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48435

# The Devil's River News

Serving Sutton County Since 1890

75¢

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SONORA, TEXAS

Thursday, January 8, 2015

## From Sonora Graduate to Blackhawk Pilot



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## It's County Stock Show Time!

It's livestock show time in Sutton County. For months, youth have been feeding, training, and working to prepare animals for the show ring. The time has finally come to begin showing animals in the ring.

Livestock arrival and weigh-in will take place on January 8th from 3 to 6 p.m. at the 4-H Barns.

Showing of livestock will start at 7:45 a.m. on January 9th. Show order will be Rabbits, Market Lambs, Meat Goats, Angora Goats, and Swine. There will also be a Pee Wee Show for those in 1st and 2nd grades.

The buyer appreciation supper, premium sale, and awards will be on Saturday, January 10th beginning at 6 p.m.

If you have an opportunity, come by to watch the shows and support our 4-H and FFA exhibitors.

You may have heard that livestock exhibition can provide opportunities to develop life skills such as work ethic, time and resource management, and self discipline. It can also teach commitment and pa-

tiency.

But do you realize that most kids have a natural curiosity about livestock? For MANY youth, showing livestock will be their only exposure to animal production or agriculture.

Educating youth about livestock husbandry, even within the stock show venue, helps youth understand the management struggles that the American rancher faces. This experience can help make them a more informed consumer.

Finally, youth will benefit from the premiums they receive at the stock show. These funds are made possible through the generosity of local and area business as well as individual donors. The premiums received from the county stock show will help youth build college funds to assist with their educational expenses.

If you'd like to hear more or contribute, please call the Sutton County Extension Office at 387-3101. We would be honored to receive a donation to apply toward our exhibitors.

## John Graves Appointed CEO of Lillian M. Hudspeth Memorial Hospital

SONORA, Texas (Tuesday, Dec. 31, 2014) — John A. Graves was selected as Chief Executive Officer of Lillian M. Hudspeth Memorial Hospital (LMH) during a noon Board meeting on Tuesday, December 30, 2014.

Mr. Graves is currently Senior Administrator of American Anesthesiology of North Carolina where he is responsible for anesthesia services for six hospitals and five ambulatory surgery centers in Raleigh and Wilson, NC. He retired from the United States Air Force as a Lieutenant Colonel in the Medical Service Corps.

Mr. Graves was chosen from a panel of five candidates developed by the hospital's search consultant. The Board selected three candidates who were interviewed by the hospital managers, the medical staff, community leaders and the board during day-long visits to Sonora.

In making the announcement, Preston Faris, board president, said the directors were impressed with Mr. Graves' scope of prior leadership experience in operations, human resources, and medical practice management as well as his depth of experience in overseeing hospital financial operations. "Given the challenges hospitals will encounter in the face of healthcare reform and declining reimbursement, we felt John was ideally suited for our organization. That he and his wife were so interested in our organization and in living in Sonora, made a very tough choice a little easier. We had three outstanding candidates at the end of this very thorough search and the board was very deliberate in their considerations."

Mr. Faris praised the work of interim CEO Nancy

Continued on Page 4



Photos By The Sutton County Volunteer Fire Department.

An overturned 18 Wheeler was one of the many victims of the recent ice storm that blew through West Texas.

## 2015 Starts off With Ice: Dangerous Road Conditions Wreak Havoc



Even though Traffic backed up for as long as the eye could see, workers from the county and Texas Department of Transportation worked hard to make the roads safe.

## Sonora Broncos Named to THSCA Academic All-State

By Nancy Glasscock

The Texas High School Coaches' Association recently released the list of football athletes named to the 2014 Academic All-State list. To be nominated, a student must be a football athlete, student trainer, or manager in good standing with the team, of good moral character, a senior, and have an overall grade point average of 92 or above (including courses from grades 9-11 including any courses

completed in grade 12).

