

# The Brackett News

School is out - watch out for the children!

16th year, No. 17

Serving the communities of Brackettville, Fort Clark Springs, Spofford and Kinney County

1 Section, 8 Pages

## New city officials take office

By DEL RIO LIVE! STAFF  
Special to The Brackett News

Joe N. Garza Jr. was officially declared the new mayor of Brackettville following Tuesday night's canvass of the votes cast in the May 15 election.

Garza and council members Matt Bland, Francisca "Chica" Garza, Lydia Tipps and Tully Welch were sworn in by County Judge Herb Senne on Friday.

"I ran a good, clean campaign, (but) I think legal action will be taken on my opponents' part," Mayor Garza said.

Garza is not alone in his thinking. Talk still lingers about dismissing the May 15 election and asking for another one. There is also talk about election fraud. However, there is no substantiation.

Neither Brackettville City Manager Bonnie Wardlaw nor Texas Ranger Johnny Allen have returned phone calls, and Kinney County Sheriff L.K. "Buddy" Burgess said he could not comment on whether election records have been forwarded to the Texas Rangers for further analysis.

"For the past two days, I haven't had one call or com-

plaint to my office," Burgess said Tuesday night following a special called meeting of the Brackettville City Council.

The special called meeting to canvass the votes took place Tuesday night in the City of Brackettville Annex, lasted no more than 30 minutes and did not address other election concerns.

However, in the annex parking lot, an altercation took place between Abbie Garcia, a supporter of Garza's, and Richard Pena, father-in-law of one of Garza's opponents, Ponce Padron. Reportedly, later, Garcia pressed charges against Pena.

The vote canvass showed that two of the races were decided by less than 10 votes.

After a recount last week, Garza and Ponce Padron still finished with 246 and 237 votes, respectively. J.J. Guidry received 169 votes.

In the Place 1 election, Welch edged Camilo Cruz Jr. 257-256 and Guajardo finished with 96.

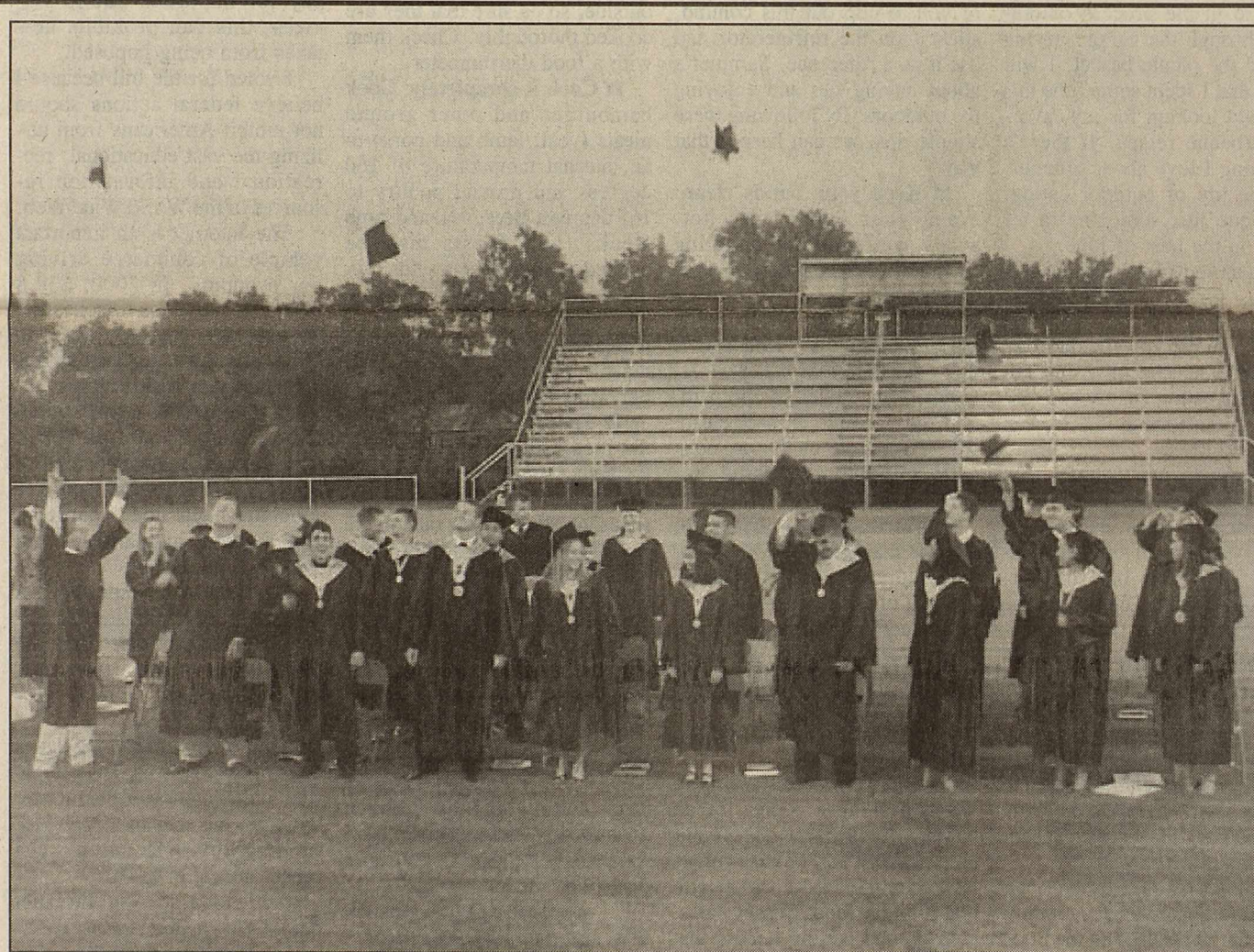
Francisca Garza, the only incumbent to be re-elected, ran unopposed for the Place 4 seat and received 434 votes. Bland won the Place 2 seat and Tipps was elected to the Place 5 seat.



Swearing in ceremony

Recently-elected city officials Lydia Tipps (from left), Matt Bland, Joe Garza, Francisca "Chica" Garza and Tully Welch officially took office Friday as they were sworn in by County Judge Herb Senne during a ceremony at the City Annex.

Photo by Jewel Robinson



Proud graduates

Members of Brackett High's Class of 2004 toss their hats in the air as the ceremonial finish to commencement exercises Friday night at Tiger Stadium. The local high school conferred 34 degrees during the ceremony.

Photo by Albert Lattimer

### State approves \$9 billion plan to maintain transportation system

AUSTIN — A four-year, \$9 billion plan to preserve the existing Texas transportation system has been set in place by state transportation officials.

The Texas Transportation Commission Thursday approved the 2005 Statewide Preservation Program. The plan distributes \$7.5 billion to maintain highways and right of way, \$1 billion for bridge replacement and rehabilitation, \$377 million for grade separations at highway/rail intersections, and \$5.5 million for rail.

Overall spending to maintain and preserve the state's transportation system will go up 3 percent from the 2004 program.

"Taxpayers expect us to protect their investment in our existing highways, bridges, and rail," said Mike Behrens, TxDOT executive director. "This action allows us to keep maintenance a top priority."

In other action, commissioners initiated a new, voluntary right of way acquisition procedure. The measure is expected to save taxpayers money while compensating property owners in the path of future transportation improvements. In a typical example of an agreement called an advance acquisition option,

a landowner may agree to be paid to keep the property off the market and forego additional development during the option term. The title, possession and continued use of the property remains with the landowner until and if purchase by TxDOT is required. If TxDOT exercises its option, the landowner would be paid fair market value for the property.

During the meeting, the commission and TxDOT staff discussed drafting the department's strategic plan for the next five years. The plan will take into account a variety of challenges TxDOT faces, including the impact of NAFTA, escalating supply costs, a simplified project funding program, new funding tools, toll roads, mobility needs, the declining purchasing power of the gas tax, financial bonding, and the increasing role of regional transportation planning. Adoption of the strategic plan will be considered later this year.

"It is crucial that we plan strategically for the next five years, focusing on how we plan, build, maintain, use and manage the state's transportation system," said Ric Williamson, commission chair.

#### INSIDE

##### Contest winners

Brooke Brown and Janine Rex are the Jones Elementary winners in the National Electrical Safety Month Poster Contest, sponsored by RGEC. Community/Page 4

##### Petrosky honored

Emily Petrosky has been awarded the Greater San Antonio Area Female Christian Athlete of the Year Award and scholarship. Community/Page 4

##### Student-athletes

Beth Ballew and Star Smith were named Brackett High School's Scholar-Athletes of the Year at the recent Athletic Awards Banquet. Sports/Page 5

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## Parade committee adopts design for medal

The July Fourth Parade Committee met last week and adopted the design for the commemorative medal to be presented to honorees at this year's parade.

