



The Sonora

30¢

OBSERVER

January 3, 1991
Volume 2 Issue 1

Bob Bellard named West Texas 3A Coach of the Year

The announcement came Friday that Sonora's Head Coach and Athletic Director Bob Bellard heads the Class 3A All-West Texas Football Team as Coach of the Year. Along with Coach Bellard, four Sonora team members also were named. They are: Jr.-Robert Gallion, defensive lineman; Jr.-Adam Youngblood, Wide Receiver and flanker; Sr.-Tate Fincher, Linebacker; and Sr.-David Mirike, Safety. These picks are chosen by the input of coaches to the sports writers, who make the final decision.

As has been true throughout the season, Coach Bellard and the players re-iterate that none of these awards are just for them. Without the fine work of the team and excellent assistant coaching, none

of these awards are possible. Therefore the honors not only go to the individuals but also to the entire squad.

Coach Bellard is proud of the teams success this year and hopes the 1991 season will be equally triumphant.

This years march into the playoffs was the first in ten years and only the second since Sonora was upgraded to 3A status in 1974. The final record for the team this year



was eight wins and five losses. The West Texas 3A football team was comprised of six Ballinger

players, five from Greenwood, four each from Fredricksberg, Llano and Sonora. Rounding out the list were

three players each from Alpine and Crane, and one each from Colorado City and Reagan County.

Two injured in accidental shootings

Sutton County Emergency personnel were kept busy this past week when they were called to the scene of two unrelated accidental gunshot incidents.

The first incident happened early Thursday morning when Deryl Hugh Jones shot himself in the leg while cleaning his 22 caliber rifle.

Investigating officer, Deputy Ed Duncan, and the E.M.S. arrived at the Herbert Jones residence, located on Old 290 West at 3:18 a.m. Upon their arrival, Mr. Jones was in the back bedroom of the house, and had blood on his right pant leg. According to the report obtained from Sheriff Bill Webster, he was cleaning guns before he went to bed. In the process of cleaning the rifle, it discharged and the bullet hit him in the right thigh.

Mr. Jones was taken, by ambulance, to Hudspeth Memorial Hospital and was kept there until stabilized. At that point, he was transferred to San Angelo.

In reference to the shooting, Deputy Duncan said, "There was no evidence and I did not observe anything that would make me think

this incident was anything other than an accidental gunshot wound."

The second shooting incident involved Daniel Samaniego, 23, when he was accidentally shot in the right abdomen, arm and hand Sunday evening at a local ranch. Following the accident, Mr. Samaniego's family proceeded to transport him to Sonora. They were met eight miles south of Sonora on Hwy. 277 by Deputy Ed Duncan and the Sutton Co E.M.S. unit.

Mr. Samaniego was then transferred to the ambulance and taken to Hudspeth Memorial Hospital. After he was stabilized, he was transported to Angelo Community Hospital where he underwent surgery.

According to the report obtained from the sheriffs department, a 12 gauge pump shotgun, thought to be unloaded, was laid down on a bed. In the process, the last shell, which had not ejected, fired and hit Mr. Samaniego. There were four witnesses present to verify that the incident was accidental.

Wallace Eggs-The freshest of ideas

Imagine reaping all the nutritional value of an egg while not having to worry so much about its cholesterol content. Thanks to some local entrepreneurs this is possible.

Wallace Eggs was formed in June 1990 by Keith Wallace and his mother, Jerry, in an effort to provide the consumer fresher eggs with a lower cholesterol content. According to Mr. Wallace, the cholesterol content is determined exclusively by the feed chickens consume. He uses a specialized feed, developed by A&M University, which has zero fat content. In turn, the eggs produced have a fifteen to twenty percent reduction in cholesterol. For example, a typical large egg will contain approximately 210 mg. of cholesterol and one of the Wallace Eggs will average 184 mg. of cholesterol.

Located on the Rocksprings

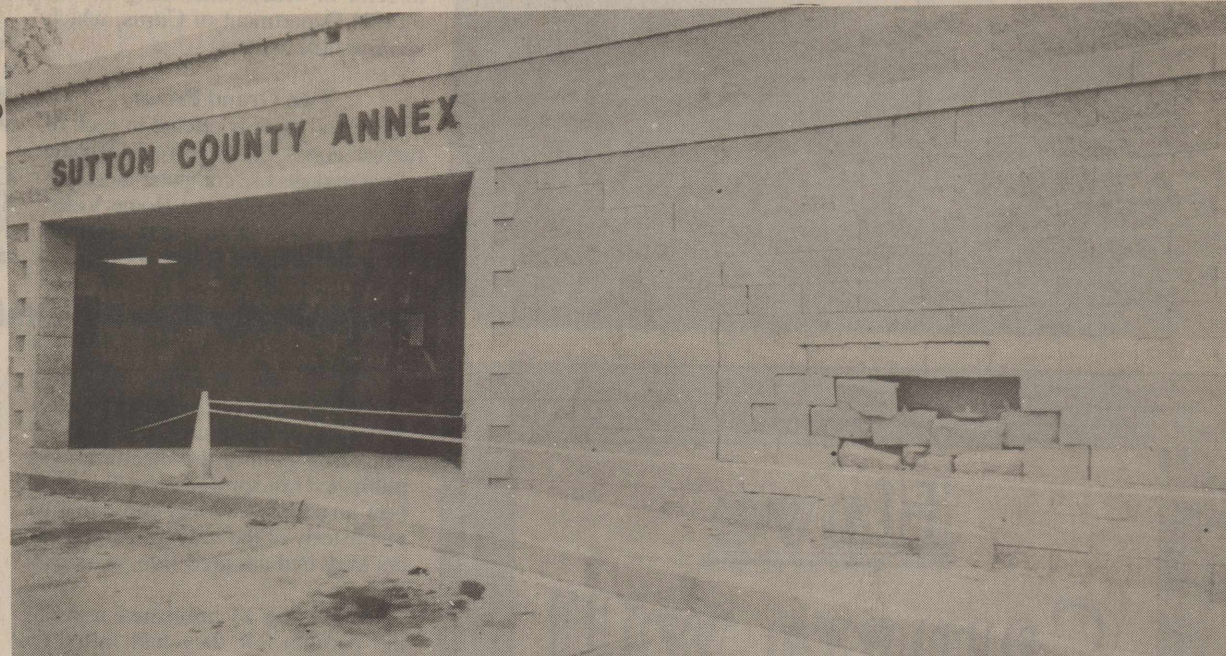
Highway, about forty-seven miles from Sonora, Wallace Eggs consists of one barn (26'x100') which houses two-thousand leghorn chickens. However, the Wallaces are in the process of building an additional 50'x200' barn. Upon completion, it will be stocked with 6,000 chickens. Although Wallace Eggs can be purchased in Sonora, Ozona, Eldorado and Rocksprings, in an effort to further increase the availability of low-cholesterol eggs, the business is planning on expanding to San Angelo in 1991.

