

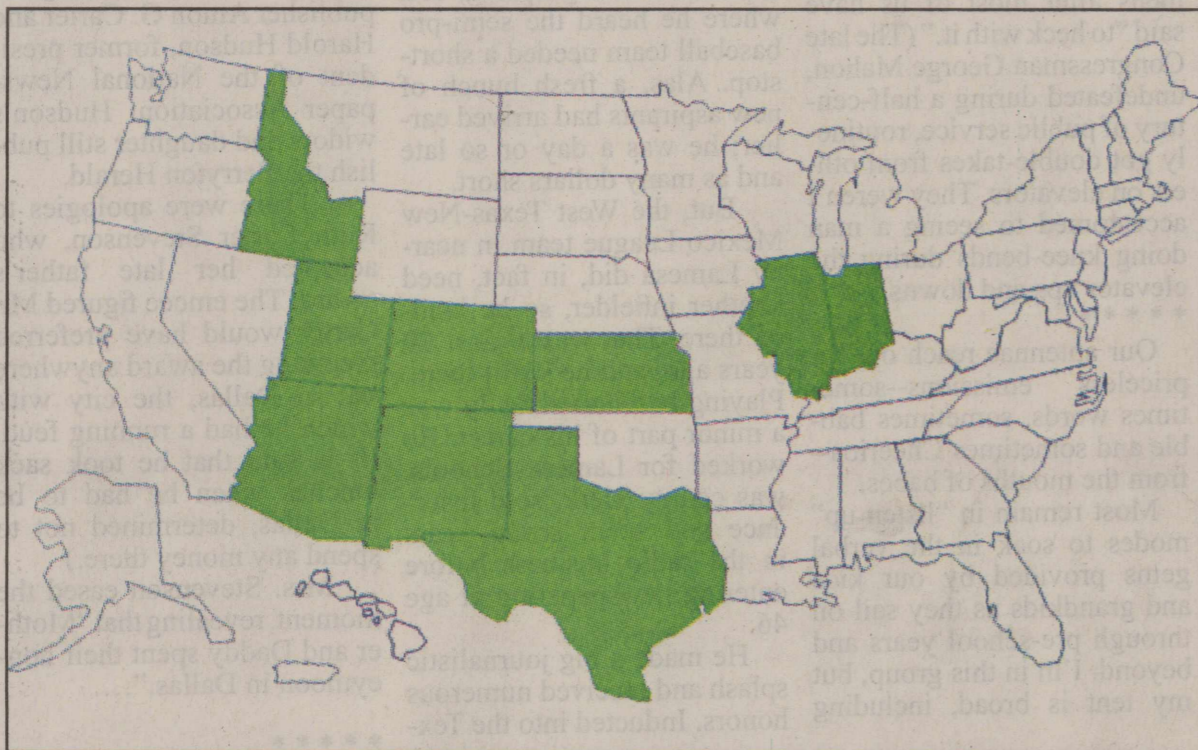
The Devil's River News

Volume 120 • Issue 19

SONORA, TEXAS

Thursday, June 5, 2008

Investigation of Outbreak of Infections Caused by Salmonella



Since late April, 40 persons infected with *Salmonella Saintpaul* with the same genetic fingerprint have been identified in Texas (21 persons) and New Mexico (19 persons). The New Mexico Department of Health is investigating 17 additional *Salmonella Saintpaul* illnesses. These were identified because clinical laboratories in all states send *Salmonella* strains from ill persons to their State public health laboratory for characterization. Among the 38 persons who have been interviewed, illnesses began between April 23 and May 27, 2008. Patients range in age from 3 to 82 years; 48% are female. At least 17 persons were hospitalized. No deaths have been reported.

The Center of Disease Control

CDC is collaborating with public health officials in several states, the Indian Health Service, and the U.S. Food and Drug Administration (FDA) to investigate an ongoing multistate outbreak of human *Salmonella* serotype Saintpaul infections. An epidemiologic investigation conducted by the New Mexico and Texas Departments of Health and the Indian Health Service, using interviews comparing foods eaten by ill and well persons, has identified consumption of raw tomatoes as the likely source of the illnesses in New Mexico and Texas. The specific type and source of tomatoes are under investigation; however, preliminary data suggest that large tomatoes, including Roma and red round are the source.

Since late April, 40 persons infected with *Salmonella Saintpaul* with the same ge-

netic fingerprint have been identified in Texas (21 persons) and New Mexico (19 persons). The New Mexico Department of Health is investigating 17 additional *Salmonella Saintpaul* illnesses. These were identified because clinical laboratories in all states send *Salmonella* strains from ill persons to their state public health laboratory for characterization. Among the 38 persons who have been interviewed, illnesses began between April 23 and May 27, 2008. Patients range in age from 3 to 82 years; 48% are female. At least 17 persons were hospitalized. No deaths have been reported.

In addition, approximately 30 persons with *Salmonella Saintpaul* infection have been reported since late April in residents of Arizona, Colorado, Idaho, Illinois, Indiana, Kansas, and Utah. Investigations

are underway to determine if consumption of raw tomatoes is also associated with illness in these states.

Clinical features of *Salmonella* Infection:

Most persons infected with *salmonella* develop diarrhea, fever, and abdominal cramps 12-72 hours after infection. Infection is usually diagnosed by culture of a stool sample. The illness usually lasts 4-7 days. Although most people recover without treatment, severe infections may occur. Infants, elderly persons, and those with impaired immune systems are more likely than others to develop severe illness. When severe infection occurs, *salmonella* may spread from the intestines to the bloodstream and then to other body sites, and can cause death. In these severe cases, antibiotic treatment may be necessary.