The front of the medal will show the facade of the Kinney County Courthouse and be engraved with the words, "Kinney County ... In Appreciation."

The reverse of the medal features Lady Liberty holding the American flag. Above the figure are the words, "In harm's way everyday" and below, the date, "July 4th, 2004."

Surrounding the figure are the agencies to be honored:

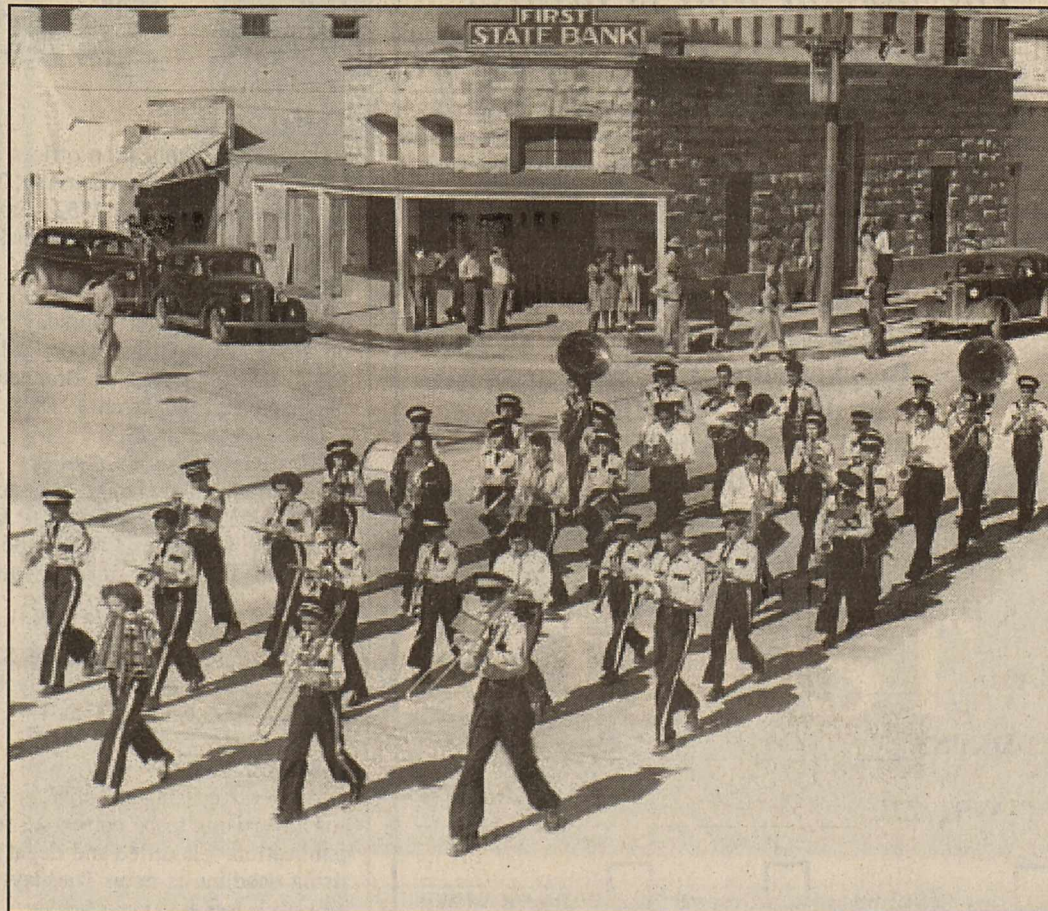
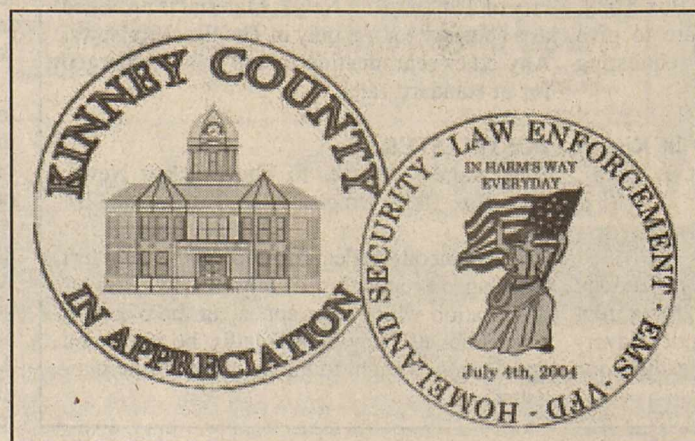
"Homeland Security — Law Enforcement — EMS — VFD."

The medal will be suspended from a red, white and blue ribbon.

Donations from local organizations and individuals, and proceeds from a benefit barbecue to be held after the parade at the Fort Clark Springs swimming pool will help pay for the medals.

The parade down Ann Street will begin at 9 a.m. on Saturday, July 3.

More detailed information about the parade will be published in coming weeks.



Parade on Ann Street, circa. 1920s (Zack Davis Collection)

## Little Tyler makes it home!

Monday my grandson finally made it to his home. It was a long time coming.

I was there to help greet him and witness his arrival to his house for the first time. He is nearly 4 months old. Most children his age are already familiar with their surroundings. But it's OK. He'll learn to like his home.

The room he will inhabit looks more like the supply room for the emergency room of a large hospital. He has more bells, whistles and alarms attached to him than any seen at the circus. But that's OK, too. He's home.

I appreciate all of the calls, cards, letters and short greetings whenever we chance to meet expressing your well wishes for him. Most of all, I thank you for your prayers. I am very much aware of the One who orchestrates miracles. I praise Him every day. I thank him for the life



*But I Could Be Wrong*

**Chuck Hall**

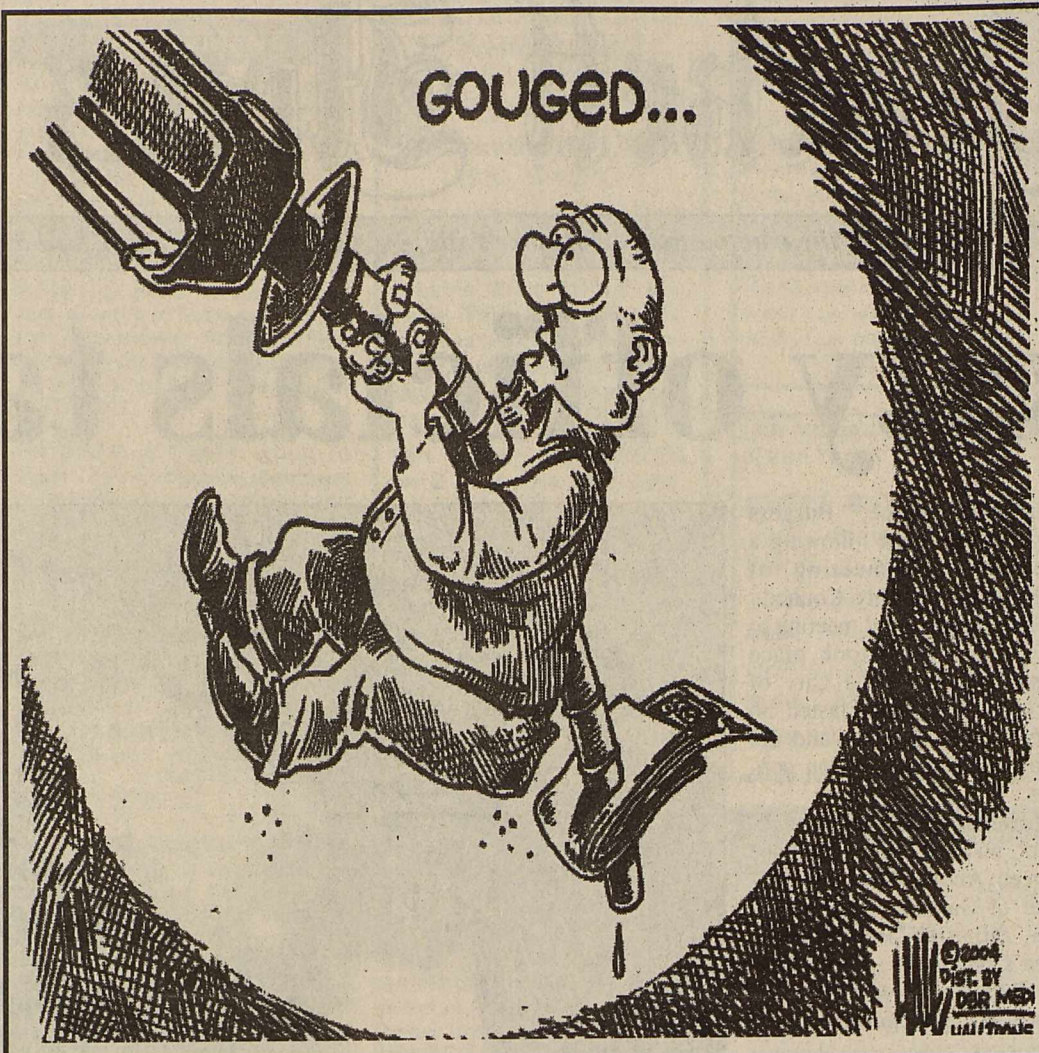
of Tyler. I'm glad he's alive. I'm glad he's home.

