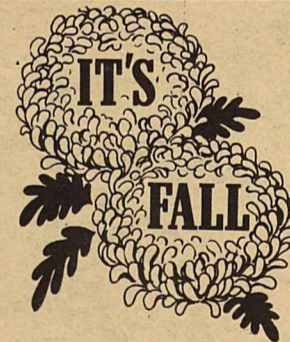
OBITUARIES

Frederico E. (Fred) Rodriquez, 76, entered into rest Thursday, October 24, 1985. A lifetime resident of Brackettville, Mr. Rodriquez was a veteran of WW II, serving in the Army.

Survivors include Sisters: Hortencia Castro, Nancy Rodriquez, Aurora Davalos, Maria Sandoval, all of Brackettville; Maggie San Miguel of California; and Brother, Rudy Rodriquez, of Brackettville. Also survived by a number of nieces and nephews.

A rosary was recited 7:00 p.m. Friday, October 25th at St. Mary Magadlene Church. Funeral Mass was held at St. Mary Magadlene Church also, at 3:00 p.m. on Saturday, October 26, 1985. The Rev. Jim Cashin, Celebrant.

Interment was in Kinney County Cemetary under the direction of Rice Funeral Chapel.



ELECTION DAY 5
 VETERANS DAY 11
 THANKSGIVING DAY 28

LIBRARY NOTES

BY: FRANCES HERNANDEZ

Mrs. Yolanda Williams and Mrs. Augusta Pines brought their headstart students to the library on Thursday. The children watched and enjoyed a 16mm film, "Magic Balloons."

The following is a paragraph written by a student in the High School English Special Ed. Class. (The student was assisted on the writing.)

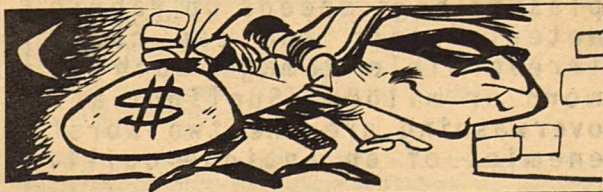
October 10, 1985
"THE DAY MY CLASS WENT TO THE LIBRARY"

"It was a sunny but cool day. Gentle breezes urged us toward our goal. It was a perfect day for reading, so my classmates and teachers were excited as we approached the library doors. Miss Hernandez had rented a car for fifty dollars especially for this day. It was so exciting that even the birds were sending special messages to the teachers. But all the real messages were inside.

When we stepped inside, we were shocked at the number of books available. There were many types of books, such as fictional, biographies and autobiographies. The Librarian guided us through all the aisles of books. We were anxious to check-out as many books as we could. We hurried to find out how long we could keep our books. Only two weeks. So as politely as we could, we raced to the card catalogue, where we found the information we needed to read about the world. Take my advice, when you go to the Brackett Library, you will be as surprised as I was with what they have to offer."

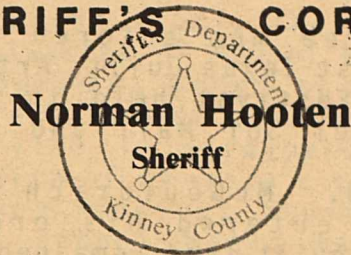
The Friends of the Library are selling book shelves. Only three are left, so if you are looking for a book shelf, come by the Library!

The Library will be closed Tuesday, November 5th, ELECTION DAY..



The inspiration for Robert Louis Stevenson's Dr. Jekyll and Mr. Hyde was William Brodie, an eighteenth century cabinet-maker, head of his union, member of the Edinburgh town council and a respected businessman, who, by night, was a masked thief and leader of a gang of robbers.

SHERIFF'S CORNER



District Court was held at the courthouse this past week with District Judge George Thurmond presiding.

A Jury Panel was called in Monday and a jury selected to hear evidence and testimony in the trial of Henry R, Salmon, 19, of Spofford.

Salmon was arrested and charged with Burglary of a Habitation, a 1st degree felony, on May 6, 1985 after he was identified as the man seen running from a Spofford residence at 12:20 am on Sunday, May 5th. The case was investigated by myself and Texas Ranger Tol Dawson and among other evidence, a statement was obtained from Salmon where he admitted committing the crime. \$950.00 worth of jewelry and personal property was taken during the burglary.

Witnesses testimony was completed late Tuesday afternoon and the jury had not reached a verdict by 6:00 pm so the judge called the jury out and sent them home with instructions to return at 9:00 am Wednesday. At 9:25 am the 5 man 7 woman jury reached a verdict of Guilty as Charged. Punishment of Salmon for the serious offense was set at 6 years probation. He was further ordered by Judge Thurmond to serve 30 days in the Kinney County Jail, pay all Court costs, and make restitution to the victims of \$950.00.

The continued hard line taken against criminal offenders in Kinney County by peace officers, judges, and juries of this county should serve notice to the criminal element and others inclined to commit crimes in our county that are illegal activities and crimes against the public will not be tolerated and they will receive their just dues should they continue to transgress against our society.

"A day is a miniature eternity." -Ralph Waldo Emerson

PUBLIC NOTICES

NOTICE TO BIDDERS

Kinney County Commissioners' Court is now accepting bids on a late model Modular Type I Medical Care Vehicle. Specifications may be obtained from Albert A. Postell, P.O. Box 348, Brackettville, Texas, Telephone- (512)563-2401. The Court reserves the right to accept or reject any bid. Bid will be opened December 9th, 1985 at 11:00 A.M.

KINNEY COUNTY COMMISSIONERS' COURT

BY: /s/ DOLORES RANEY County Clerk Kinney County, Texas

HAPPY Wishes on your Day!