The head coach of the sport, who must be a member of the THSCA, makes the nomination. The THSCA considers each student's GPA, class rank, and SAT or ACT scores. Points are assigned to each criterion. The total number of points determines which team (Elite, 1st, 2nd or Honorable Mention) each athlete's placement. The Elite Team Member must have near perfect scores in all categories.

The following Broncos were nominated by Coach Phillips and met the THSCA criteria for Academic All-State: Santi Garza and H.L. James made 2nd Team while Elijah Cross, Hunter Hughes, Ethan Patlan, and Gabe Rollert were Honorable Mention.

Congratulations to these six student athletes.

## Bronco and Lady Bronco Basketball

By Ray Glasscock

Both Sonora varsity basketball teams saw action during the Christmas break.

The Broncos played in a tournament in Big Lake. In the team's first game of the season, 4A Ft Stockton was the opponent. The Broncos came up short 64-44.

In the second game of the tournament, the Broncos played the 2A Ozona Lions.

The Broncos got the season's first victory and defeated the Lions 45-22. In the final game of the tournament for Sonora, the Broncos played the Coahoma Bulldogs. Both teams are in the same basketball district. Sonora won 60-34.

The Broncos were scheduled to play Sands on the Saturday, January 3rd. Due to

the continuing icy road conditions, the game was cancelled. The Broncos travel to play the Ballinger Bearcats on Tuesday, January 6th.

The Lady Broncos travelled to Ackerly, Texas northwest of Big Spring to play in the Sands Tournament. The Lady Broncos defeated Tahoka's



## Obituary

Eddie Sosa, Jr. 74 of San Angelo, Texas died Monday, December 22, 2014. Funeral service is at 11:00 a.m. on Friday at Holy Angels Catholic Church. Interment will follow at Lawnhaven Memorial Gardens. Arrangements are by Johnson's Funeral Home.

Eddie was born June 14, 1940 on a ranch near Sonora, Texas to Elsie Lopez and Eddie Sosa, Sr. He graduated in 1958 from Senora High School where he lettered in football and started his love for the game of golf. On July 11, 1958 he married Delma Ortiz Martinez in Ozona, Texas and shared 56 years together. He retired from the Texas Department of Agriculture where he helped out many ranchers and farmers throughout the State of Texas. He coached football and basketball with the YMCA for over 15 years. He was

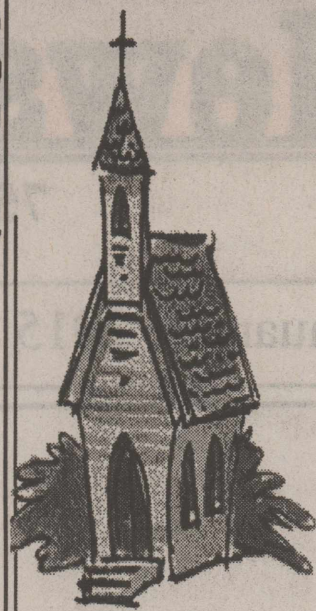
a member of the Lions Club and thoroughly enjoyed his time delivering meals with "Meals on Wheels" and volunteering as the caller for bingo at the nursing homes. He was a loving husband, and a great father who raised six children.

Eddie is survived by his wife Delma Sosa; his children James Robert and wife Susan; Lana Kay and husband Wayne; Eddie Ray; Karen Jo; John David and partner Amo; Samuel Duane and wife Sylvia; 14 grandchildren; 12 great-grandchildren and numerous nieces and nephews.

In lieu of flowers, donations may be made to Meals On Wheels. Special thanks to George and Yvonne Duran and Fred and Delia Dietz.

