

## DON'T FORGET TO VOTE ON APRIL 12TH

focusing on the past
By: Billy Joe Wolker


THE LAST INDIAN FIGHT IN TEXAS. JAN 29, 1881. When the Mexican General Terrasas exterminated Chief Victoria and his band of hostile Apaches in the battle of Tres Castillos, Oct. 14, 1880, 12 braves and 4 squaws escaped across the Rio Grande into Texas where in the short space of 3 months they left a bloody trail of death and destruction in their wake. At Paso Viego (1) they ambushed and killed a squad of the colored 10th Cavalry under Lt. Mills. At Bass Canyon (2) they waylaid an emigrant train capturing a wagon, killing 2 people and wounding another. At Ojo Caliente (3) they fought with and killed 7 troopers of the 10th Cavalry pinning their bodies to the ground with their own cavalry staking pins. In Quitman Canyon (4) they intercepted the San Antonio stage killing the driver and his one passenger. Captain Baylor and Lt. Nevill with Rangers of the famous Frontier Battalion relentlessly tracked the marauders from Ojo Caliente (3) to Apache Spring (5) in the Sierra Diablo mountains where they annihilated the hostiles in the tast battle to be fought with the Indians on Texas soil.

garden now.


Color in a Garden
How does your garden look? Is it colorful? Did you plant bulbs in the fall? Here are some that you should have planted. Three types of tulips: Cottage, Darwin and Parrot. These bulbs should be put in the icebox at least six weeks before planting. Daffodils are also colorful. The main one is King Alfred. Ranunculus come in many colors. These should be soaked in water for two hours, and then planted with claws down. Every garden should also have Anomes. These too, should be soaked, and planted with claws down. There are two kinds: the DeCan, and the Bridget, which are flowers. Plan next years colorful

MADGE HORN, CLUB MEMBER

## BRACKETTVILLE, TEXAS

## WONG TO SPEAK TO EDUCATORS, COMMUNITY

Harry K. Wong is one of the most sought after, if not the most sought after speaker in education today. This is amazing when you consider that Dr. Wong is, as he says, "a plain, old classroom teacher."
He is usually booked for two years into the future for speeches, and because of his associated teaching activities, must turn down many requests each week. He has given over 2000 presentations to about 250,000 people, including the Distinguished Lecture at the American Association of School Administrators Convention. He has lectured in every American state and Canadian province, and in South America, Asia, Africa, and Europe.

Harry K. Wong is a practicing classroom teacher and is active in over ten educational organizations. He has experience with gifted, college oriented, and educationally uninvolved students. He taught high school science for 17 years, and has been for the past 13 years a part-time, science resource teacher at a middle school in Menlo Park, California.

He has written over 30 publications, including a leading science textbook series, three


Until the 16th century, it was customary for women to wear their wedding rings on their right hands, rather than their left.
films, and numerous magazine and journal articles.
His students have won over 200 awards.

Dr. Wong will explain how he has no discipline problems, has a zero dropout rate, has a $95 \%$ homework turn-in factor, and is able to demonstrate mastery learning of each of his students.
More importantly, his presentation is of universal appeal. Business people, homemakers, students, and people from all walks of life will profit personally from his message of self-motivation.

Because of his achievements, Dr. Wong has been awarded the Outstanding Secondary Teacher Award, the Science Teacher Achievement Recognition Award, the Outstanding Biology Teacher Award, and the Valley Forge Teacher's Medal. Also, he was the subject of a story in Reader's Digest.

On April 21-22, 1988, Dr. Harry Wong will be the guest of Brackett Independent School District. He will do two presentations. On April 21, 1988 at 7:00 p.m., he will be addressing educators, parents, and members of the community in the Brackett High School Auditorium. On April 22, 1988 at 8:30 a.m., he will conduct a three hour workshop for teachers, administrators, and board members in the Brackett High School Library.

Dr. Wong's visit is coordinated with the third annual teacher appreciation reception. His talks are motivational for students and teachers.

## civil Bio TECH

"SCIENCE IN MOTION"

## - WANTEDLIVE POISONOUS SNAKES

We are currently in need of large quantities of Live Poisonous Snakes for Venom Research.
(Rattlesnakes, Copperheads, and cottonmouths)
Above Market Prices will be paid and we will provide pick-up of the Snakes.

Please contact our Representative listed below for pick-up times and locations in your area.

State: Texas Area Rep: Richard Dean Phone: $512 / 850-2506$

## REFLECTIONS

A tragic sentence pops up in the 01d Testament book of Judges. The line reads, "Everyone did that which was right in his own eyes." That reckless decision swept God's chosen people to ruin, carrying them to destruction like a raging flood tosses and churns its victims.

