

The Brackett News

Happy New Year
from the
Brackett News Staff

16th year, No. 47

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

1 Section, 8 Pages

Court accepts \$6,000 grant for indigent defense

Kinney County was awarded a \$6,000 grant for Indigent Defense.

The commissioner's court signed a grant agreement with the Texas Task Force on Indigent Defense for \$6,677.

In a letter, Sharon Keller, chair for the task force said "The Task Force increased the amount above the allocation schedule that was posted on Aug. 16, 2004, with the grant Request for applications."

She noted that the grant went up because "increased revenue sources authorized by the 78th Legislature and the fact that some counties did not apply resulted in more funds being available to (Kinney) county."

"The task force works to-

gether with the counties to promote innovation and improvement in indigent defense systems statewide. On behalf of the Task Force, I congratulate Kinney County for its efforts and achievements in these areas."

The Commissioner's court approved the agreement and signed it during a special meeting Monday, Dec. 27. All commissioners were present.

In Fiscal Year 2003-2004, 44 cases were deferred by the county to the indigent defense fund.

A total of \$23,335 was assessed in attorney fees in both the Juvenile and Adult courts.

In the Juvenile court, \$1,930 was in assigned counsel and in the Adult court, \$21,405 was

assessed.

Broken down even more between the 63rd Judicial District and County Court, the 63rd Judicial District took the majority of the funds.

In the 63rd, a total of \$19,601 was assessed by attorneys, with \$1,930 in the juvenile court and \$17,671 to adults.

Of those, there were 30 felony cases and three juvenile cases, totaling 33 cases.

In the county Court, a total of \$3,734 was assessed, all by adults. There were no juvenile cases. The court heard 11 misdemeanor cases. That gives a grand total of 44 cases, 30 felony, 11 misdemeanor and three juvenile cases for all courts combined.



Back Row: Kinney County Judge, Herb Senne; Joe Bergara, Asherton VFD; Merlynn Verstuyft and Virginia Friesenhahn, Texas Agri-Women; Hugh Scott, Frio Canyon Community Park Board.
Front Row: Alana Flurry, Kinney Co.; Lisa Finch, Leadership Eagle Pass and Eagle Pass Library Foundation; Carol Cullar, Rio Bravo Nature Center; Jesse Scott, Frio Canyon Community Park Board and Leigh Ann Sanderlin, administrative assistant.

New officers elected for Rio Grande-Nueces Resource Conservation and Development Area Kinney EMS awarded grant

The Annual Meeting of Rio Grande-Nueces Resource Conservation & Development Area, Inc. was held Thursday, Dec. 9 at the Texas A&M Experiment Station Auditorium in Uvalde.

Council President, Marcel Valdez, presided over the meeting, in which officers were elected for the 2005-2006 term.

Elected were: Marcel Valdez, re-elected for Council President, Alana Flurry of Kinney Co as Vice-President, John Earl Smith of Maverick County, re-elected as Secretary, and Larry Ernst of Real County was elected Treasurer. Outgoing Vice President, Shasta Tom, was presented with a gift of appreciation.

Another highlight of this meeting was the presentation of award winners for the 2005 Matching Mini-Grant Program.

Each year, the RC&D offers a \$500 Matching Mini-Grant program to organizations in their nine-county area which includes Dimmit, Edwards, Kinney, LaSalle, Maverick, Real, Uvalde, Val Verde, and Zavala Counties.

Applications for the 2005 Matching Mini-Grant Program were mailed to more than 400 individuals, county judges and commissioners, Cooperative Extension Agents, city officials and organizations in these counties.

Ten grants were available for the 2005 program. The program was implemented before the beginning of the year so that funds will be available when they are needed instead of as a reimbursement.

An evaluation committee scored the applications that met the Nov. 15 deadline.

The scores were tallied and the top 10 were chosen.

The 2005 winners include Edwards County 4-H for a Natural Resources Camp; Kinney County EMS, which will receive funding for pagers for EMS crews; and Rio Bravo Nature Center in Maverick County, will receive funds to assist two projects, an Ecology Day Camp, and printing costs for a birding

guide.

Also to receive funding in Maverick County, the Eagle Pass Library Foundation, for fundraising stationery; and Leadership Eagle Pass for notebooks and class materials.

Others to receive 2005 Matching Mini-Grants are Uvalde chapter-Texas Agri-Women, for Ag-Fair; Hecho en Encinal, LaSalle County, for assistance with a computer lab open to the community, Asherton Volunteer Fire Department in Dimmitt County for assistance with office/storage space; and in Real County, the Frio Canyon Community Park Board will receive funds for a tree trimming project.

Representatives from Asherton VFD, Uvalde Chapter Texas Agri-Women, Leadership Eagle Pass and the Eagle Pass Library Foundation, Rio Bravo Nature Center and the Frio Canyon Community Park Board

See Meeting/Page 3

Commissioners sign resolution in support of Texas Heritage Trails

The Kinney County Commissioner's Court unanimously approved a resolution in support of the Texas Heritage Trails Program.

It's noted in the resolution, signed by Kinney County Judge Herb Senne, and commissioners Francie Wylie, Joe Montalvo, Nat Terrazas III and Pat Melancon, that the West Texas and the Pecos Trail area are a "hotbed" of interesting historical events and significant historical sites and that the Texas heri-

tage Trails program is capable of creating historical tourism dollars for the entire region by attracting travelers and showcasing the uniqueness of the vast area.

The resolution also read that the Commissioner's Court shows great pride in the history of the independent and hard working people who settled here and established our community.

The resolution also noted that the court believes in a regional approach to meet the challenges facing all of West Texas.

The resolution will help in the support of the Texas Heritage Trail Program that is a combination of historic preservation and tourism, the economic development initiative that encourages communities to partner to promote Texas' historic and cultural resources.

The success of local preservation efforts, combined with

statewide marketing of the areas as heritage regions, increase visitation to cultural and historic sites and bring more dollars to Texas communities, especially rural ones.

According to reports from the Texas Heritage Trails Program, heritage travelers, those who visit historic sites and communities, make a particularly strong contribution to the economic vitality of the state, spending an average of \$29 more per day than nonheritage travelers and \$1.43 billion annually.

Heritage travelers create more than 32,000 jobs for Texans every year. For every \$1 million dollars expended by Texas heritage travelers, 22 jobs are created and the Gross State Product increases by \$825,000.

It's the county's hope to funnel some of those dollars into the community.

BRIEFS

City holiday closings

City Hall and the Transfer Station (Garbage) will be closed Dec. 31 and Saturday, Jan. 1, 2005. Regular business hours resume Monday, Jan. 3, 2005.

Ft. Clark Ladies Golf

December 21, the Fort Clark Ladies Golf League had their Christmas breakfast. Game of the day was low putts, Lou Green placed first and Ann Malin placed second.

Calvary Brigade meeting Cancelled

There will be no Calvary Brigade meeting and clean up on Saturday, January 1st.

INSIDE

G.G.

Ah! The aroma of bread baking filling the house. The joy of eating it fresh out of the oven.
Community/Page 3

Chuck Hall

The new year is upon us and once again I find myself wondering where time has gone. It seems just days ago I sat on my couch, watching football.
Opinion/Page 2

Donald Smith

Josie's mind was racing. She slumped into the chair, her head in her hands. The secret she carried alone for the past twenty-seven years was out in the daylight. She felt drained.
Religion/Page 5

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Up and Running

Two detention officers at the Kinney County Detention Center stand ready to begin processing 19 detainees last week. The new detention center was inspected in early December. According to Warden Mickey Hubert, the center passed inspection with flying colors. The more than 200 capacity facility is filling up quickly with detainees being transferred in from throughout the state. The first group arrived from Crystal City.

Photo by Gus Garcia

New Year's Driving Resolutions

While you're making your New Year's resolutions, DPS has a suggestion: add "Improve Driving Habits" to your list.

Driving can be one of the most dangerous activities you engage in during the day, so taking a few moments to think about your driving is a good idea.

Here are some good driving habits to employ:

- Make sure everyone is buckled up.
- Drive sober.
- Use your turn signals.
- Do not tailgate.
- Obey the speed limit.
- Do not speed up, block lanes, slam or tap on brakes.
- Report extreme cases of reckless driving to the appropriate authorities.