Advice to Consumers

- In New Mexico and Texas, until the source of the implicated tomatoes is determined, persons with increased risk of severe infection, including infants, elderly persons, and those with impaired immune systems, should not eat raw Roma or red round tomatoes other than those sold attached to the vine or grown at home, and
- persons who want to reduce their risk of *Salmonella* infection can avoid consuming raw Roma or red round tomatoes other than those sold attached to the vine or grown at home.
- Avoid purchasing bruised or damaged tomatoes and discard any that appear spoiled.
- Thoroughly wash all tomatoes under running water.
- Refrigerate within 2 hours or discard cut, peeled, or cooked tomatoes.
- Keep tomatoes that will be consumed raw separate from raw meats, raw seafood, and raw produce items.
- Wash cutting boards, dishes, utensils, and counter tops with hot water and soap when switching between types of food products.
- You can check the CDC and FDA websites for updates on this investigation and changes in recommendations.



Lexie Ortiz, crowns the 2007 Miss Sutton County Contest Winner Laura Martin.

Miss Sutton County Contest

By Kim Lewis

Each year a devoted young lady is titled Miss Sutton County. The contest begins every year in June and continues through August. Any upcoming Junior and Senior girl at Sonora High School is eligible for the contest. There are rules and guidelines provided at the candidates, first meeting that the candidates must follow throughout the contest. The candidates will sell Rodeo and

Dance tickets for the Outlaw Pro Rodeo. The candidates will be interviewed by out-of-town judges. The Saturday of Sutton County Days the totals from their ticket sales and the interview scores are tallied together and totaled by using a point system designed for the Miss Sutton County Contest. Miss Sutton County will receive a \$1500 scholarship provided by the Outlaw Pro

Rodeo, a bracelet designed by Lee Silver, and many gifts. 1st runner-up will receive a \$1000 scholarship provided by the Outlaw Pro Rodeo, a pendant designed by Lee Silver, and gifts. 2nd runner-up will receive a \$500 scholarship provided by the Outlaw Pro Rodeo, and gifts. The deadline to sign up for the contest is June 9, 2008. Please contact Kim Lewis at 325-450-4716.

Broncos Play in All Star Game



By Robin Downing

Seniors Aaron Gaytan, JT Downing, Riley Sanchez, and Victor Vaquera represented Sonora High School in the 1A and 2A Greater West Texas Baseball Coaches Association AllStar Game on June 1 in Lubbock, Texas. The boys were nominated by their coaches, Chad Tuttle and David Gallegos, and then selected for the South team consisting of 18 other players from Alpine, Crane, Junction, San Saba and other towns across the state. After playing nine innings in 100 degree weather, the South team defeated the North team 9-7. All four Sonora boys played during the game and contributed to the win. It was a great way to end their senior baseball season. Congratulations boys!

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The Idle American At a Gain for Words...

By Don Newberry

In this "text-'til-you-drop" world where youngsters' and others' fingers sweep across computer keyboards at warp speed, there's ongoing competition to see who can use the fewest letters to represent the most number of words.

We should have seen the trend sprouting when personalized license plates came along. Those, though, are

mostly "cutesy." Even the duller among us, no matter length of tooth, can finally figure the messages out, even if it's three traffic lights later.

Text abbreviations, however, are more advanced. Most of them are harder to figure out than chemistry lab element charts. I can decipher LOL (laugh out loud), BRB (be right back) and BFF (best friends forever), but beyond

these, I'm clueless....

I miss complete sentences, written and verbal.

At the rate we're going in our text-bent world, it won't be long before axioms are modified to fit the era.

To wit, "a picture is worth 10,000 text messages."...

To get a stranglehold on gaining instead of losing

words requires discipline few are willing to embrace.

In the world "out there," though, are trouper--few as they are--who spice up our lives and enliven otherwise predictable scenarios. Somehow, they have the rare poise, keen minds and vocabularies that we hope will never be reduced to abbreviations.

These may be the same people who chew each bite 28 times, deep breathe regularly and maintain exercise regimens after most of us have said "to heck with it." (The late Congressman George Mahon, undefeated during a half-century of public service, routinely got double-takes from others on elevators. They weren't accustomed to seeing a man doing knee-bends during the elevator ups and downs.)...

Our antennae reach out for priceless emissions--sometimes words, sometimes babble and sometimes Cheerios--from the mouths of babes.

Most remain in "listen up" modes to soak in the verbal gems provided by our kids and grandkids as they sail on through pre-school years and beyond. I'm in this group, but my tent is broad, including

those in the autumns and winners of their lives.

I want to cite verbal responses made recently by three quick-witted folks in their mid-80's, all with well-worn, three-digit AARP cards. A couple of 'em I heard with my own ears....

One was Walter Buckel, long-time publisher of the Lamesa Press-Reporter. At age 17, he hitchhiked from California to Big Spring, TX, where he heard the semi-pro baseball team needed a short-stop. Alas, a fresh bunch of new aspirants had arrived earlier; he was a day or so late and as many dollars short.

But, the West Texas-New Mexico League team in nearby Lamesa did, in fact, need another infielder, so he landed there. That was almost 70 years ago, and he's still there. Playing baseball actually was a minor part of his career. He worked for Lamesa Schools, was county clerk, sold insurance and spent seven years in the radio business before entering newspapering at age 46.

He made a big journalistic splash and received numerous honors. Inducted into the Tex-

as Newspaper Foundation's Hall of Fame earlier this year, he reflected on his baseball years, and on one point was emphatic: "I did it without steroids."....

Other honorees included Alvin Holley, an East Texan publisher whose "newspapering" dates back to throwing the Corsicana Daily Sun. Two other giants in the field were cited posthumously--longtime Fort Worth Star-Telegram publisher Amon G. Carter and Harold Hudson, former president of the National Newspaper Association. Hudson's widow and daughter still publish the Perryton Herald.

There were apologies to Ruth Carter Stevenson, who accepted her late father's award. The emcee figured Mr. Carter would have preferred receiving the award anywhere but in Dallas, the city with which he had a running feud. (It is said that he took sack lunches when he had to be in Dallas, determined not to spend any money there.)

Mrs. Stevenson eased the moment, revealing that "Mother and Daddy spent their honeymoon in Dallas."....

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- Remodeling / Additions
- Concrete Work / Rock Work

John & Jen Jones
325-226-0494

Division of Mariposa Properties, LLC

"walking with frodo"

For boys ages 8—12

Friday, June 13th—Saturday, June 14th
at
LIGHTHOUSE COMMUNITY CHURCH

J.R.R. Tolkien was a believer in Jesus Christ who wove his faith into his writing.