If you wish to "do your own thing," that's your choice. Remember, however, that pay day is coming. The price tag for going one's own way is big -- it spells out bankruptcy and brokenness.

Forget God. That's what the Hebrews did in the time of the Judges. They wanted to be free from all guidelines whicih God had laid down. That's the root problem of man in every age. To do that which is "right in one's own eyes" means we tell God to get out of life and leave us alone! No regular worship, no family devotions, no personal prayer life, no daily reading of God's Book. I'll do what I want to do. Stop pestering me with Jesus, the Church, the Ten Commandments, and all that goes along with the Christian faith.

What is the thing that is "right" in your own eyes? Some people say it is "me", "Mine", "we", and "our". The self-centered people squeeze the nectar from every flower and drain dry every fountain for themselves. Tragedy befalls every person who fails to reach out a helping had and lift up the fallen. Jesus gives an obiturary for the self-inebriated by saying, "Thou fool, this night thy soul shall be required of thee." Frightening, isn't it?

That which is right in the eyes of a minority may well be a donothing life. Lazy loafers. Such a sick element of society passes it's time corrupting and polluting others. Filthy dreamers, drug pushers and users, booze hounds, truth twisters, and other such first class candidates for hell fall into his category. They never give any indication of remorse nor turning from their evil. All of this is god's own definition of workers of iniquity.

Is there another route open for man? Yes. We ought to live to please God. Jesus always did those
things "which pleased the Father." To merely please and pamper self is fatal. To see life through the eyes of God and live in that way is the life of purpose and satisfaction. Two possibilities are open, you can choose only one! way.

BY PRESTON TAYLOR PASTOR
FIRST BAPTIST CHURCH


## PREPARE for the UNEXPECTED <br> Don't Let CANCER HEART ATTACK STROKE Destroy You Financially!

The facts are these: CANCER strikes three out of four American families, one in every three Americans. HEART ATTACK felled more than 350,000 victims last year. Most people lived. STROKE is The Number Three killer of Americans, but most stroke patients survive.

PLAN FOR LIFE: Most of us have life insurance, but very few of us plan for the terrible cost of a major illness. The economic burden of hospital stays, lost work days, nursing and medicine is a worry we don't need. Unprepared, many of us could easily be ruined financially.
A NEW POLICY: Now there is a new insurance program designed to prevent the devastating cost of a major illness. Please call or write and let us tell you about our INCOME PROTECTION PLAN. When the unexpected strikes, you don't need financial worries as well. Call today!

## Dennis Slubar, Sr. Insurance Agency

P.0. Box 1330, Brackettville. Tx

(512) 563-2991


## American Heart Association

## Israeli Vegetable Salad

Springtime is the right time to serve this simple salad. Excellent for those April holiday meals.

| 2 | fresh tomatoes | $\mathbf{1 - 2}$ tbsp. |
| ---: | :--- | :--- |
| 2 | large cucumbers | olive oil |
| 2 | fresh green peppers | black pepper |
| $1 / 2$ | small onion |  | $1 / 2$ small onion

Dice all vegetables into $1 / 2$-inch cubes, or smaller. Put them into a salad bowl. Add the oil and pepper. Let stand at room temperature at least one-half hour before serving
Yield: 4 Servings
Nutrition Tip: If you're having a hard time eliminating salt from you diet, try to gradually cut down on salt intake. It may help to only salt a few foods rather than pouring salt on your entire plate. Try herb seasonings, such as American Heart Association Herb Seasonings, available at many grocery stores. You may learn to enjoy their various tastes more than salt!
Help Your Heart Recipes are from the Fourth Edition of the American Heart Association Help. Your Heart Recipes are from the Fourth Edition of the American Heart Association
Cookbook. Copyright 1973, 1975, 1979, 1984 by the American Heart Association, Inc. Cookbook. Copyright McKay Company, Inc.
Published by David

Israeli Vegetable Salad Nutritional Analysis per Serving

| 91 | Calories | 0 mg. | Cholesterol |
| ---: | :--- | ---: | :--- |
| 2.4 g. | Protein | 10.1 g. | Carbohydrates |
| 5.4 g. | Total Fat (est.) | 36 mg. | Calcium |
| .7 g. | Saturated Fat | 455 mg. | Potassium |
| .4 g. | Polyunsaturated Fat | 18 mg. | Sodium |
| 4.3 g. | Monounsaturated Fat |  |  |



Beef Stroganoff
When the occasion calls for something elegant, this modified beef stroganoff fits the bill.