Do not retaliate, gesture or make eye contact.

During the New Year's weekend, DPS will have all available troopers on Texas roadways. Troopers will be looking for speeders, seat belt violators, reckless drivers and drunk drivers from New Year's Eve through midnight on January 2.

"Please resolve to drive responsibly this year," said Col. Thomas A. Davis, Jr., director of the DPS. "Wearing seatbelts and obeying the speed limit can save lives. And anyone planning to consume alcoholic beverages should have someone else—who hasn't been drinking—drive them home."



Scholarships available for students dedicated to litter prevention

"Don't Mess With Texas" will award \$5,000 to high school seniors who tackle litter problems

The Texas Department of Transportation's (TxDOT) Don't Mess with Texas campaign announced its second annual scholarship program, offering a unique opportunity to graduating high school students who work hard to keep Texas litter-free.

The Don't Mess with Texas Scholarship, sponsored by a donation from Advantage Rent-A-Car, recognizes the valuable contributions of Texas high school seniors who have taken actions to prevent litter in their schools or communities.

One \$3,000 scholarship and two \$1,000 scholarships will be awarded in the spring of 2005.

Applications are due April 1, 2005, and are now available to be completed online at www.dontmesswithtexas.org or through high school counselors.

Last year's scholarship winners were rewarded for their creative and sustainable efforts, leaving behind inspiring legacies in their hometowns.

Macey Bielski of Waller won the first-ever \$3,000 Don't

Mess with Texas scholarship for creating an environmental student group called Project Earth and organizing communitywide litter cleanups in the Waller area.

Who Is Eligible?

• Any high school senior graduating spring 2005 and who currently resides and attends school in Texas.

• Seniors planning to further their education at an accredited two- or four-year college or university (public or private) in Texas.

What Are the Requirements?

• An essay of 300 to 350 words identifying a litter problem in the student's school or community and the action he or she took to address it.

• Two letters of recommendation – one from a school-related source and the other from a non-school-related source.

• A completed Don't Mess with Texas Scholarship application online or by mail.

The scholarship is TxDOT's latest effort to generate more youth involvement in the Don't Mess with Texas campaign.

Commissioners approve observed holidays for county

The Kinney County Commissioner's Court approved the 2005 holidays from January to September.

The court Monday approved seven observed holidays, plus one personal day at employee's discretion with supervisor's approval.

The court voted to approve Monday, Jan. 17 - Martin Luther King Jr. Day;

Monday, Feb. 21 President's Day;

Wednesday, March 2, Texas Independence Day;

Friday, March 25 Good Friday;

Monday, May 30, Memorial Day;

Monday, July 4, Independence Day;

and Monday, Sept. 5 Labor Day.

The remainder of the 2005 calendar year, October, November and December's holidays will be discussed at a later date.

Texans talk tough on foreign affairs

Today, Texas products and services compete in a world market. Communications and transportation have dramatically increased the flow of people, goods and ideas. In addition, we are engaged in a war against terrorists in what once seemed like distant lands, but the stakes could not be closer to home. They struck our homeland on 9-11, and they seek to do so again.

Foreign policy is very much on Texas minds, as I discovered in my annual Listening Post survey. In the third and final poll, respondents provided opinions on a host of international questions, including our priorities in Iraq, redeployment of troops overseas, our policy in the Middle East, and the role of NATO. As Iraq prepares for its first free elections in its 4,000 years of history, the United States mission in that country has our overwhelming support. Texans by a 7-to-1 ratio in this survey approve of maintaining U.S. forces in Iraq instead of withdrawing them immediately. They said we should leave the troops there as long as necessary to improve security and ensure the success of democracy. Very few suggested giving the United Nations a greater role, while a large majority supported efforts to get other nations to provide more assistance and forgive



Capitol Comment
Kay Bailey Hutchison

debts incurred by Saddam Hussein's regime. Marc, who lives in Houston, states, "We should start pulling out now," while Matthew from League City, opined, "I was not in favor of the war in Iraq, but now that we are there, we are obligated to do everything in our power to make the transition to democracy successful." Several of you were emphatic about keeping UN influence to a minimum. Jerry, from Graham said, "Tell the UN to take a hike. The United Nations should not be involved in any decision regarding our national security."

Many of you support efforts to reduce Saddam-era debt, a priority for President Bush as well. He has secured the agreement of a 20-nation group including Europe, the United States and Japan to forgive 80 percent of the \$42 billion Iraq owes those countries. Reaction to President Bush's announcement of restructuring the basing of American forces abroad was also interesting. Redeployment

of half of our overseas troops was 12 times as popular as the option to delay this redeployment. The option of postponing the Base Realignment and Closure (BRAC) review of domestic installations was only half as popular as moving troops home. I worked hard for the global restructuring to more effectively utilize our forces and better position them to meet present and future threats. In fact, a bipartisan panel I established recently reported that we can save taxpayer money and provide our troops better training and housing facilities in domestic bases than we can in cramped overseas installations. Kit, from Midland, says, "Remove all our forces from Europe. They don't want us there anyway." Respondent views on our Middle East policy showed a real divergence. Most supported concentrating resources to dismantle terror groups such as Hamas and al Qaeda, but many also said we should set up multilateral discussions to curb Iran's nuclear weapons program, and tie foreign aid to the level of support the recipient provides for the United States. A smaller, but still significant, number propose we host new peace talks between the Israelis and Palestinians. Paul, from Dickinson, echoes many respondents when he says "Let Israel handle the Palestinians," while Gordon, from Richardson, argues, "Our support for Israel seems to be a major basis for terrorist activities."

The North Atlantic Treaty Organization (NATO) was formed after World War II to contain an aggressive Soviet Union, but with the collapse of communism, some say it is obsolete. Most of you said NATO members should jointly take the offensive against those nations or regimes posing a threat. Almost as many added that NATO countries should jointly participate as peacekeepers in Iraq and Afghanistan.

I will use these comments and insights in the new 109th Congress as the Senate deliberates on legislation affecting our foreign affairs. I appreciate the time you took to reply to the survey and hope I will continue to hear from you.



A New Year's resolution

The new year is upon us and once again I find myself wondering where time has gone.

It seems just days ago I sat on my couch, watching football and regretting my second-helping of pecan pie on Thanksgiving.

The holiday season seems to pass so quickly. It's already time to consider New Year's resolutions.

So much has changed in the last two years.

I find myself contemplating what New Year's really means.

Unlike many of our traditional holidays, the meaning of New Year's is unclear.

Although it is the world's most celebrated holiday, it lacks a single central theme.

It is a collection of good intentions.

Perhaps, New Year's is simply a yearly detour on the road to self-improvement, enlightenment and finding happiness.

A new beginning we are allowed each year.

This year, New Year's finds us at our absolute greatest. Americans have bound together to show their pride and patriotism for our amazing coun-



Weekly Report
Henry Bonilla

try. Less specific wording such as "this year I will express my patriotism," provides room to challenge yourself to be creative with your resolution throughout the year.

No. 3 Make a plan. Search for ways you can volunteer.

Help by filling-in roles left behind by those deployed away from home.

Devote a specific amount of time to any causes you choose. And ask friends and family to join in the act.

There's no reason why we shouldn't continue to make the traditional resolutions to lose weight and get organized.

But it is my hope that we will also focus our resolutions on developing the true spirit of America.

Remember to smile and laugh every chance you get.

The soul needs to be balanced, as well as the scale.

Don't pass up an opportunity to make a difference in someone's life.

And most importantly, don't leave anything unsaid.

Let's ring out 2004 as a nation united together.

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!



Middle age occurs when you are too young to take up golf and too old to rush up to the net.

The Brackett News

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Member of



Texas Press Association

PERSONNEL: Jewel Robinson, publisher; Dimple Henry, office manager; Gus Garcia, Editor; Pam Hale, typist; Steven R. LaMascus, columnist; Wes Robinson, columnist; Shanae Simmons, columnist.

USPS 003987 Published weekly on Thursday by The Brackett News. Entered as Second Class Matter at the U.S. Post Office at Brackettville, Texas, under the Act of March 3, 1878.