Family and friends may sign the register book at johnsons-funeralhome.com

## Sonora Church Directory



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**Church of Christ**  
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## Wellness Ministry

It is so hard to know how to eat with so many "experts" telling us about the latest diet, detox, cleanse, or "magic pill" that's going to melt our fat and troubles away. But there is no better expert in the world than the maker of our body. God created you and He created the perfect foods to keep you healthy and whole. Foods like vegetables and fruits, meats and seafood, eggs, nuts and seeds. These are foods full of life, energy, and growth so that we may live and grow healthy and strong. Whenever you are confused about how to eat, just remember that God made foods that come from the Earth, not a package.

*Then God said, "I give you every seed-bearing plant on the face of the earth and every tree that has fruit with seed in it. They will be yours for food." Genesis 1:29*  
*Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything. Genesis 9:3*

Chelsea Blackbird is a Certified Nutritional Therapist. For more info contact [HYPERLINK "mailto:chelsea@thechristiannutritionist.com"](mailto:chelsea@thechristiannutritionist.com) chelsea@thechristiannutritionist.com or [www.thechristiannutritionist.com](http://www.thechristiannutritionist.com)

## Thank You Note

The Hernandez Family would like to thank each and everyone of you for your kind words, food, hugs and support during our difficult time. Again many thanks to all of you.

*Olivia, Lavina, Daniel and Adam.*

## Making a New Year's Resolution?

*Here's one to save lives, including your own!*

The following article is provided by the Texas A&M AgriLife Extension Passenger Safety grant in College Station, TX provided by Bev Kellner Program Manager and TX-DOT. It is being published in Sonora, TX to ask individuals set a goal this year to not drive distracted.

While eating more fruits and vegetables and parking as far away from the supermarket as possible will help improve your health in 2015, here's a resolution that can impact the lives of others, as well as your own life. Make a resolution in 2015 to put down the phone when you are driving and to not drive distracted! While all notions of self-improvement have their value, driving is one area where our actions can affect not only ourselves but other drivers and passengers on the road. Motor vehicle crashes continue to take their toll. According to the Texas Department of Transportation, in 2013 there was an increase in the number of crashes caused by distracted driving – especially fatal crashes caused by cell phone use. Cell phones are a major distraction, but not the only distraction to drivers. Adjusting radios and GPS devices, loose pets, eating in the vehicle, and applying makeup are just some of the other distractions in your car. However, research shows that texting is among the most dangerous forms of distracted driving. Sending or reading an average text takes drivers' eyes off the road for 4-5 seconds. That means at 55 miles per

hour, a texting driver would travel the length of a football field without looking at the road – as if blindfolded! That's something none of us would consciously consider doing! Any time you take your hands off the wheel, your eyes off the road, and especially your mind off your driving, you put yourself, your passengers, and others on the road at risk. "Making a resolution to not drive distracted in 2015 can very well mean saving a life!" said Texas A&M AgriLife Extension Service Agent Jessica Stapper. Some of the leading causes of traffic deaths are distracted driving, impaired driving, and people not wearing seat belts. Resolve to give driving your full attention, and protect yourself and others on the road. Although young drivers are at greatest risk from distraction, parents and other adults should set the example by not using a cell phone in the car. Follow the Governors Highway Safety Association's tips to prevent distracted driving (<http://www.ghsa.org>): Turn it off and stow it. Turn your phone off or switch it to silent mode before you get in the car. Then stow it away so that it's out of reach. Spread the word. Record a message on your phone that tells callers you're driving and will get back to them when you're off the road, or sign up for a service that offers this feature. Pull over. If you need to make a call, first pull over to a safe area. Use your passengers. Ask a

passenger to make the call or respond to a text for you. X the text. Don't ever text and drive, surf the web, or read your email while driving. It's dangerous and against the law in most states. Even voice-to-text isn't risk-free. Prepare. If using a GPS device, enter your destination before you start to drive. If you prefer a map or written directions, review them in advance. If you need help while driving, ask a passenger to assist you, or pull over to a safe location to change your GPS or review your map/directions. Secure your pets. Unsecured pets can be a big distraction in the car. Mind the kids. Pull over to

a safe place to address situations involving children in the car. Focus on driving. Multi-tasking behind the wheel is dangerous. Refrain from eating, drinking, reading, grooming, smoking, and any other activity that takes your mind and eyes off the road. Make a commitment to not drive distracted. Go to <http://www.distraction.gov/content/take-action/take-the-pledge.html> to download a pledge and share it with friends and family. Make 2015 the year you quit the distraction habit and help save lives on our roads! And while you're at it buckle up and live!