In "The Lord of the Rings", his Christian worldview is illustrated as heroes fight a war against the forces of darkness-- a war in which every decision counts!

Using this incredible story, our young men will be led through pairs of choices--darkness or light, betrayal or loyalty, deception or honesty, to name a few-- and reveals what the Bible has to say about each.

This weekend experience will help them apply these truths to decisions they make every day, equipping them in an on-going, life-changing journey following Jesus Christ- "The Lord of the Kings"!

Future of Texas Windpower Unveiled: Innovative New Texas Test Facility to be Announced at Conference in Houston

AUSTIN - Sunday marks the beginning of North America's largest wind energy conference, Windpower 2008 in Houston, where officials are expected to announce a historic new federal wind blade test facility will be built on the Texas coast. Governor Perry is scheduled to provide the conference keynote address.

"The Texas wind energy industry will reach critical mass with this announcement," said Jerry Patterson, Commissioner of the Texas General Land Office and leading proponent of wind energy. "Not only will Texas lead the nation in installed windpower capacity, we will be poised to be the one-stop shop for research, manufacturing and production of wind turbines."

To be built through an innovative public-private partnership led by the U.S. Department of Energy's National Renewable Energy Laboratory, the facility will test wind turbine blades for use in commercial wind farms around the world. The testing lab will be built in Ingleside near Corpus Christi on land donated by BP.

"Once we build this test facility in Texas, the wind turbine and blade manufacturers will come," Patterson said. "Just like when the federal government put the space center in Houston, this test facility will launch new wind blade research and manufacturing jobs in Texas. This facility will establish Texas as a worldwide leader in wind power for decades to come."

Patterson also noted a Texas-based test facility will give the U.S. an advantage in getting a bigger share of the projected \$80 billion annual international business in designing and building turbines.

Under Patterson's leadership, Texas signed the nation's first six leases for the development of offshore wind power. Texas is primed for wind industry development, Patter-

son said.

"Texas has deep industrial know-how based on our history of oil and gas development. Texas has strong gulf winds, the political will and the infrastructure, like transportation and deep-water ports, to make our state the perfect site for this fast-growing industry," Patterson said.

And no coastal state has greater wind energy potential than Texas. Texas could generate as much as 10 gigawatts of offshore wind energy, according to resource assessments conducted by the University of Houston. The nation's cumulative wind power capacity is currently 9,971 megawatts, approximately half of which is installed in Texas. The booming growth of the wind industry in Texas makes the state a natural fit for the testing of the huge turbine components required for future wind farms.

son said.

son said.

Absolute Beauty Challenge

Instilling confidence and godly beauty is as easy as ABC.

We would like to invite all girls ages 8-12 to join us for a retreat to learn true beauty and modesty in a fun and fantastic way.

June 13-14th
6:00pm
Church of the Good Shepherd

The girls will build wonderful friendships with their peers that will help them through the seasons of their life ahead of them.

For more information or to register please contact:
Tamra Wolfe
@ Lighthouse Community Church
387-9100

Sonora Church of Christ Summer Bible Reading Club 2008

Wild about God's Word

Summer Bible Reading Club 2008
June 4 - Aug. 27



Read your Bible to earn prizes!

Awards night!

Ice cream party!

Every Wednesday Evening starting June 4 6:30 p.m. to 7:30 p.m. Special reading help from 6:00 p.m. - 6:30 p.m.

Invite Your Friends!



Free Summer Reading Fun!

Lighthouse Community Church

CAN A LOVE RELATIONSHIP WITH GOD

Be Real, Personal & Practical?

THE ANSWER IS YES!

1705 N. Crockett

Senior Center Activities

- Thurs. June 5-** Crafts-Need ideas and volunteers for Summer
- Fri. June 6-** Happy B-Day Lisa Alvizo
- Mon. June 9-** Bingo
- Tues. June 10-** Sugar/Blood Pressure Cks @ noon w/Intrepid Homehealth
- Wed. June 11-** Volunteer to deliver meals call 387-5657 or 387-3941

Senior Center Menu

- Thurs. June 5-** Broiled pork chops w/gravy, zucchini squash & tomatoes, corn-milk, tossed salad, rolls, mixed fruit and milk
- Fri. June 6-** Taco salad w/beef, cheese, chips, tossed salad, pinto beans, peach cobbler and milk
- Mon. June 9-** Chicken strips w/gravy, broccoli, baked potato, rolls, pears and milk
- Tues. June 10-** Chopped steak w/gravy/onions, parsleyed potatoes, cooked carrots, cuke/tomato salad, wheat bread, pudding and milk
- Wed. June 11-** BBQ chicken, pinto beans, macaroni salad, cornbread, apricot and banana mix and milk

Participants in the senior nutrition program must be 60 or older. Meals are served Monday - Friday at 12:00 p.m. Donations are accepted (suggested donation for Seniors is \$1.50; \$4.00 for under 60 and all other meals-to-go).

Thank You Notes

TO THE WONDERFUL PEOPLE OF SONORA:

On behalf of Arturo Trevino, Antonio and Sandra Guerra, Robert and Cammie Dominguez, Molly Guerra, and Marc Anthony Guerra, we would like to extend our gratitude and appreciation for the food, flowers, sentiments, and prayers that were bestowed upon us at the death of Carmina Perez Trevino. We thank you all from the bottom of our hearts and may God Bless.

Sandra Guerra


Happy Anniversary



Armer and Barbara Earwood

Best wishes to our parents Armer and Barbara Earwood on their 66th Wedding Anniversary May 30th, 1942 - May 30th, 2008. We love you both.

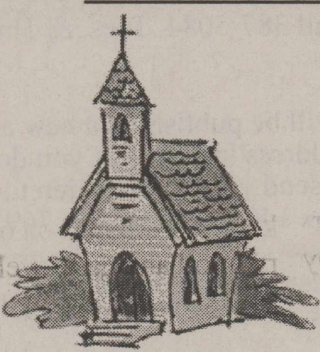
Elsie & Allen Belk, Melinda Crain and Edward Earwood



The Senior Class of 2008

would like to thank our family and friends & anyone else who helped with our Senior Party. It was great. We had great music and great food. Without your hard work and donations it wouldn't have been possible. A special thanks to the parents who helped cook, serve, set up, and clean. Thanks again.