His recovery will be slow. He will have to undergo many more surgeries in the next few years. He will be several years old before we can say that he's healed. But I know each breath he takes will bring him closer to that day.

Ty and his granddad have many adventures to share. I want to get started. It's hard on me to wait. But I can. He's home.

This week's column will be shorter than usual. I have many things to do. Most involve Ty. I'll make it up to you later.

I just wanted to relay the message: He's home!



*Capitol Comment*

**Kay Bailey Hutchison**

## Taxing the Internet?

It's now hard to imagine life before the Internet. Virtually every company, organization, school or government agency now boasts a "www" address as part of its contact information.

Children as young as 3 and 4 are surfing online, looking up pictures and playing computer games as they learn to read and write. And soldiers on the battlefield in Iraq and Afghanistan can communicate with their loved ones via video messaging and e-mail.

But the Internet has also opened a Pandora's Box of legislative activity, creating a whole new industry subject to regulation and taxes.

While sales taxes on the Internet vary from state to state, taxes on Internet access — the monthly fees you pay to Comcast, AOL or MSN — are not subject to taxation.

In 1998, Congress passed the original moratorium and called for increased study of the issue, insulating Americans from new taxes and giving this burgeoning industry an environment in which it can continue to grow and flourish.

Recently, Congress voted to extend the ban on taxing access to the Internet. While some local governments do levy taxes on telecommunications and right-of-way access, which help pay for important public services, this ban prohibits new taxes from being imposed.

I voted for the bill because I believe federal actions should not inhibit Americans from utilizing the vast educational, recreational and information resources of the World Wide Web.

The Internet is an important vehicle of commerce driving our economy. In 2000, \$38.8 billion in business-to-consumer transactions occurred online. In 2004, estimates indicate that figure could top \$180 billion.

E-commerce is especially vital in a state the size of Texas, with thousands of residents living in rural areas far from the shopping malls and department stores found in the cities and suburbs.

A recent study reported that 67 percent of urban and 66 percent of suburban Americans use the Internet at home or work, while 52 percent of rural residents are online.

The Internet brings the latest consumer goods to your doorstep with the click of the mouse, whether you live in a high rise in downtown Houston or a ranch outside of El Paso.

Additionally, the Internet breaks down geographic barriers and enables each of us to explore new worlds we may never have known.

From a rural schoolhouse in Pecos County, students can jump online and interact with school children across America. A stay at home mother in Wichita Falls can take college courses on the Internet, simultaneously raising her family while earning a master's degree in business. By taking its business to the Web, a small home business in Freer can expand beyond its neighborhood and sell gift baskets, quilts or handcrafted jewelry to customers around the world.

The Internet Tax Nondiscrimination Act, which passed the Senate 93-3, extends the ban on Internet access for four more years. While I supported the bill, I also worked to ensure the legislation preserved the status of Texas communities already collecting "franchise fees." Franchise fees and access line fees are payments that have been collected by cities since 1870 from telecommunications companies for use of public rights of way.

Taxing the Internet and raising the costs of electronic commerce would harm American consumers and grow the "Digital Divide" in America.

Extending the ban on access taxes was the right thing to do. As we've made strides in recent years to close the Digital Divide and bring the Internet to all Americans, Congress must not throw up roadblocks on the Information Superhighway.

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### LETTERS TO THE EDITOR POLICY

The Brackett News welcomes and encourages letters to the editor. Letters should not exceed 350 words. The editor reserves the right to refuse or edit all letters submitted for length, potentially libelous statements and accuracy of information. All letters must be signed and include a mailing address and phone number for verification purposes. All writers must provide proof of identity. The Brackett News will not publish letters sent via e-mail. Letters published and viewpoints of columnists do not necessarily reflect the editorial beliefs of this newspaper.

**Big Mama Sez!**



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## Congressman Bonilla offers summer food safety checklist

The temperature is quickly approaching 100 degrees. Lawn chairs, visors and beach towels are in high demand at the local grocery store. And the neighborhood kids are out of school. All these things could mean just one thing: Summer is here!

Many of you have already fired up the grill. And others of you are in the process of digging through the garage, trying to find the picnic basket. I will admit that I spent some time this weekend looking for my favorite barbecue recipe. If there's one thing I love about summer, it's the joy of outdoor eating. Barbecue just somehow tastes better in the heat of June.

But as you're making that grocery list for the picnic or scheduling some activities for ball field, I hope you'll add food safety to your checklist. Just because the eating has moved outdoors doesn't mean that we can skip food safety.

Many of us forget that foodborne illnesses increase in the summer months. Bacteria are always present in our environment. They're in our soil, air, water, and the bodies of people and animals. But these microorganisms grow faster in the warm summer months. Given the right circumstances, harmful bacteria can quickly multiply to large numbers. When this happens, someone eating the food can get sick. That's exactly why we need to take extra precautions this time of year.

As chairman of the Agriculture Appropriations Subcommittee, I work closely with the Food and Drug Administration. Each summer, the FDA provides the nation with food safety tips. We use these tips everyday in our house. They're as simple as only packing what you intend to eat.

These tips are easy and will become second nature before



*Weekly Report*

**Henry Bonilla**

you know it. I encourage each of you to clip out this column, stick it on the refrigerator and use it as a reference. Summer's about having fun and enjoying the outdoors. By following these simple tips, we can keep it that way.

■ **Keep your hands clean:** Wash your hands with hot, soapy water before handling food and after changing diapers and handling pets.

■ **Plan ahead:** When eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces.

■ **Marinate and refrigerate:** Always marinate food in the refrigerator, not on the counter. If some of the marinade is used as a sauce on the cooked food, reserve a portion of the marinade. Don't reuse the marinade used on raw meat or poultry unless it's boiled first to destroy any bacteria.

■ **Don't cross-contaminate:** When packing a cooler for an outing, wrap raw meat and poultry securely to prevent juices from coming into contact with ready to eat food. Wash plates, utensils and cutting boards that held the raw meat or poultry before using again for cooked food. Carry a clean plate out to the grill to hold the safely cooked food.

■ **Keep cold food cold:** Cold perishable food like luncheon meats, cooked meats, chicken

and potato or pasta salads should be kept in an insulated cooler packed with several inches of ice, frozen gel packs or containers of frozen water.

■ **Watch the temperature:** When cooking outside, take your thermometer along. Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that they are cooked thoroughly. Check them with a food thermometer.

■ **Cook it completely:** Cook hamburger and other ground meats (veal, lamb and pork) to an internal temperature of 160 degrees and ground poultry to 165 degrees. Beef, veal and lamb steaks, and roasts may be cooked to 145 degrees for medium rare. Whole poultry should be cooked to 180 degrees as measured in the thigh; breast meat to 170 degrees. All cuts of pork should reach 160 degrees.

■ **Travel wisely:** When taking food with you on an outing, keep the cooler in the coolest part of the car. Place it in the shade or shelter and out of the sun whenever possible. Chill cold drinks in a separate cooler to avoid constantly opening the one containing perishable foods. Preserve the cold temperature of the cooler by replenishing the ice as soon as it starts melting.

■ **Follow-through:** After your outing, move food immediately into refrigeration. Bacteria multiply rapidly between 40 and 140 degrees. Never leave food in this "danger zone" more than two hours.

I hope these tips prove handy this summer. For additional food safety information, contact the Food Safety and Inspection Service at (202) 690-9113 or check out their website at [www.fsis.usda.gov](http://www.fsis.usda.gov).

I hope each of you has a fun, relaxing and, most importantly, a safe summer!