Keith Wallace, a freshman at Angelo State University, admitted that it had been a challenge to get the business running smoothly. He credits several poultry experts from A&M University and Herbert, Lois and Tryon Fields for assisting him in many aspects. As a result of research, hard work and dedication, Wallace Eggs produces the lowest-

cholesterol commercially available egg. Because the eggs are produced locally, they are, without a doubt, the freshest available. The business also gives its assurance that their poultry is hormone and drug-free.

For our readers who are diet conscious, here is a list of local businesses who carry Wallace Eggs: Food Center, L&H Grocery, Vivian's Modern Way and Chavaria Grocery. Several Sonora restaurants also use these low-cholesterol eggs. They are: The Sutton County Steakhouse, Commercial Restaurant, La Mexicana, Rafters L Bar-B-Que and Big Tree Restaurant.

(Editors note: This is the first in a continuing series of articles on local businesses in our area to increase public awareness. If you have a new business or know of one that is undergoing changes of interest to our readers please give us a call at 387-5719)



Excitement surrounded the Sutton County Annex Building late Thursday morning, when the driver of an '82 Oldsmobile was unable to stop before striking the front of the building.

Seventy-three year old Bessie Adams of Sonora, had borrowed the vehicle and was unfamiliar with the braking system. No injuries were reported, however, the building sustained extensive damages, not only to the outside but also to the interior and supporting walls.



A short in an electric space heater has been determined as the cause of a fire that caused an estimated \$7500-\$10,000 of damage Monday afternoon. According to Fire Chief Carl Teaff, one bedroom in the Libb Wallace residence on W. 1st Street was gutted and there was damage to some clothing, but no injuries were reported.

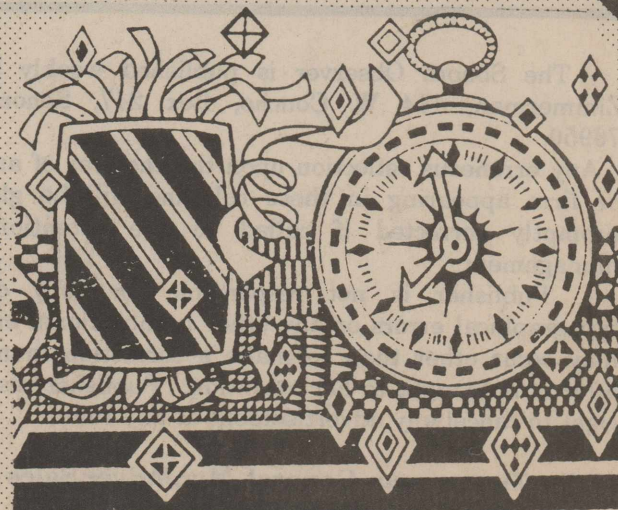
At a Glance

The Texas Laundry and Dry Cleaning Association is still sponsoring its state wide coat drive. Although the drive usually begins in November and ends the last day of December, Thorp's Laun-dry has extended the drive until January 15. At present, children's coats are still in demand. The coats are cleaned and repaired if necessary and forwarded to the Sutton Co. Senior Center.

Happy New Year

Effective January 1, 1991, the Sutton County Driver License office will be open each Friday and the second and fourth Thursday from 8:00 a.m. to 5:00 p.m.

The Mobile Breast Cancer Detection Unit will be at the Hudspeth Memorial Hospital, Thursday, January 3. For an appointment call 387-2521



Trials and Tribulations of a working mom

by Susan Crowder

Working full time and trying to be a full time mom as well certainly isn't what its cut out to be. At least this is definitely been my experience.

I have been reading these magazine articles for years which glorify the working mom. You know the bit where mom brings home the bacon as well as throwing it in the pan. Well take my word for it, there's nothing glorious about it and who wants to eat bacon anyway?

It seems as though children know you are working so they try to make your life miserable. For instance, my son is notorious for forgetting things he needs for athletics. When I'm already running late for work, he'll call and say, "mom, I forgot my basketball uniform and we are supposed to have our pictures made." Or my daughter loves to mention that she needs something

from the store 15 minutes before closing time. With children matters such as these are considered life or death situations and take my word for it they expect you to handle them as such.

And what about this quality time bit? When you work for a newspaper, chances are the hours won't be nine to five. So when I do get home, supper needs to be cooked, laundry washed and of course, the children will need help with their home work. Is this what is referred to as quality time?

Naturally there are those fun-for-all vacations from school. These, in reality, are every working mom's nightmare come true. The truth is unless children are constantly occupied they aren't happy and have to figure out some way to bug mom. So its just my luck they decide to turn the heating and cooling vents into a communication system. This

happens at 7:00 a.m. when I had spent most of the night at the newspaper office. When confronted with their actions, they so innocently ask, "We didn't wake you up mom, did we?"

In closing, I will admit that although being a working mom is not all its cut out to be, I wouldn't trade it for the world. My job, as well as my children, offers many new challenges. And who knows maybe one day I'll learn how to handle all those life-and-death situations that come up daily when you are a parent and still be able to meet that newspaper deadline. At least, I will be able to say I tried, and that's all any understanding employer or child could ask for.