SUBSCRIPTION: Subscriptions and change of address should be sent to: The Brackett News, P.O. Box 1039, Brackettville, Texas, 78832. Be sure to give both old and new address when requesting change.

POSTMASTER: Send address changes to The Brackett News, P.O. Box 1039, Brackettville, Texas, 78832.

DEADLINES: Display advertising deadline is noon Tuesday for advertising to be composed for the current publication.

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Illegal immigration undermines America's future

By Nathan Tabor
Contributing Writer

Just days after his re-election, President Bush shocked the trusting Conservatives who elected him by resurrecting his ill-advised "amnesty for illegal aliens" program that he promoted in the past but has downplayed since 9-11.

It is true that Hispanics helped to re-elect the president in 2004, and more and more of them are embracing the party of traditional family values. Republicans are right to welcome legitimate Hispanic Americans into their ranks and to reward their loyalty. A good way to do so is to put them in positions of influence, as Bush has done with his nomination of Alberto Gonzales for Attorney General.

Karl Rove, the president's top political adviser, has called Bush's initiative "immigration reform" rather than amnesty, but it amounts to the same thing. It allows those who are here illegally to remain and to prosper — and this is simply wrong.

We should NOT enact policies that reward those who break our nation's laws. Granting privileges like driver's licenses

and social security cards to illegal aliens is a slap in the face to law-abiding, taxpaying citizens and an even greater slap to legal immigrants.

We have immigration laws for simple and valid reasons: to protect our uniquely American culture, our national sovereignty, our public security, and our standard of living.

Our nation of 300 million citizens seems large, but its population is tiny compared to the billions of the Third World. If we, as an advanced society with a low birthrate, continue to import a Third World population with a high birthrate, we will be faced with the challenges of a Third World society, as well.

By God's grace, our society has succeeded in creating immense wealth where many others have created only poverty. But if we open up our borders, this island of productivity and prosperity will soon disappear beneath a flood of squalor.

The real minimum wage in America has been declining for more than a decade. Why? Supply and demand. For years, we have been artificially modifying the supply side by quietly tolerating a massive influx of un-

skilled workers across our borders. There are now over 10 MILLION illegal aliens in the U.S. Remove them, and opportunities will abound for authentic Americans. We won't need to raise the minimum wage; it will raise itself. We can reverse the trend by simply enforcing our current immigration laws.

That's why I support tightening security on our borders by modernizing surveillance equipment, funding additional border guards, and improving training for existing personnel. We also need to streamline procedures for deporting illegal aliens once they are found. Yes, we need to be sensitive to the safety of those who are caught sneaking in, but we also need to be firm in our resolve to secure our borders. Open borders threaten our nation's safety.

Since the attacks of September 11, 2001, two things have become clear. First, we have enemies, and they are vicious and without conscience. Second, those enemies obviously believe that an attack from within is more feasible than an attack from without.

Our immigration laws have the primary purpose of protect-

ing us. The use of visas and passports allows our government to monitor and to control who enters our country, and why. Certainly, most illegal aliens are not terrorists. But it only takes one.

Most Americans, when confronted with these facts, will probably continue to want what they want now: strict enforcement of our immigration laws.

Isn't it better to face the issue of illegal immigration now — and to do something about it? We owe it to our children and grandchildren, who will reap later what we sow today. How will the America we leave to our children stack up against the America that our parents left to us? By our actions or inactions, we're deciding what their future will be.

Nathan Tabor Nathan Tabor is a conservative political activist based in Kernersville, North Carolina.

He has his BA in Psychology and his Master's Degree in Public Policy.

He is a contributing editor at www.theconservativevoice.com. Contact him at: nathantabor@theconservativevoice.com.

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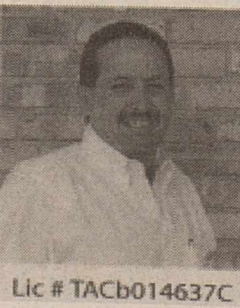
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KINNEY COUNTY SHERIFF'S REPORT

Monday, December 20
7:47 p.m., A man requested a deputy's assistance in regards to a neighbor playing loud music. Deputy Manuel Pena was notified.

Tuesday, December 21
1:19 a.m., A Fort Clark security officer requested a deputy regarding an individual causing problems at the gate. Deputy Donald Page was informed.

Wednesday, December 22
5:52 p.m., A woman requested a deputy at her residence on Ranch Road 277. She stated she received a report of a man with a rifle holding three individuals on the ground. Deputy Page and Deputy Ramon Gutierrez was informed of the situation. The US Border Patrol

was also notified. A Border Patrol agent reported he did not need the deputies assistance and everything was fine.

Thursday, December 23
2:31 p.m., An anonymous individual called to report a possible intoxicated driver going east bound on Highway 90 past the Cline check point. The Uvalde Police Department was informed of the situation.

Friday, December 24
12:44 a.m., An individual stated an individual driving recklessly and at speeds around 80 to 90 miles per hour heading towards Del Rio on Highway 277. Val Verde Police Department was notified.

8:27 p.m., A woman reported

a reckless driver on Highway 277. The reckless driver also hit their vehicle and was following them. Val Verde Police Department was notified of the situation.

Saturday, December 25
3:00 a.m., A man reported loud music. Deputy Page was advised.

Sunday, December 26
9:26 a.m., A woman reported that another woman had fallen down and could not get up and she could not get in to help her because her door was locked. Deputy Pena and EMS was dispatched to the scene.

1:13 p.m., A man reported someone burning toxic waste near Ranch Road 2804. Deputy Pena was dispatched to the scene

and found everything to be fine.

2:05 p.m., A man reported a tan Tahoe with pink stickers was following his daughters while they were riding their bikes. Deputy Pena was dispatched.

10:16 p.m., A man requested a deputy in regards to hitting a deer on Ranch Road 277. Deputy Gutierrez was notified.

10:45 p.m., A woman reported loud music near her residence. Deputy Page was advised.

11:40 p.m., A Fort Clark security employee reported a domestic problem on the fort. Deputy Page was advised.

Monday, December 27
1:02 a.m., A woman requested a deputy in regards to a man trespassing on her property. Deputy Page was advised.

Delicious homemade breads



Goodies From G.G. Vada Baldree

Ah! The aroma of bread baking filling the house. The joy of eating it fresh out of the oven. Why not begin having homemade breads as a mid-morning or afternoon snack? Only take a little effort and well worth the improvement over store bought. Let's begin your file of breads with one that calls for items we usually have on hand.

Hawaiian Loaves
2 cups sugar, 1 cup margarine (softened), 4 eggs, 1 cup mashed bananas, 4 cups flour, 2 tsp. baking powder, 1 tsp. soda, 3/4 tsp. salt, 1 - 15 oz. can crushed pineapple, and 1 cup flaked coconut.

Beat sugar gradually into margarine until light and fluffy. Add eggs and beat well. Stir in banana. Blend in next four ingredients which have been combined and mix until smooth. Fold in pineapple and coconut. Grease and flour (or use non-stick spray with flour) two 5x9 inch loaf pans. Pour into pans evenly.

Bake at 350 degrees for 1 hour or until done. * Makes 24 servings. Test for doneness by inserting wooden toothpick; if clean when removed, bread is done.

Pink Strawberry Bread
3/4 cup oil, 2 eggs, 1 - 10 oz. frozen strawberries (thawed), 1 tsp. vanilla, 1 cup sugar, 1 1/2 cup flour, 1/2 tsp. each soda and salt, 1 1/2 tsp cinnamon, 3/4 cup chopped pecans, and several drops of red food coloring. Combine oil, eggs, and strawberries in medium bowl, mixing well. Blend in vanilla. Add dry ingredients and pecans. Stir in food coloring. Pour into greased 9 x 5 inch loaf pan and bake at 350 degrees for 1 hour. Yields 8 servings.

As weight-loss New Year's Resolutions are pledged

New survey offers intriguing insights into Americans' attitudes about losing those extra pounds

Survey shows optimism is high; key motivators are: improved sex life, fitting into that special outfit, increased energy, and lower risk of illness. Despite record-level obesity rates and misconceptions about the sustainability of weight loss, a new survey reveals people are optimistic; and they should be: long-term weight loss IS achievable.

The survey also offers insights into why dieters have abandoned past New Year's Resolutions to shed pounds.