## The Devil's River News

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## Ibuprofen Increases Life Span of Some Species

COLLEGE STATION — A common over-the-counter drug that tackles pain and fever may also hold keys to a longer, healthier life, according to a Texas A&M AgriLife Research scientist. Regular doses of ibuprofen extended the lifespan of multiple species, according to research published in the journal Public Library of Science-Genetics.

"We first used baker's yeast, which is an established aging model, and noticed that the yeast treated with ibuprofen lived longer," said Dr. Michael Polymenis, an AgriLife Research biochemist in College Station. "Then we tried the same process with worms and flies and saw the same extended lifespan. Plus, these organisms not only lived longer, but also appeared healthy."

He said the treatment, given at doses comparable to the recommended human dose, added about 15 percent more to the species lives. In humans, that would be equivalent to another dozen or so years of healthy living.

Ibuprofen, a common over-the-counter drug worldwide, added to the healthy lifespan of yeast, worms and flies in a recent study. (Texas A&M AgriLife Research photo by Kathleen Phillips)

Polymenis, who also is a professor in the biochemistry and biophysics department at Texas A&M University, collaborated with Dr. Brian Kennedy, the president and CEO of the Buck Institute for Research on Aging in Novato, California, along with sev-

eral researchers from Russia and the University of Washington.

Ibuprofen is a relatively safe drug that was created in the early 1960s in England. It was first made available by prescription and then, after widespread use, became available over-the-counter throughout the world in the 1980s.

The World Health Organization includes ibuprofen on their "List of Essential Medications" needed in a basic health system. Ibuprofen is described as a "nonsteroidal anti-inflammatory drug used for relieving pain, helping with fever and reducing inflammation."

Polymenis said the three-year project showed that ibuprofen interferes with the ability of yeast cells to pick up tryptophan, an amino acid found in every cell of every organism. Tryptophan is essential for humans, who get it from protein sources in the diet. "We are not sure why this works, but it's worth exploring further. This study was a proof of principle to show that common, relatively safe drugs in humans can extend the lifespan of very diverse organisms. Therefore, it should be possible to find others like ibuprofen with even better ability to extend lifespan, with the aim of adding healthy years of life in people."

"Dr. Polymenis approached me with this idea of seeing how his cell cycle analysis corresponded with our aging studies," said Dr. Brian Kennedy, CEO at the Buck Institute for Research on Aging in Novato, California. "He had identified some drugs that had some

really unique properties, and we wanted to know if they might affect aging, so we did those studies in our lab. We're beginning to find not just ibuprofen, but other drugs that affect aging, so we're really excited about it.

"Our institute is interested in finding out why people get sick when they get old. We think that by understanding those processes, we can intervene and find ways to extend human health span, keeping people healthier longer and slowing down aging. That's our ultimate goal."

Chong He, a postdoctoral fellow at Buck Institute and lead author on the paper, said looking deeper into the common drugs that target individual diseases might shed light on understanding the aging process.

"We have some preliminary data on worms that showed that this drug also extended the health span in worms," she said. "It made them live not just longer but also more healthy. You can measure the thrashing of the worms. If they're healthy, they do have a tendency to thrash a lot, and also we can measure the pumping as they swallow, because if they're healthy, the pumping is faster."

"Ibuprofen is something that people have been taking for years, and no one actually knew that it can have some benefits for longevity and health span."

The research was funded by the National Science Foundation, the National Institutes of Health, the Ellison Medical Foundation and the Glenn Foundation for Medical Research.