Happy New Year - Happy New Year - Happy New Year - Happy New Year - Happy New Year - Happy New Year



Varsity boys oust Ozona 60-41

The Sonora High School Varsity boys hosted Ozona in the last game of 1990. Ozona stayed close during the first quarter being out scored by only 4 points. As the game progressed the outcome became more obvious as the Broncos Pressed on to a 30-19 half-time lead.

During the 3rd period, David Mirike, top scorer for the afternoon, with 19, scored 8 points to help the

Broncos to a 44-30 lead. In the final period the Broncos kept pounding away until the final buzzer sounded with the score: Sonora 60, Ozona 41.

Following David's 19 points were Oscar Perez, 14; Michael Smith, 7; Ramiro Luna, 6; Blayze Sykes, 4; and Blake Adkins, Cody Black, Ricky Gandar, Adam Richter, and Sam Taylor with 2 points each.

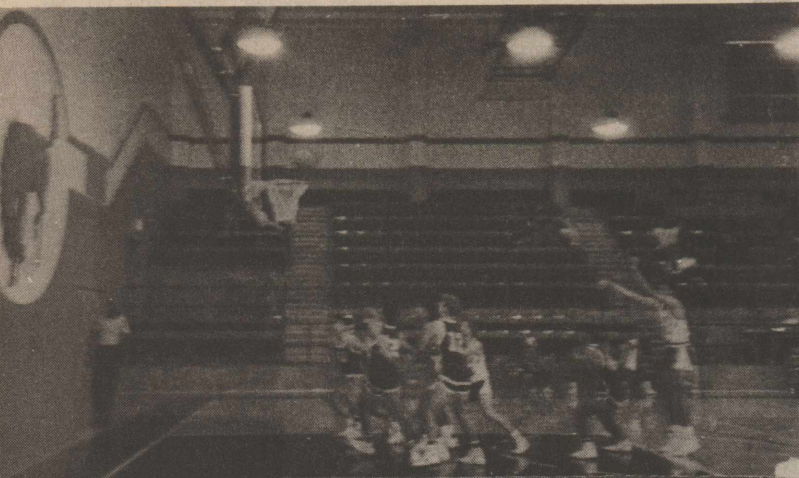
J. V. Boys fall to Ozona

It was a tough afternoon Monday for the Sonora J.V. Boys, as they were defeated by the Ozona J.V. team 44-38. The J.V. record now stands at 4-2 for the season.

The first half of play stayed even as the half-time score was Sonora 19, Ozona 20. However, the 3rd period proved disastrous as the Bronco boys scored only 6 points to Ozona's 14. Despite out-scoring the Ozona team in the 4th period,

it was not quite enough as the final buzzer sounded with Sonora at a 6 point deficit.

Brian Faris led the Broncos in scoring with 13 points for the afternoon followed by Michael Escalera with 8 and Shane Keller with 6. Mirike and Smith followed with 4 points each and rounding out the scoring with 3 points was Will Trainer.



Have Camera will travel!

If you know of a newsworthy event call the Sonora Observer and we will be glad to cover it. If you have information on a local event then bring it by the Observer office at 114 W. Concho or call 387-5719.

The Sonora Observer is published weekly by Molly Zimmerman, 114 W. Concho, Box 247, Sonora, Texas 76950.

Any erroneous reflection upon the character of any person or firm appearing in these columns will be gladly and promptly corrected if called to the attention of the management.

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Molly Zimmerman-General Mgr./Adver.Sales
Susan Crowder-Copy Editor/Reporter
Jody Castilleja-School Reporter

GTE to replace tower in Sonora

General Telephone of the Southwest, Inc. has applied for permission to the Federal Communications Commission to replace a tower in Sonora. If permission is granted, the new tower will replace a leased facility.

The tower provides rural radio which in effect, makes it possible for those in hard-to-reach outlying areas to receive private-line service equivalent to in-town service.

According to Jae Grenier, in GTE's Public Affairs Office in San Angelo, the rural radio service began four years ago as a test in Sonora. It has proven to be effective and efficient, as well as being less expensive than conventional methods.

Biscuits' Crumbs

By Biscuits O'Bryan

Meat's Meat

That's an old mountain man saying that I really agree with, although, to my surprise, not everybody goes along with that kind of thinkin'. Why, I've even heard tell of people who don't never eat meat at all. That kind of weird thinkin' could put lots of ranchers, cowboys, and even us ranch cooks out of business, but I doubt if that kind of mixed up thinkin' will ever catch on real big.

But I didn't set out to talk about vegetarians, I intended to talk about kinds of meat that some people turn their noses up at, like for instance venison. 'Course livin' here where we're invaded by big city deer hunters who sure are a boon to the local economy, not too many disparagin' remarks get made about venison, but I do recollect one time when all the men got together and fixed breakfast for the church. I had cooked up a big pile of homemade venison sausage, with just the right mix of pork, seasoned just where it grabbed ahold of your taste buds without creatin' panic. There was this one lady who was really puttin' away the sausage, along with pancakes, fried taters and coffee. As I was passin' another platter of steamin' hot patties around, she asked me just what kind of sausage this was, cause she hadn't never eaten any this good before. When I told her it was venison, she plumb quit in mid-bite, exclaimin' that she couldn't possible eat another bite. Can you imagine anything sillier than that?

Then there's liver. There don't seem to be much in the way of middle ground where liver's concerned; people either can't stand it or they love it. I can't recall ever hearin' anyone say about liver, "Oh, I can take it or leave it." Personally, I love it, if it's cooked right, but I guess I could say that about almost anything except stewed prunes or kidneys, and I ain't never found the right way to cook either of them. Liver needs to be slightly undercooked. It's too done, it gets tough and leathery. I'd sure rather see a touch of pink than try cuttin' something like shoe sole leather. I remember one feller whose Mama thought everone needed liver once a week, and to get the kids to eat it, she covered it with molasses. That feller still eats his liver that way, cause that's the way he likes it. I reckon it takes all kinds.

