

Herndon named to water board



Tootsie Herndon has been appointed to fill a vacancy on the Groundwater Conservation District Board of Directors.

By J.J. GUIDRY Editor

Tootsie Herndon has been named as a board member for the Kinney County Groundwater Conservation District. The Commissioners Court during its monthly meeting on Monday morning.

Herndon is filling the board meeting. seat left vacant by Darlene Shaafter being hired as the district's general manager.

board president, said of Shahan's resignation.

Melancon, Nat Terrazas and all should be interested in the Francie Wylie all approved the water," she added.

"I have a real interest in water due to there. the fact Spofford didn't have any until we got a pipeline and began purchasing wa- quorum for this process which ter from the City of Brackettville." appointment was made by the **Spofford Mayor Pro-Tem Tootsie Herndon** wide position. The only require-

> appointment. Commissioner Joe Montalvo was absent from the bers, including Herndon, will be the county

"I appreciate your vote," said han, who resigned as a director Herndon, the mayor pro-tem of but beginning next month we and asked that interested citizens Spofford. "I will do my best. I have a real interest in water due must have a quorum," Smith "This was more or less to to the fact Spofford didn't have keep things from an uproar and any until we got a pipeline and on a level pace," Cecil Smith, began purchasing water from the City of Brackettville. "Water is very important -

Senne and Commissioners Pat and it is all over the state. We

All of the water board memup for election in November.

start our permitting process. I said. "It all was supposed to happen in the month of July, so everybody on the board set up aware Chuck Hall's grandson is sumes for appointment."

ill. He may not be able to be

"This appointment will give us a little leeway for keeping a is starting in August," he added.

The board seat is a countyments are that the director be a registered voter and resident of

The county advertised the "I know this is short-term, vacancy in The Brackett News submit a resume. County Judge Herb Senne said the county received only one resume by the July 7 deadline.

'I'm not implying that it has their business to be here in July. to meet that deadline," Senne Hadley (Wardlaw) had set some told the court. "It's a good probusiness up in August, so he will cedure to have a deadline set for not be here. I'm sure we're all individuals to submit their re-

Directors to discuss election By J.J. GUIDRY

Editor

The Kinney County Groundwater Conservation District is slated to order an election during its monthly meeting, which is slated for 4 this afternoon in the district courtroom in the Courthouse.

Tootsie Herndon, who was appointed to the water board by the Commissioners Court on Monday, will also take the Oath of Office during today,'s meeting.

All seven of the directors -Herndon, Chuck Hall, Don Hood, Dub Miller, Christopher Ring, Cecil Smith and Hadley Wardlaw — are up for election



Garcia threatens city with petition

By J.J. GUIDRY Editor

Brackettville City Council last follows.

Garcia told the aldermen she would circulate a petition to changes."

However, as former Councilman Wes Robinson pointed out, the council is under the aldermanic form of government, as manager form of government.

three citizens to provide public quires a vote by the citizens of input regarding the hiring of a Brackettville to do that. secretary during a special meeting last month. Garza allowed Garcia to ernment in the late '70s, but it speak, who then threatened the aldermen

have to say former City Council, since you are all new.

"Such as, for instance, when Beverly Garcia threatened the the city is on the verge of bankruptcy, you don't give Christmonth with a petition to change mas bonuses using taxpayer dolthe form of government the city lars. You don't have a Christmas party at the El Paso Grill using public funds.

"I plan, unless I see some draabandon the city manager form matic, drastic changes, right of government unless there were now, soon, I will petition this "immediate, drastic, dramatic community to abandon the city manager form of government as it exists now," Garcia said.

Robinson then pointed out the fallacy in her comments.

"You're not underneath the dictated by state law, not the city city manager form of government - you never have been," Mayor Joe Garza Jr. allowed he told the aldermen. "It re-

"The council did vote

in November.

The water district is paying the county \$1,000 to have the candidates for the water board included on the ballot for the general election in November.

Filing is already underway for candidates to apply for placement on the ballot. Candidates can file to run for the water board through Sept. 9.

The board will consider two resolutions today. One is a request by the Texas A&M Extension Servcice to install a weather station in the county. The second is in support of a USGS study on the Pinto Creek watershed

The agenda also includes an update on Ring's efforts for monitoring wells and the general manager's report.

INSIDE

Chuck Hall

My grandson is home again. He was home, then back to the hospital, and now back home again. He still has a lot to overcome. But he will. **Opinion/Page 2**

Vada Baldree

We all watch for ways to serve tasty and healthy food. There is no reason not to with today's many helps that are available. Lifestyles/Page 5

William Adams "And the Lork spake unto me, saying, ye have compassed this mountain long enough ... For the Lord thy God hath blessed thee **Religion/Page 5**

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16th year, No. 23

Musical entertainment

Alamo Village Tejas Band members Scooter Bullard (left) and Ben Padilla of New Mexico entertain the crowd at the famed Alamo Village movie set, located north of Brackettville.

During Monday night's regu-

city manager form of government. Clearly, it's not working," she told the council.

"And I have it on good opinion from a former city manager and also a county judge, that the downfall of city government began when the mayor began to be less active and turned the question, but the mayor did not running of the city over to the city manager. Thus began the downfall of the City of Brackettville," she continued.

supervision, or even with supervision, lack of stewardship on

Photo by J.J. Guidry

the city manager form of govnever went to a vote before the people. You are not underneath "I can petition to abandon the that form of government," Robinson added.

Councilwoman Lydia Tipps then asked Garcia how she knew about the Christmas bonuses and party for employees.

'Some people, like myself, don't know about it," she said. Garcia offered to answer the allow her to speak.

"That item is not on the agenda so let's not get into that right now," Garza said. "If you "The city manager has been would like to make that an allowed to run the city without agenda item in the future, we can do that."

Garcia did request that the isthe part of the City Council -I sue be placed on a future agenda.

Blount and Harris resign from BISD teaching staff

Brackett ISD officials have history teacher, and Harris, a hired four new teachers in the home economics teacher.

past two weeks, as well as accepting the resignations of Rod lar meeting, Steven Hutcherson Blount and Jennifer Harris. was hired to replace Blount. He

"We are fully staffed as of will be coaching and teaching right now, but we may have a high school history, and Charfew more resignations," Bracklie Marquardt will move to the ett Superintendent Bobby Temjunior high to teach history, pleton said Monday night dur-Brackett High School Principal ing the Board of Trustees regu-Paula Renken announced. lar meeting.