Class of 2008



Sonora Church Directory

- | | |
|--|---|
| Primera Iglesia Bautista
504 Santa Clara
387-2035 | Church of Christ
304 N. Water
387-3190 |
| The Church of the Good Shepherd Presbyterian
319 E. Mulberry
387-2616 | First Baptist Church
11 E. Oak
387-3190 |
| Lighthouse Community Church
1705 N. Crockett
387-9100 | St. John's Episcopal Church
404 E. Poplar
387-2955 |
| Pentecostal Calvary Temple United
509 Amistad
387-5266 | First United Methodist Church
201 N. Water
387-2466 |
| St. Ann's Catholic Church
229 W. Plum
387-2278 | Templo Jerusalem Asamblea De Dios
306 W. 4th St
387-5713 |
| Jehovah's Witness
310 St. Ann's St
387-5658/387-5518 | Hope Lutheran Church
417 E. 2nd St.
387-5366 |

Brought to you by:
Kerbow Funeral Home
387-2266

Welcome Home....

To First Baptist Church
Sonora, Texas

Vacation Bible School

June 9 - 13, 9:00 a.m. - Noon
Ages 4 Years - 5th Grade

Great fun and learning!

**Theme: Outrigger Island,
Living God's Unshakable Truth**

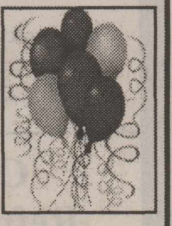
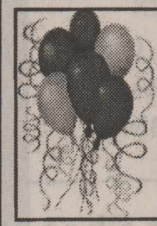
For More Information call: 387-2951



SUTTON COUNTY HEALTH FOUNDATION

Your memorial gift helps preserve access to quality health care for generations to come. Please consider the Sutton County Health Foundation, PO Box 18, Sonora, TX 76950. All contributions 100% tax deductible.

Happy Birthday !!



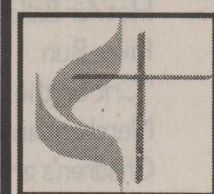
- June 5**
Elias Perez, Bud Whitehead, Trent Reiner, Raul Chavarria, Adriana Botello, Alonzo Hernandez, Jr., Arlette Ortiz, Christy Perez, Teri Castro, Jaci Dutton, Jesse Amador
- June 6**
Rusty Baldwin, Sandra Elliott, Destiny Rodriguez, Matthew Perez, Bailey Sykes, Reed Jennings
- June 7**
Stephani Morriss, Richard Maddux, Nancy White, John Castro, Annette Castro
- June 8**
Jim Stephen
- June 9**
Tigger Garza, Jacob B. Perez, Alex Lang
- June 10**
Alvaro DeHoyas, Gunter Pennington, Fernando Gonzalez, Sr., Jessica Collins
- June 11**
Brady Johnson, JoAnn Hernandez, John W. Brown, Jr., Kathy Pacheco, Jordan Nicole Paredes, Hunter Webb

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MEMBER 2008
TEXAS PRESS ASSOCIATION



First United Methodist Church Ray Wells, Pastor

Wednesday 5:30 p.m. Chancel Choir
Sunday 9:45 a.m. Sunday School
10:55 a.m. Worship
6:00 p.m. Bible Study

201 NW Water (325)387-2466

Historical Society

ASK THE HISTORICAL SOCIETY
by Jo-Ann E. Palmer, Secretary
Sutton County Historical Society

Q: What is the earliest yearbook you have on file?
A: We find our earliest yearbook is from the class of 1918 which includes a copy of their invitation before passed. In the inside cover we found a Class History of the class of 1915-16 written by Marie Lowrey. She stated:

"The Class of 1916 holding fast to the old adage 'In Unity there is strength' went into class organization March 15, 1916, with 11 in membership. At our organization, we adopted the pink carnation as our class flower, and pink and white as our class colors.

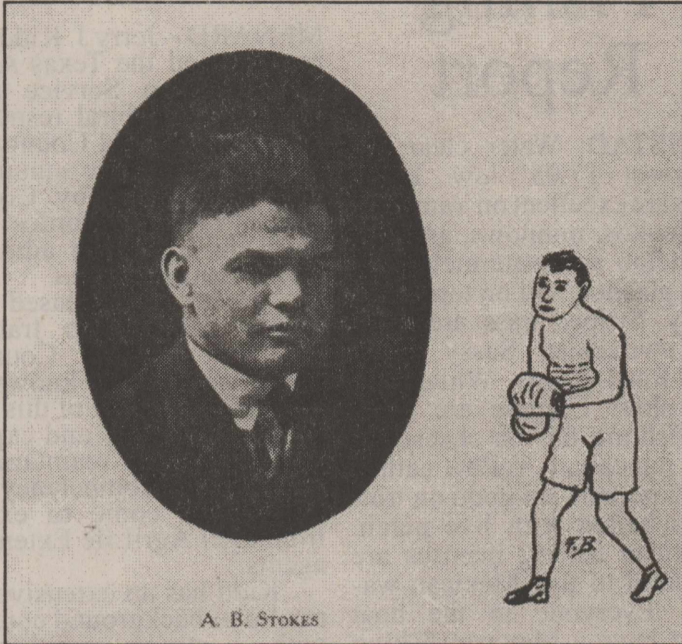
At the beginning of our high school career, our class numbered twenty-five. But many changes have been wrought in the membership during the four years of high school life. The class consists of two young men and 8 young ladies. Two have been in the same class from the primary grade on through the eleventh grade, but owing to ill health, one of these had to withdraw from the race before graduation. Each member has shown a spirited determination to preserve and we feel a distinct pride in our class record.