Tongue's another meat some folks turn up their noses at, not so much because of the flavor or texture, cause most of 'em haven't never tried it, but because of the way it looks. There ain't a whole lot a tongue can do to keep from lookin' like what it is unless it gets all ground up in a meat or salad or something. I still get my dander up when I hear some whiny, spoil

little brat say, "I don't like that!" then come to find out he ain't never even tasted of it. I was reared to believe that havin' food on the table was a blessin', and I was expected to eat what was put before me, and the only harm I can see it done me is that I like near everthin' there is to eat and eat more'n I ought to. If you take a cow tongue and boil it a good, long while with some crab boil spices or just salt, garlic, and red pepper flakes, let it cool down enough to skin it, then slice and serve with some good, fresh horseradish, as far as I'm concerned, anyone who turns up his nose (or sticks out his tongue) at that is just leavin' far more for me to eat.

I like to add chopped up beef heart to my chili, and heart is also good sliced and fried or stuffed with dressin' and baked. Brains are good sauteed and cooked with scrambled eggs or added to a good ol' S.O.B. stew to thicken it up. Ox tails make a mighty larrupin' stew or soup, real rich and meaty (just don't forget to take the meat off the bones after it's cooked and before it's served).

But my most favoritest of all organ (or what some folks call "variety") meats has got to be sweet breads. These things are some kind of gland found in calves. They are the prettiest whittest, sweetest meat that ever come off a critter. Here's my favorite way to fix 'em.

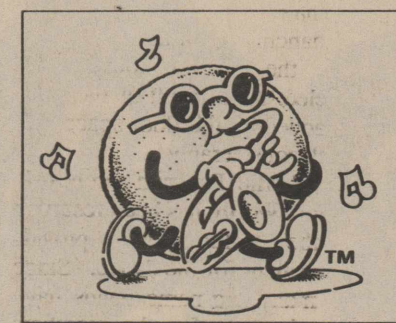
Fried Sweet Breads
Take however many pounds of sweet breads you need, dependin' on how many you're feedin'. I can usually eat about a pound, if that's any help to you. Soak 'em in cold water for a couple of hours, changin' the water every half hour or so. Then put 'em in a pot of water to cover, add 2 or 3 tablespoons of white vinegar and bring to a boil. Simmer for half an hour, then put the meat into cold water to stop the cookin'. Trim off the outer layer of tissue and any fat, then cut the meat into walnut-size pieces. In a paper sack or one of them plastic ones, put a cup or two of flour, dependin' on how much meat you have, and season the flour with salt, black pepper and cayenne pepper. Get a deep skillet hot, and add a couple of inches of shortenin', put the cut up sweet breads in the flour and shake the sack til they're all coated. Fry over a medium hot fire til golden brown. Then put the sweet breads on a broiler pan, sprinkle with fresh lemon juice, then stick 'em under the broiler for just a few minutes, watchin' real careful so they don't get burnt.

Make up a sauce of mostly ketchup with woostershire sause and Louisiana hot sause, and don't worry about fixin' any side dishes. If you have a problem with that colesterole stuff, you should'n't have read this recceet, because now you need to go on a diet, cause it just went up 40 or 50 points. Keep on cookin'.

NUTRITION

Students Can Squeeze Fun and Prizes From Citrus Music Video Contest

News USA



(NU) - High school students nationwide are getting ready to team up and turn on their creative juices in the sixth annual National Nutrition Music Video Contest.

Each year, the contest gives educators a chance to teach students about nutrition in a fun and interesting format. At the same time, they're competing for national recognition and cash prizes for their schools and trips to Walt Disney World in Orlando, Fla.

Contestants learn about the importance of vitamin C and its role in a daily diet as they write, tape, produce, edit and star in an original music video. The message appears to be getting across. Last year, the contest drew 187 entries from high schools in 39 states.

While learning about nutrition, students also discover the merits of efficient use of time and teamwork. They develop professional skills which may open new career doors for them. And their self-confidence levels increase after successfully completing the contest project.

Video production classes are not the only ones to enter the contest.

"Music, English, drama and home economics teachers also get their students involved," said Linda Hawbaker, director of school marketing for the Florida Department of Citrus, which sponsors the contest.

Two Grand Prizes

A grand prize is offered in each of two categories: The High Tech Division where students use computer-aided editing equipment, and the Home Video Division where students edit either in the camera or from VCR to VCR.

The videos are judged by a panel of nutrition, performing arts and film experts.

Last year's grand prize winner in the Home Video Division was Hanford High School in Hanford, Calif. The High Tech Division winner was the Pittsburgh High School for the Creative and Performing Arts in Pennsylvania.

Grand prize winners in each category receive \$1,500 for their schools and three-day/two-night trips to Walt Disney World for the students and teachers. Special prizes are awarded for the Best Original Words and Music and Most Humorous video.

The deadline for video entries is April 1, 1991. Winners will be announced by May 15, 1991.

Educators interested in receiving free contest rules and information, plus a demonstration video which shows the best of last year's entries, may write or call:

Nutrition Music Video Contest Coordinator, Florida Department of Citrus, 2755 E. Oakland Park Blvd., Fort Lauderdale, FL 33306; or telephone (305) 563-4672.

Prevent adoptions from failing by giving support

(NU) - The headline screamed "Boy Returned to Orphanage — 11-Year Old's Nightmare Comes True." The story behind this headline was published last spring, and it described how an adoptive family chose to give up custody of the older of two brothers they had adopted five years earlier.

According to published reports, the parents felt they had failed to bond with the older child. This tragic story became public when the guardian for the 11-year-old sought permission for him to visit his younger brother.

The questions most often asked were: Why did this happen? How frequently have children been returned to adoption agencies? Could this problem have been prevented?

Research on adoptions that fail (or disrupt) shows us that less than three percent of all adoptions end with the parent terminating all legal responsibility and returning the child to the custody of the state or adoption agency, according to David S. Liederman, executive director of the Child Welfare League of America.