In a Harris Interactive Inc. survey of nearly 2,565 men and women, losing weight ranked as the top New Year's resolution for 2005.

More than half of respondents (52 percent) said losing weight will be a New Year's resolution for 2005.

Among those resolving to lose weight in the New Year, 92 percent said they believe weight loss is sustainable over a long period of time, demonstrating the optimism with which they are approaching their New Year resolutions.

"The optimism this new survey reveals can be an inspirational force to resolve to lose weight now," said Karen Miller-Kovach, M.S., R.D., Chief Scientist at Weight Watchers International, Inc.

"The fact is that weight loss is both attainable and sustainable, but depends a great deal on the method one chooses."

According to a two-year study published in the April 9, 2003 Journal of American Medical Association (JAMA), people following the Weight Watchers program lost significantly more weight than those dieting on their own.

Another study published in the May 2004 supplement of the

International Journal of Obesity found that people on the Weight Watchers program who reach a healthy weight and complete the 6 week maintenance plan were more likely to sustain their weight loss than typical dieters using a variety of weight-loss methods (as reported by the National Institute of Health).

The survey conducted in late November and sponsored by Weight Watchers®, the global leader in weight-loss services offers intriguing insights into Americans' attitudes and beliefs about weight loss.

The nationally representative study revealed: 38 percent of respondents said the top reason they didn't lose weight in past efforts was because food choices were too restrictive while dieting; 23 percent said diets were too complicated; and approximately 1 in 5 women said they didn't receive enough support in their dieting efforts.

Among all respondents, the top anticipated social benefit of losing weight was an improved sex life (43 percent); it ranked as the top response for men (47 percent) and the third-highest for women (39 percent); other top women's responses were enjoying shopping (51 percent) and fitting into a special outfit (49 percent).

The vast majority of respondents, nearly 9 in 10 (89 percent), mentioned saving more energy as the desired health benefit of losing weight; lowering the risk of diabetes (59 percent), lowering cholesterol (55 percent) and decreasing the risk of cancer (39 percent) were the other top responses.

Women are significantly more inclined than men (58 percent vs. 47 percent) to make a New Year's resolution to lose weight.

"It's encouraging that people

are beginning to understand the link between health-related issues and obesity and overweight," said James M. Rippe, M.D., director of the Rippe Lifestyle Institute and a leading authority regarding preventative cardiology and healthy weight loss in the United States.

"It doesn't have to be an all-or-nothing proposition," he said. "Just a 10 percent reduction in one's weight can provide significant health benefits, such as lowering blood pressure and cholesterol, and reducing the risk of certain types of cancers."

Weight Watchers has put its years of experience and scientific study into learning what works for healthy, sustainable weight loss, and the new TurnAround™ program is the result.

The TurnAround program can help people achieve lasting weight loss through a comprehensive weight-loss approach that includes healthy eating, regular physical activity, a positive mindset, and a supportive environment.

Members can now choose between two food plans: the flexible POINTS® plan, or the new No Counting plan that focuses on a list of wholesome foods from all the food groups.

Both plans can help dieters make wise food choices that fit comfortably within their lifestyles, so they can make a New Year's resolution to lose weight that lasts.

About the study, Harris Interactive conducted a national online omnibus study between Nov. 17 and Nov. 23, 2004, on behalf of Weight Watchers.

A total of 2,565 men and women ages 25-54 were asked what they were considering as their New Year's resolutions this year.

RC&D meeting welcomes new board of directors

Continued from Page 1 attended the meeting and discussed the importance of their projects. The Rio Grande-Nueces RC&D Area was authorized in 2002. The volunteer council is made up of representatives from member organizations, Soil & Water Conservation Districts, and individuals from within the nine-county area. Their mission is to help people along the Texas-Mexico border, to care for their rural resources in a way that improves the economy, environment and living standards of the community. This is the third year Rio Grande-Nueces RC&D has offered the matching mini-grant program.

After the meeting, council members and guests shared tamales, and holiday fellowship.

For more information about Rio Grande-Nueces RC&D and how they can help your community, come by 321 E. Main, in Uvalde or call 830-279-0164.

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Tigerettes enter break at 9-2

Darin Koenig
Sports Writer

The Tigerette basketball team ended a hectic two weeks of competition with a 4-1 record and a second place finish at the Southwest Texas Junior College Tournament.

The Tigerettes began the long stretch with a dominating 60-11 win over Crystal City.

The team jumped out to a 16-0 first quarter lead and continued to build the lead right up to the final buzzer.

In the Crystal City game the team was led by Ashley Castillo with 18 points, nine rebounds, and eight steals.

Stephanie Bonner totaled 12 points on 80 percent shooting, four boards, and three steals. Courtney Frerich added a double, double scoring 11 points and 11 rebounds.

Frerich also added two steals on the defensive side of the ball. Emily Valenzuela scored six points, hauled in 11 rebounds, added three steals and tallied five assists. Kara Yeager scored six points and had two steals while Jessi Crane added five points and two steals. Dana Bonner rounded out the top players against Crystal City scoring two points, grabbing three boards, and adding one steal to the team total.

In the first game of the SWTJC Tourney, Brackett stomped LaPryor 47-8.

The tough Tigerette defense

completely shutout LaPryor in the second half to secure a birth in the winner's bracket.

The team totaled 47 points, 27 rebounds, 25 steals, 11 assists, and three blocked shots during the game.

Individually, Frerich led the team with 12 points, eight rebounds, and three steals while Castillo scored nine points, grabbed nine boards, stole the ball 11 times, and added five assists. Stephanie Bonner added nine points, two rebounds, and three steals with Yeager scoring eight, nabbing two rebounds, two steals, and totaling four assists in the game. Emily Valenzuela scored seven points, pulled in four rebounds and heisted the ball two times. Timmeke Simmons rounded out the top players against LaPryor with two points, one rebound and four steals.

The second round of the tournament saw Brackett take on Utopia.

As it was with the previous two games, a stingy defense ruled the day with the Tigerettes winning 46-32 to move into the Championship game.

Against Utopia the team totaled 46 points, 35 rebounds, 17 steals, eight blocked shots, and seven assists.

Stephanie Bonner was the scoring leader tallying 13 points, with three rebounds, three steals, and three assists.

Ashley Castillo earned a double, double with 11 points and 12 re-

bounds. Castillo added six steals and five blocked shots to the defensive effort.

Frerich scored 10 points, nabbed six boards and heisted the ball three times while Valenzuela scored six, grabbed six rebounds, and totaled five steals. Timmeke Simmons scored four points and grabbed four rebounds while Yeager scored two points and added two rebounds to the team total.

The SWTJC Tournament Championship featured the Brackett Tigerettes squaring off against the D'Hanis Cowgirls. The Cowgirl defense proved to be too much for the Tigerettes to handle as the Tigerettes lost their second game of the season 44-26 and finished the tournament in second place.

Ashley Castillo was named to the All Tournament Team after she led the team in scoring with eight points in the championship. Frerich added six points while Stephanie Bonner and Valenzuela each contributed four points to the effort.

Dana Bonner and Timmeke Simmons each scored two points to round out the scoring for the Tigerettes.

In their final game before the Christmas break, Brackett faced off against Comstock.

The Tigerette defense again dominated the hardwood to give the team a 10 point halftime lead.

After the half, Brackett built their lead to 16 by the end of the third quarter and the defense

stopped any hope of a Comstock comeback to secure the 51-28 win.

The victory moved the Tigerette's season record to 9-2 with two weeks off to recover from the hectic schedule.

Against Comstock the Tigerettes once again saw Ashley Castillo ring up a double, double with 15 points and 16 rebounds.

Castillo continued to be a defensive presence also grabbing six steals and blocking five shots. Valenzuela scored 10 points, added eight rebounds, three steals, and three assists while Timmeke Simmons scored eight points and grabbed 12 rebounds. Stephanie Bonner scored six points while shooting 100 percent at the free throw line, nabbed two boards, and heisted the ball three times. Kara Yeager scored four, tallied three rebounds, and had two assists while Dana Bonner scored four points, had four rebounds, and stole the ball two times. Courtney Frerich scored two points, grabbed 11 rebounds, and blocked one shot.

Jessi Crane rounded out the top players with two points, four rebounds, and one assist.