- December 1st: Herb Serre; 2nd: Alvin McClure, Georgia Thompson - Anniversary - Neward Paula Ragsdale; 3rd: Juan Hernandez, Mary Salamantez; 4th: Carlotta de la Rosa, Marian Lovell; 5th: Steve Kval; 7th: Lyle Pletcher, Rudy Goodloe, Ernestine Salamantez.

PROCLAMATION

WHEREAS, it is of vital interest to all citizens of Brackettville that we possess a solid defense; and

WHEREAS, it is well known that the United States Marine Corps is making a great contribution to the security of our nation and free men and women everywhere; and

WHEREAS, thousands of loyal Texans, many of them from Brackettville, are now serving with -- or have served with the United States Marine Corps in every corner of the globe; and

WHEREAS, these Marines have contributed their efforts, their blood, even their lives to the ideal of freedom; and

WHEREAS, it is fitting and proper that the citizens of this city give well and deserving honor and recognition to the achievements of the Marine Corps -- and particularly to its heroic men and women, living and dead, for their patriotism, loyalty, devotion and sacrifices.

NOW, THEREFORE, I, Mayor of the City of Brackettville, in recognition thereof, do hereby proclaim November 4th to 10th, 1985 as

"MARINE CORPS WEEK"

in Brackettville, and call upon all citizens to pay appropriate tribute to our Marines during observances of this week -- particularly November 10th, the actual birthdate.

/s/ William Mendeke
Mayor

ATTEST:

/s/ Charles J. Olsen
City Manager



Waiters have been known to call double order of coffee a "pair of drawers."

QUILT FESTIVAL AWARDS

Three men entered the Southwest Texas Quilt, Arts & Crafts Festival held in the Plaza del Sol Mall and won awards.

P.J. McGouldrich of Kansas entered his cross stitched quilt (and remained in Del Rio for the duration of the festival for that purpose). He received the award for the greatest distance traveled from the origin of his quilt.

Ira Finger and his wife, Leola, of Kinney County entered a twin pillow sham they made but could not tell one from the other. Their entry won second place in the pillows category.

Dortha de Witt of Uvalde regained her best of show title after losing it last spring. She has now won four out of five best of show awards in the new pieced quilts categories.

The winners' list follows:

Classic quilts: First, Concepcion Barera; second, Pat Lunn, both of Val Verde County; third, Leola Finger of Kinney County; best of show in the category was Concepcion Barrera.

New quilts: Dortha de Witt of Uvalde County, first; Anita de la Garza of Val Verde won second and third places and Dortha de Witt won best of show.

Pillows: Martha Blackwell of Kinney County, first and third as well as best of show with Leola and Ira Finger, also of Kinney County, taking second.

Rag dolls or soft sculpture: Valery Butterworth first; Pat Butterworth second; Anita de la Garza third and Valery Butterworth, best of show, all of Val Verde County.

Cross-stitch samplers: Marthena Riggs of Val Verde County first, second and best of show and Pat Butterworth of Val Verde, third place.

Molas: Lottie Salinas first and best of show; second place, Bess Bradley and third, Val Verde County Library, all of Val Verde County.

Special awards made included the following the following: Most Intrepid quilt, Esther Castillo; most unique materials, Zare Gonzales of Val Verde County; greatest distance traveled to origin, P.J. McGouldrick of Kansas; quilt with most

pieces, Patricia Lunn of Del Rio, 6,651 pieces; most popular quilt, Dortha de Witt of Uvalde for a dahlia style quilt.

Carl Zickefoose was the third man entering the show with two quilts.

The ranch and cattle brand quilt made by the guild members in a triple Irish chain pattern was awarded to Marthena Riggs;

Appreciation was expressed to Hidden House Antiques for their displays.

QUILT FESTIVAL

Anyone lucky enough to own an antique quilt should re-fold it twice a year and never store it in a plastic bag -- that's the word from Quilt Festival, the world's largest show and sale held in Houston every fall.

Antique quilts, an important part of America's heritage, will play a big role at this year's show, set for October 31, November 1-3 at the Shamrock Hilton in Houston. Quilt Festival will feature 17 spectacular antique quilts, each signed and dated, in a special exhibit, "Remember Me: Friendship Quilts from the 19th Century," sponsored by The Quilt Digest Press.

One of the reasons these examples of early women's are still exist today is the care they have been given in the families who have inherited them. Lovingly preserved, treated as "best" quilts rather than everyday covers, they have been spared the fate of being "washed to death."

Quilt Festival suggests that an antique quilt be refolded on different lines twice a year to prevent wear and soiling on the fold lines and that it be stored in an old well-washed cotton pillowslip or sheet away from direct contact with wood or direct sunlight. The folds should be padded with rolls of acid-free tissue paper, which will be available at Quilt Festival.

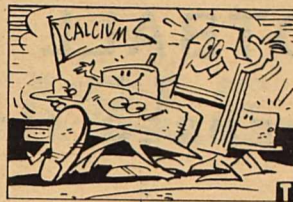
Storing textiles in plastic bags speeds up fabric deterioration and can cause irreversible damage such as mold or mildew. Sunlight and overwashing are the two worst enemies of an antique quilt.

CONT'D ON PAGE 9

Nutrition And You

BREAKFAST

Does everyone in your family eat a good breakfast? (A donut dunked in a cup of coffee doesn't count.) If you can answer 'yes,' you are a member of a vanishing species and your family has a head start on health.



In spite of solid scientific evidence to support the importance of breakfast, an increasing number of us either skip it altogether or start the day with something that offers little nutrition. Nutritionists are viewing this trend with alarm.

According to Dr. James Scala, noted authority on nutrition and Shaklee Corporation's vice president of Science and Technology, "Research clearly indicates that both mental and muscular efficiency is lowest before breakfast and will remain at a low level unless there is a meal—in spite of the apparent life that comes from a cup of coffee."