However, the number of children returned before the adoption is legally

final is somewhat higher — about 13 percent. Furthermore, studies show that the older the child at the time of adoption, the more likely adoption disruption may occur.

Four Key Elements

Through years of research and work with adoptive parents and children, we recognize four key requirements for a successful adoption: preparation, selection, commitment and support. Support must be available to the adoptive family on an ongoing basis.

Your news is important to us!

Let us know what is happening with your group or organization.

The Sonora Observer
387-5719

BISCUITS O'BRYAN'S BOOK OF BEANS, BREAD AND OTHER BULL

(Fictional Tales with Factual Recceets)

by
The Rev. Monte Jones
a.k.a.
Biscuits O'Bryan

Tales of the old (and not-so-old) West from the chuckwagon cook's viewpoint.

The book includes stories, poems, and most-especially, some of Biscuits O'Bryan's favorite recipes, arranged for use in your kitchen, so you don't have to run out and buy a chuckwagon!

The limited edition, hard-cover books (only 50 were printed, and fewer than 40 are left) sell for \$50.00

Paper-back copies are \$9.95. If you buy 5 or more, they are \$8.95.

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Send Check or money order to:
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P.O. Box 1103
Sonora, Texas 76950-1103

Bus Station employee receives counterfeit bill

On Monday, December 23, 1990 at approximately 10:40 a.m. Sonora Police Chief Brent Gesch received information that a twenty dollar bill that had been taken at the Sonora Bus Station at 805 Crockett Avenue was possibly counterfeit.

Chief Gesch said Debbie House, manager of the Sonora Bus Station contacted him and reported that she had found the twenty dollar bill when making her deposits. She became suspicious because of the feel of the bill.

"U.S. Currency has a sort of cloth texture feel to it and this bill was very slick feeling, like regular copy paper. The bill also lacked the red and blue fibers that are in all U.S. Currency," Chief Gesch stated.

Chief Gesch said he had contacted U.S. Secret Service Agent David Feriks in Lubbock, Texas who has worked with Gesch on past cases.

After getting the information off of the bill from Chief Gesch by telephone, Agent Feriks suspects that the twenty dollar bill is a counterfeit. He has requested that

the bill be sent to him for further examination.

There have been no other reports of counterfeit bills to the Sonora Police Department over the holiday period.

Investigation revealed that this bill was probably taken by Ms. House's 14 year old son who was operating the Bus Station while his mother was out.

Debbie House said that her son Michael had sold six bus fares on Saturday, December 22, 1990. These fares were paid for with twenty dollar bills and one hundred dollar bills.

Young Mr. House sold fares to two oriental males who were going to San Diego, California at about 11:00 a.m. that morning. One of these men paid for both fares with twenty dollar bills and one hundred dollar bill.

He then sold four bus fares to another oriental male who was wearing a blue toboggan on his head and had a speech impediment. Michael said his lip sagged. This man waited until the last minute to

pay for the four bus fares. It was just before the bus left for California, about 11:40 a.m. This man had a very large amount of twenty dollar bills in his wallet and he used only twenty dollar bills to pay.

There were two other males and one female, all oriental, with the man that paid for these four bus fares. Michael said they told him they wrecked their cars on the interstate.

The counterfeit twenty dollar bill, serial number B06922366K was taken for evidence. Debbie House was given a receipt for the bill.

The bill was mailed to the U.S. Secret Service, Lubbock, Texas.

"Holiday times are high risk times for counterfeit money as well as con games, till tapping and theft in general" said Chief Gesch.

"Business people, please keep yourselves aware of these types of crimes and keep your more experienced tellers and cashiers on your cash registers during the Holidays," Chief Gesch added.

The Sutton County Senior Center sent Christmas Cards to nine local servicemen in Saudi Arabia. Below are three responses they have received.

I really enjoyed the BIG Christmas card you all sent. It's nice to know Sonora is thinking of us. Happy Holidays.
John R. Mesa

I received your "Love" mentioned in the Greeting Card. There is no need to thank me for anything. I am just assuming a duty passed on to me by my great uncle, Thurman Burns, and the many men and women like him. I thank you for your prayers.
David McDonald

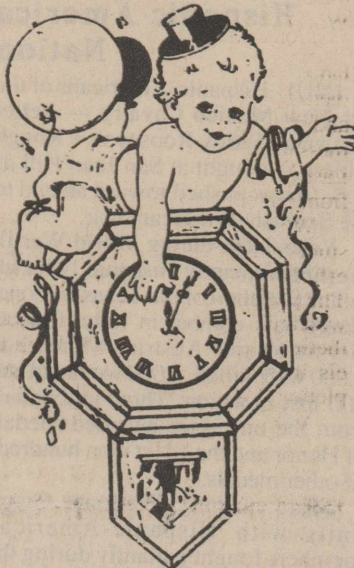
To all Personnel at the Center, I hope that when you receive this letter everyone is in good health and full of joy. As for myself, I am just fine.

I want to Thank You for the card. The BIG card. I thought it was very nice of you. Also, thank you for your care and concern. It means a lot and I greatly appreciated it. It is always nice to hear from folks back home. It's people like yourselves that are really making our tour here much better, especially at this time of year.

I wish everyone a Merry Christmas and a Happy New Year. I hope that your Holiday Season is full of joy and cheer. Everyone of you deserve a great Holiday Season.

Once again, thank you for your care and concern. Merry Christmas and Happy New Year. God bless you and may peace be with you. Those are my deepest wishes for everyone.

Santiago Faz



Jr. Livestock Show to be held

The annual Sutton County Junior Livestock Show will be held on the two initial Saturdays in January. The show will kick-off with live carcass lamb judging sponsored by the First National Bank at 8:00 a.m. on Saturday, January 5, 1991. Immediately following will be the Angora goat show with trophies sponsored by the Sutton County National Bank. This represents a change in the show schedule from previous years. These events will be judged by Mr. Dale Brandenberger from Junction and Mr. Jerry Swift from Eldorado.