1 lb . lean beef round freshly ground black pepper
$1 / 2 \mathrm{lb}$. mushrooms, sliced
1 onion, sliced
3 tbsp. oil
3 tbsp. flour

2 cups beef broth*
2 tbsp. tomato paste
1 tsp. dry mustard
1/4 tsp. oregano
$1 / 4$ tsp. dill weed
2 tbsp. sherry
1/3 cup low-fat yogurt
Remove all visible fat from the meat and cut into thin strips, about 2 inches long. Sprinkle with pepper and let stand in a cool place for 2 hours.
In a heavy skillet, saute mushrooms in oil until tender. Remove from skillet, and saute onions in the same oil until brown. Remove from skillet.

Brown meat quickly on all sides until rare. Remove and set aside.
Blend the flour into the oil in the skillet and gradually add the broth stirring constantly until smooth and slightly thick. Add the tomato paste, dry mustard, oregano, dill weed and sherry. Blend well. Com bine the sauce with the meat, mushrooms and onions in the top of a double boiler. Cook for 20 minutes. Beat yogurt (to prevent it from curdling). Blend in the beaten yogurt 5 minutes before serving. *Use unsalted or low-salt products to reduce sodium content. Yield: 6 servings
Help Your Heart Recipes are from the Fourth Edition of the American Heart Association Cookbook. Copyright c 1973. 1975. 1979. 1984 by the American Heart Association. Inc.

## PUBLIC NOTICES

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Sections 4.004, 83.010, 85.004, 85.007, v.I.C.A., I:Iection Cixte

 (AVISO DE LELLC: ION $\frac{}{\text { Para el Consejo de Mesa }}$

To the Registered Volers of Brackettville
A los volanies registrados ddel Brackettville remi.)
Notice is hereby given that the polling places listed below will be open from 7:00 a.m. to $7: 00$ p.m., on May 7
1988 , for voting in a. CITY _-clection, to Elect Mayor and three Alderman City Council.

de 1988 para volar en ta tirction pata Mayor y tres consejales $\qquad$
OCATION(S) OF POII.ING PLACIS
DIRECCION(ES) DE LAS CASILLIS ELECTORALESS)
City Hall Municipal Bldg.

Absentee voting by personal appearance will te conducted each weekday
La volación en ausencia en persona se lleraría a calho de lunes a viernes cin) (Iocation) (sitio)
etween the hours of 8:00 a.m. and - $5: 00$ p.m. Ickinning on - April 18, 1988
(entre las 8:00 de $\qquad$ 18 de Abril
and ending on May 3, 1988
(1) erminando el 3 de Mayo 1988

Additional absentec voting will be lield at the same hexation as folltowe:

Date (Fechu)
Hours (Horas)


## NOTICE OF RIGHT TO NOMINATE BY PETITION

The Farmers Home Administration (FmHA) is accepting nomination for County Committee election for Edwards, Kinney, Real, Uvalde, and Val Verde Counties. This notice is issued to inform eligible voters of the right to nominate candidates by petition. Copies of the petition and instructions on its completion can be obtained from your local FmHA office.

Persons nominated should have an interest in a farm as an owner, tenant, or sharecropper within the county or area in which activities of the county or area committee are carried out. They must be citizens of the United States or aliens lawfully admitted to the United States for permanent residence, and be well qualified for committee work. Spouses of those persons who meet eligibility criteria are also eligible for nomination for election of the county committee. Nominations must be received in the Uvalde County Office no later than May 19, 1988. FmHA committee elections are open to all eligible voters without regard to race, color, religion, national origin, age, political affiliation, marital status, sex, and/or handicap.

## ORDER OF EIECTION

An election is hereby ordered to be held on May 7,1988 for the purpose of: ELLCIING MAYOR AND IIIREE ALDERMAN, CITY COUNCIL OF IHE CITY OF BRACKETIVILLE bsentee voting by personal appearance will be conducted each weekday at
C.ITY ILALI MUNICIPAL BUILDING
between the hours of 8:00 a.m. and 5:00 p.m. beginninning on April 18, 1988 and ending on May $3, \frac{1988}{}$
Applications for ballot by mail shall be mailed to:
Ginger Dodson- Absentee Voting Clerk
.0. Box 526
Brackettville, Texas 78832
Applications for ballots by mail must be received no later than the close of business on APRIL 29, 1988
Issued this 5th day of April, 1988.