## The Brackett News

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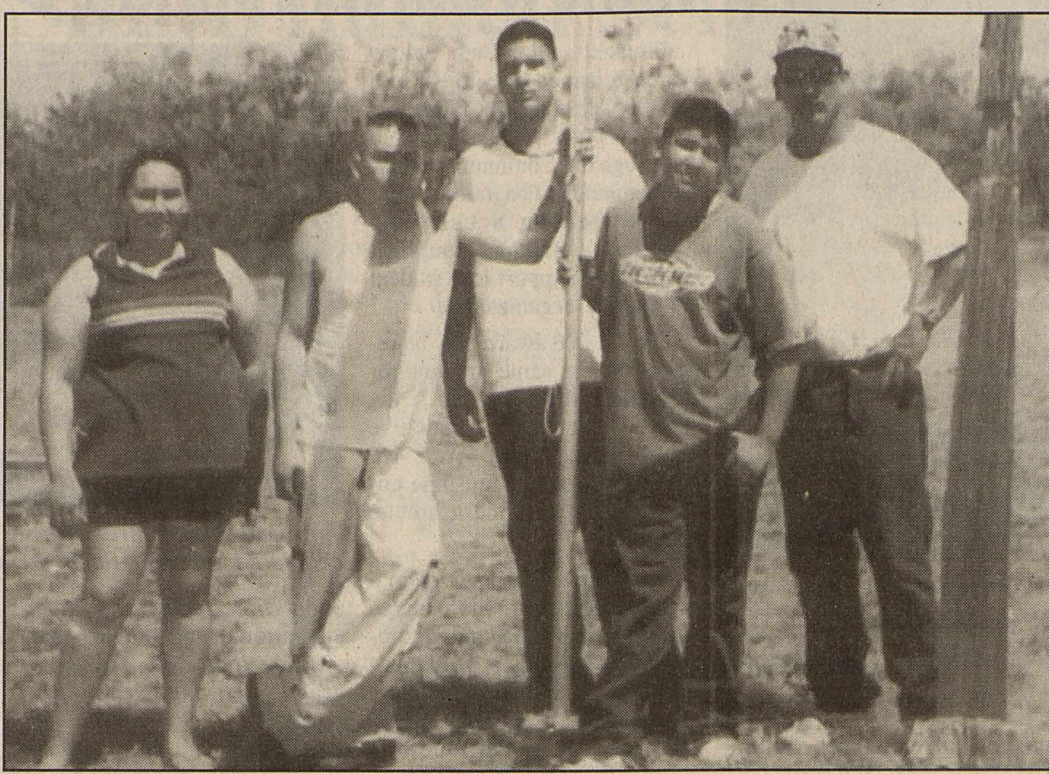
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**Keeping the Spofford Cemetery Clean!**

Sarah Waddell (from left), Kermit Gomez, Sam Waddell, Johnny Waddell and Louis Waddell cleaned the Spofford Cemetery for Mother's Day. The family hopes to keep the cemetery clean in the future. If anyone is willing to help, please contact one of the family members.

Photo by Laura Waddell



**National Cancer Survivors Day is Sunday**

Plan now to participate in the 17th Annual National Cancer Survivors Day on Sunday.

National Cancer Survivors Day is an annual, worldwide celebration of life that is held in hundreds of communities throughout the United States, Canada and other participating countries.

Participants unite in a symbolic event to show the world that life after a cancer diagnosis can be a reality.

In most areas, National Cancer Survivors Day is traditionally observed on the first Sunday in June, although this is not always possible due to scheduling conflicts and time differences.

Celebrating its 17th year in 2004, National Cancer Survivors Day is the world's largest and fastest-growing annual cancer survivor event.

The non-profit National Cancer Survivors Day Foundation supports hundreds of hospitals, support groups and other cancer-related organizations that host National Cancer Survivors Day events in their communities, by providing free guidance,

education and networking.

In the beginning, cancer survivor Richard Bloch, co-founder of H&R Bloch, and his wife, Annette, held their first Cancer Survivor Rally in Kansas City to obtain media coverage that would demonstrate that a diagnosis of cancer was not an automatic death sentence.

The idea soon caught on in other communities and has come to be known as National Cancer Survivors Day.

The Blochs now serve as National Cancer Survivors Day founding co-chairs. They are the founders of a free, nationwide cancer information hotline: (800-433-0464).

Mr. Bloch helped develop the Physicians Data Query computer system for the National Cancer Institute, and in 1982 was appointed by President Reagan to the National Cancer Advisory Board.

The Blochs have authored three books on cancer and have built 20 cancer survivor parks in the U.S., with 5 more under construction.

On Sunday, thousands of people in hundreds of commu-

nities will be celebrating the lives of all people, especially those who are living with a history of cancer.

Who is a cancer survivor? The National Cancer Survivors Day Foundation defines a "survivor" as anyone living with a history of cancer — from the moment of diagnosis through the remainder of life.

National Cancer Survivors Day affords communities an opportunity to demonstrate that it has an active, productive cancer survivor population.

Maybe it's your mother, maybe it's your co-worker, or your neighbor, or maybe you yourself are a cancer survivor. In America alone, there are 9.6 million people living with a history of cancer. These survivors will be the first to tell you that you can live a fulfilling life after a cancer diagnosis.

Major advances in cancer prevention, early detection and treatment have resulted in longer survival. However, surviving cancer can leave a host of problems in its wake. Physical, emotional and financial hardships often persist for years after di-

agnosis and treatment.

Survivors may face many challenges, including access to cancer specialists and promising new treatments, denial of health and life insurance coverage, financial hardships long after the initial diagnosis and treatment, employment problems, psychological struggles and the strain on personal relationships and the profound fear of recurrence.

However, cancer survivors can live active, productive lives even though they still face many challenges.

To improve the quality of life of cancer survivors, more resources and research are needed. The National Cancer Survivors Day Foundation encourages a greater commitment to resolving the issues of cancer survivorship.

Knowledge, hope and inspiration can help beat cancer. And there's no better place to find it than at a National Cancer Survivors Day event.

We hope you will join us in celebrating National Cancer Survivors Day and show your support for cancer survivors, their families, friends and healthcare providers.

**Cook without sugar and carbs**

Good news today! Those of us who cook deserts without sugar and/or low carbs, keep today's recipes in a very safe place for easy referral.



Goodies From G.G.

Vada Baldree

**Sugar Free Powdered Sugar**  
 ¼ cup Splenda  
 2 tbsp. cornstarch  
 Place in blender. Cover and blend until ground into a very fine powder. This recipe makes a ½ cup. Use to garnish cakes and pastries.

**Brown Sugar**  
 1 cup Splenda  
 ¼ c. sugar-free maple syrup  
 Pour ingredients into a small bowl and mix well. Use for baked goods.

This recipe makes a ¼ cup. This is enough to replace 1 cup of standard brown sugar. It's best used as an ingredient.

**Powdered Sugar Glaze**  
 1½ cups Splenda  
 ¼ cup cornstarch  
 5 to 6 tsp. water.

Place Splenda and cornstarch in a blender and blend until it is a fine power. Pour into a small bowl, add water and stir well.

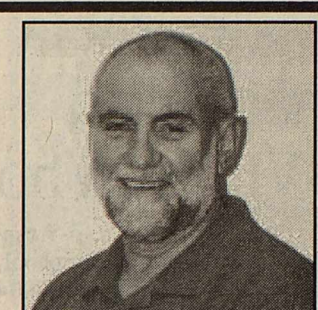
This recipe makes a thick glaze. Add water to thin if desired. For variations add ½ tsp. of vanilla, 1 drop of maple flavor, or 1 tsp. of grated lemon peel or grated orange peel.

**Lowfat Cream Cheese Frosting**  
 ½ cup light butter, softened  
 1 cup Splenda  
 1 pound non-fat cream cheese, softened  
 2 tsp. vanilla.

Beat butter and Splenda briefly in a medium bowl just until blended. Add cream cheese, tablespoon by tablespoon. Mix until lump free, one to two minutes. Scrape the sides of the bowl and add vanilla. Mix well. This recipe makes about 2 cups.

**WHY DO PROFESSIONAL ATHLETES RELY ON REGULAR CHIROPRACTIC CARE?**

Dr. Kent Lowery, D.C.



The simplest answer to this question is that it works!! Did you know that 75% of the San Francisco 49ers received chiropractic care the day they played in -and won- the 1990 Super Bowl? Were you aware that Tiger Woods is a regular chiropractic patient? Or that our Olympic team travels with a team of chiropractic physicians in attendance?

The role of chiropractic in sports is three-fold. It speeds recovery from injury, enhances performance, and prevents future problems. Common sense tells us that what works for the professionals can also work for us. The injuries received in a con-

tact sport such as football or hockey are similar to the ones you might receive in an auto accident. This forceful impact on the body can damage or malposition vertebrae in the neck or back, but this damage may not be discovered until later. Chiropractic care can locate and treat this condition by gradually realigning the vertebrae to their natural position. Chiropractic care is natural and drug-free and can return you to the "playing field" in a shorter period of time. For an appointment, call Dr. Kent Lowery, D.C., located in Brackettville, at (830) 765-4917.