The Market Lamb Show will

begin on Saturday, January 12, 1991 at 9:00 a.m. instead of on the previous Friday evening which has been common practice in years past. The Commercial ewe lamb class will be judged between the finewool and crossbred lambs on that date. Mr. Sam Kuykendall from Menard will judge.

The barbecue for show supporters has been scheduled for 6:00 p.m. on January 12, with the auction sale and awards presentation to follow.

Everyone is encouraged to come out and enjoy the show and support the FFA and 4-H youth of Sutton County.



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Fling Ding Club "Underwater Odyssey"

January is here and that means the Fling Ding Club is in the process of making plans for the 1991 Fling Ding. Soon the Sonora Wool and Mohair Warehouse, consisting of 28,000 square feet, will be transformed into an "underwater odyssey," and approximately 1,000 couples will crowd in for the festivities.

The Fling Ding is a uniquely Sonora, Texas entertainment. With a membership of nine, the club was originally organized in the late 1930's. However, it disbanded in the early days of World War II. At present, the membership cannot exceed 135 and only has one surviving charter member, Mrs. W.J. Fields, Jr. The Fling Ding Club is a private organization and admittance to its dance is by invitation only.

Serving as 1991 Fling Ding Club President is Carl Teaff. His wife, Melissa, is heading the decoration committee. Assisting Mrs. Teaff with this huge

undertaking is Honey Hicks, Anna Eustace, Carolyn Earwood, Ebie Sutton and Sandy Elliott. Other officers include: Bruce Kerbow, vice-president; Barbara Jennings, secretary; and Roberta James, treasurer.

For a different twist this year, the decoration committee has asked each member to make and decorate a fish according to a specific pattern. The fish will contribute to the "Underwater Odyssey," and a winner will be chosen for the most creative design. The winner will receive recognition at the dance.

Until this year the bar, consisting of 3,000 square feet, was in an adjoining building which normally houses wool and mohair. It was connected to the dancing area by a covered ramp. Prior to the use of the wool and mohair storage room, the bar was in a feed store adjacent to the wool house, that building burned down several years ago. In 1991, the bar will be set up in the "feed room" of the Sonora Wool

and Mohair due to the impracticality of moving excessively large amounts of wool and mohair.

The dancing area was much larger before the wool house was remodeled. As a result of the store being added in, the floor space was cut back considerably.

The Charlie Patten Orchestra, from Fort Worth, has been reserved by the club to provide entertainment for the dance. Since 1954, many big-name bands have furnished music for the members and their guest. They have included Blue Barron, Tex Beneke, Charlie Spivak, Jimmy Dorsey, Skinny Ennis, Russ Morgan, Shep Fields, Ralph Marterie, Henry King, Johnny Long, Glenn Miller, Jan Garber, Warren Covington, Les Elgart, Clyde McCoy, Bob Crosby, Claude Gordan, Paul Neighbor's Orchestra, Ted Weems, Jr. Orchestra, Gary Lee Archer Orchestra, Mal Fitch Orchestra, Ray Price and Ron Fink Orchestra.



Prescription tips for parents

(NU) - For children, being smart about taking drugs means more than just saying no. While discouraging children's illegal drug use is certainly an important responsibility, parents and schools shouldn't stop there.

The National Council on Patient Information and Education says parents need to promote the proper use of the more than 200 million prescriptions written for children each year. Why? Because half of those prescriptions — 100 million — are being taken incorrectly by children.

Medication misuse is America's other drug crisis. Every year, medicine mistakes lead to hospitalization and even death for many children.

How can you help children avoid medication misuse?

Parents should talk regularly to the doctors and pharmacists who care for their children's medication needs. They should also get complete instructions on proper medicine use

and follow them to the letter. At a minimum, parents should find out for each prescription:

— The name of the medicine, and what it is supposed to do.

— How much the child should take, when to take it, and for how long.

— What food, beverages, other medicines or activities the child should avoid while taking the medicines.

— Possible side effects, and what to do if they occur.

— Find out if there is written information about the medicine available for you to take home.

For a free copy of a coloring book for children on proper medicine use featuring super heroes like Batman and Wonder Woman, write NARD-DuPont Good Health Activity Book, 205 Daingerfield Road, Alexandria, VA 22314.

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Church Directory

The Church of the Good Shepherd
 Presbyterian
 Worship Service-11:00 am
 Church School-9:45 am
 Choir Practice-Wed. 7:30
 Communion first Sunday of
 each month
 Lewis Allen, Pastor

 New Life Assembly of God
 306 N. 4th Street
 Sun. Worship 10:30 am
 Sun. evening worship 6:00 pm
 Weds. Study 7:00 pm
 Daniel Timmerman, pastor

 Primera Iglesia Bautista
 Sunday School-9:45 am
 Worship Service -11:00 am
 Training Union-5:00 pm
 Evening Service -6:00 pm
 Wednesday Service 7:00 pm
 W.M.U. -Sunday-2:00 pm
 Between Santa Clara & Chestnut

 New Hope Baptist Mission
 708 SE Crockett
 Sun. morning bible Study-10 am
 Sun. morning Worship-11 am
 Sun. evening Worship-7 pm
 Weds. Childrens Bible Study-7 pm
 Dana Floyd, pastor

 St. Ann's Catholic Church
 Rev. Lawrence D'Mello
 Deacon E. Samaniego
 Saturday night Mass 7 pm
 English
 Sunday Mass
 8 am Spanish
 11 am English
 Holy Day Mass 7 pm

 Templo Jerusalem
 Asamblea de Dios
 St. Ann's Street
 Sunday School-10:00 am
 Sunday Evening Serv.-5:00 pm
 Wednesday Serv. -7:00 pm
 Friday Prayer Meeting -7:00 pm
 Daniel Diaz de Leon, pastor
 Sonora Tabernacle
 United Pentecostal
 Rev. Kenneth Doyle, Pastor
 Sunday School, etc.-10:00 am
 Prayer Meeting-6:30 pm
 Evening Worship-7:00 pm
 Prayer Meeting-6:00 pm
 Wednesday Service-7:00 pm

 Jehovah's Witness
 310 St. Ann's
 387-2679 or 7-3947
English Meeting
 Public Talk-10 am Sun.
 Watchtower Study-11:55 Sunday
 Theocratic School-7:30 pm Wed.
 Service Meeting-8:15 Wednesday
Bible Study-7:30 Monday
Spanish Meeting
 Public Talk-1:00 Sunday
 Watchtower Study-1:55 Sunday
 Theocratic Ministry-7:30 pm Tues.
 Service Meeting-8:15 Tues.
 Bible Study 7:30 Thurs.