Yolando Rueda will take over In addition, Ken Newman has as the home economics teacher. resigned as counselor at Brack-She will also continue to teach ett High School to take a simisixth grade social studies. lar position at Eldorado High

"Yolando Rueda is very ex-School. His resignation, howcited about teaching three secever, has not been formally actions of home economics," Rencepted by the Board of Trustees. ken said. "She has started clean-Newman was hired by the ing out at the home ec cottage.

Schleicher County ISD Board of "Her goal is to make the pro-Trustees as its high school coungram one that prepares students selor on Monday night. That for the work force. Her experisame night, Eldorado officials ence in this area is invaluable. hired J.J. Guidry, editor of The She would like to use this year Brackett News, as a middle as an opportunity to promote the school history teacher. He will program and recruit more stualso coach high school football, dents," she added.

girls' basketball and softball. Also hired were Sunni Jones During a special meeting on Cates, severe and profound spe-June 28, the BISD school board cial education; Laurel Plunk, accepted resignations from second grade; and Belinda Blount, a coach and junior high Schroeder, fifth and sixth grade.



House fire

Photo by J.J. Guidry

A vacant house on E. Veltman was gutted by a fire last week. The cause of the fire is unknown. The case is still under investigation, according to Sheriff's Office officials.

The Brackell Hews

Columnist spends the Fourth with grandkids

My grandson is home again. He was home, then back to the hospital, now back home again. He still has a lot of obstacles to overcome. But he will.

It may take all of my lifetime, but he will be OK. He will heal. His body will mend and grow and get better every time his little heart beats.

spend some time with Grandma he'll not venture into dreamand I over the Fourth. I had lots land. of fun. I know they did too.

burned sparklers. Tanner told Mom and Dad come to get him. his mother, "I make a fire!" He's at that age of wonderment. His whole world is full of awe.

with some sort of security device. Tanner does too.

Other kids have a blanket, a person. I am at my mental, favorite toy, or some other item to hang onto just before falling asleep.

But I Could Be Wrong Chuck Hall

shoes. He has to have his shoes My other grandkids came to held tightly in his little fists or

I wonder why that is? Maybe We watched fireworks. We he wants to be ready in case his Perhaps he is eagerly anticipating the morrow's events. He can barely wait for dawn. As

Some kids like to go to bed soon as it's light, he's moving. I guess he got that from me. I've always been an AM type

physical and social peak just as

the sun comes up. But it doesn't last. I fade very quickly.

Not Tanner. He clutches his But I could be wrong.

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 email. Letters published and viewpoints of columnists do not necessarily reflect the editorial beliefs of this newspaper.

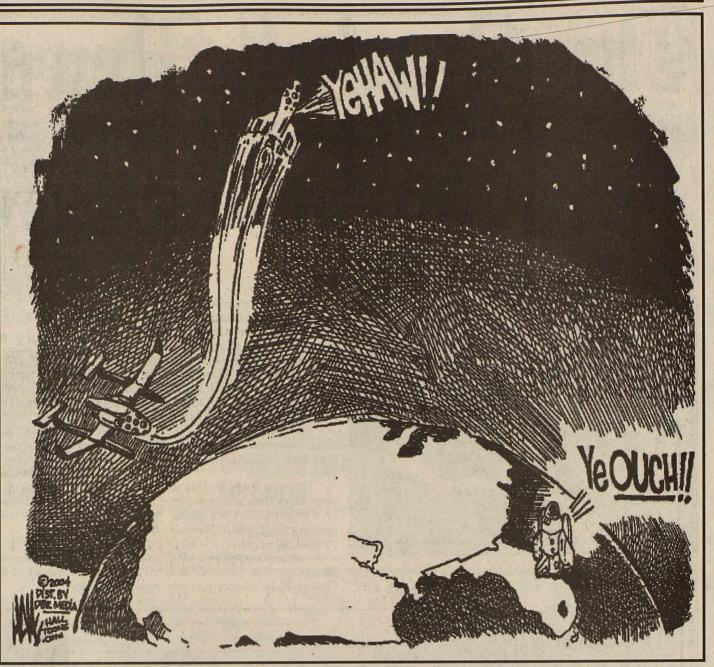


The fact that silence is golden may explain why there is so little of it.



OPINION

Thursday, July 15, 2004



U.S. celebrates the 35th anniversary of man's first footsteps on the moon

began a voyage that would forever change our world, and mark their place in the history books. They were aboard the Apollo 11 spacecraft that launched from Cape Kennedy with a simple mission objective: "Perform a manned lunar landing and return safely."

On July 20, just four days after jettisoning into orbit, Neil Armstrong and Buzz Aldrin became the first humans to step foot on another planet. Their lunar pilot and navigator for the mission, orbited above in the command module Columbia. moon, "That's one small step for a man, one giant leap for mankind," have become synonymous with space exploration and the innately American drive to continue that spirit of discovery. The two astronauts traversed the moon's surface collecting the first ever lunar samples, taking photographs and conducting experiments.

On July 16, 1969, three men splashing into the Pacific Ocean where they were greeted by the aircraft carrier, Hornet, a beaming President Nixon, and a nation overflowing with goodwill, pride and patriotism.

I was a young television reporter in Houston when I covered the heroic Apollo 11 astronauts and their families during the 1969 moon landing. Since that time, I've been an enthusiastic backer of manned space exploration. In my 11 years in the Senate, I've worked hard to module, Eagle, touched down in ensure America keeps pushing the Sea of Tranquility on the the envelope - maintaining our mission and objective for the just one slice of the amazing Moon, while the third crew space program as a top priority, future of space exploration. member, Michael Collins, the and assuring our technological edge in the world continues. Our world has changed significantly since Neil Armstrong The first words uttered on the took the giant leap for mankind 35 years ago, and many of the changes have been fueled by discoveries made in space. Mi- explorations of Mars and other crochips, satellite communica- destinations. His proposals oftion, cordless appliances, CAT scans and guided missiles were ther research in energy, geology all advanced by the knowledge and other fields. This spring the we gained in space.



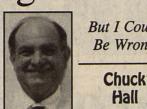
ganic compounds, enabling us to learn more about the world that surrounds us. After the Space Shuttle Columbia disaster last year, we've been forced to reevaluate our space program and infuse NASA with a renewed

This year, President Bush un-

space. Just last month, the Cassini spacecraft successfully entered orbit around Saturn.