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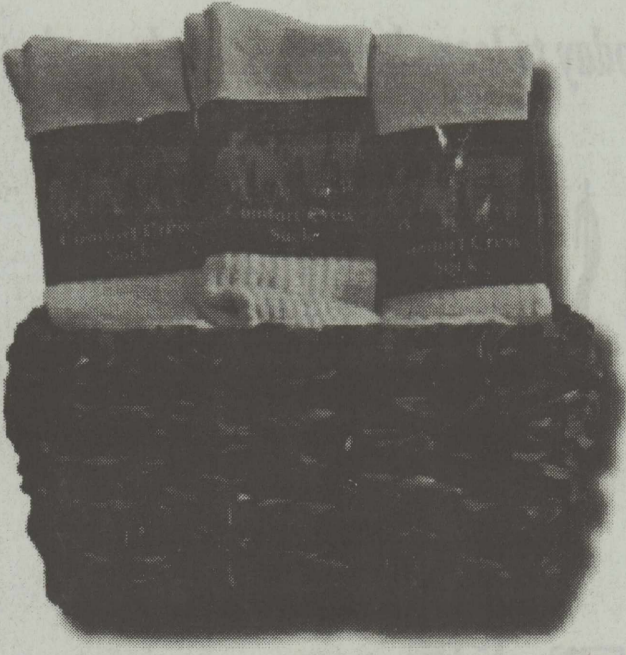


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**Continued from Front Page: Hospital CEO**

Pittman of League City, a Houston suburb. "Nancy has done an outstanding job helping us through a difficult period. She united the employees and the physicians and successfully accomplished some important objectives," he said. Ms. Pittman plans to continue working as an interim healthcare executive. Prior to serving as interim CEO for LMH, Ms. Pittman served as Chief Nursing Executive/Chief Operating Officer for Houston Methodist St. John Hospital in Nassau Bay, near Houston. She will remain as interim CEO until Mr. Graves arrives in mid-January.

Graves is a Fellow of the American Academy of Medical Administrators, a Fellow of the American College of Healthcare Executives, member in the Healthcare Financial Management Association, and the Medical Group Management Association. He earned a Bachelor of Science degree in Resources Manage-

ment from Troy State University in Montgomery, AL and a Master's in Business Administration from Our Lady of the Lake University in San Antonio. He is currently a candidate for a PhD in Leadership Studies from Our Lady of the Lake.

He began his Air Force career as an enlisted man. During his more than 28-year career, he served in the air force band, as a management engineer, and spent the last 17 years in the Medical Service Corps. He is credited with playing a key role in overhauling the revenue cycle program for all USAF's hospitals.

He is married to Penny Gibson originally from Mobile, AL. They have two children, John Ryan and Shannon. He is a Captain in the Air Force. Shannon is married to an Air Force Major.

**Continued from Front Page: Bronco Basketball**

Lady Bulldogs in OT, 66-55. Senior Gracie Dozier led the scoring with 27 points, but she was held to only two three-pointers. Tyler Hampton had six blocked shots and twelve points. Janelle Vasquez was also in double figures with 15 points. The Lady Broncos played New Home and defeated the Lady Leopards 57-31. Dozier had a game high 38 points that included five three-pointers and seven free throws. In the final game, the Lady Broncos lost 52-44 to the highly ranked 1A Garden City Lady Bearkats. Dozier had 28 points including three, three-pointers.

The Lady Broncos played the Lady Eagles of Junction

on the road after New Years Day. Sonora won 50-37. Three Lady Broncos were in double figures. Vaquez and Dozier had 10 and 16 points respectively. Riley Umphress had 11 points. Hampton had ten rebounds, five blocks, and three steals.

The 15-4 Lady Broncos play one last non-district game on Tuesday January 6th in Ballinger. On Tuesday, January 13th, the Lady Broncos start district play against the Colorado City Lady Wolves in Sonora.