The average age of the graduates in seventeen and the youngest member is fifteen years old.
Our social life has indeed been limited, but never were seniors more pleasantly entertained than was the class of 1916 at the all-day party given by our class-mate Willie Adams.

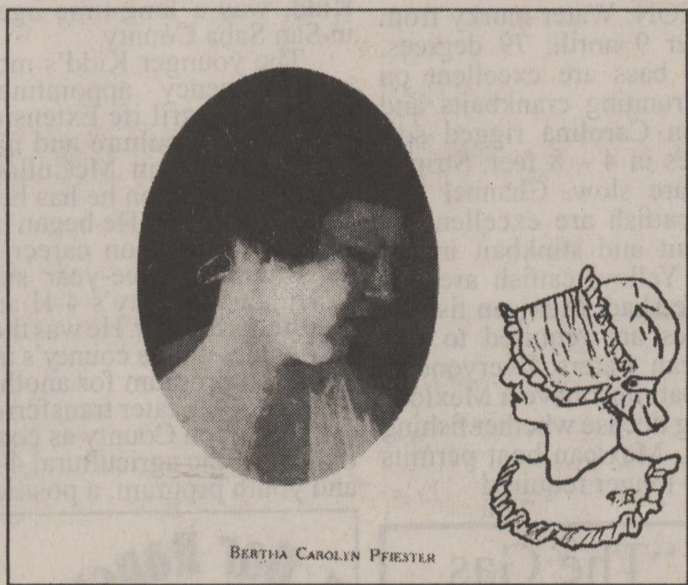
It has been said that every well balanced person has a hobby. Now the seniors are no exceptions, and each one rides a hobby.

Mae North has such a pronounced aversion to any kind of leisure that she claims 'WORK' is her hobby, and we have never been able to find Mae idle for one single moment.

Cyrus Ogden's chief delight is in preparing lengthy English themes and he has even offered to supply essays to less industrious members of



A. B. STOKES



BERTHA CAROLYN PREISTER

the class.

Willie Martin and Velma Savell have a hobby in common. They keep it secret, but we strongly suspect that it is the collection of butterflies and Wrigley's Spearmint Chewing gum wrappers.

Willie Adams has for his hobby the cultivation of peanuts; consequently, he stands high in the favor of the senior girls.

Lora Word seems to have no other aim in life than to knit wrist bands for the German soldiers, and Ora Merck finds happiness in solving jig-saw puzzles. [Note: the US did

not enter into WWI until almost a year later.]

It has been said that Lois Ward has never outlived her childhood days, and we know that she dotes on making doll's dresses, and we have discovered that Sybil Eaton desires to do nothing but to reason out difficult geometry problems.

Notwithstanding their frailties and faults, the 1916 seniors are a hard working, congenial class, and it is their earnest desire to reflect credit, in the future, upon their Alma Mater, the Sonora High School.

So has been our past--the future is ours. One important

cycle of our lives is about to be concluded--the cycle of preparation. We are to make our history. Each individual of this class will be a collaborator, and our successes, our failures, our dreams and their realization, and our deeds will be the matter that is recorded. It behooves us, then, to strive to make our individual records strong, vibrant, and unsullied so that our history will be one that may inspire and instruct. By our teachers, we have been taught to discern the good and reject the evil. May our discernment grow more keen and our vision for the good and beautiful be enlarged.

In passing from the cycle of preparation, we, the 1916 graduates of the Sonora High School, wish to express our appreciation of the confidence and the genuine friendship which our teachers, schoolmates, and friends have given us. Too, our wish for you is this--may the trust you have in us never be misplaced, and may we measure up to your highest ideals for us. Then it will be that we will have merited your friendship. To each member of this class, may there come the joy of realized ambitions, and when the last page of our history shall have been written, may the volume of our deeds be sealed with contentment and be stamped with the Divine support."

This is a short column this week so that we have enough room to publish some of the class members photographs. Give us a call if you have any questions at 325-387-2855 or e-mail your questions to schs@sonoratrix.net. PRAY FOR RAIN!

Gifts Galore & More Everetts Pharmacy
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(325) 387-2541

Bridal Registry

Kayla Sykes -bride elect- Russel Mondello
Hanna Allison -bride elect- David Blessing
Allison Benson -bride elect- Rich Ramseyer
Daisha Henson -bride elect- Jarrod Morrison
Cindy Jones -bride elect- Brent Engelhardt
Cady Taylor -bride elect- Nick Lafane
Laura Sleeth -bride elect- Graham Bloodworth
Dani Barker -bride elect- Chance Dillard
Heather Lawson-bride elect- Cole Cearley
Mrs. Rocky Riley -nee-Callie Moore

New gift items arrive daily from
* Dallas Market*

June 2008 Angel Food Menu

basic unit - \$30
1.5 lb. Ribeye Steaks (4 x 6 oz.)
1.5 lb. Hamburger Patties (4 x 6 oz.)
2 lb. Pork Riblets
4 lb. *IQF Chicken Leg Quarters
2 lb. Breaded Chicken Tenders
20 oz. Supreme Pizza
1 lb. Mild Italian Sausage
2 lb. French Fries
16 oz. Sliced Carrots
16 oz. Mixed Vegetables
32 oz. 2% Shelf Stable Milk
6 oz. Pancake Mix
15 oz. Pork and Beans
14 oz. Ketchup
7.5 oz. Mac-n-Cheese
1 dz. Eggs
1 Dessert Item

Sonora Residents
Can place CASH orders
Tues. & Wed., 6/10 & 11
* The Senior Center 1-4pm
* Petal Pushers 4-7pm
* Red Horse Feed Store 8-5pm

June specials
#1 .. 6.5 lb. GRILL BOX - \$20
24 oz. T-bone Steaks (2 x 12 oz.)
2 lb. Baby Back Ribs
2 lb. Thick Pork Chops (4 x 8 oz.)
1 lb. Bratwurst
#2 .. 5 lb. BEEF BOX - \$20
2 lb. NY Strips (2 x 12 oz.)
2 lb. Sirloin Strips (4 x 8 oz.)
1 lb. Hamburger Steaks (2 x 8 oz.)
#3 .. 10 lb. CHICK. BOX - \$16
10 lb. Breaded Chicken Breast Strips

With the rising cost of groceries, there's no better time than NOW to give Angel Food a try! Costs are kept to a minimum because orders & distribution are handled by volunteers, cutting out a big portion of overhead. Angel Food Headquarters, in Monroe GA, works with wholesalers and restaurant suppliers to provide QUALITY food to you. You'll never receive 2nds or outdated items. Why not give Angel Food a try and see how far your grocery budget will stretch?