The mission, taking place 934 million miles away from earth, and with the cooperation of our partners at the European Space Agency and the Italian Space Agency, began seven years ago when the craft first left Cape Canaveral in 1997.

For the next four years, the Cassini will orbit Saturn, executing 52 close encounters with seven of the planet's 31 known moons. This mission is work being conducted by the scientists, researchers and astro-



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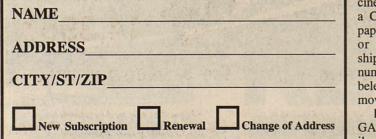
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Four days later they reen- is lifeless, containing no living tered the earth's atmosphere, organisms, fossils or native or- continued its missions into bring untold discoveries.

ing produced discoveries such as the knowledge that the Moon bly life.

term human and robotic program to explore the solar system, beginning with a return to the Moon that will enable future fer tremendous potential to furrobotic rover, Opportunity, dis-Even that initial lunar land- covered that there was once water on Mars and therefore possi-

veiled a new vision for NASA, nauts who strive to keep discovcommitting the U.S. to a long- ery in the forefront of our consciousness.

> This month as we celebrate the 35th anniversary of man's first footsteps on the moon, we commemorate Apollo 11, the pioneers who manned it and the great spirit of discovery that still dwells in us today. It also reminds us that staying in the forefront of space exploration will help us grow the economy and maintain defense prowess.

With an ambitious plan in And all the while, NASA has place, the 21st century could

Internet pharmacies not worth safety risk

Recent news reports have mischaracterized the results of a government report on Internet pharmacies, misleading many readers to believe that buying drugs online is safer.

In fact, the report — released by the U.S. General Accounting Office (GAO), the investigative arm of Congress - contains disturbing information about the only the completion of an online growing amount of medicine purchased over the Internet, and the associated risk to consumers.

It's important to clarify these findings and the safety concerns they present. Some of the highlights of the June 17 report, entitled "Internet Pharmacies: Some Pose Safety Risks for Consumers," include:

found with the handling and authenticity of drugs shipped. Some lacked the necessary refrigeration, or arrived in damaged or unconventional packaging.

One shipment that was supposed to contain the pain medicine OxyContin was received in a CD case wrapped in brown paper, devoid of warning labels or instructions. Another was shipped inside a sealed aluminum can enclosed in a box la- vided labels with instructions on beled "Gold Dye and Stain Remover Wax."

Two-thirds of the drugs the

Report Henry Bonilla

tion. Some web sites required cotics.

Internet were entirely counter- ability to fraud and abuse. feit. Orders for Accutane, OxyContin and Viagra from foreign countries either had lesser real form of the drugs, putting patients at serious risk.

cies engaged in fraudulent business practices, such as not delivering orders at all or using invalid return addresses. Fourteen of the 68 web sites were under investigation by authorities either in the United States, Canada or other countries.

Not one of the foreign pharmacies outside of Canada protion, as U.S. regulations require.

tensibly Canadian web sites drug, he began to notice a stingaren't guaranteed, either. The Washington Policy Cen-

ter recently noted that the drugs they sell to Americans can actually be from Iran, Argentina, South Africa or Brazil. In addition, the FDA has a commission investigating imported drugs from Canada.

While the Internet has helped questionnaire, even for con- to connect society in unprectrolled substances such as nar- edented ways and led to the growth of a genuine global mar-Four of the 68 samples of ketplace, it has significant limidrugs purchased over the tations - particularly a vulner-

In no area is it more critical to recognize and guard against these weaknesses than pharmaamounts of the active ingredi- ceuticals. The GAO acknowlents or completely different edged as much, concluding its Significant problems were chemical compositions than the report by stating, "It is notable that we identified these numerous problems despite the relapurchased." These are not isolated incidents.

> Take the tragic story of Ryan Haight, a 16-year-old honor roll student in La Mesa, Calif., who died from a mixture of hydrocodone, morphine, Valium and Internet pharmacies.

appropriate use of the prescrip- of San Francisco professor Rick Roberts, diagnosed with AIDS Few included important in 1988, provides another cau-GAO attempted to buy were eas-warning information on drug in-tor starting tractment with the full GAO report is avail-able at www.gao.gov. Enter re-

ing sensation at the injection site. After months of intensive lab

work, it was discovered that he had received two different types of counterfeit medicine: one was 1/16 of the strength of the growth hormone that he was supposed to be taking, and had been contaminated. The other was a hormone produced by pregnant women.

As a result of research and development of new pharmaceutical products, we have made tremendous strides in treating conditions that previously offered patients little or no hope. We cannot compromise this progress by allowing potentially unsafe products to enter our drug supply.

The Medicare Modernization Act of 2004 is beginning to provide relief to seniors who are Several Internet pharma- tively small number of drugs we struggling to purchase affordable drugs. Discount cards are available and provide \$600 in Lives are literally on the line. transitional assistance for lowincome beneficiaries. The full, integrated drug benefit will become available in 2006. These efforts will reduce the costs of prescription drugs without cre-Oxazepam obtained from ating new risks for consumers. As tempting as the low prices of The experience of University Internet pharmacies are, the risks are far higher, and not worth taking.

The full GAO report is availily purchased without a prescrip- teractions or side effects. And os- ter starting treatment with a new port No. GAO-04-888T.