 First Baptist Church
 Rev. Jim Stephen
 Sunday School-9:45 am
 Morning Worship-11:00 am
 Church Training 6:00 pm
 Evening Worship -7:00 pm
 Wednesday Service -7:00 pm

 Hope Lutheran Church
 Sunday School-10:00 am
 Worship Service-11:00 am
 Thursday:
 Adult Bible Class-8:00 pm
 Charles Huffman, Pastor

 Church of Christ
 Minister-Don Jones
 Bible School-10 am
 Worship-11 am
 Sunday Night-6:30 pm
 Wednesday Night-7:00 pm

 St. John's Episcopal Church
 404 NE Poplar
 Holy Eucharist-Sunday 8 & 11 am
 Sunday School -9:45 am
 Holy Eucharist w/Prayers for
 healing 1&3-Wed 7:15 pm
 Rev. J. Monte Jones, Rector

 First United Methodist Church
 Kent L. Kepler
 Sunday School -9:45 am
 Worship -10:55 am
 KHOS 92.1 FM -11:00 am
 Chancel Choir Wed. 7:30 pm

**Visit the
 Church of
 your choice
 this Sunday.**

Police Reports

12/20 At 5:24 p.m. the manager at Perry's reports that he has a shoplifter.
12/20 At 6:06 p.m. a female caller request an officer to assist in unlocking her vehicle in the parking lot of Perry's.
12/21 At 1:12 p.m. a male subject at the Town & Country #1 is requesting assistance with gasoline.
12/21 At 2:20 p.m. funeral escort.
12/21 At 2:32 p.m. began receiving calls on young people selling newspaper subscriptions to a San Antonio based paper. They were going door to door without permits or registration. All were located.
12/21 At 8:37 p.m. subject request officer assist with keys locked in vehicle in the 600 block of Crockett Avenue.
12/21 At 9:00 p.m. the clerk at Shot's #6 reported that an unknown make or model vehicle with unknown occupants had stolen \$24.00 worth of gasoline. Direction of travel unknown.
12/22 At 3:30 a.m. the clerk at Town & Country #2 reported that a white Chevrolet Monte Carlo pumped \$12.03 worth of gasoline and drove away without paying. The vehicle left southbound on US Hwy. 277.
12/22 At 6:25 a.m. report that a car had slid off the road on Rock Avenue near the Carrasco residence.
12/23 At 1:30 a.m. family disturbance in the 400 block of Mulberry Street.
12/23 At 10:10 p.m. report of a fight at the Hunt Apartments.
12/24 At 7:46 a.m. male caller reported that he had gotten a threatening telephone call from someone who threatened to kill his son.
12/24 At 10:40 a.m. Debbie House contacted Chief Gesch in reference to a twenty dollar bill that she had received through the Sonora Bus Station. The bill is believed to be counterfeit and Chief Gesch contacted the US Secret Service in Lubbock, Texas to assist in the investigation.
12/25 At 3:15 a.m. unidentified craft seen leaving Sonora Airport.
12/26 At 9:55 a.m. keys reported locked in vehicle in the 100 block of Uno Street.
12/26 At 1:30 p.m. female reports that kids have vandalized the dumpster at Chavarria Grocery Store by writing their names on it with spray paint.
12/26 At 3:29 p.m. Town & Country #1 reported that a vehicle drove away without paying for \$20.00 worth of gasoline.
12/27 At 12:27 p.m. keys locked in a 1986 Cadillac at the gas pumps at Shot's #6.
12/28 At 12:41 p.m. report of a suspicious car parked behind Sutton County Bank.
12/28 At 4:30 p.m. found a brown bag of clothes left by vacuum at K Kar Kare.
12/28 At 5:32 p.m. report of a suspicious man in the downtown area.
12/29 At 2:20 p.m. complainant reported that a man had stolen his sons bicycle valued at \$50.00.

12/30 At 8:45 a.m. Gene Beaver, Jr. who is residing at Room # 40, Holiday Host Motel, Sonora reported that person or persons unknown to him had stolen his water can and his ice chest from his truck while it was parked outside his room.
12/30 At 8:55 a.m. Rodney Cagle who is residing at Room # 41, Holiday Host Motel, Sonora, Texas reported that person or persons unknown to him had stolen the spare tire and wheel from the back of his truck while it had been parked outside his room.
12/30 At 9:15 a.m. Jose Rubio who was staying in Room #34, Holiday Host Motel, Sonora, Texas reported that person or persons unknown to him had stolen some assorted food items and two audio cassette tapes from his vehicle while it had been parked outside his room.

Traffic Accidents

12/24 At 3:30 p.m. a 1986 Ford Pickup driven by Herman Moore was traveling Northwest on Tayloe Avenue when a 1984 Chevrolet Pickup driven by Michael Nichols backed from the driveway in the 1600 block. The back left of Nichols pickup struck the right rear side of Moore's pickup. There were no injuries. Patrolman House investigated the accident.
12/27 At 11:05 a.m. Bessie Adams was driving a 1982 Oldsmobile to the Sutton County Tax Office. As she pulled in to park on the Oak Street side of the Sutton County Courthouse Annex she was unable to stop the vehicle. The vehicle struck the north wall of the Annex Building approximately forty-five feet Northeast of the Water Avenue intersection causing severe damage to the building. There was only minor scratches to the Oldsmobile and Ms. Adams was not injured. Chief Gesch investigated the accident.
12/28 At 12:20 p.m. a 1973 GMC pickup driven by Mario Moreno and a 1991 Mercury Cougar driven by Juanita Herrera, both of Sonora were in collision on US Hwy. 277 North at the entrance to the Shot's #6 store. No one was injured. Chief Gesch investigated the accident.