## ORDEN DE ELECCION

or la presente se ordena que se llevara a cabo una eleccion el 7 de Mayo, 1988 on el proposito de:

EIECCION PARA ELEJIR FL MAYOR, y TRES CONSEJALES DEL E CONSUL DE LA CIUDAD
La votacion en ausencia en persona se llevara a cabo ce lunes a viernes en EDIFICIO MUNICIPAL DE LA CIUDAD
entre las 8:00 de la manana y las 5:00 de la tarde empezando el 18 de Abril y terminando el 3 de Mayo, 1988
as solicitudes para boletas que se votaran en ausencia por correo deberan eniarse a:
Ginger Dodson- Nombre del Secretario del la Votacion En Ausencia
.0. Box 526 - Direccion
Brackettville, Texas 78832 - Ciudad
Las solicitudes para boletas que se votaran en ausencia por correo deberan recibirse para el fin de las horas de negocio el 29 de Abril, 1988

Emitida este dia 5 de Abril, 1988.

## Mi.elki Milexcelsibe <br> MAYOR

## NCTICE OF DIRECTORS ELECTION

To the registered voters of Fort Clark Springs, Texas:
The Fort Clark Springs Municipal Utility District will hold a Directors election to elect three (3) Directors on May 7, 1988. The polling place will be the Fort Clark Springs Municipal Utility District Board Room and will be open on election day from $7: 00$ a.m. to 7:00 p.m. Absentee voting by personal appearance will be conducted each weekday at the Fort Clark Municipal Utility District office between the hours of 8:00 a.m. and 5:00 p.m. beginning on April 18, 1988, and ending on May 3, 1988.

S/S Larry Sofaly Manacer


The covered wagon was first built by the German farmers of Pennsylvania.


Save and freeze bits of chicken and vegetables, such as carrots, celery, potatoes and onions to make a chicken pie.


A 23 year old Wisconsin woman was terrorized, robbed at gunpoint, and had her vehicle stolen after stopping at a roadside park on Hwy. 906 miles east of Brackettville Sunday afternoon, April 3rd.

The young woman, who is in the Air Force and stationed at Laughlin Field, stated that she was approached by a young white male armed with an automatic pistol after she entered the women's restroom at the park. The man demanded her money, credit cards, and car keys. He continually threatened her life during the incident and at one time upon hearing voices approaching he ordered the frightened young woman into a stall and then sat in her lap with the pistol at her head until the people left the room. He then took her valuables and fled the scene in her vehicle in an undetermined direction.
The young woman attempted to obtain assistance from an elderly couple who stopped at the rest stop and they stated that they would try and contact someone on their C.B. radio. But after no one arrived to help her the woman then started walking towards Brackettville on Hwy. 90. She finally obtained a ride and by the time she was able to report the incident to the Sheriff's Department an hour and a half had passed.

The resulting search for the armed robber and the stolen vehicle eventually involved at least ten counties and law enforcement officers from several agencies. It has since been determined that the suspect had at least one accomplice in another vehicle. The suspect attempted to purchase gas in Loma Alta with a Gulf credit card and was denied as the station did not take Gulf cards, the pair later purchased fuel with the stolen card in Sonora. An alert gas station attendant requested identification and it was through this act that at least one of the suspects has been identified. This suspect is also wanted in South Carolina for at least two other felony crimes and the vehicle being used by the accomplice is also believed to be stolen as the license number to the vehicle does not match the description of the vehicle being
used. The two suspect vehicles were last seen at a roadside park west of Ozona on IH 10 at approx. $7: 30$ p.m. on the date of the indicent. All available information concerning the incident has been entered into the TCIC/NCIC computer network. We have every confidence that the pair will eventually be apprehended and the stolen vehicle recovered. However the case will be time consuming and will require the combined assistance of many law enforcement officers and agencies. Texas Ranger Johnny Allen from Del Rio is assisting me in the primary investigation.

A 17 year old Brackettville youth was arrested by this writer, Sunday, April 3 rd on Forgery charges. He was placed in jail and the loss involved was recovered. The forged check was first stolen by the suspect from a friend, then the friend's name forged and the worthless document used to purchase auto parts. Due to the fact that all losses were recovered and considering the age of the youth and that this was his first offense no formal charges were filed. However, a record of the offense, his fingerprints, mug shot, and jail booking card will be maintained in the records of the Sheriff's Department for reference should he commit violations in the future. He was considerably impressed with his overnight stay in the County Jail.
We have been kept fairly busy with minor local crimes in addition to the major armed robbery. The crimes range from family disputes, disturbances, burglary, and even a strayed bull.

Abuse of alcohol in our community is still a major concern and is directly related to a large majority of all cases handled involving locals. Seems that some folks just haven't learned the difference in having a few with your friends and over indulgence, the result is family disturbances, burglaries, fights, accidents, and criminal charges sometimes involving jail time and heavy fines.

THAT'S ALL!!