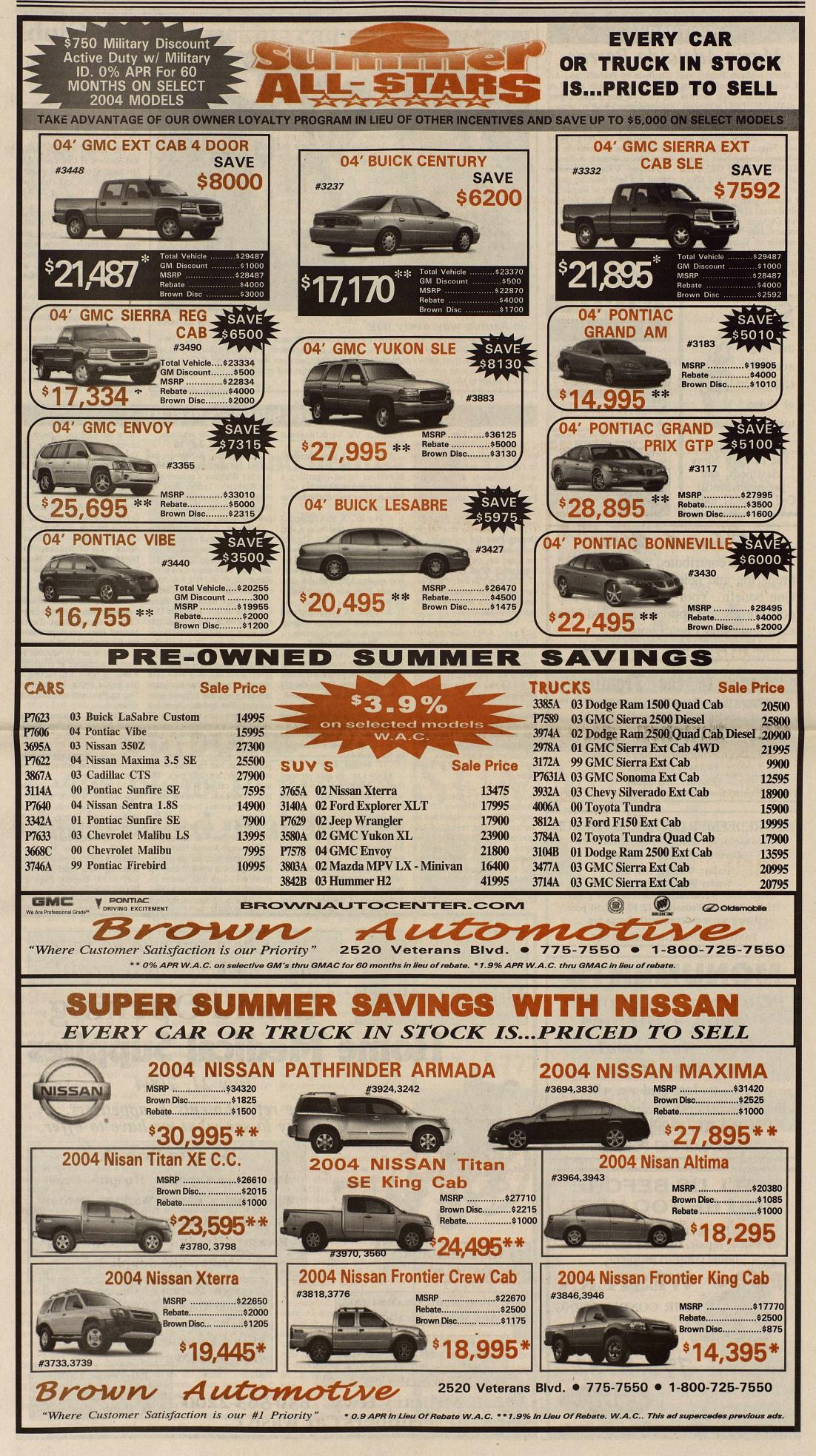


Weekly

Thursday, July 15, 2004



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The Brackell Mews

COMMUNITY

Thursday, July 15, 2004

OBITUARY

Maria Adelaida Parras

July 6, 2004, in Uvalde. She was born Dec. 11, 1915, in Mexico.

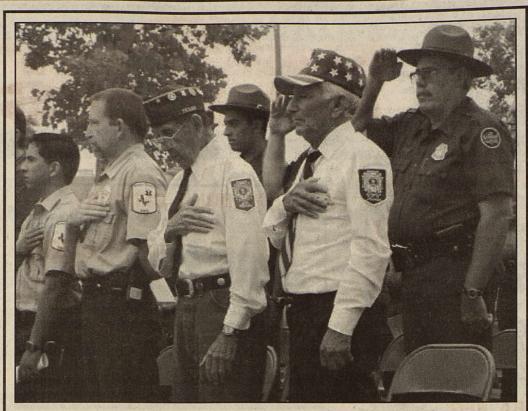
She is preceded in death by her husband: Francisco Parras; daughter: Azucena Benoit; and sister: Francisca A. Flores.

Parras is survived by her daughter: Dolores Odom and husband Jesse of Richton, Miss.; son: Claudio Parras and wife Iris of Santee, Calif.; sisters: Hermila Barrera of Kileen and Tusnelda Cervantes of Brackettville; brothers: Juan Alcala and wife ville. Gaudelia of Torrence, Calif., Fernando Alcala Jr. and wife Margaret of Leesville, La., Alfonso Alcala and wife Dora of Del Rio, Alfredo Alcala and wife

Maria Adelaida Parras, age Charlotte of Pearsall, and Ar-88, entered into peaceful rest on minio Alcala and wife Mary Lou of Del Rio; nine grandchildren; 10 great-grandchildren; numerous nieces and nephews; and special friend Lolly Hernandez.

Visitation was held Friday evening at the Brackettville Funeral Home Chapel. A Rosary was recited. A Mass of Christian burial was held Saturday morning at Saint Mary of Magdalene Catholic Church. Burial followed at the Saint Mary of Magdalene Catholic Cemetery in Brackett-

Pallbearers were Bernardo Cervantes Jr., Bernardo Cervantes Sr., Victor Huerta, Domingo Villarreal, Raymundo Aguilar and Jose Castro.



'In harm's way every day'

The theme for this year's Community Fourth of July Parade was "In harm's way every day." Local military, law enforcement, firemen, Border Patrol, EMS and other personnel who daily place themselves in harm's way and risk their lives were honored at the event. Each honoree was presented a commemorative medal and certificate recognizing their role in keeping the community safe.

4-H Clubs elect new officers

By TILLMAN DAVIS Special to The Brackett News

The Kinney County Junior and Senior 4-H Clubs held their last meeting of the year recently to elect officers and club managers for the upcoming 2004-05 year.

The Senior 4-H officers for next year are Whitney Hobbs, president; Robert Davis, vice president; Hayley Harris, secretary; Justin Calk, treasurer; Tillman Davis, reporter; and Bailee Allen and Daphne Hunt, council delegates.

The Junior Club managers for the upcoming year are Leigh Volcsko and Jenifer Harris.

A training session was held to give the officers a chance to discuss programs, fund-raisers and activities for the upcoming year.

The clubs are scheduled to meet again in August.

TNEMARK Stop moping around! 2.50 All Shows before 6 pm \$2.50 Seniors & Children. \$4.50 Adults. Get rid of those unwanted items. Place your ad in The Brackett News classifieds, and get results fast!!! Call 563-2852 today



Thank you

To all who contributed their time, food. preparing and helping with the Bar-B-Que benefit. Your donations and support are greatly appreciated. God bless each and every one of you.