Teachers recognize the difference between those children who have eaten breakfast and those who may go without food from dinner to lunch, sometimes eighteen hours or more. In fact, the famous Iowa Breakfast study put scientific proof to this observation.

What constitutes a good breakfast? Scientists working with athletes have been evaluating the benefits of various types of breakfasts on performance. A heavy

breakfast of eggs, sausage, toast and juice was compared to a light breakfast consisting of a vegetable protein powder mixed in milk. Another group skipped breakfast.

Predictably, those who ate performed better than those who didn't. But, it was interesting to note that the breakfast drink significantly improved performance over the heavier breakfast. This may be a useful piece of information for those who skip breakfast because they don't feel like a heavy meal when they awaken.

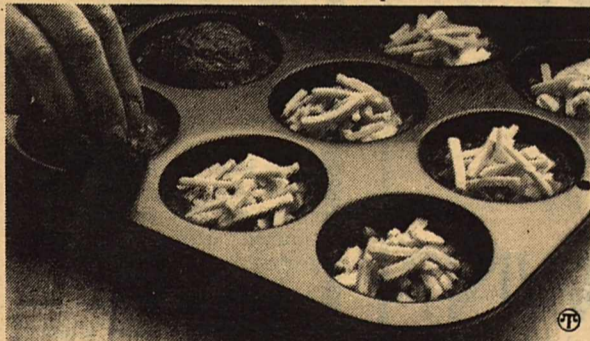
The changing family structure and 'pace' of living shows every indication that the number of breakfast skippers among us will increase. With more than half of all women heading off to work in the morning, fewer families sit down to eggs and bacon together. On top of this, many of the traditional breakfast foods are too high in fats and cholesterol for many people. There is definitely a need for convenient, nutritious breakfasts that are quick and easy to prepare, say nutritionists.

REWARDING RECIPES

From The Betty Crocker Kitchens

Get More Fun Out Of Loaf

Making mini beef loaves can seem almost like loafing if you follow this cooking technique. These are from the new *Betty Crocker's Timesaving Cookbook*. The book features 280 quick-and-easy and do-ahead recipes. Published by Random House, it's available for \$12.95 at book and department stores.



Plan to use your muffin pan for almost-unmuffable mini meat loaves your family is likely to love.

MINI BEEF LOAVES

6 servings

- 1 pound ground beef
- 1 egg
- 1/4 cup milk
- 2 tablespoons dry bread crumbs
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 medium onion, chopped (about 1/2 cup)
- 1 small green pepper, chopped (about 1/2 cup)
- 3/4 cup shredded cheese

Mix ground beef, egg, milk, crumbs, salt and pepper. Press half of the beef mixture in bottoms and halfway up sides of 12 ungreased 2 1/2 x 1 1/4-inch muffin cups. Fill each with onion, green pepper and cheese. Top with remaining beef mixture, pressing edges to seal. Place muffin pan in ungreased 15 1/2 x 10 1/2 x 1-inch jelly roll pan. Cook uncovered in 350° oven until done, 30 to 35 minutes.

SCHOOL MEALS MAKE A DIFFERENCE

A recent study, the National Evaluation of School Nutrition Programs, under scores the effectiveness of school food service in safeguarding the health of America's children. A key finding? Students who eat school meals have more nutritious diets!

Both at lunch and during a 24-hour period, students who ate school lunch consumed more of almost all nutrients studied than nonparticipants. What accounts for the difference? School lunch was more nutritious than the alternatives.... food brought from home or meals purchased on the a la carte line.

School breakfast programs significantly contribute to children's diets, as well. When school breakfast was offered, kids more likely ate in the morning. And they consumed more calcium, phosphorus and magnesium in their morning meal.

Breakfast is perhaps the most important meal of the day. For youngsters, a morning meal fuels the mental and physical rigors of academic work. In fact, studies show that eating breakfast helps students turn in a better school performance.

School meals can make a difference in students' mental and physical performance. School lunch provides at least one-third of their daily nutrient and calorie requirement, if they eat all five meal items served.

The Brackett School Food Service Program invites children and teenagers to become regular customers!

WHAT WENT WRONG

THIS IS THE STORY OF FOUR PEOPLE:

EVERYBODY, SOMEBODY ANYBODY AND NOBODY....

There was an important job to be done and **EVERYBODY** was sure that **SOMEBODY** would do it.

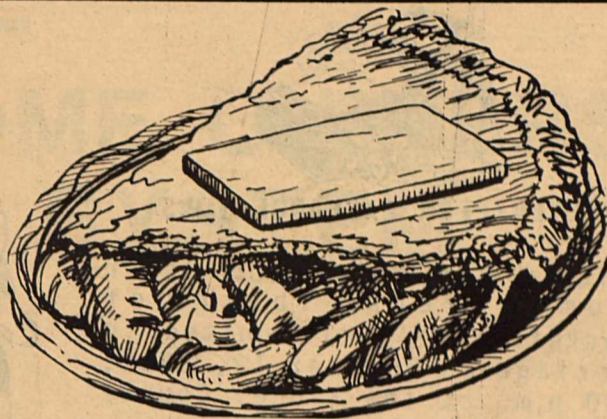
ANYBODY could have done it, but **NOBODY** did.

SOMEBODY got angry because it was **EVERYBODY'S** job.

EVERYBODY thought that **SOMEBODY** would do it.

But **NOBODY** asked **ANYBODY**.

It ended up that the job wasn't done and **EVERYBODY** blamed **SOMEBODY**, when actually **NOBODY** asked **ANYBODY!**



B.I.S.D. CAFETERIA MENU (BEGINNING NOVEMBER 1ST-8TH)

(Menu changes due to circumstances beyond our control)

BREAKFAST

FRIDAY (Nov.1st)-Peaches, Meat & Egg Taco, Milk.