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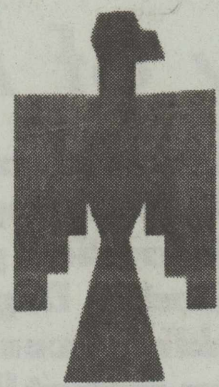
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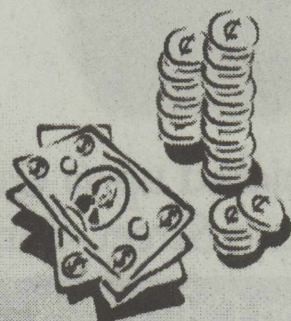
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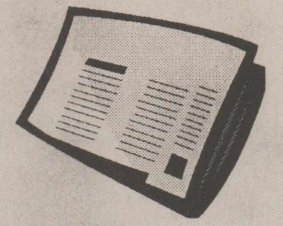
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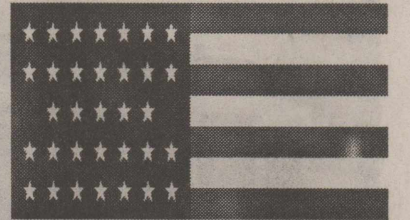


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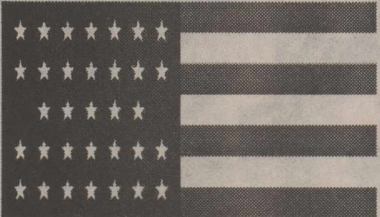
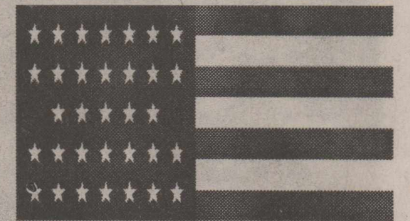
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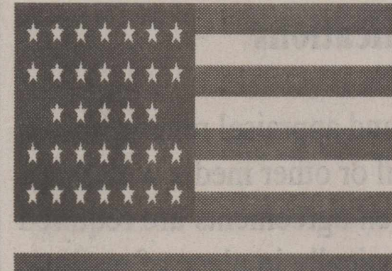
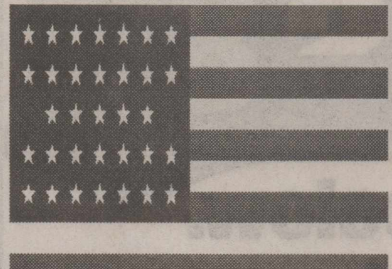
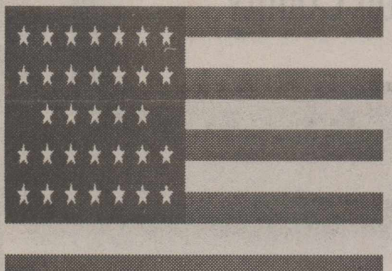
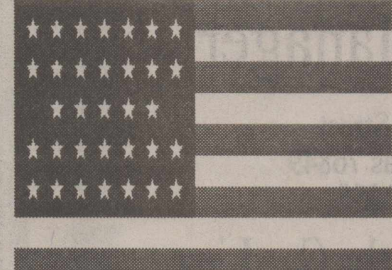
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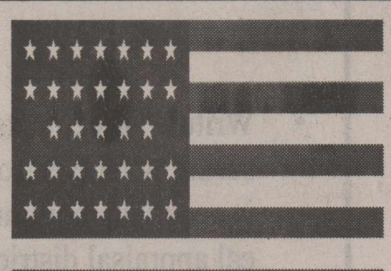
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### Cab Tests Pilots Fresh From Flight School: 'Black Cats' Turn New Aviators Into Mission-Ready Flyers



Sonora Graduate Warrant Officer Matthew Glasscock, an aviator with Company A, 2nd Battalion, 501st Aviation Regiment, Combat Aviation Brigade, 1st Armored Division, stands next to a UH-60L Black Hawk after a landing Dec. 3 at Orogrande range, N.M., during his first real-world mission. Photo by Chief Warrant Officer 3 Jud Farrer, CAB, 1st AD.