Thank you again. Juan "Bear" Sandoval

Frontier the Come to

A Bible Based New Testament Church 9:45 am Bible Study/Sunday School 11:00 am Worship Service 6:00 pm Sunday Night at the Movies. 7:00 pm Wednesday Night Service **Nursery Provided**

Tuesday, July 6 2:25 a.m., A U.S. Border Patrol agent requested assistance in regards to two individuals with marijuana at the Cline

checkpoint. Deputy Donald bike that belonged to his son. Page was dispatched to the Deputy Page was dispatched to scene. 5 a.m., Jada Josa Albrecht,

17, of Uvalde was arrested by assistance in regards to a dog Deputy Page for possession of marijuana. He was released later actually belonged to someone the same day on a personal re- else who had been searching for cognizance bond.

9:26 p.m., A Fort Clark security employee requested assistance. Deputy Page was dis- the scene. patched to the scene.

Wednesday, July 7

7 a.m., A 911 caller reported a UPS truck driving reckless, almost causing an accident. DPS 10:30 a.m., A man stated that someone had broken into anfied of the situation.

7:23 a.m., A man reported a DPS trooper had hit the door of his company truck. He said the trooper appeared to be angry and did not even apologize to him. He asked who the trooper's supervisor was and said he would fill out an incident report. The man did not want to give his

KINNEY COUNTY SHERIFF'S REPORT

Medical Center in Del Rio. 5:27 p.m., A man requested assistance at his residence on Beaumont Street regarding a

the residence. 6:36 p.m., A man requested that he claimed was his. The dog it. The man stated that the owner was teasing him with the dog. Deputy Page was dispatched to

7:17 p.m., A woman reported that she had found her missing daughter at a friend's house. Thursday, July 8

other man's house on Rock Street. Constable Bobby Guidry was dispatched to the location. pried open. He said nothing apowner of the house was notified located in town. of the break-in.

Friday, July 9

woman to Val Verde Regional was notified of the situation. Saturday, July 10 12:17 a.m., A woman reported that someone had broken into her daughter's residence at Fulton and Sweeney Street. cation. Deputy Gutierrez was dis-

Photo by J.J. Guidry

patched to the scene. 1:29 a.m., A U.S. Border Patrol agent reported an individual passed out on the side of Las Moras Road. Deputies Gutierrez and Page were dispatched to the

scene. 3:08 a.m., Deputies Gutierrez and Page reported an alarm sounding at the Brackett ISD Central Office. They found that the door of the administration office was open. A school district official was notified. She said she would reset the alarm. 10:40 a.m., A Fort Clark woman reported that her juvenile daughter and a friend were He found that the north-side missing. She said they were last door of the residence had been seen the previous night at 11:30 peared to be disturbed. The into a van. The girls were later Page was notified of the situa-

11:31 a.m., A woman reported that her husband would assistance in regards to a woman

that a stranded car appeared to have hit a deer on Highway 131. The woman stated that the air bags were deployed and the windshield was broken. Deputy the Kickapoo Trailer Park on Page was dispatched to the lo-

> 5:15 p.m., A Sentry Security Service employee reported an alarm sounding at a local ranch on U.S. Highway 90, about 3 miles west of Brackettville. Deputy Page and U.S. Border Patrol officials were dispatched to the ranch.

Sunday, July 11

9:50 a.m., A woman reported a possible break-in at the Lion's Club on Spring Street. Deputy Manuel Pena was dispatched to the location.

10:20 a.m., A woman requested assistance in contacting a man in regards to picking up his son's truck in Bandera. Deputy Pena was notified of the situation.

8:45 p.m., A woman reported at the Pico's parking lot getting a kid driving real fast. Deputy tion

10 p.m., A woman requested



Thursday, July 15, 2004

LIFESTYLES

The Brackell Mews

Vacation over-packing can weigh you down

Weight Watchers offers helpful itinerary for managing eating habits during summer travel

many of us have begun contem- food choices at the buffet. Keep plating vacation plans to popu- in mind, vacations offer a wealth lightly between meals. lar getaways at home or exotic of enjoyment opportunities bedestinations abroad.

Whether by boat, plane, train buds. From sightseeing and look forward to a well-deserved, relaxing break with family and friends.

from the demands and rigors of tion! our daily routines does not necessarily mean forgoing your for possible temptations that can healthful eating habits.

In order to maintain a nutritious diet and healthy weight during your summer vacation, the experts at Weight Watchers recommend that vacationers be aware of the potential pitfalls found at buffets, all-inclusives, "two-for-ones," and the all-youcan-eats, as well as simple ways to successfully enjoy them without overindulging.

All-inclusive getaways found on cruises and at resorts are extremely popular for their dollar value. However, without setting a sensible food budget, these tempting smorgasbords can lead to over-eating.

With summer finally here, of tasty, and often calorie-laden, trol the amount of food you eat. and a high-fiber roll. yond overloading your taste

ing the amount of calories you consume with the calories you However, this timely respite burn is doable - even on vaca-

> "The key is to be prepared arise, particularly when we are enjoying summer trips," said Karen Miller-Kovach, chief scientist for Weight Watchers International.

"Identifying helpful and flexible strategies before the trip is the best way to stay healthy and have fun without deprivation or tion locale. boredom," she added.

Weight Watchers suggests that while packing and checking your itinerary, you also plan healthy eating strategies. Consider the following tips to better manage tempting vacation buffets and smorgasbords without going overboard:

Avoid skipping meals and snack

up on water or low-calorie snacks, such as raw fruits and or automobile, many people dancing to water sports and veggies, lower-calorie crackers, other outdoor activities, balanc- or steamed seafood like shrimp.

> Check out the offerings: When you arrive at the buffet, before picking your plate, take a walk around the buffet and assess the offerings. Make a note of the healthier options and notso-healthy ones. Then get your plate, choose the healthier options first and limit the unhealthier ones.

After you eat, encourage your family to take a walk with you in order to burn calories while enjoying the sites of your vaca-

Avoid going overboard: Oftentimes you can find many foods you love at the buffet. Rather than loading your plate with each food you like each time you dine at the buffet, sample a few favorites and rotate them over the course of your trip.