HAPPY NEW YEAR

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QUICK DIET DANGERS

Here's the Skinny On Weight-Loss Plans

By Barry J. Cutler
Federal Trade Commission

(NU) - Are you looking for a way to lose weight — quickly and easily?

If so, you may be tempted to try one of the widely advertised weight-loss programs that promise liquid diets, special diet regimens or medically qualified staff.

At the Federal Trade Commission (FTC), we've been looking into some of these programs. Here's our concern: While you may lose weight in a diet program, about 90 percent of those enrolled regain most of their weight within five years after leaving the program.

Dieting in the United States is a big business. It is a multi-billion dollar industry that caters to approximately 34 million overweight American adults, millions of whom are dieting at any given time.

Two Common Plans

While many professional weight-control programs offer special dietary and exercise plans, two widely advertised programs are:

— Very low calorie diet (VLCD) programs. VLCD programs generally use 400 to 800 calorie-a-day liquid diet formulas as part of a 12 to 16 week supplemented fast. Available only through physicians in their offices or through hospital-based programs, VLCD programs require careful medical screening and constant medical supervision. Most VLCD programs are targeted to people who are severely obese.

— Diet clinics/food plans. Many of these programs are 1,000 to 1,500 calorie-a-day diets. You usually fol-

low a carefully controlled menu plan and may be required to purchase specially packaged meals.

Being obese has serious health consequences and losing weight can help reduce these risks.

But dieting itself is not without risks.

Ask Your Physician

In general, the more slowly you lose weight and the longer you maintain that weight loss, the safer that diet will be for you. Because of possible health complications, you may wish first to ask your physician whether a particular weight-loss program is right for you.

If you are thinking of trying a diet program, consider asking the program staff the following questions:

- What does the diet program require you to do?
- How much does the program cost and how do you pay for it?
- What are the health risks associated with the diet program?
- What kind of professional supervision is provided?
- What kind of maintenance program is provided and at what cost?

To lose weight permanently, scientific evidence suggests you must make lifelong changes in how you eat and exercise. Be cautious about any diet program not seriously committed to helping you maintain these important lifestyle changes.

(This is one of a series of columns by Barry J. Cutler, director of the Federal Trade Commission's Bureau of Consumer Protection.)

Hispanic Americans have key roles in National Guard

(NU) - Hispanic-Americans of the 1st New Mexico Cavalry — better known as Teddy Roosevelt's Rough Riders — fought at San Juan Hill as U.S. troops pushed toward an end to the Spanish-American War.

Years later, during World War II, the predominantly Hispanic 141st Infantry Battalion of the Texas National Guard saw combat in Italy, France, Germany and Austria. More than 1,000 were killed, 5,000 wounded and 500 lost in action. Three individuals from the unit were awarded Medals of Honor and the 141st won hundreds of other medals.

More recently, National Guard units with Hispanic-American members fought gallantly during the Korean Conflict and in Vietnam.

"In terms of national defense,

Hispanics have fought with great distinction and victory in every conflict in which America has engaged," says Brig. Gen. William Navas, the first Hispanic-American to be appointed Vice Chief of the National Guard Bureau.

Guard Has Highest Percent

Today, the National Guard leads all other Defense Department components of Hispanics represented in its force. In 1989, the Army and Air National Guard averaged six percent Hispanic membership.

"As we move into the 21st Century, minorities will represent a major portion of the work force," says Lt. Gen. John B. Conaway, chief of the National Guard Bureau and the nation's highest ranking Guardsman.

FIGHTING COLDS

Much Child Cold Relief From Nonprescription Drugs

(NU) - It happens every year. September rolls around and millions of kids across the country are back in school — getting together with friends and sharing summer experiences. But every year kids end up sharing something else that might send them right back home again for awhile — the common cold.

Studies predict Americans will come down with almost one billion colds this winter. Kids will get most of them, up to 12 each year; adults catching at least two. In fact, nine of ten Americans will suffer from sniffles, sneezing, sore throat or that dry, hacking cough again this year.

So, what's a Mom to do? For relief from symptoms of the common cold, such as overall achiness, loss of energy, coughs, runny noses or that dry, sore feeling in the back of the throat, look no further than the medicine cabinet at home.

You can stock up on effective over-the-counter cold remedies at any corner convenience store, drug store or supermarket. For coughs there is a wide variety of suppressants containing dextromethorphan, codeine or diphenhydramine.

If a child's nose is stuffed up, oral or nasal decongestants in spray form containing oxymetazoline or phenylephrine hydrochlorides will help.

Lozenges and sprays for minor sore throat containing benzocaine or phenol compounds will help reduce the pain so children can swallow better.



Senior Center Menu

- Thursday-** Fried Catfish w/ tartar sauce, corn O'Brien, Okra gumbo, cornbread, and brownies.
- Friday-** Chicken nuggets w/ cream gravy, mashed potatoes, broccoli w/cheese sauce, hot rolls, and cherry jello w/ fruit cocktail.
- Monday-** Pepper steak, rice, buttered carrots, hot rolls and butterscotch pudding w/ topping.
- Tuesday-** B-B-Q Chicken, blackeyed peas, harvard beets, cornbread, pear half and peanut butter cookies.
- Wednesday-** Meat Loaf w/brown gravy, mashed potatoes buttered broccoli, whole wheat rolls and sugar cookies.
- Thursday-** Pork Roast w/gravy, sweet peas, buttered cabbage, cornbread and fruit cup w/ topping.

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Texas Coalition for Safety Belts

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