MONDAY (Nov.4)- Juice, Asst. Cereal, Milk.

TUESDAY (Nov.5)- Fruit Cocktail, Pancakes/Syrup, Milk.

WEDNESDAY (Nov.6)- Chilled Pears, Energy Square, Milk.

THURSDAY (Nov. 7)- Peaches, Potato & Egg Taco, Milk.

FRIDAY (Nov. 8)- Applesauce, Muffins, Milk.

LUNCH

FRIDAY (Nov.1)- Chicken Fried Stk., Whipped Potatoes, Broccoli w/Cheese, Peach 1/2, Hot Roll, Milk.

MONDAY (Nov.4)- Chili Con Carne, Tator Tots, Fruit Cocktail, Saltines, Milk.

TUESDAY (Nov. 5)- Chicken Veg. Soup, Grill Cheese, Vegetable Stixs, Pear Chunks, Milk.

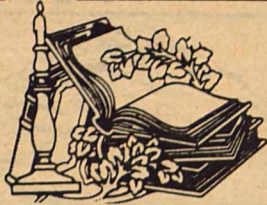
WEDNESDAY (Nov.6)- Macaroni & Meat Sauce, French Beans, Jello w/Fruit, Garlic Roll, Milk.

THURSDAY (Nov.7)- Beef Wheelies, Garden Salad, Corn on the Cob, Raisin Spice Cake, Milk.

FRIDAY (Nov.8)- Sea Pizza, Fresh Salad, Calif. Mixed Vegies, Grapes, Milk.



The life span of the average cat is eleven years.



MEYER/PENA EXCHANGE VOWS

Cynthia Ann Meyer and Oscar Thomas Pena, both of Brackettville, were united in marriage on October 12, 1985, 7:00 p.m. at the Kinney County Civic Center.

A Double-Ring Ceremony was performed by J.P. Raymond Talamantez, and was witnessed by relatives and invited guests.

The bride, given in marriage by her parents, Mr. & Mrs. Gilbert Meyer, Sr., wore an off the shoulder creation of embroidered satin and organza; embroidered with seed pearls, which also were encrusted on the cap of her floor length bridal veil of illusion net. Streamers of teal blue and white ribbon accented the crystal flowers and seed pearls on her bouquet.

Her Maid of Honor, Maxine Meyer, also her Aunt, wore a teal blue creation with puffed sleeves and fitted bodice, and carried a nose-gay of teal blue and white silk flowers. For something "old", the bride wore a dinner ring belonging to her mother. Something "new" was her wedding gown, and for something "blue", she wore a laced blue & white garter. Something "borrowed" was a rosary belonging to the mother of the groom.

The groom was attended by his Best-man, Terry Fisher.

Approximately 500 relatives and guests enjoyed the reception dance following the ceremony.

The couple left for Chulavista, California on October 14th, where he is employed as a Border Patrolman, and where they will reside.



**HOMECOMING
FOOTBALL GAME**

FRIDAY NOVEMBER 1, 1985

8:00 AT TIGER STADIUM



AREA ASSISTANCE

**AMBULANCE
563-2757**

**SHERIFF'S DEPT.
563-2788**

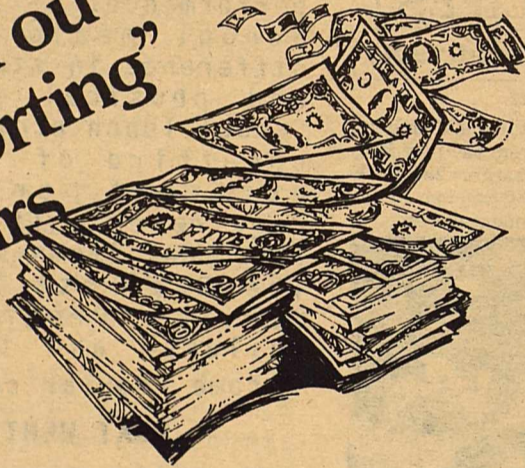
**MEDICAL CLINIC
563-2434**

**CITY POLICE
563-2100**

**FIRE DEPT.
563-2233**

**TEXAS HIGHWAY PATROL
563-2788**

**Are You
"Exporting"
Dollars**



OUT-OF-TOWN?

They are missed sadly when you spend them away from home. A dollar that leaves town will never support our schools and churches or provide jobs and opportunities for our young people. All benefits are gone for good.

Your dollars are the very life blood of our community. You can help keep it a good place in which to live and do business when you buy and bank . . . at home.

**THE FIRST STATE BANK
OF BRACKETTVILLE**

563-2451

MEMBER F.D.I.C.

**Understanding
Your Child**

**HOW TO HELP
CHILDREN SLEEP**



Many parents want to know how to make bedtime more enjoyable for their children. The Better Sleep Council offers these suggestions:

1. Do everything you can to make bedtime fun. Read to the child or play a quiet game. Don't forget the security provided by the child's favorite toy or a nightlight.
2. See that the child's bed is in good condition. Growing bodies need proper support; a hand-me-down mattress may not be doing the job.
3. Don't give your child cola beverages near bedtime. These drinks contain caffeine and may impair sleep.
4. If the child should awaken from a nightmare, go and sit with the child and talk calmly about the dream. Give the child confidence by explaining the dream as a story the child was telling himself. This tends to take the scare out of dreaming for young children.