The team totals for the game against Comstock were 51 points, 60 rebounds with 37 on defense and 23 on offense, 15 steals, 10 assists, and eight blocked shots.

The team will continue their competition after the holidays.

Cubettes stopped by Rocksprings

Darin Koenig
Sports Writer

The eighth grade girl's basketball team has had two weeks to think about their last game.

The game they played against Rocksprings was a long night for the Cubettes. Rocksprings came in ready to play and handed the eighth graders a devastating loss. Rocksprings just outplayed the Cubettes to earn a 40-12 victory.

There were several bright spots during the game that can become a source of building for the young season.

Bianca Martinez led the team with seven points and four rebounds.

Bianca Terrazas scored three points and added two rebounds while Samantha Moore scored two points, stole the ball four times, and added three rebounds to the effort.

Several other Cubettes came through on the defensive side of the ball.

Natalie Aguirre had three steals on the night while Veronica Talamantes added two steals and Harmony Pettett tallied one steal on the night.

Talamantes and Rebecca Mann each blocked one shot for the defense during the game. Mann and Talamantes each had two rebounds while Pettett added one rebound to the effort.

The Cubettes will resume their season after the holidays.

Cubs split games against Rocksprings

Darin Koenig
Sports Writer

The Cubs Junior High basketball teams split their games with Rocksprings in the last game before the holidays.

The seventh grade squad jumped out to a six point lead at the end of the first quarter and never looked back as they rolled to a 27-20 victory.

The victory moved the seventh grade team record to 2-2 on the young season.

The seventh graders were led by John Gray with 11 points on the night. Adam Pinales added six points while Isaac Talamantes and Charles Conoly each scored four points during the victory. Chris Blake rounded out the scorers, contributing two points to the victory.

The Cub coaches recognized several players for outstanding play during the game.

These players were Ramon Gutierrez, Jay Proulx, Victor Elizondo, and Cody Clark.

In the second game, the eighth grade team was stopped in overtime to drop a heart-breaker 27-25.

In this game the Cubs jumped out to a 14-10 halftime lead, but Rocksprings came back to push the game into overtime.

In the deciding quarter, the two teams traded baskets, but Rocksprings sank a late bucket to pull out the victory.

The eighth graders were led by the offensive play of Steven Rivera with a team high eight points. Jacob Schroeder scored six points while Sam Childress contributed five points to the team total. Robert Salmon scored four points and Moises Gonzales scored two points for the game.

The coaching staff recognized four other outstanding players for the game. These four players were Jonathan Estrada, Alvin Jennings, Scott Thorout, and Carlos Villarreal.

Both squads will resume play after the Christmas break.

Texas waters & wildlife at risk

EPA, Army Corps' policy directive has major repercussions

AUSTIN — Texas waters and wetlands that provide millions of dollars in revenue from fishing and hunting are at risk under a federal policy directive that ends Clean Water Act protection for so-called "isolated waters," according to a new white paper from the National Wildlife Federation.

"The policy is being made in Washington, but the damage is

being done here in Texas to our valuable water resources," says Earl Matthew, Texas Committee on Natural Resources and National Wildlife Federation Board Member. The white paper is based on information obtained from interviews with state and federal biologists. It shows that numerous wetlands and other waters in Texas have lost federal Clean Water Act protection

due to a directive from the Environmental Protection Agency and Army Corps of Engineers. The directive was issued to interpret a U.S. Supreme Court decision from 2001.

Down the Drain: The Destruction of Waters and Wildlife in the Southwest identifies the waters and wildlife most at risk under the administration's policy directive.

According to the information gathered, some 3.3 million acres of non-estuarine coastal wetlands and some 20,000 acres of playa wetlands in the Texas panhandle could be at risk.

Without Clean Water Act protection, they could be subject to pollution or development.

"These waters provide us with great hunting, fishing, and wildlife watching," says Matthew. "The Clean Water Act has protected these waters for 30 years. It was wrong to remove the protections, and it is critical to restore full protection, for our wildlife, our health and our economy."

"The decision not to protect these valuable wetlands, streams and other waters represents an unprecedented abandonment of Texas' critical water resources and the fish and wildlife they support," says Julie Sibbing, National Wildlife Federation Wetlands Policy Specialist. "The agencies have taken a minor loophole and created a gap in the law big enough to drive a bulldozer through, and it's clear the district offices are not going to close it."

In Texas, there are possible economic losses stemming from waterways being left unprotected. Duck hunting brings Texas \$100-million a year in revenue, more than half of which is generated by use of the coastal marshes and prairie wetlands of the Texas coast. In addition to numerous ducks, including pintail, gadwall, American widgeon, northern shoveler, redhead, bufflehead, ring-neck, mallard and common teal ducks, the coastal wetlands are important for Sandhill cranes, snipe, bald eagles, peregrine falcons, and neotropical migrants. One study also observed about 259-million songbirds using forested wetlands in a 100 by 200 mile area. In addition, all of the Texas panhandle's nearly 20,000 playas now fall outside Clean Water Act protections according to the Army Corps.

The Texas Parks and Wildlife Department estimates that up to half a million waterfowl winter on the playas.

In 1988 a Texas Tech study estimated that there was potential to generate more than \$7.5 million from waterfowl hunting leases and related activities in the playas. Pronghorn antelope also depend upon these wetlands, especially in the rangelands.

Protecting wildlife through education and action since 1936, the National Wildlife Federation is America's conservation organization creating solutions that balance the needs of people and wildlife now and for future generations.

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Are you at risk for kidney disease?

Dr. Mackenzie Walser

Are you one of the millions of people who have unrecognized kidney disease? It's worth finding out, because if the disease progresses, you may wind up on dialysis, which can be extremely disabling and a lifelong process — unless you can get a transplant.

Initially, the main symptoms of kidney disease are fatigue, loss of appetite, itching, and muscle cramps. Later, the symptoms progress to include nausea and vomiting. By this time, you're in the later stages of the disease when about three-quarters of kidney function has been lost. So you can't recognize kidney disease by the symptoms alone.

There are two simple tests to check for kidney disease. A routine blood test can detect impaired kidney function. Your doctor probably performs a routine blood chemistry test once a year or so. You can also test yourself. In either case, that test includes a measurement of creatinine, a substance that is produced continuously by the body, especially in muscle, and is excreted by the kidneys. When kidney function decreases, there is a higher level of creatinine in the blood that can be readily detected. The upper limit of normal creatinine concentration in the blood serum is about 1.5 milligrams per 100 milliliters.

When creatinine concentration is higher than 1.5 milligrams per 100 milliliters of serum, kidney function must be reduced. The more kidney function is impaired, the higher serum creatinine concentration becomes. The average serum creatinine concentration at which dialysis becomes necessary for survival is about 7 milligrams per 100 milliliters, corresponding to about 1/10 of kidney function remaining. Some people start dialysis much earlier — for example, they might start dialysis at a creatinine level as low as 3 mg per deciliter, though this is

probably not necessary.

Along with routinely having your blood tested, you can easily test for urine protein. Paper strips for this purpose can be purchased at any pharmacy. Simply hold one of the strips in your urinary stream and see if it changes color (the label will give further details, including how to determine if there is glucose in your urine which is a sign of diabetes). But if this test does show urinary protein, you need not conclude that you have kidney failure.

The first thing to do if you get a positive reading is to repeat the test. If a positive result still appears, you may have kidney disease, but you may instead have one of the other conditions that can make protein appear in the urine even though kidney function is normal. The most common cause of such a result is fever, but there are other causes, too. If protein continues to appear in your urine, see your doctor. He or she will find out whether you have chronic kidney disease. If you don't have protein in your urine, you almost certainly don't have kidney disease.

If your kidney function is reduced, it's critical to know if the disease is progressing. This requires repeated creatinine measurements over a period of at least several months. If your creatinine concentration, though elevated, does not rise further, you may never develop kidney failure and may never require dialysis. If the disease is progressing, controlling your blood pressure and reducing your dietary protein can help slow the progression.

Occasionally, people who have elevated creatinine concentrations go on for decades without progression, and may have no symptoms at all, providing that their kidney function is not too severely impaired. Don't take a chance with your kidneys—the stakes are too high! Get tested today.