Distribution will be held Saturday, June 28th, from 10:30 to 11:30am at The Senior Center
FMI: Jenny Sue Trainer @ 387.2398

CINEMARK
The Best Seat in Town

Tinseltown
Loop 306 & Sherwood Way 325-223-2858

STEREO SURROUND SOUND IN ALL AUDITORIUMS

◆ KUNG FU PANDA (PG) 10:30am 11:30am 12:30pm 1:30pm 2:30pm 3:30pm 4:30pm 5:30pm 7:30pm 8:30pm 9:55pm	◆ SEX AND THE CITY (R) 10:00am 11:00am 1:15pm 2:15pm 4:35pm 5:35pm 7:45pm 8:45pm
◆ YOU DON'T MESS WITH THE ZOHAN (PG-13) 10:05am 10:50am 1:05pm 1:50pm 4:05pm 4:50pm 7:05pm 7:50pm 10:05pm	◆ THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 10:20am 11:45am 1:40pm 3:10pm 5:00pm 8:20pm
◆ INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG-13) 10:10am 11:10am 1:10pm 2:10pm 4:10pm 5:10pm 8:10pm 7:10pm 8:10 pm 9:10 pm 10:10pm	◆ STRANGERS (R) 10:55 am 1:55 pm 4:55 pm 7:55 pm 10:55 pm
◆ IRON MAN (PG-13) 10:40am 1:45pm 4:40pm 7:00pm 7:35pm 10:00pm 10:30pm	◆ WHAT HAPPENS IN VEGAS (PG-13) 10:25am 1:25pm 4:25pm 7:25pm 10:15pm

Showtimes Valid
FRIDAY, JUNE 6 - THURSDAY, JUNE 12 ONLY

Rangeland Innovator

Butch Taylor

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Print Pictures from your Digital Camera

Create Wallet Sized Photos with your Images

Submitted By: Kelly L. Thorp, MS County Extension Agent Family and Consumer Science Texas AgriLife Extension -Sutton County

Dietary Supplements: Be An Informed Consumer

People who choose to supplement their diet with a wide range of vitamins, minerals, and other substances may want to know more about the safety of these products.

The use of dietary supplements continues to increase. The "Nutrition Business Journal" estimated the total sales of dietary supplements at \$17.8 billion in 2001.

A dietary supplement is any product intended to supplement the diet which contains at least one of these ingredients: vitamins, minerals, herbs, or other botanicals, amino acids and substances such as enzymes, organ tissues, glandulars, metabolites, or a combination of these ingredients.

According to FDA regulations, information that must be on a dietary supplement label includes:

- * A descriptive name of the product stating that it is a supplement.
* The name and address of the manufacturer, packer, or distributor.
* A list of each ingredient contained in the product.
* The net contents of the product.

* A supplement facts panel. The manufacturer is responsible for ensuring that the supplement facts label and ingredient list are accurate, that the dietary ingredients are safe and that the content matches the amount declared on the label.

* Ingredients not listed on the supplement facts panel must be listed in the other ingredient statement beneath the panel. Other ingredients could include water, sweeteners, gelatin, starch, colors, stabilizers, preservatives, and flavors.

There are no rules that limit a serving size or the amount of a nutrient in any form of dietary supplements. This decision is made by the manufacturer and does not require FDA review or approval.

The manufacturer is responsible for establishing its own manufacturing practice guidelines to ensure that the dietary supplements it produces are safe and contain the ingredients listed on the label.

fectiveness before they reach the consumer. The FDA monitors safety after the product has been marketed.

The responsibility for ensuring the validity of claims for dietary supplements rests with the manufacturer, FDA and, in the case of advertising, with the Federal Trade Commission.

If you or your health-care provider suspect that you have suffered an adverse effect from the use of a dietary supplement, you should report your concerns to the FDA's MedWatch hotline at 1-800-FDA-1088.

Be aware that some supplements interfere with the action of medications, creating

a variety of ill effects. Large doses of either single-nutrient supplements or high potency vitamin-mineral combinations may be harmful.

Before taking supplements, ask your doctor or a registered dietitian to evaluate your eating habits, recommend beneficial changes and determine whether a supplement is appropriate for you.

a calcium supplement.

The most cost-effective way to promote good health is to exercise regularly and eat a wide selection of foods.

For more information, contact your local Extension office. Source: Kay Zimka, Colorado State University Extension, Family and Con-



Inside some of us is a thin person struggling to get out, but they can usually be sedated with a few pieces of chocolate cake.

~Author Unknown

Advertisement for FSR Five Star Rentals / Sales in Kerrville, Texas, featuring Kubota RTV 900 Ranch Vehicle with specifications and contact information for three locations.

Advertisement for Sonora Clean-Up on Saturday, June 7, 2008, from 9:00 A.M. to 6:00 P.M., detailing rules and fees for trash collection.

Auction advertisement for June 7 at 10:00 a.m., listing items like furniture, glassware, and collectibles, with contact information for Scott Hartnagle.

Senior Selection advertisement for Chelsea K. Martinez, Class of '08, listing her choice of JC Penney in San Angelo.

Team Graphics advertisement for gift items, custom printing, and embroidery, listing congratulations for Seniors 2008 and their selections.

Ol' Sonora Trading Co. advertisement for Father's Day, featuring various gift items and a list of bridal selections.

Sonora PD Dispatch Report

Drs. Mark & Kristy Edwards practice now open at Sonora Clinic

Mark Edwards, MD and Kristy D. Edwards, MD now are in practice at Sonora Medical Clinic and accepting patients.