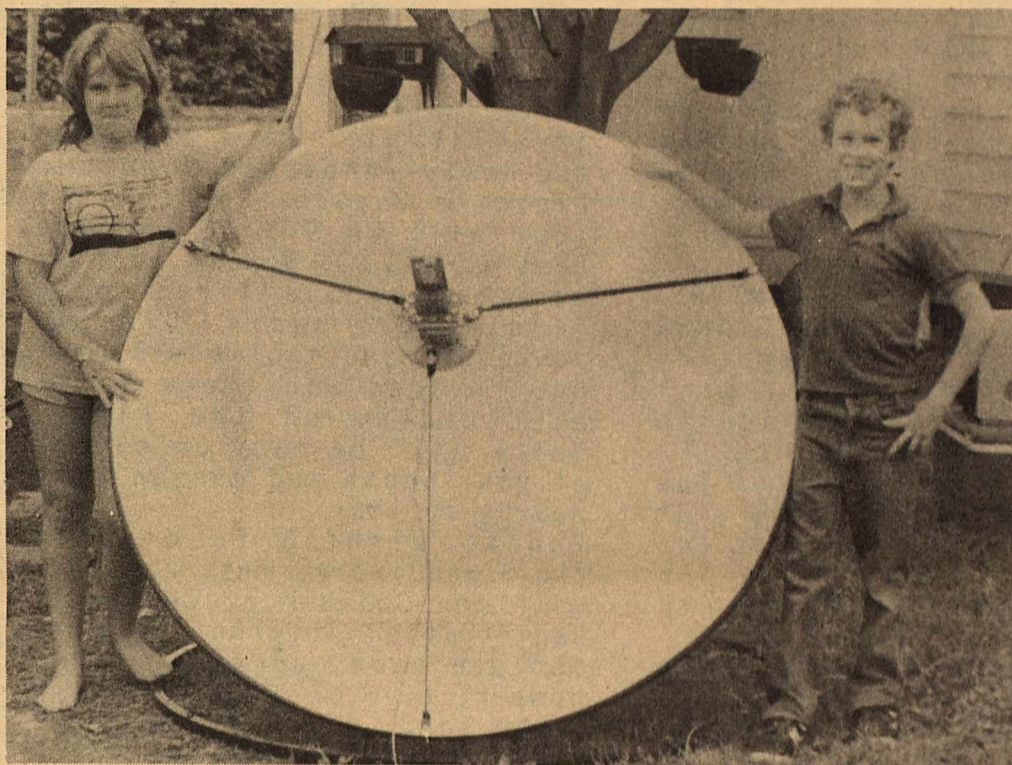


NOVEMBER



HUNTERS-R.V.ERS- MOBILE HOME OWNERS PORTABLE SATELLITE SYSTEM SPECIAL! \$995.00

WHILE SUPPLIES LAST



"ENJOY SATELLITE TV WHEREVER YOU ARE"

SYSTEM INCLUDES:

1. YOUR CHOICE OF 4 1/2 FOOT FIBERGLASS OR 6 FOOT METAL BLACK MESH DISH.
2. 75 FEET OF MULTICONDUCTOR, WEATHER PROOF, BURIALABLE CABLE.
3. ALL CHANNEL SATELLITE RECEIVER.
4. SET ON YOUR SITE AND TESTED

"WE SERVICE WHAT WE SELL"

GEORGE LOOS

563-2696

HUNTERS TO MEET

The Uvalde Chamber of Commerce has announced plans for the 1985 HUNTERS' ROUNDUP & WILD GAME DINNER, scheduled for November 8, 1985 beginning at 6:00 p.m. at the Uvalde Civic Center. Last year's Roundup attracted over 300 hunters from as far away as Florida and North Carolina, and an even greater number are expected to attend this year. The Chamber of Commerce is now issuing invitations to out-of-town hunters, and anyone who plans to hunt in the Uvalde area this year or knows of someone who will be, should contact the Chamber of Commerce immediately so that invitations may be sent to them. You can call the Chamber office anytime at (512) 278-3361.

Plans for the 1985 HUNTERS' ROUNDUP & WILD GAME DINNER will include a complimentary wild game dinner, local business exhibits, wildlife exhibits, a hunter's information packet, etc. The Master of Ceremonies this year will be Charly McTee, outdoor editor for KKYX Radio in San Antonio, and well known outdoor enthusiast.

The Chamber of Commerce sponsors this annual event for the purpose of welcoming hunters to our area and to help acquaint them with the goods and services available right here in Uvalde. We hope to demonstrate to the hunters how much we appreciate their business, as they account for 35% of direct sales in the area during the hunting season. The Roundup helps to expose the hunters to the local businesses and hopefully, they will decide to take advantage of the opportunity to trade locally.

Booth spaces for commercial exhibits are limited but still available by contacting the Uvalde Chamber of Commerce at (512) 278-3361 or write for information at P.O. Box 706, Uvalde, Texas 78802.



The largest diamond ever found was the 1 1/2 pound Cullinan diamond, unearthed in South Africa in 1905.

FALL ARTS & CRAFTS FAIR S.T

Applique, photographs, afghans, and weathervanes are just a sample of the many items that will be found at the NOVEMBER FALL ARTS & CRAFTS FAIR. The fair, scheduled for November 23, will feature some of the most creative crafts and artistic handiwork in the South Texas area.

Uvalde's Chamber of Commerce sponsors the annual show that brings customers back year after year. The Chamber welcomes all original works and encourages artists from across the state to participate.

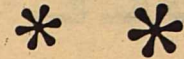
The fair will take place at the newly-renovated Downtown Plaza in Uvalde. Spaces this year will be 9 X 12 and the cost is \$35.00. Spaces will be designated on a first-come, first-serve basis. Display equipment and tables will not be provided and there is no electricity on the Plaza. There will be easy unloading at your booth and convenient, nearby parking.