Jesus, bright and morning star

I am alpha and omega the beginning and the end, the first and the last.

Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.

For without are dogs and sorcerers, and whoremongers, and murderers, and idolaters and whosoever liveth and maketh lie.

I Jesus have sent mine angel to testify unto you these



St. John's Missionary Church

Rev. Bill Adams Sr.

things in the churches. I am the root and the offspring of David, And the bright and morning star. Revelation 22:13-16. His name is Jesus. Happy New Year!

Is it over yet?

Many years ago I spent seven years in what we used to refer to as the "Major Seminary".

The first three of those seven years we "majored" in Philosophy and "minored" in various subjects connected with this major. We spend the final four of the seven years digging into the majors of Theology and Sacred Scripture, as well as "minors" related to both Theology and Sacred Scripture.

We delved into "Normal" and "Abnormal" Psychology, Anthropology, a bit of Archaeology, Church and Secular History, Liturgy, Classical Arts, Patristics, and you-name-it.

Of course, after all these years, I cannot remember all the subjects and courses we experienced.

Despite all this training, our class of 18 newly-ordained Catholic Priests (May 30, 1959), members of the Missionary Oblates of Mary Immaculate, spent another nine months in, what was known then as "The Pastoral House", a transition period between the academics of the seminary days and the practical aspects of serving people in a parish setting — perhaps simi-



St. Mary Magdalene Church

Fr. Cornelius J. Scanlan

lar to the "Internship" that the medical profession asks of its MD's.

Our leader during those nine months happened to be Fr. William (a.k.a. "Bill") Nash, OMI (the "OMI" = "[Missionary] Oblates of Mary Immaculate", the name of the Religious Congregation of which we belong).

One observation I remember he shared with us was: We are never really finished!

So, we bring 2004 to an end, and we begin 2005, another year of 12 months, 52 weeks, 365 days.

Ask yourself the question: Do I really need to make resolutions (which "I-my-self-and-me" have come up with) and which I probably will forget in a short time, or would it be better for me to listen to the promptings of the Spirit and say "Yes, Lord", I will with your help.

Holiday feasts don't have to add pounds

The holidays are here again, which means that many of us are going to be packing on weight and then agonizing about losing it.

When you sit down with your family to a holiday feast, the last thing you want to worry about is your low-fat or low-carb fad diet. Wouldn't it be nice to forget about counting calories, eat what you want over the holidays and still remain thin?

According to David Hariton - the thin, 40-something author of Survival of the Thinnest — you don't need to make a crazy New Year's resolution in order to lose weight. His research led to a diagnostic breakthrough that provides motivational energy for sticking with a simple plan, and he reports that his 30-minute a day prescription works to let you look good, feel great and stay thin while eating whatever you want.

Hariton's conclusion is that all diets are doomed, because they fight our genetic script. Over time, he explains, our genes have evolved, and now an "active, thin/sedentary, fat" gene directs our bodies to stay thin if we are active and store fat if we are sedentary. As a number of studies show, our bodies are not merely passive fat depositories; instead, they actively maintain the particular level of fat that suits a person's lifestyle - high levels of fat if you're a couch potato; low levels if you "make your body think you run for a living."

That's why the key to Hariton's approach is exercise. "By maintaining a 30-minute daily exercise regimen, you will stay thin for the rest of your life," he declares. "Once you get your 30 minutes out of the way, you won't have to be active again all day. You can spend the rest of our time lounging about in an easy chair and still be able to eat whatever you want without gaining weight."

In our diet-obsessed culture, Hariton has had the nerve to design a stay-thin plan that eliminates dieting and all its frustrations. His process works, he says, because it lets you take advantage of your genetic inheritance to make your body "change its mind" about how thin to let you be.

Bestselling author John E. Sarno, M.D., who is also Professor of Rehabilitation at the

New York University School of Medicine, supports Hariton's position. "Mr. Hariton maintains that exercise is the key to being thin and that this is genetically determined," Sarno says. "He obviously has done his homework and is an excellent writer, so reading his book was both an instructional and pleasurable experience."

Hariton's research jibes with a recent report in Nature about a study conducted by Dr. Dennis M. Bramble of the University of Utah and Dr. Daniel E. Lieberman of Harvard University. When our distant ancestors developed primitive running attributes, the study's authors concluded, they must have improved the odds for survival and reproduction.

According to Hariton, Survival of the Thinnest is about helping people realize that running (along with other kinds of exercise) is still crucial, and that being thin and healthy for life is well worth 30 minutes a day. "My plan is designed to get you lean and keep you that way permanently, as no fad diet, extreme exercise routine, or expensive and ineffective pills ever can," he notes. "What's more, the life you live will be happier, healthier, stronger, more energetic, and more fun."

Survival of the Thinnest is available through www.survivalofthinnest.com, Amazon.com, and Barnes & Noble.com as well as at independent bookstores throughout the country, and the fact that booksellers are ordering more and more copies may mean there will be lots of thin and happy hearty eaters as the holiday season progresses.

Don't forget how much you are loved

Josie's mind was racing. She slumped into the chair, her head in her hands.

The secret she carried alone for the past twenty-seven years was out in the daylight.

She felt drained. Her breathing was in short gasps, half sobs.

Dr. Hardt remained silent and prayerful.

Finally he spoke. "God is here Josie and he loves you. He wants to heal your wounds."

As if she didn't hear what Dr. Hardt had said, Josie looked at the picture of the Holy Family and then back at the floor. "I feel so ashamed," she said. "I feel dirty and ugly. How could anybody love me?"

Dr. Hardt spoke again. "Josie, listen to me."

Josie turned her head and looked into his eyes. She saw warmth and understanding. Her

mind drifted back in time. She was nine.

A puppy that the family had adopted was playing in the yard.

Suddenly the puppy saw something across the street and ran. She heard the screeching of tires.

A scream rose in her throat and she started to run. She felt strong arms pick her up and carry her in the direction of the house.

She put her arms around her daddy's neck and cried. His warmth and strength brought her comfort and peace. She looked up at Dr. Hardt again. "He's so much like my dad," she said to herself. "I can trust him."

Dr. Hardt looked straight into her eyes as he spoke. "Don't ever forget how much you are loved Josie. Not only by God but also by your wonderful Christian family. And you have a wonder-



Empowering Families

Dr. Donald Smith

ful friend in Rolando."

"I know all that," she said. "I can put on a good act but my heart's broken in pieces."

Dr. Hardt spoke softly and lovingly. "God's going to bring all those pieces together and heal each one."

"Today and over the next several counseling sessions we're going to talk about each piece. At this point you must remember it was the sin of another per-

son so long ago that caused you this pain and changed the course of your life.

It wasn't by any choice of yours that you were so violently assaulted as a child.

However, now that this horrible incident's out, you can choose what you do about it from this point on."

Josie looked at the picture of the church. "Yes, I can choose." She said it with determination as if it was a fresh discovery. "I want to put the pieces back together."

Editor's Note: This column is brought to you by the St. Henry deOsso Family Project working in Brackettville to strengthen family, faith and education.

Opening presents

It used to make my mother mad and I do it totally different today.

It was the way or when I opened any gift that I was given. I didn't open them immediately and I would wait sometimes until the next day.

I knew it wasn't exactly the right way to treat a gift or the giver of the gift but I enjoyed just the thought of getting a gift and the idea that someone loved me.

It is wonderful that we still celebrate Christmas in our country because we are given time off from our jobs to be with family and friends and can celebrate in whatever way we want. One thing I try to do is remember one very special gift that was given to me.

It was sent to me many many years ago but I did not receive or would not accept it till I was



Jerry Davenport

Brother J.

twenty-seven years old.

It was the gift of Jesus Christ, (Isaiah 9:6, Matthew 1:23) from God to and for us.

I now have a new wonderful life because I accepted that gift, (Romans 5:8-11 & 15-17).

I have many other special gifts like my wonderful wife, (Proverbs 18:22) who loves me and takes care of me, my children, (Psalms 127:3), family, friends, local Church and County just to mention a few.

Enjoy the wonderful gifts God has given us. See you in Church next Sunday.

OBITUARY

Floyd Allen "Stan" Stancliff

Floyd Allen "Stan" Stancliff, 82, of Lakehills, Texas, died Monday, Dec. 20, 2004, in a San Antonio care center.