Both doctors have a general family practice, but each also brings specialized skills to Sonora not available before. Dr. Mark Edwards performs colonoscopy and endoscopy procedures, allowing Lillian Hudspeth Memorial Hospital to open a GI lab for the first time. Dr. Kristy Edwards is a certified wound care specialist and helps expand women's services at Sonora Clinic.



Sonora Medical Clinic welcomes Kristy D. Edwards, MD and Mark Edwards, MD

Dr. Mark Edwards has been the assistant dean of admissions and assistant professor of family medicine at the University of Nebraska Medical Center College of Medicine in Omaha, Nebraska. Prior to that, he practiced and taught at Valley Baptist Medical Center in Harlingen. He graduated *magna cum laude* with a BA in biology from Texas A&M and earned his medical degree from the Texas Tech University Health Sciences Center School of Medicine in Lubbock.

Dr. Kristy Edwards also has been an assistant professor in family medicine at the University of Nebraska Medical Center College of Medicine. Prior to that, she was a major in the US Air Force medical corps and assistant professor and obstetrics coordinator at Offutt Air Force Base in Offutt, Nebraska. She graduated *magna cum laude* with a BS in psychology from Angelo State University and earned her medical degree from the Texas Tech University Health Sciences Center School of Medicine in Lubbock.



Drs. Mark and Kristy Edwards • 301 Hudspeth, Suite B • (325) 387-7911

Arrest(s):
May 31, 2008

- Gregory James Freeman, 47, from Kansas City, MO, was arrested for Disorderly Conduct.

Incidents:
May 19, 2008

- 8:32 AM: Caller reported an animal in animal trap. Animal Control Officer responded.
- 8:49 AM: Caller reported an animal in animal trap. Animal Control Officer responded.
- 9:30 AM: Caller reported a dog on roadway. Animal Control Officer responded.
- 11:01 AM: Caller requested assistance with unlocking a vehicle. Officer responded.
- 1:17 PM: Caller requested assistance with unlocking a vehicle. Officer responded.
- 1:29 PM: Caller requested assistance with unlocking a vehicle. Officer responded.

May 20, 2008

- 10:34 AM: Caller reported reckless drivers. Officer responded.
- 4:27 PM: Caller requested assistance with unlocking a vehicle. Officer responded.

May 21, 2008

- 2:01 PM: Caller requested assistance with unlocking a vehicle. Officer responded.
- 2:36 PM: Caller reported a dead animal on roadway. Animal Control Officer responded.

May 22, 2008

- 11:14 AM: Caller reported dogs on roadway. Animal Control Officer responded.
- 4:39 PM: Caller requested welfare assistance. Officer responded.

May 23, 2008

- 10:26 AM: Caller reported a snake at residence. Animal Control Officer responded.
- 11:12 AM: Caller requested assistance with unlocking a vehicle. Officer responded.

May 24, 2008

- 8:45 AM: Caller reported a suspicious vehicle. Officer responded.

May 25, 2008

- 11:10 AM: Caller requested assistance with unlocking a vehicle. Officer responded.
- 11:45 AM: Caller reported reckless drivers. Officer responded.

May 26, 2008

- 1:15 PM: Caller requested assistance with unlocking a vehicle. Officer responded.

May 29, 2008

- 5:15 AM: Caller reported a dead animal on roadway. Animal Control Officer responded.
- 11:30 AM: Caller requested welfare assistance. Officer responded.
- 3:00 PM: Caller requested assistance with unlocking a vehicle. Officer responded.

May 30, 2008

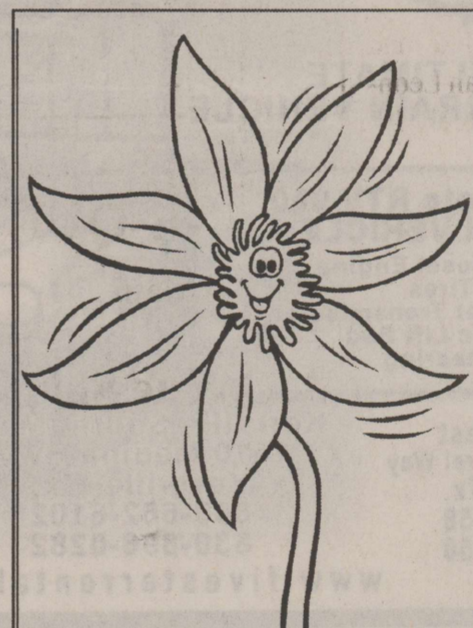
- 9:18 AM: Caller reported a dog on roadway. Officer notified.
- 11:35 AM: Caller requested assistance with unlocking a vehicle. Officer responded.

June 1, 2008

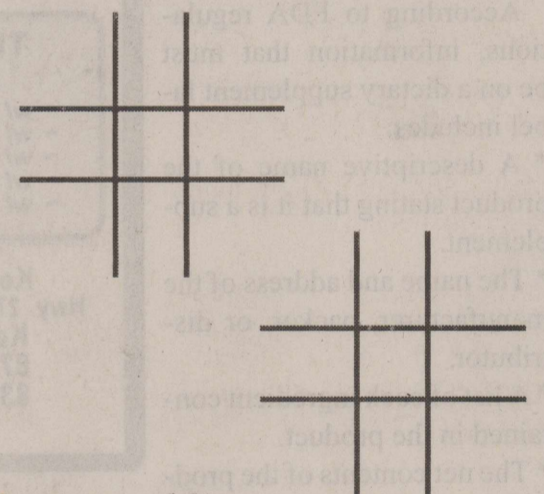
- 6:00 PM: Caller requested assistance with unlocking a vehicle. Officer responded.

Kids Korner

COLOR ME!



