

Ray elected to membership

J.H. Ray, Sonora, Texas, has been elected to membership in the American Angus Association...

The American Angus Association, with over 30,000 active adult and junior members...

The Association records ancestral information and keeps records of production on individual animals...

Ten free trees

Ten free trees will be given to each person who joins The National Arbor Day Foundation...

The free trees are part of the nonprofit Foundation's efforts to encourage tree planting throughout America.

The ten trees were selected to provide benefits every season of the year: lovely spring flowers, cool summer shade, spectacular autumn colors...

The trees will be shipped postpaid at the right time for planting between October 15 and December 10...

To become a member of the Foundation and to receive the free trees, send a \$10 membership contribution to TEN TREES...



The first meeting of the 1988-89 season of Sonora Woman's Club was held September 1 at the Sutton County Library.

The new slate of officers who presided over the meeting include Ebbie Sutton, Vice-President; Pam Browning, Auditor; Carolyn Earwood, President; Mary Lou McAngus, Recording Secretary; and Beth Wallace, Corresponding Secretary.

CHAT CHAT with ANNE

by Anne Karnes May

One of the first people to contact me when I first started this column was Buster Shroyer, now living in a retirement center in Fredericksburg.

He is doing fine-types his letters, and takes art classes in Kerrville, when he goes to see his wife, Pat.

This 'N That: Scott and Charlotte Gilmore have had Scott's son, Sean, from Torrance, California...

Patricia and Alvis Johnson, Jr. have had their grandchildren, Liz and Ben Johnson, from Dallas...

Jim and Trina Powers Hadley, Thermopolis, Wyoming, and Zane and Barbara Powers, from Winters, were here visiting Mickey, Claire and Rick Powers...

Greta Smith, Charles and Beverly Howard spent the weekend in Cedar Hill visiting the Howard's daughter and family, Debby and Robby Hard...



MR. and MRS. KEITH BUTLER

Joseph, Butler exchange vows

Gladys Rose Joseph became the bride of Keith Lloyd Butler in a double ring ceremony on August 6, 1988...

The bride is the daughter of Mr. and Mrs. George Joseph of Sonora. Parents of the groom are Mr. and Mrs. Harvey L. Butler of Christoval.

Matron of Honor was sister of the bride, Denise Reynolds of El Paso. Bridesmaids were Georgette Lynn McManus of San Angelo...

Flower girl was niece of the bride, Brenda Lynn McManus and Ring bearer was nephew of the bride, Brett Joseph (B.J.) Reynolds.

Terry Dale Butler of San Angelo, Kenneth Lee Butler and Harvey Russell Turnbow, both of Christoval.

Ushers were Will Arthur, Kenny Rivard and Bo Turnbow all of Christoval.

The bride is a 1980 graduate of Sonora High School and a 1986 graduate of Texas Tech University. She is a housewife.

The bridegroom is a 1982 graduate of Christoval High School and attends Angelo State University. He is a paramedic employed by Angelo Community Hospital as the Emergency Medical Service Program Director.

Following a wedding trip to San Antonio, Fredericksburg, and Kerrville, the couple reside in Christoval.

Hill's Gift Registry advertisement for Cecilia Ann Espinosa, bride-elect of Uvaldo Ramos, Jr. Includes contact information for Hill's Jewelry.

Fiddlers Restaurant advertisement featuring daily luncheon specials with soup and salad bar, and various food items.

Tedford Jewelry Bridal Gift Registry advertisement for Suzanne Renfro, bride-elect of Michael J. Badeaux.

Teachers make the difference in our schools, and Sonora is fortunate to have excellent teachers. Houston, El Paso, Odessa and numerous other school districts around the state began the school year with a shortage of teachers.

Til next week, remember to Take Care and God Bless!

DDC Defensive Driving Course advertisement for details call 853-2777.

'SELF' CONTROL

by J. Michael Fish

Controlling the mind

Emotional problems evolve in individuals lacking abilities in controlling conscious thinking to produce enjoyment.

It is the nature of the human being to rely on the subconscious level of the brain, its memory and control of the nervous system...

The job of the conscious mind is to control the sub-conscious. Through the senses, it looks to the sub-conscious for spontaneous reactions to changes in the environment.

Imagination comes into play in every conscious act and "opens the door" to many, many other functions and capabilities.

In any given day, secretaries type letters and answer the telephone simultaneously. They have done it hundreds of times, it's automatic.

In typing the letters, the sub-conscious mind responds to images, conveyed by the eyes, of letters and words on the draft. It reacts by sending electrical impulses through the nervous system to the arms, hand and fingers.

By answering the telephone, the secretaries use the conscious mind to formulate replies to the signals conveyed by the ears. It then instructs the sub-conscious to relay the response, which it does by sending impulses to the vocal chords, mouth, lips and tongue to vocalize the reply.

The last two years of my military career saw the use of this principle to an even greater extent. I must have practiced my skills and abilities in Morse code and teletype interception ten thousand times in the preceding six years in Viet Nam, England and Europe.