He was born Sept. 10, 1922, in Houston, to Roy Francis and Vera Floy Blalock Stancliff.

On Jan. 14, 1990, he married Florence Louise Scott in Poteet, Texas. She survives.

Stan was retired from the U.S. Air Force and Kelly Air Force Base Air Force Security.

He started his military career at Fort Clark in the Cavalry, patrolled the border in the Big Bend area on horseback, served in World War II as a Radio Technician in the Philippines, where he made vacuum tubes and served under Generals MacArthur and Chase, and did a secret mission in Pakistan during World War II.

In addition to his wife Florence of Lakehills, survivors include two daughters Elizabeth Ann Swan of Lakehills and Seana Louise Pournier and husband

John of Lakehills; son Kenneth Edward Stancliff of Modesto, Calif.; stepson A. Dan Swan and wife Diana of Lakehills; sister-in-law; Fleta Stancliff of Wichita Falls, Texas; 10 grandchildren, Harold Stancliff, Allen Stancliff, Michael Phipps, Matthew Phipps, Melissa Hatfield, Aaron Swan, Kevin Martinez, Bethany Martinez, Alena Swan, and Catherine Maderer and six great grandchildren, Amber Phipps, Zachry Phipps, R.J., Catherine and David Maderer and Ashton Phipps.

A memorial service will be held at Fort Sam Houston Cemetery on Monday, Jan. 3, 2005, at 2:15 p.m.

Memorials may be made to Vista Care Hospice.

You are invited to send condolences at www.grimesfuneralchapel.com by selecting the "Send Condolences" link.

Funeral arrangements are entrusted to Grimes Funeral Chapel of Bandera, Texas.

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 1 Common name
 4 Cherry
 10 Impassioned
 14 Zebra
 16 Hair article
 18 Pines
 17 Usher
 20 Whisker
 21 Understated
 23 Hair ornament
 24 Character
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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: **DANCES**

T	W	D	T	C	A	N	C	A	N	S	M	E
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P	K	O	O	D	E	T	A	G	B	K	S	
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P	E	T	S	E	N	O	H	O	R	A	R	
P	O	L	K	A	X	Z	T	L	A	W	T	

HAPPY BIRTHDAY

- Jan. 1..... Tootsie Herndon
- Jan. 1..... Mary Jane Olson
- Jan. 1..... Valerie Vela
- Jan. 2..... Amanda Meek
- Jan. 2..... Jerry Taugner
- Jan. 3..... Janelle Senne
- Jan. 5..... Norman Butler

Roaring Twenties Solution:

1. Cakewalk	11. One-step
2. Cancan	12. Polka
3. Fox trot	13. Reel
4. Gavotte	14. Rumba
5. Hora	15. Samba
6. Hula	16. Tango
7. Jig	17. Tarantella
8. Macarena	18. Twist
9. Mazurka	19. Two-step
10. Minuet	20. Waltz

HOROSCOPES

by Charles Cooper

AQUARIUS (January 20 to February 18) It's a good time to take stock of what's going on in your business and personal life. Make the necessary changes to improve your lot. Relationships in particular need a good shakeup.

PISCES (February 19 to March 20) Unexpected news arrives on the home front. However, it's a nice surprise and bodes well for the whole family. Be careful while driving or operating machinery over the weekend.

ARIES (March 21 to April 19) You're still in full holiday mode. However, don't let that distract you from work matters. If you concentrate, you make important progress.

TAURUS (April 20 to May 20) Your most productive time is the beginning of the week. After that, your mind is filled with thoughts of holiday parties. Ring out the old year with a bang!

GEMINI (May 21 to June 20) Naturally, your social calendar is full this week. However, don't allow this to take a toll on your health. Be sure to get enough rest.

CANCER (June 21 to July 22) A co-worker is out of sorts this week. It's best to avoid this person and resist the temptation to pry. This weekend, a quiet celebration is most appealing.

LEO (July 23 to August 22) You don't get much accomplished this week at work. In fact, you may even have to fill in for a vacationing co-worker. Later in the week, you're ready for some New Year's partying.

VIRGO (August 23 to September 22) You're on the same wavelength with a business partner. Between the two of you, a new plan is formulated. This puts you in a good place to start the new year.

LIBRA (September 23 to October 22) You make a big splash on the social scene this weekend. However, before kicking up your heels, tend to business matters. Tie up any loose ends so you have some peace of mind.

SCORPIO (October 23 to November 21) Something you've procrastinated about can no longer be put off. Roll up your sleeves and get to work. In the long run, you find it's not as daunting a task as you'd anticipated.

SAGITTARIUS (November 22 to December 21) Despite the holiday, you're able to get a lot done at work this week. Finances are looking up as well. Over the weekend, if you're the host, be as gracious as possible.

CAPRICORN (December 22 to January 19) There's some good news in your immediate future. This improves your mood. In fact, friends and family are attracted to your new attitude.

ADOPTIONS

Note: It is illegal to be paid for anything beyond medical and legal expenses in Texas adoption.

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NOTICE TO CONTRACTORS to Proposed, Texas Department of Transportation (TxDOT) Contracts. Sealed proposals for contracts listed below will be received by TxDOT until the date(s) shown below, and then publicly read. Construction/Maintenance/Building Facilities Contract(s). Dist/Div: Laredo, Contract 0299-02-026 for reconstruct existing roadway in Kinney County will be opened on January 11, 2005 at 1:00 pm at the State Office. Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or Dist/Div Offices listed below. If applicable, bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.dot.state.tx.us and from reproduction companies at the expense of the contractor. NPO: 15145. State Office, Constr./Maint. Division, 200 E. Riverside Dr., Austin, Texas 78704. Phone: 512-416-2540. Dist/Div Office(s), Laredo District, District Engineer, 1817 Bob Bullock Loop, Laredo, Texas 78043. Phone: 956-712-7400. Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.

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ABOVE OBIT LIQU
TOTAL MISCREANT
SEE LOBE ERLES
PENS ETAT
COHERE BLOC SMA
ARIE PRIVET TAC
GRANDRAPIDSMICH
EER RICES ALOE
RST AGED ATTEND
T WAS WIRE
BABEL KIYE AIR
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- 4.53 Acres off 19 Pepper Lane, Del Rio
- Unit 1 Lot 146 Ft. Clark Springs 2 bd / 2ba
- Unit 1 Lot 145 Ft. Clark Springs 2 bd / 2ba
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- Unit 35, Block B, Lot 27-28, Mobile home - 2 br/2bath

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Jan. 2005 - OUTPATIENT CLINIC CALENDAR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 John Brownlee, M.D. Pediatric Cardiologist 1-800-242-0008	5	6 Carlos Morales, M.D. Pulmonary Diseases 1-830-278-6251, ext 1430	7 David Dean, M.D. Neurosurgeon 1-830-278-6251, ext. 1430 Flavio Alvarez, M.D. Nephrologist 1-830-278-1126
10 Kurt Meissner, M.D. Urologist 1-830-278-6251, ext. 1430	11	12	13 Randall Bell, M.D. Pulmonary Diseases 1-830-278-6251, ext. 1430	14 Flavio Alvarez, M.D. Nephrologist 1-830-278-1126
17 William Fitch, M.D. Urologist 1-830-278-6251, ext. 1430	18 John Brownlee, M.D. Pediatric Cardiologist 1-800-242-0008	19 Fernando Triana, M.D. Cardiologist 1-210-614-5400	20 Carlos Morales, M.D. Pulmonary Diseases 1-830-278-6251, ext 1430	21 David Dean, M.D. Neurosurgeon 1-830-278-6251, ext. 1430 Flavio Alvarez, M.D. Nephrologist 1-830-278-1126
24 Kurt Meissner, M.D. Urologist 1-830-278-6251, ext. 1430	25 Rolando Zamora, M.D. Pediatric Cardiologist 1-800-697-7008	26	27 Randall Bell, M.D. Pulmonary Diseases 1-830-278-6251, ext. 1430	28 Flavio Alvarez, M.D. Nephrologist 1-830-278-1126
31	HAPPY NEW YEAR			