## **DEER LEASE WANTED**

Approximately 3,000 acres. Must have lodge. Call (318)478-0932 and ask for Jimmy Cureton.

() American HeartAssociation

Orange Spiced Rice
A delicious new addition for your Thanksgiving table. Easy to prepare, so it's a tasty side dish with those leftovers.
$\begin{aligned} 1 \text { tbsp. } & \text { margarine } \\ 1 & \text { large onion, }\end{aligned}$ 1 large onion, minced
2 cups brown rice
cups brown rice 2 oranges, cut
$\begin{array}{cl}2 \text { cups } & \text { chicken broth } \\ 2 / 3 \text { cup } & \begin{array}{l}\text { golden raisins } \\ \text { peel of one orange }\end{array} \\ \text { chopped }\end{array}$ oranges, cut into
small segments chopped

In a large saucepan, Add the rice, saute sins and orange peel. Bring to a boil then reduce heat to simmer for $30-40$ minutes.
Combine orange segments with rice and serve immediately. Yield: 8 Servings
Help Your Heart Recipes are trom the Fuurn Edtion ol the American Heara Association Cookbook. Copyright 1973. 197\%, 1979,196
Published by David McKay Company. Inc

Orange Spiced Rice Nutritional Analysis per Serving

| 281 | Calories | 0 mg . | Cholesterol |
| :---: | :---: | :---: | :---: |
| 6.4 g . | Protein | 58.6 g . | Carbohydrates |
| 2.8 g . | Total Fat (est.) | 51.3 mg . | Calcium |
| . 4 g . | Saturated Fat | 389 mg . | Potassium |
| .5 g . | Polyunsaturated Fat | 684 mg . | Sodium. |
| 1.9 g . | Monounsaturated Fat |  |  |

## Painless Prascriptions by Madeline Pilgrim

Can a person contract AIDS if he has been bitten by someone who has the disease?
A recent report in the Imarnal of the American Medical Association reported that a woman bitten by an ADD patient in March, 1985 is free of human immunodeficiency virus (HIV) antibody and AIDS symptoms 18 months later. ohn A. Drummond, M.D. of Picdmont Hospital, ALanta, she helped a man suffering a scizure in the grocery store where she worked. The man had AIDS and died in November, 1985, although it wasn't known whether his saliva was IIIV-positive at the time of the bite. Although IIV was been isolated from human saliva, Drummond likely to transmit the infection
later


FRESH MEATS \& VEGETABLES

FRIENDLIEST
SERVICE IN TOWN
"SERVING YOU IS OUR PLEASURE"
DON \& LINDA WOODSON OWNERS
BRACKETTVILLE, TEXAS

## JUST FOR LAUGHS


"HOLD ON, WE'RE WAKING HIM NOW..."

"IN CASE YOU JUST MIGHT MIS5 ME, I LEFT THE NLMBER
OF DIAL-AN-AREUMENT BY THE PHONE."

"NOBODY WOULD BELIEVE HOW THEY'RE
BUILT - EVEN IF WE TOLD THEM."


## 10 Tips

## Boating Is More Fun When You're Better Prepared <br> Boating safety begins by being prop- <br> a knife or wire cutters should get most

erly prepared. That means having all the required Coast, Guard equipment on board such as approved personal flotation devices, fire extinguisher, paddle or oar, proper registration, etc. However, that's just the start according to Suzuki Outboards of Brea, California, who offer these ten items as necessities the next time you go boating.

1) At least 25 feet of line strong enough to function as a tow rope in case of emergency. Never count on a dock line should you need to get or give a tow. This extra line should have a permanent loop on one end to make attachment more simple.
2) Spare outboard oil. You can't always count on a marina having twocycle oil in stock. It's also better if you know what brand and quality of oil your engine is using.
3) Basic tool kit. Two screwdrivers standard and hex head style, two adjustable crescent wrenches, two pairs of pliers, a small hammer, vise grips and
jobs done. A spark plug wrench is also handy.
4) A box of spare parts. Things like extra electrical fuses, hose clamps, assorted nuts and bolts, and wiring connectors are always useful
5) A spare set of spark plugs. Don't take a chance. One fouled spark plug can spoil an entire day of boating if not replaced.
6) A spare drain plug, by far the most common item lost by boaters. Never launch until you've checked to make sure it's tight.
7) A roll of electrical tape. This has a thousand and one uses
8) An anchor and at least 50 feet of line. You never know when this will come in handy. A must piece of equipment in an emergency situation.
9) An lee chest with beverages. Boating can be a very thirsty pastime.
10) An umbrella or convertible shade cover. Having the ability to get out of the hot summer sun is often a welcomed relief.