People wishing to display their handiworks must register with the Chamber of Commerce. Registration information must include name, address, phone number, type of display, items to be sold, and the number of spaces needed. Also, include a check to cover the number of spaces to be used. Mail this information to: Uvalde Chamber of Commerce, P.O. Box 706, Uvalde, Tx. 78802. For more information, call (512) 278-3361.

Upon receipt of your registration, the Chamber will send you detailed instructions on unloading, setting-up, free parking, etc. The Arts & Crafts Fair will begin at 9:00

a.m. and will run until dark, with set-up at 7:00 a.m.

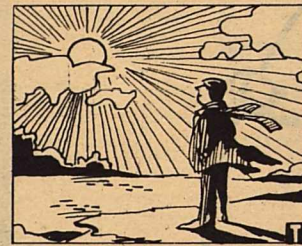
In case of bad weather, the fair will be moved to the covered parking area the the First State Bank of Uvalde.



Understanding Yourself

Make Room For Christ
By Dr. Oswald Hoffmann
Lutheran Hour Speaker

And the Word was made flesh, and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth. (John 1:14 KJV)



The glory of God shines through all the wickedness of the world. This is a face His justice and His world of deceit and duplicity. Into this world, God sent His Son. His coming tells us something about ourselves and it also tells us something about God, something great about God. His glory shines through the deepest darkness. His helping hand reaches out to people who have no hope.

The mood of modern man is to conceive of oneself as nothing. This nothing philosophy is the work of the devil. Now is the time to recognize that you are not everything, but you are also not "nothing." You are the beloved of God. You are of infinite value to Him.

The Good News is simple: Into a world of death Christ came, died, and was raised from the dead to give life. Make room for Christ. He is the glory of God, full of grace and truth.

Does God Count Our Sins?

By Rev. Wallace Schulz
Lutheran Hour Speaker

You and I may live with the notion that we are basically nice people and that we are even good enough to earn God's approval and to eventually gain, by our own efforts, reception into the mansions of heaven. But if God kept an accurate record of our sins, our mistakes and our failures, no one could ever see His justice and His demands for absolute perfection.



There is forgiveness of our sins with God

There is forgiveness with God. God desires that no one perish but that all should come to repentance. When we see how we have failed God and when we understand that His Son Jesus voluntarily took our place on the cross, this knowledge should lead us to sincere sorrow for our sins, and thankfulness that God has forgiven us and a spirit empowered desire to trust Jesus and follow Him.

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The "brown spots" that occur in the ageing process are just like brown spots on an older person's hand -- no amount of washing will remove them.

In addition to the antique quilts on display, visitors can enjoy five other exhibits and compare the wares of more than 100 exhibitors.

"Hands All Around," a special exhibit of quilts from other countries, will consist of almost 50 superb contemporary quilts from 17 nations as far away as India and Australia. It is sponsored by Quilter's Newsletter Magazine, the oldest quilt publication in the United States.

Quilts in the "Hands All Around" exhibit will come from Australia, Brazil, Canada, Denmark, England, France, Greece, India, Ireland, Japan, New Zealand, Norway, Scotland, South Africa, Switzerland, Tahiti, and West Germany.

"Irish Quilts" is the first collection of quilts from Ireland ever assembled in America and is sponsored by the Irish Tourist Council and curated by Irish quilter, Helen Hardesty. "Cut from the Same Cloth" is a special exhibit of unusual garments designed around patchwork and quilting made by 17 talented designers from across the United States.

Flags from every state will hang at the show, but these are unusual flags, one-of-a-kind creations in needlework symbolizing the heritage of each state. "Liberty and the Heritage of America" is sponsored by Fairfield Processing.

One hundred finalists in the 1985 Mountain Mist Quilt Contest will hang at Quilt Festival, and the top winners will be announced during the show. In addition, 150 quilts made by members of the American/International Quilt Association (A/IQA), can be seen in the show, "Quilts: All American Beauty."

A special lecture series will be sponsored by A/IQA, with admission to each lecture \$1 at the door. The lectures will be held at 2:30 p.m. daily. Topics are Thursday, "Dutch Quilters & Their Quilts;" Friday, "Quilts Deep in the Heart of Texas;" Saturday, "Wool Hearts and Hands: Friendship Quilts;" and Sunday, "Collecting Antique Quilts."

Admission to Quilt Festival exhibits is \$4 per day, \$2 for senior citizens 65 and over. Hours are 10-7 Thursday, Friday, and Saturday, and 12-6 Sunday.

Health Views

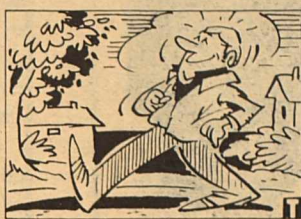


IF YOU ARE OVER 40, WALK BEFORE YOU RUN

While the spotlight these days is on jogging, jogging for many people may not be practical, and in some cases may be dangerous. Unfortunately, there are too many incidents where a jogger has been struck by a car, or has succumbed to the strain of physical exhaustion. Heart attacks are common, especially among men over 40 years of age.

Walking is a very natural exercise for people of all ages. It does everything that running does in a more subtle way, and it can be done anywhere. What's more, if you intend to eventually go into a jogging or running program, it is the only sensible way to work up to more strenuous exercise.

Walking briskly will get you into shape. It will firm up your muscles, stimulate your cardio-vascular system and burn off calories. In spite of what some people will tell you about how many miles you have to walk to lose a pound, you



body. He concerns himself with reducing spinal stress and in aiding in the restoration of normal nerve function to the vital organs of the body.

1. Map out a program—Map it out in terms of how long and how far you are going to walk. Make it a building process with geographic extensions.

2. Pick a safe place to walk—an area unencumbered by traffic or other pedestrians. You want to be able to walk briskly at an even pace.