Don't dive right in: Hun- meal from choices like healthy doing a lot of eating out and din-You're sure to find a myriad ger can make it difficult to con- steamed vegetables, fresh fruit ing on the run.

Take it easy: The variety of foods found at a buffet can Before hitting the buffet, fill often make even the healthiest of eaters' eyes seem bigger than their stomachs. Cut down your portion sizes to incorporate the variety of choices. If available, use a side-dish

size plate instead of a dinner plate. Serve your food with a teaspoon rather than the regular serving spoons. Before making a second trip, take a break and listen if your body says it's full.

Watch the alcohol: Don't let a good time undo your best intentions. Research has shown that drinking alcohol can cause you to consume more calories and make poorer choices. Alternate alcoholic beverages with diet soda or water, or make your drinks go further by mixing them with diet soda, or seltzer as in wine spritzer.

Finally, when vacationing, consider the goal of maintaining your weight rather than losing weight. It's a real accomplish-Make up the bulk of your ment when you know you'll be

First Baptist Church (SBC) Corner of Ann and Veltman Phone: 563-2245

Sunday: Bible study for all ages 9:30 a.m. 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 **Pastor Darin Koenig**

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Food can be tasty and healthy We all watch for ways to **Fettucinne Alfredo**

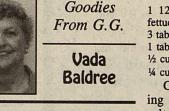
serve tasty and healthy food. There is no reason not to with today's many helps available.

In avoiding fats for seasoning, many buy seasoned salt, which is not best for everyone, or other expensive substitutes.

Why not begin making your own with today's recipe and later store in a glass jar or glass confamily's own favorite blend?

No-Salt Seasoned Shake 1 teaspoon garlic powder 2 teaspoons onion powder 2 teaspoons ground tyme 1 tablespoon mild paprika 2 teaspoons celery seed 1/2 teaspoon ground white pepper 1/2 teaspoon dry mustard powder 1 tablespoon ground dried lemon peel 1 teaspoon ground black pepper

Mix all of the ingredients together in a small bowl, and then pasta dish.



experiment by making your tainer fitted with a lid that makes a tight seal.

> This recipe makes about 1/3 cup. Each teaspoon has less than 0.1 grams of carbs.

trouble, and you can cut on the sauce is smooth. grocery bill. No special ingredients are needed for this good and toss gently to coat. Serve onomy 2:2,3,7)

1 12-ounce package of uncooked fettuccine 3 tablespoons margarine tablespoon flour 1/2 cup milk 1/4 cup grated parmesan cheese Cook the fettuccine according to directions, omitting the

salt and fat. Drain and keep warm. Melt the margarine in a medium sauce pan over low heat, and then add flour, stirring into smooth paste. Cook three to four minutes, stirring constantly. Gradually add milk, stir-Convenience foods are nice, ring constantly until thickened but are costly. Many times you and bubbly. Reduce the heat to can make something from scratch low and add cheese, stirring conin a few minutes with little stantly, until cheese melts and Pour sauce over fettuccine

immediately.



blessed thee in all the works of thy hand; he knoweth thy walking through this great wilderness; these 40 years the Lord thy God hath been with thee, thou hast lacked nothing." (Deuter-Glory

INCLUDES SOFA,

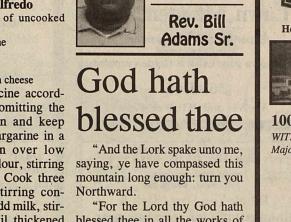
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Texas plans to protect black-tailed prairie dog

LUBBOCK - A working began in 1999 following peti- footed ferret (currently extinct group committee of representa- tions by environmental groups in Texas). Basic prairie dog bitives from ranching and farming organizations, environmental groups, state and federal biolo- The Texas working group is part www.tpwd.state.tx.us/nature/ gists, private landowners and of a multi-state effort to restore wild/mammals/prairie.htm. others has completed a Texas plan to conserve the black-tailed prairie dog and its grassland habitat. The species is currently a candidate for possible listing as threatened under the federal Endangered Species Act.

The management plan created rie Dog Working Group sets a goal to have 293,129 acres of occupied prairie dog habitat in tions and guidelines that con- vatic plague, unregulated poi-Texas by 2011. This represents 1 percent of the original available habitat in Texas as estimated by the U.S. Fish and mendations for regulatory serve the species; and over-use Wildlife Service.

Preliminary estimates indi- tailed prairie dogs. cate there is currently 150,000 to 170,000 acres of occupied prairie dog habitat in the state, with a final inventory to be com-pleted this summer. This acreage figure is based on aerial photo interpretation and subsequent ground truthing from county roads.

Texas is we have more than twice ing group member. "We want to the occupied prairie dog habitat than was originally thought, which was around 68,000 acres based on a 1991 study," said Derrick Holdstock, the Texas Parks and Wildlife Department's black-tailed prairie dog program coordinator.

"It's also important to note that regardless of the final decision on whether to list the prairie dog as threatened, the State of Texas and our partners in the working group are committed to implementing this management plan," Holdstock said. "It really doesn't matter whether it is on or off the list in terms of the Texas plan."

Work to develop the Texas Black-tailed Prairie Dog Conservation and Management Plan vers, and the endangered black- other technical assistance.

the species.

gram.

2. Develop and implement an by the Texas Black-Tailed Prai- effective education and outreach are currently being evaluated inprogram.

> serve prairie dogs at long-term sustainable levels.

5. Identify research needs and poses. establish a research program that Texas.

6. Implement the plan.

"Part of the good news in Plains Cotton Growers, a workpreclude the need to list the speand ecology of the plains."

The 25-member working groups like the Texas Panhandle Conservancy to agriculture in- occupied acreage." terests like the Texas and Southwestern Cattle Raisers Associa-

(Cynomys ludovicianus) are imecosystems. Their burrows and rely. surrounding low-cut vegetation

for the USFWS to list the black- ology and life history is on the tailed prairie dog as threatened. TPWD Web site at http://

In 1905, early explorer The Texas plan has six goals: Vernon Bailey estimated there 1. Determine the current were 800 million prairie dogs population size of black-tailed covering 57 million acres in prairie dogs in Texas and estab- Texas. Since then, prairie dog lish a long-term monitoring pro- numbers have been reduced by a variety of factors.