Courtesy of the Fort Bliss Bugle

By Chief Warrant Officer 2 Adam Bender, 2nd Bn., 501st Avn. Regt., CAB, 1st AD:

Imagine completing some of the most demanding Army training – two years of flight school – then showing up to a new unit and being thrust into a real-world mission within weeks of arrival.

That's exactly the position several new aviators were placed in when they arrived to Company A, 2nd Battalion, 501st Aviation Regiment, Combat Aviation Brigade, 1st Armored Division.

Fortunately for them, the training programs at Fort Rucker, Alabama, and at CAB, 1st AD, provided them the skills they need to immediately perform.

Warrant Officer Matthew Glasscock, Co. A, 2nd Bn., 501st Avn. Regt., CAB, 1st AD, discovered how quickly the "Black Cat" Company and the CAB moves. He arrived during the initial stages of a short-notice

mobilization of roughly 300 Soldiers from 2nd Bn. to West Africa for Operation United Assistance to help stem the spread of the deadly Ebola virus.

Glasscock began "RL progression training," a process to train new flight school graduates to operate beyond the basics taught at Fort Rucker and to perform a unit's mission.

"It was great that I was sent to a unit where I could start flying as soon as I did," said Glasscock. "I am one of the first members of my flight school class to finish RL progression, and I've already had a chance to fly two real-world missions."

Both missions Glasscock has flown were high-profile, transporting Maj. Gen. Stephen M. Twitty, 1st AD and Fort Bliss commanding general, to post ranges to observe training for the 1st AD Iron Strike 15 joint exercise and plan for the division's next major training event in the spring.

The Black Cats are a UH-60 Black Hawk aviation unit that regularly conducts time-on-target and aerial command-and-control missions for many top-ranking Army, government and civilian leaders. While the mission is often straightforward, it is not without unique challenges, including quickly evolving from receiving a mission to flying it.

This can put new aviators in the hot seat straight out of flight school, said Chief Warrant Officer 2 Philip R. Latka, instructor pilot, Company A.

"Every aviator has to contribute to the company. There isn't room for pilots to not add value; we just don't have people to spare when it comes to exercises like the ones we have been supporting recently," said Latka. His company's high operational tempo has included participating in 1st Armored Division's Network Integration Evaluation and Iron Strike 15 exercises; two rotations at the National Training Center at Fort Irwin, California; and the West Africa mission.

"Being able to complete Warrant Officer Glasscock's progression gives us a little more flexibility when we think about building mission crews," he said.

Just like every Army unit, Company A's mission is about accomplishing the mission on time and delivering immediate results.

"The fact that I was sent to this unit was definitely a benefit because it forced me to study and work hard to learn the unit's procedures and to be on top of my game. It was a challenge, but it has also been very rewarding," said Glasscock.



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How does it work? Certain guidelines must be followed for this local option communication:

- Written agreements with the county appraisal district must be entered first, ensuring what electronic means of delivery are acceptable. If you are interested in receiving communications in electronic format, you should contact your local appraisal district.
- Public notice regarding the availability of agreement forms authorizing electronic communications may be published in a newspaper of general circulation in the district on or before Feb. 1 each year, or agreement forms may be delivered on or before Feb. 1 each year to property owners shown on the certified appraisal roll for the preceding tax year.
- The chief appraiser may determine the medium, format, content and method to be used for electronic communications other than notices required by Tax Code Section 25.19 which are prescribed by rule.
- A decision by the chief appraiser not to enter into agreements may not be the subject of an ARB protest, a lawsuit or a complaint to the Texas Department of Licensing and Regulation.

For more information, contact Sutton County Appraisal District at 300 East Oak Street, Suite 2, Sonora, Texas 76950.