Some people believe ringing church bells will drive away hailstones.

## on Sound Business Judgement, Christian Principles, and Free of Political Favoritism. C. C . VELTMANN <br> Sheriff - Tax Assessor Collector Kinney County Republican Party

Your Vote and Support Appreciated




James Bowie was a colorful figure who was killed in the Battle of the Alamo. But so was a blacksmith from Washington, Arkansas, named James Black. In the early 1800 's a blacksmith was a very important man, especially a good one. The whole community depended on its blacksmith. He made the plows, hoes, wagons, and other farming equipment, and all the repair business in iron and steel. In fact, in the settlement of the West, the blacksmith was a key figure, both business and social wise. And then the blacksmith made guns and knives.
This particular blacksmith, after a short adventure further West, came back to Washington, Arkansas, married and opened up a shop.

His handmade knives began selling like hot-cakes, and his fame became far and wide.

He shaped his knives according to the wants of the customer. It was customary for the person ordering the knife to furnish a pattern of wood or paper of the exact shape and size of the knife wanted. Because Black had served as an apprentice for a silver platter he could plate his knives either in silver or gold. When Black made a knife he would test its sharpness before polishing it. If the knife didn't test out he would throw it away. The temper of all his knives were the same. Only the extra plating raised it in price. His knives sold for five to fifty dollars each.

About this time James Bowie came to Black and gave him a pattern for a knife, saying he would come back for the finished product in sixty to ninety days.
Black made the knife and since he had never made a knife of his own desism, made a knife after his own pattern and when Bowie returned he shoved both knives to him and offe. Bowie either knife at the sameprice. Bowie picked the knife made after Black's design.

Sosh customers requested knives "madig like Bowies".
Tho "Bowie" knife made by Black was made of Damascus steel. It's success was all in the temper and was Black's secret which he took to his grave because his memory failed him in his old age before he could tell anyone.

We all know of Bowie's death at the Alamo where he defended his last breath with his knife.

Large amounts of money were offered to Black for his secret process, but he refused them all. He was continually watched and spied upon, but because of his great courage was able to protect his secret.

Other men made knives in those days and are still being made, but no one made the "Bowie" knife but James Black, and at Black's death his secret of tempering steel was lost forever.

## LITTLE LEAGUE REGISTRATION APRIL 14

The deadline for Little League registration is April 14, 1988. Please contact Julia Terrazas at 563-2964 to register. Birth certificates and parent signatures are necessary to register. The fee is $\$ 5.00$.

## Thank You

## 4-H CLUB TO MEET

The Brackett 4-H Club will hold a meeting on Thursday, April 14, at 7:00 p.m. at the Kinney County Courthouse.


## VELTMANNSAYS <br> 'THANKS'

I would like to thank all the people of this community who voted for me in the March 8th Republican Primary for Sheriff/Tax Assessor Collector. Your vote and support will be appreciated in the November General Election.
C.C. Veltmann
(Pol. Ad paid for by C.C. Veltman, P.O. Box 1007, Brackettville, Texas 78832)

## HUNT SUGGESTS 'BLOOM WHERE YOU ARE PLANTED

June Hunt, a devout Christian and daughter of the late multimillionaire H.L. Hunt, has written a book entitled ABOVE ALL ELSE.

In her book June says that in her mother's kitchen hangs a plaque with these words inscribed: "Bloom where you are planted." That sums up the philosophy of her mother, declares Miss Hunt.

The cactus blossoms in the desert and in Southwest ranching country. Tropical plants bloom and beautify the surroundings where they grow. Why don't you do the same?

Is your place in the classroom? Could your "growing place" be in a factory? Do you spend most of your hours with home-bound duties or in an office? Paul the Apostle spent several of his best years in prison. From a Roman jail he wrote: "I have learned, in whatsoever state $I$ am, there with to be content." In an unlikely place he lived a good life.
Wherever you may be you should radiate gladness, a beauty, and a fragrance. Do your duty well. Why not "bloom where you are planted?"