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2004 Chevrolet Silverado	24,703 miles	\$4,517	2001 Buick Rendezvous	1,433 miles	\$4,517	2002 Chevrolet Cavalier	28,991 miles	\$4,518
2001 Chevrolet Silverado Ext. Cab	SOLD	\$4,517	2001 Chevrolet Trailblazer	14,712 miles	\$4,517	2002 Dodge Duran 1500 Pickup	25,281 miles	\$4,518
2001 Chevrolet Tahoe	11,417 miles	\$4,517	2001 Chevrolet Cavalier	17,985 miles	\$4,517	2002 Chevy Silverado Reg. Cab	SOLD	\$4,518
2001 Chevrolet Silverado	12,894 miles	\$4,516	2001 Buick Century Custom	23,778 miles	\$4,516	2001 Chevy Silverado Ext. Cab	SOLD	\$4,518
2001 Pontiac Grand Am	25,211 miles	\$4,516	2001 GMC Yukon	15,823 miles	\$4,516	2001 GMC Yukon	14,516 miles	\$4,516
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2001 Chevrolet 5-40 Crew Cab	1,783 miles	\$4,515	2001 Chevrolet Cavalier	SOLD	\$4,516	2001 GMC Sierra Crewcab	13,111 miles	\$4,517
2001 Pontiac Grand Am	SOLD	\$4,516	2001 Pontiac Grand Prix	SOLD	\$4,516	2001 Pontiac Montana	SOLD	\$4,516
2001 Chevrolet Trailblazer	18,515 miles	\$4,516	2001 Chevrolet Cavalier	13,297 miles	\$4,516	2001 Pontiac Aztek	25,554 miles	\$4,517
2001 GMC Ext. Cab	SOLD	\$4,516	2001 Chevrolet Malibu	14,223 miles	\$4,516	2001 Chevrolet Tahoe	29,310 miles	\$4,517
2001 Chevrolet Cavalier	19,935 miles	\$4,516	2001 Chevrolet Impala	10,775 miles	\$4,516	2001 Chevrolet Impala	SOLD	\$4,517
2001 Chevrolet Silverado Ext. Cab	14,441 miles	\$4,518	2001 Chevrolet Impala	14,733 miles	\$4,518	2001 Pontiac Montana	28,113 miles	\$4,518
2001 Chevrolet Silverado C3500	28,295 miles	\$4,518	2001 GMC Yukon XL	14,733 miles	\$4,518	2001 Pontiac Montana	28,113 miles	\$4,518
2001 Chevrolet Venture Van	31,228 miles	\$4,518	2001 Chevrolet Suburban	17,431 miles	\$4,518	2001 Pontiac Montana	SOLD	\$4,518
2001 Chevrolet Silverado Ext. Cab	28,523 miles	\$4,518	2001 Chevrolet Silverado Ext. Cab	18,860 miles	\$4,518	1997 Chevrolet Tahoe 4x4	SOLD	\$4,518
			2002 Chevrolet Silverado Ext. Cab	30,815 miles	\$4,518			

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**Car of the Week** 2000 Chevrolet Impala \$7,495 OR \$118/week

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## Brown, Rex win contest

Brooke Brown and Janine Rex are the Jones Elementary School winners in the National Electrical Safety Month Poster Contest, sponsored by Rio Grande Electric Cooperative.

Brown took first place honors in the first through third grade division, and Janine's entry garnered first place honors in the fourth through sixth grade division. They will now compete against the individual school winners from other schools to determine the overall winner in each age division.

Overall winners will receive a Wal-Mart gift card and the right to have their posters incorporated into the design of future book covers. The book covers are distributed free to schools throughout West Texas and Southern New Mexico.

The contest is open to any student in the eighteen Texas and two New Mexico counties in Rio Grande's service terri-



### Contest winners

Janine Rex (left) and Brooke Brown are the local winners in the National Electrical Safety Month Contest sponsored by Rio Grande Electric Cooperative.

Photo Special to The Brackett News

tory. Judging for the overall winners will be conducted by RGECE's Board of Directors on creativity and electrical safety principles represented.

"We congratulate these out-

standing student artists, and the school personnel who realize the importance of promoting electrical safety among our youth," said Dan Laws, general manager and CEO of RGECE.

## Ballew earns Bankers' scholarship

Brackett senior Beth Ballew has been named a recipient of a \$2,000 scholarship from the Bank & Trust. The scholarship is through the Community Bankers Scholarship Program, administered through Scholarship America, a national nonprofit educational support and student aid service organization.

The \$2,000 award may be renewed at the same amount for an additional three years if the student maintains a cumulative 2.0 GPA or higher on a 4.0 grading scale, and full-time enrollment in an undergraduate program.

The scholarship is given to a high school senior who plans to enroll in a full-time undergraduate course of study at an accredited two- or four-year college, university or vocational technical school in the fall following graduation based on the following criteria: Academic record; potential to succeed; leadership; participation in school and community activities, honors, work



Lynn McCarron, president of the Bank & Trust, presents a scholarship to Beth Ballew, BHS valedictorian.

experience, and statement of educational and career goals; and a cumulative 2.5 to 3.5 grade point average on a 4.0 scale.

"The Bank & Trust is pleased to offer these scholarships and to support the youth of our community," said Lynn McCarron, president of the Bank & Trust. "Educating our children in the

hopes that they will return to our community and serve as leaders to make Brackettville a place that we will continue to be proud of is an important role of the local business community.

"The Bank & Trust congratulates all of the 2004 graduating seniors and challenges them to strive for their goals."

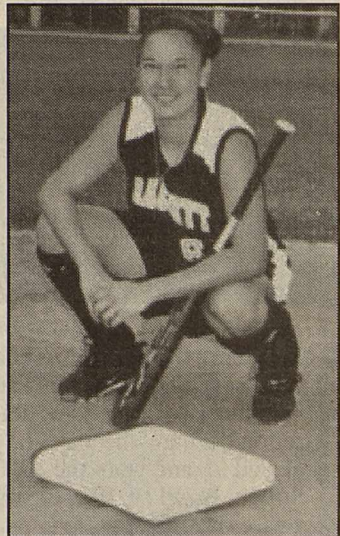
## Valenzuela named to Who's Who

Emily Valenzuela, a freshman at Brackett High School, was named to the 2003-04 Who's Who in Sports.

Valenzuela was the district's Newcomer of the Year in basketball.

In softball, she was Offensive Player of the Year and was also named the team's co-MVP.

Her proud parents are Mary and David Campos.



Emily Valenzuela

### BRIEFS

#### NRA allows personal watercraft use

The National Park Service has re-opened Amistad National Recreation Area to personal watercraft use. Personal watercraft, small one or two-person craft such as Ski-doo's and Waverunners, have been prohibited at Amistad NRA since November 2002.

The National Park Service has written a special regulation to permit the watercraft after determining the personal watercraft use at Amistad NRA is appropriate and consistent with the park's mission, resources and values, and other visitor activities.

Amistad NRA consists of the United States portion of Amistad Reservoir. An earlier ban did not affect the Mexican portion of the reservoir.

Personal watercrafts must have daily or annual lake use permit, available at automated machines within the park or at the park Visitor Information Center. Owners are also reminded to be sure the personal watercraft has current state registration.

The park superintendent may temporarily limit or restrict personal watercraft use in specific areas for safety or resource protection purposes. Limited areas closed to personal watercraft use within the park include: The water area extending 1,000 feet out from the concrete portion of Amistad Dam; Seminole Canyon, starting a half-mile from the mouth of the Rio Grande; and Hidden Cave Cove and Painted Canyon on the Rio Grande where marked by buoys, landing on any island posted as closed, and government coves at Diablo East and Rough Canyon.

"We're glad personal watercrafts are allowed back on the reservoir, but we caution users to ride safely," said Alan Cox, Amistad NRA superintendent. "With increasing water levels, waves are larger than many boaters are used to."

#### LEPC hosts public hearing Monday

The Kinney County Local Emergency Planning Committee is hosting a public hearing regarding preparation of a Hazard Mitigation Plan. Citizens are requested to attend and submit appropriate data for inclusion in the plan. The hearing is Monday at 6:30 p.m. in the District Courtroom, located upstairs in the Kinney County Courthouse.

#### Genealogy Society meets Saturday

The Southwest Genealogy Society will meet Saturday morning at 10 at Hermann's Sons Restaurant on Highway 90 in Hondo. Jim Zingraff, guest speaker, will discuss rock art of the Lower Pecos. There is a \$5 registration fee, and individuals and responsible for buying their own lunch. The public is invited.

#### Meyer named to ASU's Dean's List

SAN ANGELO — Leslie Elaine Meyer of Brackettville was named to the Dean's List for the 2004 spring semester at Angelo State University. Meyer is majoring in marketing with a business-international option.

To be eligible for the Dean's List, students must be enrolled full-time and maintain a 3.25 grade-point average on a 4.0 scale.

#### National safety tour to visit county

A national safety tour will make a stop at the Kinney County Sheriff's Office Friday to provide free cable-style gunlocks and accompanying educational materials to local law enforcement as part of the Project ChildSafe program.

#### Local AA group is open to citizens

If you want to drink, that's your business. If you want to quit, that's our business. Call Alcoholics Anonymous at 563-5848.