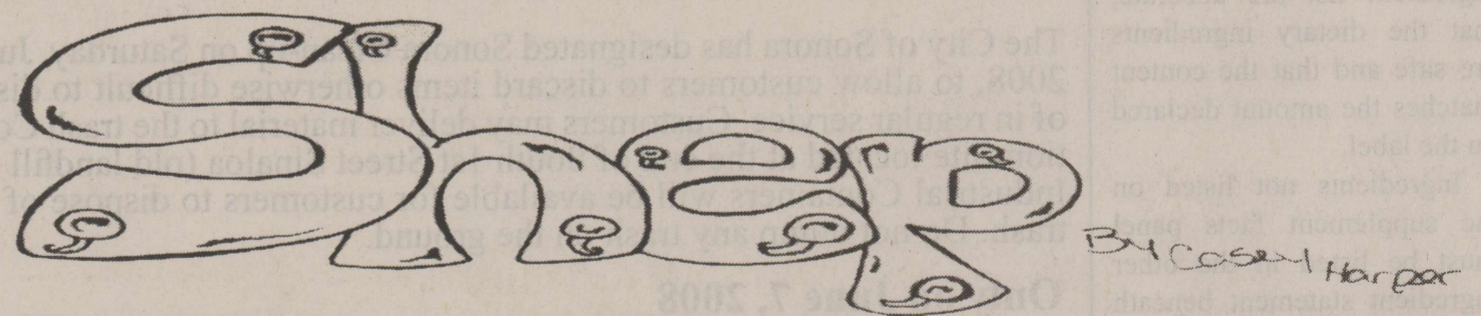
Tic Tac Toe



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?!?

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The Landmark Apartments & Frontier/Dunes Mini Storage would like to congratulate the 2008 Graduates of Sonora High School.

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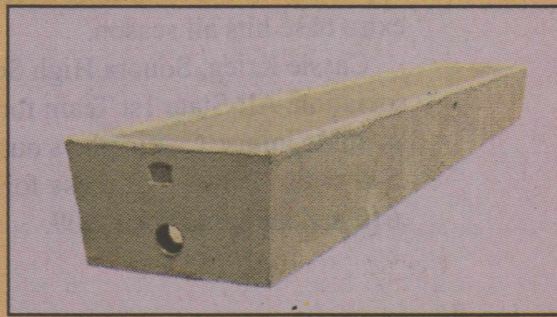


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Sports

Sonora ISD Student Selected for Lone Star Leadership Academy



Cody Barber

Cody Barber, son of Charles and Lynn Barber and a student at Sonora Middle School in the Sonora Independent School District, has been selected to travel to the Dallas/Fort Worth area as a participant in Education in Action's Lone Star Leadership Academy, July 7-11, 2008. Cody's selection for the Academy was based on his outstanding academic success, demonstrated leadership ability, a recommendation by his teacher, Kate Jennings, and his involvement in school and community activities. Education in Action, dedicated to fostering educated and involved Texans, hosts the Lone Star Leadership Academy to "Instill the Spirit of Texas in Tomorrow's Leaders."

Joining a delegation of outstanding students from across the state of Texas, Cody will develop leadership skills while learning about the great state of Texas and its leaders. He will learn about future career and internship opportunities and visit significant Texas sites including the U.S. Bureau of Engraving and Printing, the Science Place at Fair Park, the Dallas World Aquarium, the Fort Worth Stockyards National Historic District, the Amon Carter Museum, the Texas Civil War Museum, the Rangers Ballpark in Arlington, Louis Tussaud's Palace of Wax and the Sixth Floor Museum at Dealey Plaza.

The Lone Star Leadership Academy provides unique opportunities for outstanding 5th - 8th graders to learn about the Spirit of Texas and what it truly means to be from the Lone Star State. Participants discuss what they learn, complete problem solving and decision-making simulations, exercise creativity and practice presentation skills in Leadership Groups. In addition, participants have fun meeting other outstanding students from across the state of Texas and making new friends while adding to their resume of Academic Achievements, developing leadership skills and bringing home a wealth of information to supplement what they are learning in school.

Summer League Baseball Starts



Sonora Broncos are keeping their baseball skills tight throughout the summer as they play in the summer league. Sonora team's name is The West Texas Longhorns and coach Johnny Creek steers the players in the right direction. The West Texas Longhorns played a double header (practice) against the Kerrville Indians at the Tivy baseball field to start out the summer league season.

Sonora's Own Krieg Sisters Bring in the Achievements for Softball



Cassie Krieg (left) and Meghan Krieg (right) received high honors for their softball achievements.

Louisiana Tech landed three players on the 2008 All-Louisiana Softball first team, which was released Sunday by the Louisiana Sports Writers Association. Sophomore first baseman Kylie Bassett, sophomore shortstop Amberly Waits, and junior utility player Krissi Oliver were all voted to the first team while freshman pitcher Meghan Krieg and junior outfielder Emma Barnes received honorable mention honors.

Krieg earned honorable mention all-state honors after an impressive rookie campaign in the circle for the Lady Techsters. She made 27 appearances for Tech while recording a 7-3 mark with a 1.66 earned run average and a program single-season record four saves.

The Sonora, Texas, native worked 80.0 innings and allowed only 51 hits while holding opponents to a .181 batting average. She led Tech with 99 strikeouts while allowing only nine extra base hits all season.

Cassie Krieg, Sonora High School sophomore, was named to the Texas Girl's Coaches Association All-State 1st Team for the 2nd year in a row. She only played half the season due to an ankle injury. Cassie plays outfield for the Lady Broncos. She managed a batting average of .545 with 12 hits, 6 of those for extra bases, 4 walks and no strikeouts. She had an OB % of .615 and slugging % of .909.

KLST Sportscasters Take On Sonora Middle School Students at Big Base

By Ben D. Taylor

A challenge made was a challenge met when KLST sportscasters took on 6th grade Sonora Middle School students in a game of Big Base. Simply stated, Big Base is a combination of dodgeball and volleyball.

Andy Scholes and John Tarrant were working at a Colts Baseball game when Sonora Middle School students Kylie Love, Macie Friess, and Megan Yourgalite challenged the two sports personalities to a game. Andy and John accepted the challenge and traveled to Sonora May 28th.

We received no word on who scored the most points in this clash, but everyone who even participated in this were winners! Thanks, Andy and John, for coming to play!



(left to right) Andy Scholes, Kylie Love, Macie Friess, Megan Yourgalite, and John Tarrant.

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