My job was that of a radio intercept operator in World-wide Signal Search and Development for the U.S. Army Intelligence and Security Command. It was supposedly the 'elite' in radio intercept operations.

Using four radio receivers; two teletype and a facsimile printer; a computer keyboard and monitor; and a couple pieces of classified equipment, I copied approximately a hundred and twenty-five transmissions in any given eight-

hour shift. The purpose of my job was to copy and identify all nonvoice radio signals and transfer "priority targets" to assigned positions; collect intelligence on "new and unusual targets;" and maintain reports, logs and files on all transmissions.

Usually, both teletype printers were copying, while I manually intercepted a Morse transmission. Morse code was normally sent at a rate of twenty to twenty-five groups per minute, or two letters a second.

Reviewing the logs at the end of each shift always brought surprises because I could remember only about five percent of what I had copied. It became automatic due to extensive practice and performance.

There were times I even composed lines of poetry in the midst of copying, writing down the lines during breaks in transmissions, to show-off before fellow operators.

However, there were problems that came from operating automatically, using only the sub-conscious.

In my case, the job ceased to be challenging, therefore unfulfilling without the use of imagination.

My conscious mind seemed to stand idle. A negative frame of mind would occur, due to my deep psychological problems concerning Viet Nam and the unrealistic self-image I formulated.

In less you are aware of what is happening, one negative thought will lead to another. Before you know it, you find you are filled with worry, grievances about passed events, and other such negative trains of thought.

You can actually create a negative attitude or bad mood that will affect the worth of your performance on the job and reduce the quality of your day.

Perform your tasks automatically to increase your efficiency but consciously be alert to what is going on around you; sights, sounds, odors, etc. You will respond more quickly in extraordinary situations.

Allow your conscious mind to control the sub-conscious, not perform its tasks and disrupt the natural functioning of the brain. Until recently, my assumption was that it was the responsibility of

the employer to provide a fulfilling job. As a result, my resume' is a "hodge-podge" of unrelated jobs and careers.

The individual is responsible for their own fulfillment, because it is as individual, as the individual himself.

There are talents and capabilities within you, whether you realize it or not. They must be utilized in order that you can experience true fulfillment and peace of mind.

When you become aware that your conscious mind is idle, use it to think of ways to improve yourself.

"Think positive." Whenever a negative thought enters your mind, stop it. Replace it with an opposing, positive thought and you will decrease worry and stress, mentally and physically.

Our Creator, God the Father, engineered the human being with all the tools necessary for us to live happy, peaceful, fulfilling lives. Glorify Him by fulfilling His and your purposes while here on Earth.

Understand the nature of the human being. Learn to use the tools instilled by God, thereby controlling the mind, and experience the freedom associated with happiness, fulfillment and peace of mind.

Advertisement for 'Things to buy today' listing various office supplies like pens, rulers, and calculators, available at The Devil's River News & Office Supply.

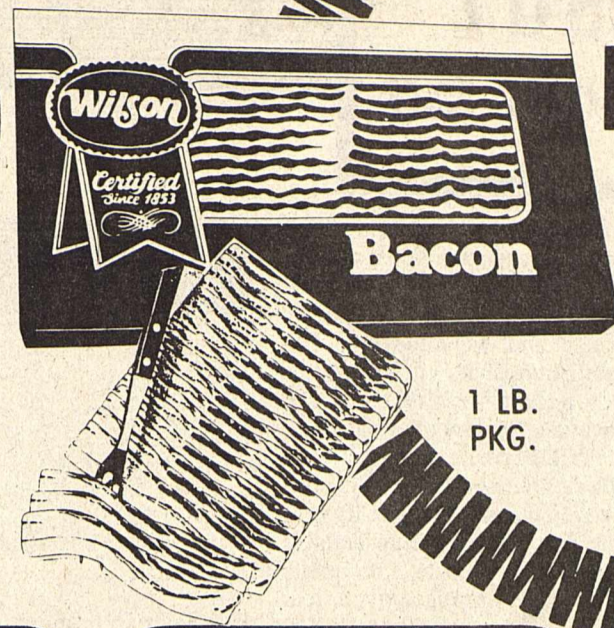
JUNIORS NOW! IT'S RING ORDER TIME! Advertisement for Tedford Jewelry featuring images of rings and contact information.

TOTAL SAVINGS



WILSON'S SLICED
MEAT BOLOGNA 1 FULL LB.

\$1.49



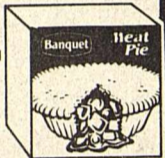
WILSON'S SLICED
BACON
\$1.19
1 LB. PKG.

MEAT SPECIALS:

LEAN BONELESS ROAST OR SIRLOIN		BONELESS CENTER CUT	
TIP STEAK	LB. \$2³⁹	ROUND STEAK	LB. \$1⁷⁹
LEAN FRESH CHUCK QUALITY		SHURFINE BONELESS FULLY COOKED	
GROUND BEEF	LB. \$1⁴⁹	2-4 LB. AVG. TURKEY	
HANDY'S WESTERN BRAND HAMBURGER		HALF HAMS	LB. \$1³⁹
PATTIES	3 LB. BOX \$3²⁹		

HEAVY GRAIN
FED BEEF

ROUND STEAK
\$1.59
LB.