## Petrosky wins area FCA award

Emily Petrosky has been awarded the Greater San Antonio Area Female Christian Athlete of the Year Award and scholarship that is given by the San Antonio Area Fellowship of Christian Athlete office. Petrosky has been Brackett's FCA captain for two years.

Two girls and two boys receive the honor, which includes a \$500 scholarship. There was a banquet in their honor Wednesday in San Antonio at the Marriot Hotel. The speaker at the banquet was Grant Taft from Baylor University. The FCA Greater San Antonio Area includes the area that extends from San Marcos, Beeville, Del Rio and Ozona.

To win this award, Petrosky had to submit an application, write a paper, and get two references from teachers. Only FCA officers can be considered for this scholarship. Petrosky won over hundreds of applicants.



Sponsor Rhonda Marquardt (left) presents Emily Petrosky with the Greater San Antonio Area Female Christian Athlete of the Year Award and scholarship.

### KINNEY COUNTY SHERIFF'S REPORT

#### Sunday, May 23

10:53 p.m., Danny Faz, 19, and Adam Victor Faz, 22, both of Seguin, were arrested by Deputy Donald Page. Danny was arrested for driving with a suspended license. Adam was arrested for probation violation.

#### Monday, May 24

8:48 p.m., Deputy Paige reported a goat out on Highway 90 near the Bader Ranch.

10:13 p.m., A man reported dogs barking near his residence on F.M. 2804.

#### Tuesday, May 25

6:51 a.m., A Fort Clark Springs man reported that his Murray push lawnmower had been stolen from his residence in Unit 15.

6:22 p.m., A man requested assistance at the City Annex because of an altercation following the City Council meeting.

8:10 p.m., A man reported that his neighbor's dogs were chasing people down E. Second Street and almost bit them.

8:15 p.m., A man requested assistance in checking on his mother who lives on Fort Clark Springs. He said she recently suffered a stroke and was not answering her phone. A Fort Clark Springs security employee went by the residence and the woman was asleep.

#### Wednesday, May 26

10:42 a.m., A woman requested assistance regarding cab-

ins on the old La Fonda Ranch.

#### Thursday, May 27

8:33 a.m., A man reported an 18-wheeler driving reckless on Highway 90 near Pinto Creek. Del Rio DPS officials were notified of the situation.

11:55 p.m., A man said he was walking home when he saw that two men may have been trespassing behind Barbara's Table. The man stated that they were parked in a white vehicle and when he hollered at them they took off real fast.

#### Friday, May 28

12:54 a.m., A woman reported a one-vehicle rollover on Highway 131, south of Brackettville. No injuries were reported. DPS officials were notified of the accident.

3:45 p.m., Castaneda Marcelino Suarez, 28, of Mexico was arrested by Deputy Ron Ring on warrants for forgery and failure to appear out of Harris County. He was booked into the Kinney County Jail, where he was still being held at press-time.

4:05 p.m., A 911 caller reported a reckless driver on Highway 90 near Fritter Park. The caller stated that the vehicle was a red and white Chevrolet truck and had almost caused an accident.

4:26 p.m., A 911 caller reported an 18-wheeler driving reckless on Highway 90, about 5 miles east of Brackettville.

9:05 p.m., A city employee reported that the city pool was open and it was supposed to be closed. Officials tried to reach the city employee on standby, but were unable to.

10:31 p.m., A woman reported a couple of kids throwing a ball at her window and the wall at her residence on E. First Street.

10:35 p.m., A woman requested assistance from Border Patrol agent at her residence on E. Fourth Street. She had seen some illegal aliens walking near her residence. Border Patrol officials were notified.

**Saturday, May 29**

2 p.m., Jose Antonio Mata, 37, of Brackettville was arrested by Deputy Manuel Pena on warrants for failure to appear and motion for enforcement. He was turned over to Val Verde County officials later the same day.

7:30 p.m., A man reported that another man had passed out at the Red Bridge. Deputies Page, Pena and Ramon Gutierrez were dispatched to the location and then drove the man home.

10 p.m., A man reported that someone had broken into his residence on west Spring Street. Deputies Gutierrez and Page were dispatched to the residence.

**Sunday, May 30**

1:15 a.m., A Brackettville man requested to speak with a

deputy.

3:30 a.m., A woman reported that a driver of a tan Buick driving up and down Ann Street appeared to be intoxicated.

4:48 a.m., A man reported that he saw someone trying to break into the Stop N Shop. The man stated that he could not see who the individual was because they had run away. The owner of the store was notified of the situation.

3:50 p.m., A woman reported an old silver Cadillac driving reckless on Highway 90.

4:12 p.m., A Pico employee reported that a woman had locked her keys inside her vehicle.

9:21 p.m., A Fort Clark Springs security employee requested to speak with a deputy.

9:57 p.m., An anonymous caller reported a reckless driver on Highway 90, west of Brackettville.

11:10 p.m., Cheri Kay Morrell, 39, of Kingwood was arrested by DPS Trooper Tully Welch for driving while intoxicated. She was released the next day after posting a \$1,000 cash bond.

11:20 p.m., A local ranch owner requested to speak with a deputy.

**Monday, May 31**

4:02 a.m., A man reported that a building next to his house on W. Spring Street was on fire.

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# Ballew, Smith named Scholar-Athletes of the Year

## BHS has 46 students named to All-Scholar Team

By J.J. GUIDRY  
Sports Editor

Beth Ballew and Star Smith were named Brackett High School's Scholar-Athletes of the Year at the recent Athletic Awards Banquet.

Ballew, BHS' 2004 valedictorian was a member of the Tigrettes' volleyball team. Smith, the highest ranking boy, participated in football, basketball, track and tennis.

"Star and Beth were both excellent students who worked very hard in the classroom to attain their high academic standards," Brackett athletic director and head football coach David Yeager said.

Yeager said Brackett's coaching staff stresses academic success to its athletes.

"We want our students to do their very best in the classroom and in the athletic arena," he said. "Some of the same attributes that allows one to have high achievement in academics will allow them to have success in athletics, such as giving great effort, goal setting, organizational skills, discipline to detail, positive attitude, plus many more."

Athletes are named to the All-Scholar Team if their cumulative average for all their classes for the first five six-weeks grading period is over a 90. There were 46 athletes earning honors

this year.

"The coaching staff is very proud of all of our all-scholar athletes," Yeager said. "I think it shows some of the character and hard work that our student-athletes possess. One of the hardest things to do is to stay on top of all your school work when you get home sometimes late at night from a ballgame."

The BHS 2003-04 All-Scholar Team is made up of:

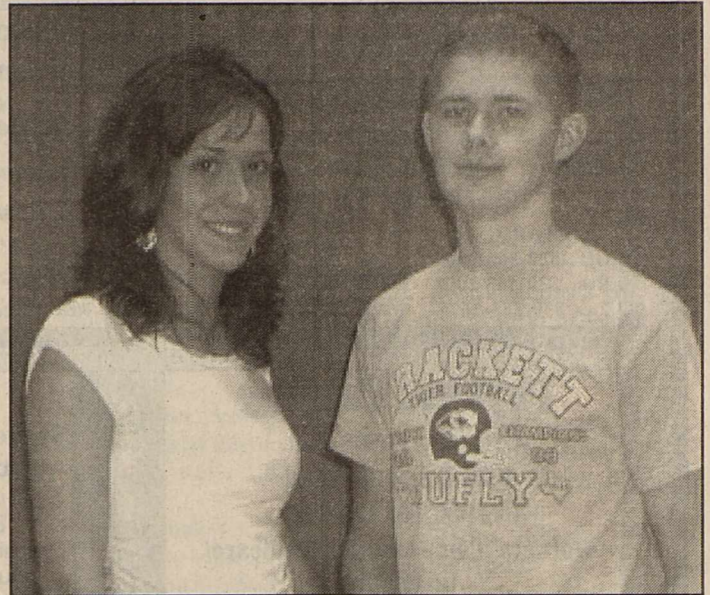
■ **Seniors:** Beth Ballew, Stacey Castilla, Stephanie Coronado, Amanda Davis, Dietrich Davis, Tony Jamail, Christopher Lehnert, Sarah Meyer, Emily Petrosky, Arnold Pinales, Tony Rosetti, Ashley Smith, Star Smith, Ashley Thourot, Beau

Watkins, Eli Woolsey and Caitlin Wylie.

■ **Juniors:** Juliann Ashabraner, Tillman Davis, Jackie Duncan, Whitney Hobbs, Brandon Kluzek, Whitney Massingill, Danielle Moore, Cody Robinette, Oscar Sierra, Shanae Simmons and Kody Yeager.

■ **Sophomores:** Dana Bonner, Alanna Conoly, Jessica Crane, Billy Steelman, Rachel Swinson, Leon Woolsey and Brand Wylie.