Threats to prairie dogs that clude conversion of habitat to 3. Develop management op- other uses, introduction of sylsoning and trapping, recreational shooting; lack of state 4. Review and make recom- and federal regulations to conchanges in the status of black- for commercial, recreational, scientific, or educational pur-

Besides the overall occupied facilitates long-term viability of habitat goal, the Texas working black-tailed prairie dogs in group has agreed to recommend a goal advanced by the interstate prairie dog conservation team. "We don't want to prevent This would establish at least one listing the prairie dog as threat- prairie dog complex greater ened," said Roger Haldenby of than 5,000 acres in Texas, and with at least 10 percent of the occupied acres in complexes greater than 1,000 acres. A comcies by taking steps to make sure plex is defined as a group of it remains part of the landscape prairie dog colonies or towns no more than 4.3 miles apart.

"We probably already have group represents diverse stake- that," said Holdstock, referring holders, from environmental to the desired number and size of complexes in Texas. "What Audubon Society and the Nature we need is to increase our total

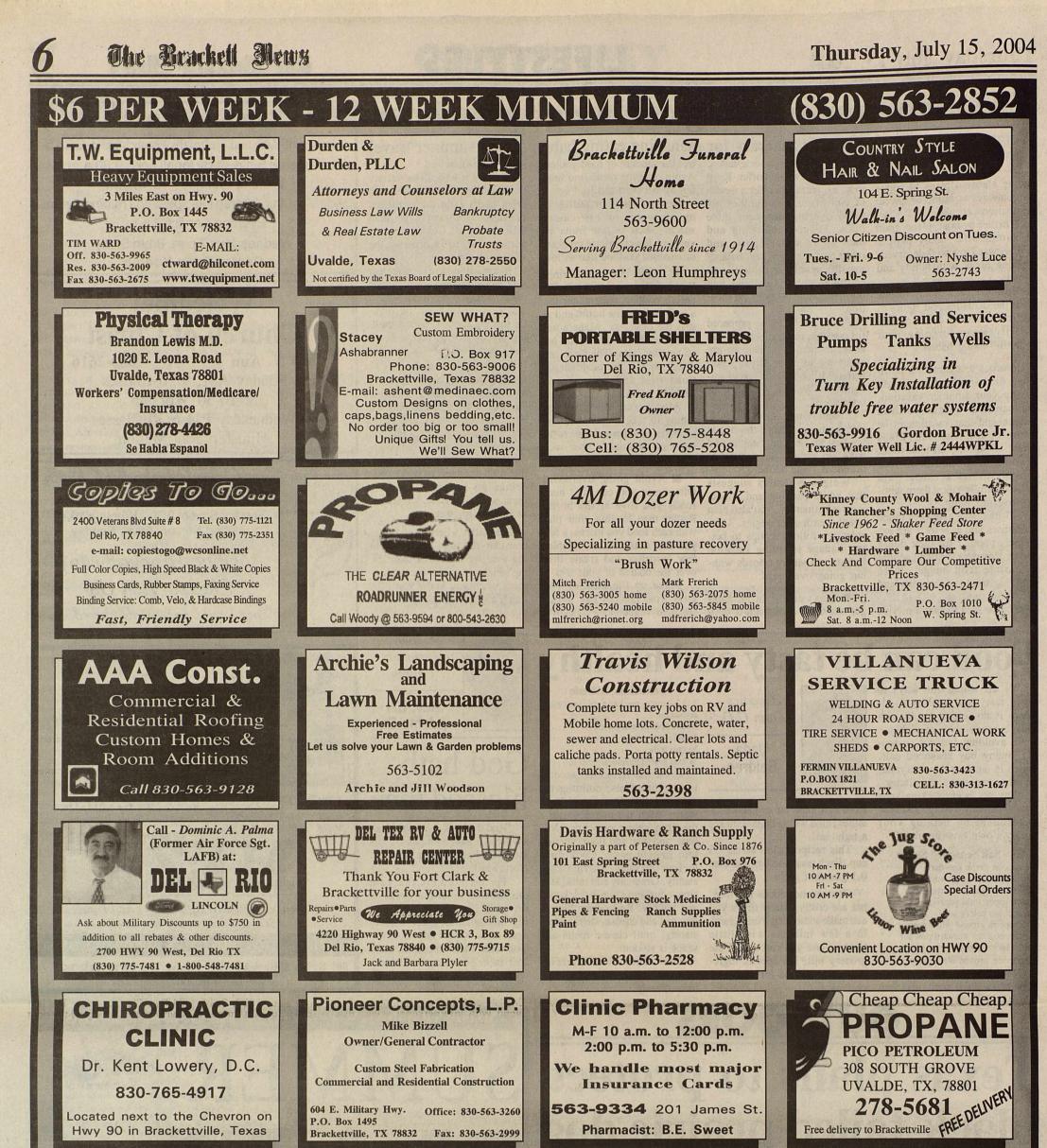
The management plan does not restrict landowners from contion and the Texas Farm Bureau. trolling prairie dogs, but it does Black-tailed prairie dogs offer incentives to restore prairie dogs and the grasslands upon portant for healthy grassland which they and other species

The plan lists various governprovide habitat for a variety of ment and nonprofit programs other species, including western that offer financial grants, free burrowing owls, mountain plo- land management advice and SLA 72

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	In the grid below, twenty words can be found that fit the dategory for today. Circle each word that you find and list it in the space pro- vided at the right of the grid. Words can be found in all directons- forwards, backwards, horizontally, vertically and diagonally. An example is given to get you started. Can you find today's 20 words?											
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BOARING TWENTIES

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Pharmacist: B.E. Sweet

Boaring Twenties So	ution:	(EFAB)K K (LAETB)E
1. Balk 2. Ball 3. Batter 4. Catcher 5. Diamond 6. First base 7. Hit 8. Home plate 9. Left field 10. Out	11, Pitcher 12, Right field 13, Run 14, Safe 15, Second base 16, Shortstop 17, Steal 18, Strike 19, Third base 20, Umpire	

July 21.....Matthew Rocha

by Charles Cooper ARIES (March 21 to April 19) LIBRA (September 23 to Oc-Although you feel the need to tober 22) While you're delighted with something you've seek out someone's advice, rebeen promised, don't celebrate sist this. What you're told is uljust yet. This person was exagtimately not helpful. Instead, gerating. Ultimately, this will go stick to your gut instincts. unfulfilled. TAURUS (April 20 to May 20) You're right to think that a certain new acquaintance is charm- November 21) In general, it's ing. However, don't let the cha- smooth sailing this week at

rior purposes.