## YES INDEEDY I'M FOR SHEEDY VOTE <br> PLUNKER SHEEDY CONSTABLE

POL. AD PAID FOR BY
PLUNKER SHEEDY BOX 268 , BRACKETTVILLE TEXAS 78832


Increased longevity is one thing， but those extra sunset years can＇to be enjoyed unless the person living them is active and healthy
Dr．Steven Gambert，director of the Center for Aging at New York Medical College，believes that people should practice a lifelong program of health care measures to delay the effects of aging and maintain a high－quality of life in their later years．
Dr．Gambert offers the following advice to keep that springtime feel－ ing in your autumn years：
Begin early－Aging is an ongoing process，therefore people should embark on a＂preventive aging＂ program in their 20 s and 30 s ．
Improve your diet－Many Amer－ icans fail to eat a nutritionally balanced diet．In addition to pro－ teins，carbohydrates and fats，we must ensure an adequate intake of vitamins，minerals and trace ele－ ments．While a multivitamin can－ not replace eating properly，a daily supplement such as CENTRUM ${ }^{\star}$ ，which meets or exceeds the recommended dietary allowance（RDA）require－ ments of vitamins and minerals， may provide the nutrients required for good health．
Exercise regularly－The old adage，＂Use it or lose it，＂is true． Exercise can improve posture and provide relief from stress and pain
due to arthritis．The easiest exer－ cise is walking．Strength exercises such as push－ups firm up muscles． Endurance exercises（running，aer－ obics）promote cardiovascular health and increase stamina．
Increase calcium intake－Most people are aware that consuming the proper amount of calcium is particularly vital during the bone growth years，through age 30 ．Ade－ quate calcium intake throughout life，however，reduces the risk of developing osteoporosis，a disease that renders bones so frail that even a simple fall may result in a fracture． The best way to take in calcium is through dairy products．However， to obtain the recommended daily amount of calcium，one would have to drink four or five 8 －ounce glasses of milk or eat a minimum of 8 slices of processed cheese a day．A simple alternative may be to take a cal－ cium supplement，such as CALTRATE ．

Avoid environmental hazards －Environmental factors such as smoke，sunlight，smog，noise and pollutants are capable of accelerat－ ing our aging process and causing disease．Prolonged exposure to cig－ arette smoke can give a 50 －year－old the lungs of an 80 －year－old．In addition， smoking increases one＇s chances of cancer．Exposure to the sun＇s ultra－ violet rays may give you a healthy－ looking tan today，but chronic sun worshippers risk skin cancer later in life．
Increase fiber intake－Fiber is the nondigestible component of foods that enters the large intestine relatively intact．At least 30 grams of fiber should be consumed daily． Lack of sufficient fiber may contri bute to conditions which commonly afflict the elderly，such as irritable bowel syndrome，diverticulosis and colon cancer．Foods that help satisfy the body＇s need for fiber include the body＇s need for fiber include vegetables and rice．
Have your blood pressure checked regularly－Hypertension， or high blood pressure，is respon－ sible for more than 30,000 deaths in the U．S．each year．This serious condition may lead to stroke，heart attack or kidney failure．Fortunately， hypertension can be treated effec tively if it＇s detected．
Update vaccinations－Older adults tend to neglect needed vacci－ nations．Pneumonia，influenza and even tetanus still kill tens of thousands of adults each year，and these infections can easily be pre－ vented by a regular vaccination program．A pneumococcal vaccination is a once－in－a－lifetime inoculation recommended for all people over 50．Flu shots should be updated annually，and tetanus boosters up－ dated every 10 years．
Following these steps through－ out your life may help keep the golden glow in your golden years． Dr．Gambert has co－authored a booklet on this subject，entitled ＂A Lifelong Program of Preventive Aging．＂For a free copy，write＂Aging，＂ Box 952，Wayne，NJ 07474－0952．

## PLEASEVOTE

## SWIM PARK <br> NOW BEING FIXED <br> 䠉管

DEMOCRATIC RUN－OFF for CONSTABLE COUNTY WIDE $\star$ THANK YOU ${ }^{*}$

POL．AD PAID FOR BY PLUNKER SHEEDY BOX 268 ， BRACKETTVILLETEXAS 78832

Renovation and repairs are now underway at the Kinney County Swim Park and Pool．The County and City Crews are working like little beavers to try to get the pool in shape for summer．Anyone who would like to volunteer their time for some clean－up work，would be appreciated．
$\left\{\left\{\begin{array}{c}\text { Mary } \\ \text { Kay cosmetics } \\ \text { Call：（512）} 563-9274 \\ \text { CECILIA C．SIMMONS }\end{array}\right\}\right.$
Professional Beauty Consultant Next Day Delivery
VISA or MASTERCARD Accepted


A tangy，creamy lemon sauce complements the flavor of pineapple in this easy－to－prepare dessert

## LEMON FLUFF PINEAPPLE

1 large Dole Fresh Pineapple $1 / 2$ cup sugar
3 tablespoons cornstarch
1 egg，lightly beaten
2 tablespoons lemon juice
2 teaspoons grated lemon peel
$1 / 2$ cup whipping cream，whipped
$1 / 4$ cup sliced almonds，toasted
Cut one－third off side of pineapple leaving crown．Re－ move fruit from both sections leaving shells intact．Core and dice fruit．Chill pineapple 1 hour．Spoon pineapple into large shell．Combine sugar and cornstarch in a small saucepan．Stir in $3 / 4$ cup water．Cook，stirring， until mixture boils and thickens．Remove from heat． Stirring rapidly，beat in egg until blended．Stir in lemon juice and peel．Cool completely．Fold in whipped cream． juice and peel．Cool completely．Fold in whipped cream． Serve o
4 to 6.