■ **Freshmen:** Justin Calk, Lola Cano, Laura Meyer, John Moore, Robin Pevehouse, Ivan Pinales, Natasha Smith, Michael Stephenson, Nadine Terrazas, Emily Valenzuela and Kara Yeager.



Beth Ballew and Star Smith were named Brackett's Student-Athletes of the Year at the Awards Banquet.



Scholarship recipients

The Brackett Athletic Booster Club awarded scholarships to graduating seniors Emily Petrosky (from left), Star Smith, Eli Woolsey and Ashley Smith during the recent Athletic Awards Banquet at the Kinney County Civic Center.

Photo by J.J. Guidry

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## OUTDOORS

### This 'big fish' story is for real

ATHENS — Call something a "big fish" story and everyone knows immediately it's a tall tale.

Not in this case. "Splash," the new world-record blue catfish, who weighed in at 121.5 pounds upon being caught, now resides at the Texas Freshwater Fisheries Center in Athens.

On Jan. 16, 2004, dedicated big blue catfish angler Cody Mullennix of Howe was fishing alone from the bank of the Hagerman National Wildlife Refuge on Lake Texoma. Mullennix loves and respects big fish, and when he caught a 56-pounder, he released it and continued fishing.

That's when the big fish now known as Splash took the bait, a three-inch shad. After a half-hour battle using a 14-foot surf rod spooled with 20-pound line, Mullennix wrestled the big fish onto a shallow ledge. He knew immediately the fish was not only his biggest catch ever but something special as well.

"There was something about it that grabbed hold of me," Mullennix said. "I gave it ev-



A Little on the Wildlife Side

Henry Lutz

erything I could get it over the ledge. I kept it out there in 10 to 12 inches of water and kept pouring water over it. I was too scared to put it on a stringer, or back out in deeper water."

Mullennix called a friend on his cell phone and asked him to bring a 100-pound-capacity scale. The fish bottomed it out, and Mullennix realized he probably had a new state record, so they loaded the fish into a pickup truck and took it to a bait shop that had a certified scale.

The big blue weighed in at 121.5 pounds, not just a new state record, but a new world record as well.

After reviewing x-rays of the fish to be sure it held no foreign objects, the International Game Fish Association certified Splash in May as the new world record blue catfish.

Word had spread quickly as the fish was being held in a minnow tank at the store, and a local game warden came by and suggested that Mullennix donate the fish to the Texas Freshwater Fisheries Center. One phone call later, Lisa Griggs from TFCC was headed north with a fish-hauling truck, and a few hours later, the fish that was soon to be known as Splash had a new home.

After being held in an isolation tank for a few weeks, Splash was put on public display. The 26,000-gallon aquarium where she now lives holds a number of fish of various species, but there's no doubt that Splash is the "Big Fish" in this tank.

That fact is never more obvious than during the daily dive show, when a diver goes into the tank and hand-feeds the fish. Splash eats when she wants to, delicately taking a frozen smelt from the diver's hand. When Splash approaches the diver, other fish make themselves scarce.

For more information, visit <http://www.tpwd.state.tx.us> or call the center at (903) 676-2277.



Splash takes frozen smelt from the diver's hand whenever she feels like it. Other fish in the tank give her plenty of room.

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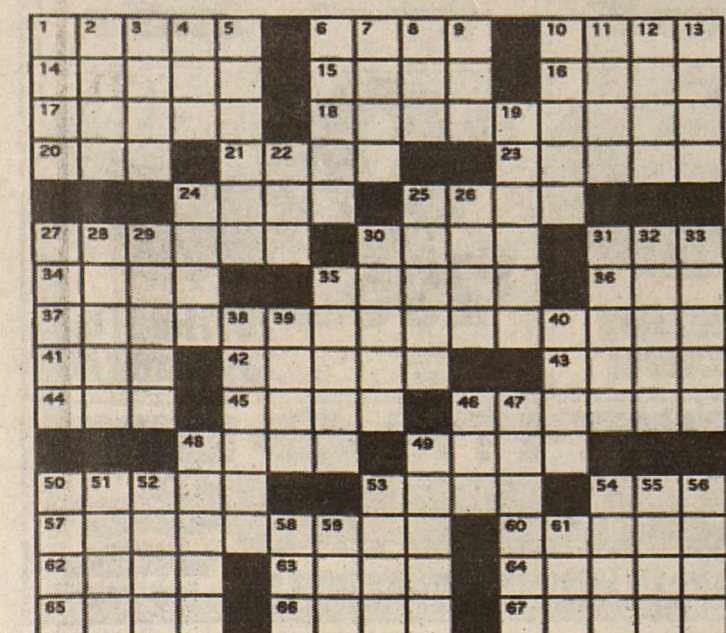
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53 Musical number  
54 Grad party planners  
57 Began to develop  
60 Fictional wish granter  
62 Bothers  
63 Part  
64 Opposite of depress  
65 Lean  
66 Farmer's home  
67 Jungle beast  
DOWN  
1 Deprivation  
2 \_\_\_ for: picks  
3 River barrier  
4 Lake bird  
5 Sleeve  
6 Understood  
7 Baker's need  
8 Diamond  
9 Presidential monogram  
10 Merchandise  
11 M\*A\*S\*H star  
12 By \_\_\_ routinely  
13 Worry  
19 Boulder  
22 Switch positions  
24 Veal's source  
25 Fold  
26 Edible tuber  
27 Racehorse  
28 Left one's seat  
29 Pre-Christmas purchases  
30 Like a taskmaster  
31 Goodyear  
32 Misrepresent  
33 Magic, once  
35 See 25  
36 Down  
38 Portrait supports  
39 Poet's color  
40 Send  
46 Start of many California cities  
47 Hunk of gold  
48 In disarray  
49 Word with T or A  
50 Ski lift  
51 Merrye  
England  
52 Warm material  
53 Convince  
54 Underwater tree branch  
55 Baptism or wedding  
56 One who speaks of future events  
58 Fort \_\_\_ California  
59 Part of a late trio  
61 Mr. Whitney



**ROARING TWENTIES**

In the grid below, twenty words can be found that fit the category for today. Circle each word that you find and list it in the space provided at the right of the grid. Words can be found in all directions—forward, backward, horizontally, vertically and diagonally. An example is given to get you started. Can you find today's 20 words?

Today's Category: MAJOR LEAGUE BASEBALL TEAMS

B	R	A	V	E	S	E	I	K	C	O	R
D	S	D	E	R	K	J	O	J	K	S	K
P	D	J	E	R	J	R	S	R	N	C	
K	H	G	D	H	I	R	J	E	S	I	U
J	I	I	T	O	E	D	G	X	T	L	B
T	D	I	L	G	A	D	D	P	N	R	S
R	S	E	N	L	O	S	E	O	A	A	R
O	S	A	K	D	I	T	T	S	I	M	E
Y	R	K	H	G	I	E	D	R	G	E	W
A	S	L	E	G	N	A	S	G	O	T	E
L	T	W	I	N	S	Y	N	E	W	S	R
S	W	Y	A	N	K	E	E	S	E	B	B

1. Expos  
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**HAPPY BIRTHDAY**

June 3....Louise Johnson	June 8.....Ricardo Galvan
June 4..Patricia Barragan	June 8.....Mary Lancelle
June 4.....Emma Cannon	June 9.....Bob Jones
June 6.....Nicole Mata	June 9.....Beth Ann Smith

**Roaring Twenties Solution:**

1. Angels	11. Mets
2. Astros	12. Orioles
3. Braves	13. Phillies
4. Brewers	14. Rangers
5. Cubs	15. Reds
6. Dodgers	16. Rockies
7. Expos	17. Royals
8. Giants	18. Tigers
9. Indians	19. Twins
10. Marlins	20. Yankees

**HOROSCOPES**

by Charles Cooper

**ARIES** (March 21 to April 19) Try to set aside some special time for loved ones. Finding out what's going on in their lives proves enlightening. Later in the week, those in authority are in cantankerous moods.

**TAURUS** (April 20 to May 20) Those making vacation plans should look for something which will be mentally stimulating. Vegging on a beach is fine. However, you need something more than that right now.

**GEMINI** (May 21 to June 20) You manage to maintain your calm this week, despite a controversy at work. Others are drawn to you as a result. Over the weekend, you get some positive feedback from a family member.

**CANCER** (June 21 to July 22) Exercise understanding with your mate. While you may not know yet what the problem is, just be supportive. Eventually, you will find out what's going on.

**LEO** (July 23 to August 22) Be alert and aware this week. Something is brewing at work. Once you have a handle on this, you can rise to the occasion.

**VIRGO** (August 23 to September 22) A great weight is lifted this week. You realize that what you were worried about really is inconsequential. Take this as a lesson for the future.