3. Dress safely. Wear clothing that is bright and easy to see. Also, be sure to have clothes suitable for the weather.

can lose weight, provided you combine your walking with a controlled food intake program.

The President's Council on Physical Fitness, as well as health authorities, point out that the combination of good eating habits and an organized walking program can offer the same slimming benefits as strenuous exercise or crash diets. Except walking is far safer.

In fact, test reports by a leading university have shown that walking is the best exercise for people who cannot stay on a diet. People who walked 2 or 3 hours a day showed an average loss of 22 pounds in a year.

The basis of the weight loss relates to the fact that fat is stored energy. If you expend more energy in physical activity than you take in in food calories, the fat will be used. Dieting to lower energy intake is one way of calling on the body to use up fats; exercising to increase energy expenditure is the other.

According to the American Chiropractic Association, walking also contributes to good posture and spinal health.

Following are some suggestions on walking which are offered as a public service by doctors of chiropractic. The doctor of chiropractic, also known as a "Chiropractor" or "D.C.," is a specialist who gives special attention to the structural integrity of the

4. Start slow and build up. In the early periods, maintain the same schedule everyday for 2 weeks. Then start adding time and distance on a weekly basis, depending on your stamina. If you can eventually work up to 4 miles an hour, you will be maintaining a good pace for physical fitness.

5. Create a routine. If at all possible, try to discipline yourself by doing it the same time everyday.

6. Make sure you have a good pair of supportive walking shoes. Well-fitting jogging shoes are excellent. This will prevent sore heels, blisters, knee problems and Achilles-tendon injuries.

7. Maintain correct posture. Keep your back straight, your chest out and your head high. By doing so, you will allow your body to work most efficiently.

8. Breathe deeply and regularly. Establish and coordinate your breathing with your pace. Count to 20 before you expel the air, and then do it slowly.

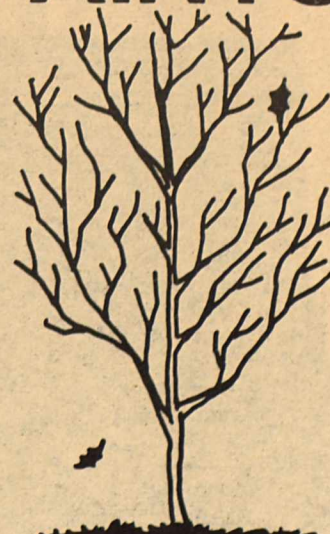
9. Use the time to get to know yourself, but keep alert. Solve many of your problems. Enjoy your surroundings.

10. Make certain you have a health examination prior to embarking on any exercise program, and follow up with regular check-ups. Because of the nature of the activity, a chiropractic spinal examination is of particular importance.