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HWY． 90 WEST AT
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OVER 30 YEARS OF DEPENDABLE SERVICE

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 TUESDAY.ALL CLASSIFIED ADS RUN $20 \$$ PER WORD OR $\$ 2.00$ PER WEEK FOR 10 WORD MINIMUM.

## MISC.

## MISC.

Call AL'S PROFESSIONAL LAWN CARE for quality yard work. 563-9259ask for Al or leave message.

* BAILING OAT HAY *

WEEK OF APRIL 11TH
Irrigated, fertilized, bloom to milk stage, lots of leaf. $\$ 80$ ton ( $\$ 2.60$ bale) in field; $\$ 95$ ton ( $\$ 3.05$ bale) in barn. (512) 7571357 9 a.m. - 5 p.m. or (512) 7571428 after 5 p.m.
**YARD SALE**
Fri. \& Sat., April 8-9, Unit 3, lot
47, Ft. Clark Springs. 563-2780.

## **FOR SALE** <br> Octagon glass table, hardwood frame, brass-plated metal legs. 42" x 42" x 29" high. 4 matching chairs, padded seats \& cane backs. $\$ 150.00$. 2 bar stools, padded vinyl seats \& backs, chrome legs. $\$ 20.00$ each. Hoover upright vacuum cleaner, good condition. $\$ 25.00$. Ron Frisby 563-2613. <br> ALCOHOLIC ANONYMOUS (AA) <br> Open Meeting: Monday, 8:00 p.m. at Slator Hall. United Methodist church.

**N.T. CONSTRUCTION**
We do painting, carpentry, plumbing \& masonry work. "Free Estimates". Brackettville, TX * 512-563-2130 *WORK GUARANTEED*
***INCOME TAX RETURNS***
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SUNSHINE COMMERCIAL INDUSTRIAL PARK

Hwy 90 and West Spring Steet Lots - all sizes, sale or lease 563-2725 - 563-2446

THE NEW SUNSHINE SELF STORAGE
Located at 814 W. Spring Street Ail sizes, up to $10^{\prime} \times 30^{\prime}$

Call Camillo Cruz Phillips U-Haul Service Station 563-2588
"\#GARAGE SALE**
Saturday, 9-4, F.C.S. Unit 32 Bowlegs \& Shafter. Lots of Misc. items.

CRUISE SHIP JOBS $\$ 10,345$ to $\$ 47,819$ Managers, Chefs, Bartenders, Mechanics \& More. NOW Hiring! CALL (Refundable) 1-518-459-3734 Ext. Q6606E 24 HRS.

AL-ANON MEETINGS - Mondays 8 p.m. St. Andrews Episcopal Parish Hall. 563-2007.


## REAL ESTATE

FT. Clark Springs-1978 Breck mobile home, fully furnished. Lot included. Tool shed, shade trees, carport, carpet grass. Contact Roberto Cano at 563-2706.
**FOR RENT**
2 bedroom, 1 bath ranch house on Las Moras Creek 3 miles from Brackettville. Partially furnished. Interested parties call 563-2990.

## *"DRASTIC REDUCTION**

Lovely 3 bdrm, 2 bath brick home in Brackettville. Nine lots in a choice location. Fireplace, enclosed garage. Now $\$ 54,500$.

Attractive stone commercial bldg. 1200 sq. ft. Hwy. 90 frontage. Over an acre of land. Only \$57,500.


* FOR SALE OR FOR LEASE 휴률 4 bdrm. 2 bath home on 3 rd St. Lovely location. 2 carports, central air \& heat.

Kinney County Land Co. 563-2446

Mini-Estate on 2 Ft. Clark lots. Orchard, garden, grape arbors, rose garden, covered parking for R.V., satellite dish, solar water heater, fenced yard. 3 yr . old, 3 bdrm/2 bath home. Outdoor living area, kitchen, etc. Big workshop, double carport. $\$ 125,000.00$ - includes all furnishings. By owner, terms negotiable. Phone 563-2725.
**FOR RENT**
Furnished, 1 bedroom townhouse. Call O'Rourke Realty at 563-2713.

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