**LIBRA** (September 23 to October 22) Don't allow stress to ruin what should be a good week for you. If you tackle one project at a time, everything gets done. This weekend, a child is a source of delight.

**SCORPIO** (October 23 to November 21) An early-week disappointment sets the tone for the week. However, a social event brightens your mood considerably. Feel free to mix business and pleasure.

**SAGITTARIUS** (November 22 to December 21) You express yourself eloquently this week. While you won't win over any minds or hearts, others gain a new understanding. Later in the week, trust your instincts.

**CAPRICORN** (December 22 to January 19) Try to avoid being so close-mouthed with your mate. If you do, you can sidestep hurt feelings. Be open and honest - it's the best approach.

**AQUARIUS** (January 20 to February 18) Ignore that person who's holding a grudge against you. Negativity is toxic. This weekend, you gain excellent financial insight.

**PISCES** (February 19 to March 20) Patience isn't exactly one of your virtues. However, strive mightily to be just that. At home, overspending is a problem this weekend.

## The blood of Jesus is our pathway to heaven

"I still can't understand why Muslims act the way they do toward Jews and Christians, Dad," Brenda remarked. "I should think they would want to go to heaven and would behave accordingly."

"Well Brenda," Jeff began, "Muslim tradition is very different than our Judeo-Christian traditions when it comes to heaven and even hell. Muslims, like Christians, very much want to go to heaven. They call it 'Paradise.' And like Christians, they want to avoid hell."

"Christians believe that the pathway to heaven is through the shed blood of Jesus. And along our pathway we strive

very much to imitate our blessed Savior and to follow his teachings. That means we live lives of love and holiness.

"Muslims depend upon following the teachings of the Koran and following the traditions of Muhammad. The highest level of righteousness for them is to imitate the Prophet. They depend entirely upon their clerics or Imams to tell them how to do that. But, they have no savior."

Brenda looked puzzled. "Then is their heaven the same as our heaven?" she asked.

"No sweetheart," Jeff answered. "The Muslim heaven is full of the pleasures of the flesh



**Empowering Families**  
**Dr. Donald Smith**

and their hell is a horrific torture chamber."

"Then the hell we believe in is like the hell they believe in, right?" Brenda laughed. "Sounds like someplace I don't want to be. What about the 72 virgins they talk about?"

Jeff laughed: "The Muslim paradise is a place of unending pleasures of wine and food and

every kind of sexual pleasure, both female and male. This is only for the single-minded slaves of Allah who is nowhere to be found among these pleasures. Of course, it sounds like a place made especially for men. There is some question as to what happens to women."

"On the other hand," Brenda chimed, "our heaven is a place of blissful union with God and of an eternal partaking of the divine nature." (2 Peter 1:4)

**Editor's note:** This is the third in a short series on Islam. Material for this article is from "Inside Islam, A guide for Catholics," by Daniel Ali and Robert Spencer.

## Don't let your heart be troubled

"Let not your heart be troubled: ye believe in God, believe also in me."

"In my Father's house are many mansions; if it was not so, I would have told you. I go to prepare a place for you."

"And if I go and prepare a place for you, I will come again, and receive you unto myself, that where I am, there ye may be also."

"And where I go ye know, and the way ye know."

"Thomas saith unto him, Lord, we know not where thou



**St. John's Missionary Church**  
**Rev. Bill Adams Sr.**

goest; And how can we know the way?"

"Jesus saith unto him, I am the way, the truth, and the life; no man cometh unto the Father, but by me." (John 14:1-6)

Praise the Lord!

## Is the U.S. becoming a non-religious nation?

Some "did you knows" came your way in last week's publication. How about some more "did you knows?"

Did you know that 52 of the 55 Founding Fathers of our Declaration of Independence and Constitution (94.5 percent) more than 220 years ago, were members of one or another of the Orthodox churches — Anglican, Quaker, Calvinist, possibly one Roman Catholic, etc. — in one or another of the 13



**St. Mary Magdalene Church**  
**Fr. Cornelius J. Scanlan**

original colonies?

Thomas Jefferson, possibly the originator of the Separation of Church and State Doctrine, recently so prominent a modi-

fier of Supreme Court decisions regarding "separation of church and state," had this to contribute: He was worried that the courts would overstep their authority and instead of "interpreting" the law, would begin making law leading to Oligarchy — the rule of a few over the many.

This insight proffered by Thomas Jefferson, "the rule of the few over the many," seems to be the direction in which our national Supreme Court has

been and continues to be heading.

Several lawsuits are pending — each of them presented by one or a few individuals — to be presented as part of the deliberations of our Supreme Court — one or a few out of several millions!

Although our USA is presented to others as a "democracy," allegedly based upon consultation and consensus, is it?

## HEALTH

# Chronic pain is a disease

AUSTIN — Severe chronic pain affects nearly one-third of the United States population at some point in their lives, yet it continues to be perceived as a character flaw rather than the serious, often deadly disease that it is.

There is hope for the 50 million people who suffer its ravages, as new attitudes and exciting new methods in diagnosis and treatment are changing how the medical community looks at chronic pain.

That was the message of hope delivered by Dr. Daniel Brookoff, clinical associate professor of medicine at the University of Tennessee College of Medicine in Memphis, at a recent session at the Texas Medical Association Annual Meeting in Austin.

Pain is part of the plan for keeping our bodies healthy and happy, according to Brookoff.

"God wanted you to have pain," Brookoff said, "Because He put pain receptors everywhere. Furthermore, we want lots of pain for a little injury, because pain protects us from trauma and infection — it is our early warning system."

But the system goes awry when the pain cannot be turned off. Brookoff compared pain to a smoke alarm. We are grateful when it emits an irritating shriek to warn us of a possible fire. But when we discover the trigger

was just a baked potato, we turn off the alarm.

"After being alerted by the alarm, we find the source of the trouble, contain it, then turn off the alarm," he said. "We don't live with the alarm ringing for the rest of our life."

Yet many patients are expected to endure chronic pain, in effect living with the alarm sounding even though the trauma has passed.

That does not have to be the case, as the medical community is changing its fundamental concept what has become the leading cause of disability in the U.S.

"When faced with a patient with chronic pain, the doctor asks, 'Do I treat the disease or do I treat the pain?'" Brookoff said. "The answer is: 'The disease is the pain.'"

Brookoff talks of "good" pain and "bad" pain. Good pain helps keep the body alive. It is part of the natural healing and protective system of the body. Bad pain "makes you want to die."

Chronic pain is not just the prolonged version of acute pain. If pain is not treated, the body can actually adjust to sense the pain even more, even to the point of generating nerve tissue.

"Our body is not built like a department store," said Brookoff. "You don't find one piece over here, and another over there. We are realizing that all

the parts talk to each other."

Nerves for example are not just electrical "wires" passively sending impulses to the pain centers of the brain. Nerve endings contain receptors — known as NMDA receptors — that are not active in sensing acute pain, such as a pinprick. But with repeated or prolonged stimulation, these NMDA receptors become active and make fundamental changes in how the body reacts to pain.

First, the pain receptors become hypersensitive, so that less input is required to trigger pain. Prolonged stimulation also can cause nerve cells to sprout new connections. When that happens, the signals in the brain spread out, making it increasingly difficult to isolate the source of the pain. Eventually these pain signals spill over into the emotional areas of the brain. This explains why many patients describe their sensations with emotional words such as "terrible" and "awful," and often start to cry.

"Those patients are telling the truth," he said. "Their pain is emotional."

Researchers also are realizing that the body's natural pain-relieving system is just as important to health as the pain-signaling system. While we have pain receptors everywhere, every pain receptor is matched by

a pain inhibitor.

Pain signals release endorphins which act to contain and control the pain sensation. That is one reason why the acute pain that comes from a cut finger only hurts for a few minutes rather than several days.

Drug interventions are beginning to follow nature's example. The purpose of medication will change from getting patients to stop feeling pain, to keeping them feeling the pain in a balanced way.

Ultimately, the answer will not be to kill all pain, but to bring it back into balance. As has happened with AIDS and cancer, the approach to chronic pain is changing from conducting a "war" on the disease to living with the disease.

"I like to say that I don't treat pain; I treat abnormal pain," said Brookoff. "People we previously dismissed as faking pain, we now can treat. It turns out they are not crazy."

"If we stop chronic pain, we can stop the destruction of the body. And that is really exciting," he said.

TMA is the largest state medical society in the nation, representing more than 39,500 physician and medical student members. It is located in Austin and has 120 component county medical societies around the state.

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Worship Service - 10:45 a.m.

Adult/Youth/Children Discipleship Training 6 p.m.

Evening Service 7 p.m.

Wednesdays 7 p.m. Bible Study

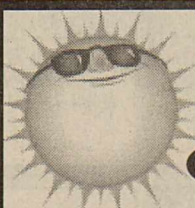
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