GEMINI (May 21 to June 20)

While you're tempted to ditch

work and kick up your heels this

prior commitments to keep.

for pursuing recreation activities.

CANCER (June 21 to July 22)

It's not a good week to take

unnecessary risks. This could

mean gambling or risky stock

LEO (July 23 to August 22)

You're a bit annoyed with some-

one you lent money to. It seems

the person is taking too much

time to pay you back. Don't be

VIRGO (August 23 to September 22) You're disappointed

that a social event you'd planned

falls through. However, it's a good week to catch up on do-

mestic chores. If possible, en-

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list the aid of offspring.

shy; ask for what's due you.

cards locked up!

SCORPIO (October 23 to risma fool you. This person is work. On the personal side, if just feeding you a line for ulte- purchasing a gift for a friend, be sure you know what this person likes. This weekend, you'll need to be flexible with social plans.

week, don't give in. You have SAGITTARIUS (November 22 to December 21) You'll The weekend is the best time want to devote some time to a home improvement project. However, avoid a tendency to overspend. Be realistic about the type of home you have.

CAPRICORN (December 22 ventures. Instead, keep that to January 19) You have a tencheckbook closed and credit dency this week to overindulge in food and drink. If so, be sure you correct it quickly. Some things can become very bad habits and hard to break at that.

> AQUARIUS (January 20 to February 18) You're always up for a good time. However, weigh the various social invitations you've received carefully. If not, you could wind up having a pretty boring weekend.

> PISCES (February 19 to March 20) You're not at your communicative best this week. However, you'll speak more loudly with actions than words. Just show the boss what you can do!

Thursday, July 15, 2004

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NOTICE OF ABANDONED Vehicle - 1972 Honda Motorcycle Vin#CB3504000467. Vehicle left abandoned on Unit 15, Lot 74 Fort Clark Springs. The last the 20th day after the date of published notice. The owner of lienholder may claim said vehicle with proper identification and



application/resume and credentials to CCSWT/Human Resources Department at P.O. Drawer 1709, Uvalde Texas 78801 **DIRECTOR OF OPERATIONS: A** private homeowners association is seeking a Director of Operawww.primeinc.com tions. City or business manage-

ment experience required. Salary negotiable. The person selected for this position will be required to serve a probationary period. Resumes will be accepted through July 28th, 2004. Please send to Fort Clark Springs Association, Attention: Board of

AVON CALLING! Need more money? Work part/full time from 211-0502 (ISR).

also needed to work with students/families. American Intercultural Student Exchange, 1-800-SIBLING, www.aise.com AIRLINE MECHANIC - RAPID training for high paying career -Aviation Maintenance. FAA pre-2669.

> tion and storage fees. Should you have any questions on said vehicle please contact the Sheriff's office at (830) 563-2788. Sheriff L.K. "Buddy " Burgess

REQUEST FOR BIDS

BRACKETT INDEPENDENT SCHOOL District is selling by sealed bid a Miller Bobcat 225 G Welder, approx. 3 yrs old, to be sold "as is." Cost at purchase \$2,800. For additional information contact Central Office, (830) 563-2491, x 100. All bids are to be submitted in a sealed en-velope with the words "Welder" printed clearly on the outside of the envelope. BISD address: PO Box 586, Brackettville, TX, 78832. Bids will be opened in the Central Office, Monday, July 26, 2004 at 10:30 a.m. Brack-

REAL ESTATE

397.3 ACRES, RUGGED can yon country, shared water well, mule deer, blue quail, dove and javelina, 5% down, owner fi-nanced, \$160 per acre. 1-866-286-0199, www.ranchenterprisesItd.com

40 BEAUTIFUL ACRES - Only \$19,900. Stunning land outside Ruidoso. Survey, soil tested, warranty, deed, electric. Maintained all weather roads. Minutes to National Forest. Convenient to Ruidoso. Low financing available. 1-888-276-6347.

BARGAIN. 100 acres \$39,900. Trophy whitetails, rolling hills and draws, great access. Quail, small game. More available. E-Z terms. Texas Land and Ranches, 1-866-899-5263.

YARD SALE

SAT., JULY 17 - 9 a.m. - ? At back of #15 Colony Row. Kitchen items, clothing, home decos; etc.

Answers to Crossword Puzzle



1995 DODGE PICKUP - \$4000. ett ISD reserves the right to reject any and all bids.



2004 Chevrolet Suburban	24,702 miles 5N 5173
2003 Chevrolet Silverado	12,894 miles SN 5156
2003 Pontiac Grand Am	
2003 Oldsmobile Alero	
2003 Chevrolet S-10 Crew Cab	
2003 Chevrolet Trailblazer	
2003 Chevrolet Cavalier	
2003 Chevrolet Silverado Ext. Cab	
2003 Chevrolet Silverado C1500	
2003 Chevrolet Venture Van	
2003 Chevrolet Silverado Ext. Cab	
2003 Chevrolet Suburban	
2003 Chevrolet Trailblazer	
2003 Chevrolet Cavalier	
2003 Buick Century Custom	

2003 GMC Yukon	13	.953	miles	 SN70874	A
			miles	SN 518	33
2003 Chevrolet Malibu			miles		34
			miles		
			miles		12
			miles		6
			miles		18
			miles		15
2003 Chevrolet S-10			miles	SN 519	16
2003 Buick Century Custom			miles	SN 519	
2002 Chevrolet Silverado			miles	SN71003	
			miles	SN70694	IA
			miles	SN31954	A
2002 Chevrolet Suburban			miles	SN70784	
2002 Chevrolet Silverado Ext. Cab			miles	SN31354	
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2002 Chevrolet Suburban	33.761 miles SN704044
2002 GMC Yukon	37 861 miles CN340644
2002 GMC Sierra Ext. Cab	41 378 miles 3N3 1004A
2002 Chevrolet Avalanche	74.671 miles
2001 Chevrolet Silverado Ext. Cab	40 952
2001 GHE Siorra Crowcab	77,032 miles SN50214A
2001 GMC Sierra Crewcab	33,301 miles SN 5127
2001 Pontiac Aztek	. 30,004 miles SN 5167
2001 Chevrolet Tahoe	. 59,316 miles SN31494A
2001 GMC Sonoma	42,553 miles SN 5187
ZUUT CREVIDLEE VENTURE VAN.	75 JAG millow Phi BARRAL
2000 Pontiac Montana	32,153 miles SN 5159