Active Medical Staff
Please Call for Office Hours

Bitar, Jamil, M.D. Internal Medicine & Cardiology..... 591-1294	Grua, Tanya R., M.D. Family Practice/OB..... 278-7105	Utterback, Carl, M.D. Family Practice/OB..... 278-4588	Sanjiv Kumar, M.D. Ophthalmologist..... (830) 278-2020
Box, Gloria G., M.D. Orthopedic Surgery..... 278-2292	Lozano, Alfonso, M.D. Family Practice/OB..... 278-7105	van Royen, Alice, M.D. Gynecology..... 279-0669	Rodolfo Molina, M.D. Rheumatologist..... (210) 690-8067
Carpintero, Ralph, M.D. Internal Medicine..... 278-6681	Lutton, Richard B., M.D. Family Practice/OB..... 278-4453	Walkins, Harry O., M.D. Surgery..... 278-5213	Matthew Mossbacher, M.D. Rheumatologist..... (210) 690-8067
Flanders, Barry, M.D. Radiology..... 278-6251	Preddy, John, D.O. Family Practice/OB..... 278-7101	Gregory Baber, D.M.D. Dental Surgeon..... (830) 278-7105	Gabriel Rodriguez, D.P.M. Podiatrist..... (830) 278-1840
Gattonde, G. V., M.D. Surgery..... 278-4568	Shudde, John L., M.D. Family Practice..... 278-5118	Jesse Castellanos, M.D. Disability Assessments, Inc. (830) 278-6469	Manuel A. Santiago, M.D. (every Thursday) Hematology/Oncology..... (210) 595-5300
Garza, R. Steve, M.D. Family Practice/OB..... 278-4453	Sosa, Isaac, M.D. Internal Medicine..... 278-6265	Victor Igumboka, D.D.S. Pediatric Dental Surgeon..... (830) 278-5009	Arlis Terry, M.D. (every Tuesday) Ophthalmologist..... (830) 278-9465

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Come and See the NEW Pontiac G-6



04 GMC Sierra Crew Cab
\$35,195**

#4115
GM Price.....\$41918
GM Disc.....\$1000
MSRP.....\$40918
Rebate.....\$2000
Brown Disc.....\$3723

SAVE \$6,723



04 GMC Denali
\$41,695**

#3904
MSRP.....\$50360
Rebate.....\$4000
Brown Disc.....\$4665

SAVE \$8,665



04 Cadillac SRX - V8
\$41,520

#3160
MSRP.....\$52520
Brown Disc.....\$11000

SAVE \$11,000



04 GMC Envoy XUV SLT
\$30,695**

#3581
MSRP.....\$39160
Rebate.....\$6000
Brown Disc.....\$2465

SAVE \$8,465



04 GMC Yukon XL
\$36,695**

#4076
MSRP.....\$47065
Rebate.....\$5000
Brown Disc.....\$5370

SAVE \$10,370



04 Safari Cargo Van
\$18,595**

#3593
MSRP.....\$23725
Rebate.....\$3500
Brown Disc.....\$1630

SAVE \$5,130



05 Pontiac Vibe
\$17,995

#4405
Total Vehicle.....\$20200
GM Discount.....\$300
MSRP.....\$19900
Rebate.....\$1500
Brown Disc.....\$405

SAVE \$2,205



05 Pontiac G6
\$19,895

#4554
MSRP.....\$21705
Rebate.....\$1000
Brown Disc.....\$810

SAVE \$1,810

PRE-OWNED CLEARANCE

CARS	Sale Price	
4391A	00 Toyota Corolla	7995
4213A	04 Nissan Altima 2.5S	19995
3843B	00 Chevrolet Impala	10500
P7665A	01 Saturn SC2	9400
4240B	00 Cadillac Deville	14995
4198B	03 Nissan Maxima	19900
4563A	05 Cadillac CTS Luxury Sport	38995
3528A	03 Cadillac Deville	23995
4100A	02 Nissan Altima	16995
4309A	00 Buick Century	8995
4221A	03 Toyota Solara SLE V-6	13495
3336A	05 Nissan Altima	22995
4179A	01 Oldsmobile Aurora	14995
4283A	05 Nissan Altima	22995
4347A	04 Pontiac Grand AM	17995
4499A	03 Toyota Solara SLE V-6	17995
4024A	01 Pontiac Grand AM	7800
4222A	00 Cadillac Eldorado	18995
4529A	02 Pontiac Bonneville SLE	14995

SUV S	Sale Price	
4093A	02 Ford Explorer	16495
4277A	00 Ford Explorer	9995
4119A	03 GMC Yukon XL	26600
4061A	03 GMC Yukon	27600
4183A	02 Cadillac Escalade	32900
3852A	03 GMC Yukon Denali	36995
3285A	03 GMC Yukon XL	26995
3779A	03 GMC Yukon XL	26995
4168A	03 GMC Yukon XL	28400
4227A	02 Ford Expedition	25800
4159B	01 GMC Yukon XL	16995
4186A	03 GMC Yukon	27400
4162A	01 GMC Yukon XL	18995
3566A	02 Chevrolet Suburban	22995
4258A	02 Ford Expedition	22595
P7676	04 Chevrolet Venture Van	15995
4265A	03 GMC Yukon XL Denali	30995
4244B	00 GMC Yukon	16900
4316A	02 GMC Yukon XL	24995
P7675	04 Nissan Quest Minivan	21900
3315A	02 Ford Explorer	16900
4298A	04 GMC Yukon XL	32600
3886A	00 Ford Expedition	14995

3.9% APR
on selected models
W.A.C.

TRUCKS	Sale Price	
4133A	03 Cadillac Escalade Ext	40900
4161A	03 GMC Sierra Crew Cab Conversion	29900
3506A	04 GMC Sierra	16900
4017B	02 Dodge Ram 150 EXT Cab	15495
4392A	02 Cadillac Escalade Ext	32995
4274A	03 Chevrolet Ext Cab 4X4	30495
4315A	02 Chevrolet Silverado Crew Cab	19995
4239A	03 GMC Sierra Crew Cab 4X4 Conversion	29900
4541A	02 GMC Sierra EXT Cab 4X4	20995
3967A	04 Ford F150 Crew Cab	25995
4541A	03 GMC Sierra	16295
3831A	04 Nissan Frontier Crew Cab	15495
4460A	01 Dodge Ram 150 Quad Cab	11495
4575A	03 Ford F-250 Super Cab	26995
3989A	03 Dodge Ram 150	14995
4382A	01 GMC Sonoma Ext Cab	11295
3607A	00 Chevrolet S-10 Ext Cab 4X4	11995
4576A	03 GMC Sierra EXT Cab	23995

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Brown Automotive
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** 0% APR W.A.C. on selective GM's thru GMAC for 72 months in lieu of rebate. This ad supercedes previous ads.

NISSAN NATIONAL YEAR-END EVENT

2004 NISSAN PATHFINDER ARMADA SE MSRP.....\$38920
Brown Disc.....\$3225
Rebate.....\$2500
\$33,195*

#3924, 4260

2004 NISSAN MAXIMA MSRP.....\$30470
Brown Disc.....\$2075
Rebate.....\$1750
\$26,645*

#3975, 2991

2004 Nissan Titan SE C.C.
MSRP.....\$30810
Brown Disc.....\$2515
Rebate.....\$2000
\$26,295*

#4132, 3802

2005 Nissan Sentra
MSRP.....\$15400
Rebate.....\$2000
\$13,400*

#4478, 4479

2005 Nissan Altima
#4434, 4435
MSRP.....\$22930
Brown Disc.....\$1135
Rebate.....\$1500
\$20,295*

2004 Nissan Xterra
MSRP.....\$22650
Rebate.....\$2400
Brown Disc.....\$1205
\$19,045*

#3787, 3796

2004 Nissan Frontier Crew Cab
#3818, 3776
MSRP.....\$22670
Rebate.....\$2500
Brown Disc.....\$1175
\$18,995*

2004 Nissan Quest
#3154, 2995
MSRP.....\$30820
Rebate.....\$2000
Brown Disc.....\$2125
\$26,695*

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"Where Customer Satisfaction is our #1 Priority" * 1.0 APR In Lieu Of Rebate W.A.C. ** 2.0% In Lieu Of Rebate. W.A.C.. This ad supercedes previous ads.