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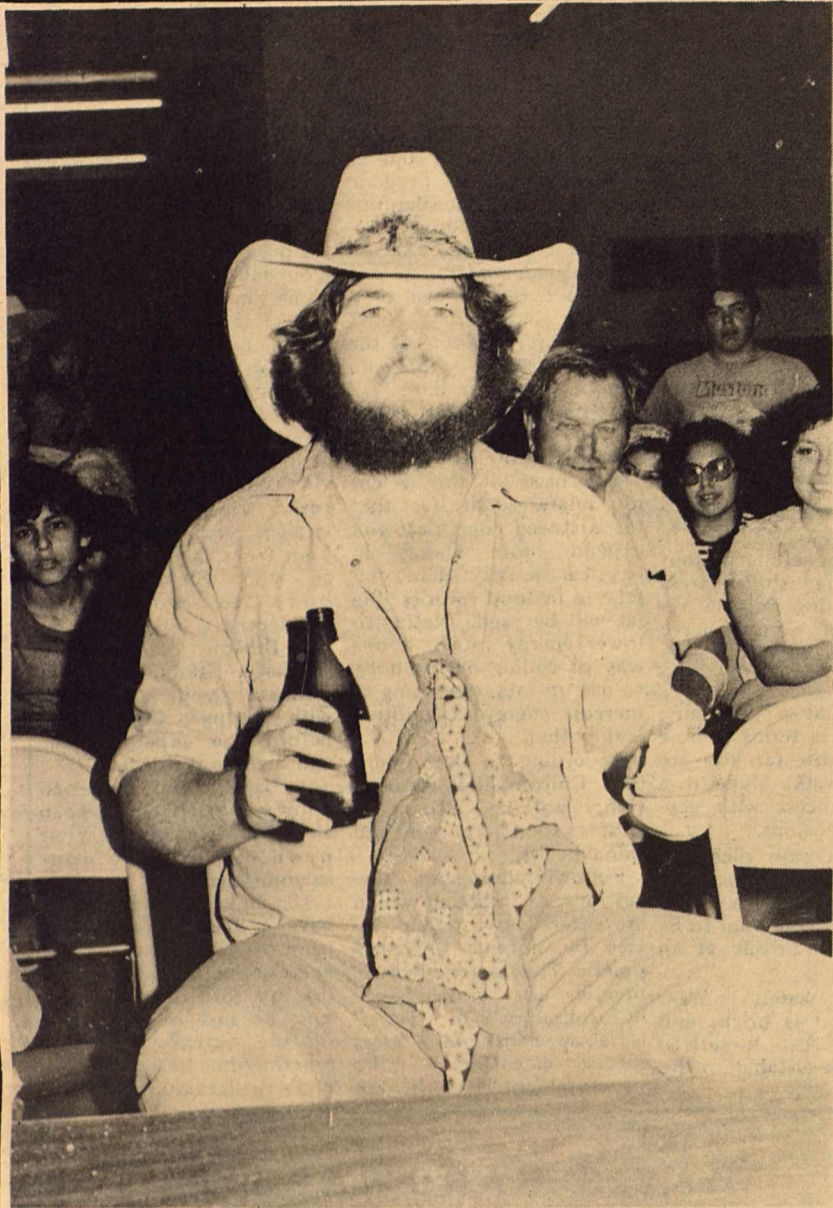
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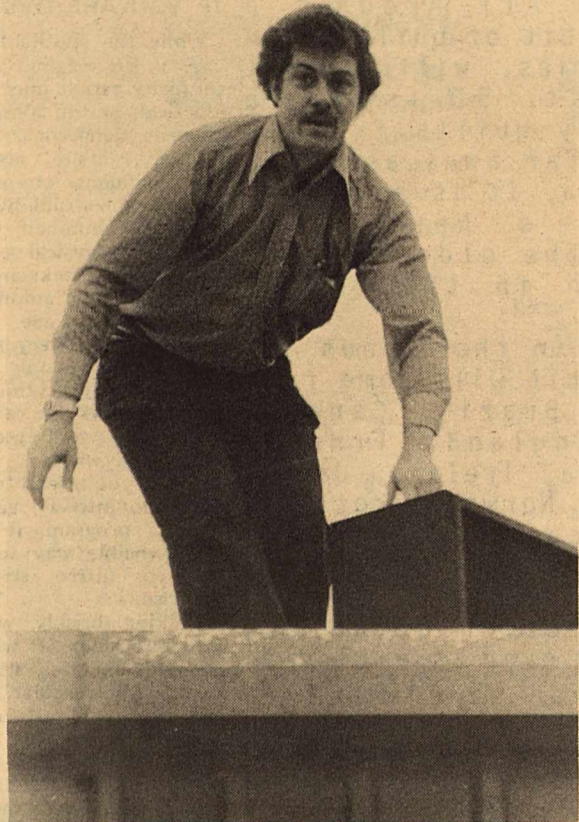
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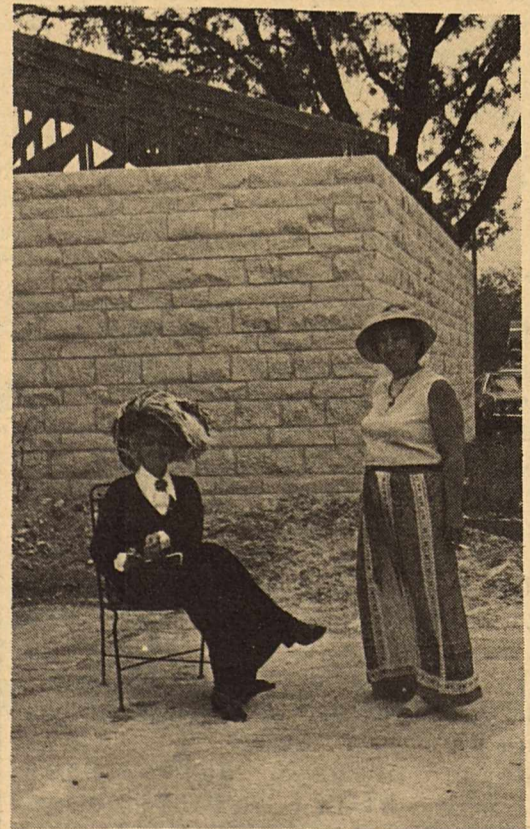
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Worship Service 11:00 am
Worship Ser. (Sun) 7:00 pm
Prayer Meeting (Wed) 7:00 pm

FRONTIER BAPTIST CHURCH (Southern Baptist) Rev. Joe Townsend

Sunday School 10:00 am
Worship Service 11:00 am
Prayer Meeting (Sun) 7:30 pm
Prayer Meeting (Wed) 7:30 pm

CHURCH OF CHRIST

Sunday School 9:30 am
Worship Service 10:30 am
Bible Study (Sun) 6:30 pm
Bible Study (Wed) 7:00 pm

UNITED METHODIST CHURCH Ron Kelley- Pastor

Sun: Church Education- 9:45am
Morning Worship- 11:00am
Wed: Bible Study- 7:00pm
Thurs: Children's Choir Practice- 4:00pm
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JOB OPENINGS

JOB OPENING *****

Community Council of Southwest Texas, Inc., is accepting applications for the position of Deputy Director of Operations. Prefer four (4) year college degree with previous management and social service experience desirable. Bilingual with some computer experience helpful. Inquires, resumes or applications should be directed to Bill Bretzke, Executive Director, Community Council of Southwest Texas, Inc., P.O. Drawer 1709 - 429 W. Main, Uvalde, Texas 78801. Deadline for applications is 5:00 p.m. Friday, November 8, 1985. Community Council of Southwest Texas is an affirmative action, equal opportunity employer.

CITY OF BRACKETTVILLE

City of Brackettville will be accepting applications for a part-time janitor beginning November 1, 1985. Applicants must be over 21 years of age..APPLY IN PERSON AT CITY HALL..

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Working With PLANTS

Q. My once-beautiful rubber plant has lost its lower leaves and now looks very awkward with its leaves clustered at the tips of long stems. How can I restore its old shape?



A. This is a very common problem with rubber plants. Fortunately an easy tech-

nique, called air layering, provides a simple answer. Scrape off a narrow ring of bark a couple of inches below the lowest leaves on a stem, apply ROOTONE brand rooting hormone to the scraped area, wrap the wound with moist sphagnum moss, and seal this with a cover of polyethylene film. New roots will grow at the wound. When several roots appear, cut the stem off below the moss ball, thus severing the new plantlet. Pot and protect it carefully until it becomes fully established. New shoots will grow from the remaining parent stem, filling out the "body" of the original plant.

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