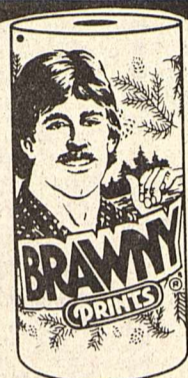
BANQUET MEAT
BEEF / TUR. / CH.

POT PIES

3 \$1
7 OZ. BOXES

FREE

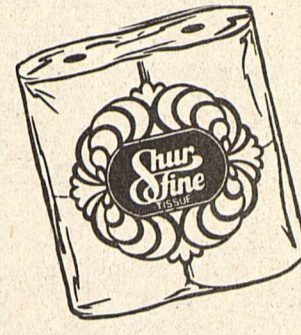
Tender Crust
Hot Dog Buns
8 Ct. Pkg.
with purchase
of
1 Pkg.
Weiners
or Franks
Any Brand



Brawny

PAPER TOWELS
ROLL

69¢



Shurfine

BATH TISSUE
4 ROLL PKG.

79¢



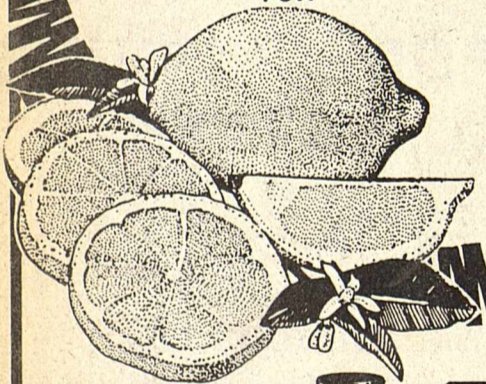
ALL GRINDS

HILLS BROS. COFFEE
3 Lb. Can

69¢

CALIFORNIA
FRESH LIMES OR

LEMONS
10 \$1
FOR



KRAFT CHILLED
ORANGE JUICE 64 OZ. JAR
\$1.69



DORITOS®
TORTILLA CHIPS \$2.39 SIZE
\$1.89

DISH DETERGENT
IVORY
32 OZ. BTL.
\$1.79

TIDE DETERGENT
42 OZ. BOX
\$1.69

Beto's
HOT SAUCE
Pint Jar
\$1.29

FROZEN
REG./EX. CREAMY TOPPING
COOL-WHIP
8 OZ. CTN.
89¢

SKIPPY CREAMY / CRUNCHY
PEANUT BUTTER 18 OZ. JAR **\$1.99**
Shurfine
TOMATO CATSUP 32 OZ. BTL. **99¢**

HELLMANN'S
MAYONNAISE
32 OZ. JAR
\$1.79

KELLOGG'S
FROSTED FLAKES
25 OZ. BOX
\$2.99

KELLOGG'S CEREAL
RICE KRISPIES
19 OZ. BOX
\$2.79

Pet-Ritz
FRUIT COBBLERS
26 OZ. BOX
\$1.99

DAIRY DELIGHTS

Shurfine
YOGURT 2 for **\$1**
8 Oz. Ctn.

SHURSAVING
MARGARINE QTRS.
1 LB. BOXES
3 \$1
FOR

KRAFT SLICES
REG./EX. THICK
VELVEETA
12 OZ. PKG.
\$1.79

YOUR CHOICE
LIGHT NATURAL MILD
CHEDDAR / MONTERAY JACK
KRAFT CHEESE
8 OZ. PKG.
\$1.39



REGULAR OR LEMON
ENDUST 10 OZ. CAN **\$2.59**
RENUZIT AIR FRESHENER-ASSTD.
ROOM-MATES 4.4 OZ. SIZE **\$1.59**
BLUE / GREEN DROP-INS
VANISH 1.7 OZ. SIZE **99¢**
REG. / VINEGAR TRIGGER SPRAY
WINDEX 22 OZ. BTL. **\$1.79**

Shurfine
PORK & BEANS 4 for **\$1**
15 1/2 Oz. Cans

Shurfine
TABLE SALT 4 for **\$1**
Boxes

STANDARD
REYNOLDS FOIL
25 FT. ROLL
69¢
25 FT. ROLL



CALIFORNIA SWEET
THOMPSON
SEEDLESS GRAPES

LB. **69¢**

Yellow or White
ONIONS 5 Lbs. For **\$1**
TEXAS FRESH
JALAPENOS LB. **59¢**
NEW CROP BAKING
POTATOES 4 LBS. **\$1.00**
NEW CROP EAST TEXAS SWEET
POTATOES LB. **59¢**

HEALTH
professional strength
EFFERDENT
DENTURE CLEANER
FOR DENTURES:
EFFERDENT TABLETS 40 Ct. Pkg. **\$2.48**

GRAPE ELIXIR
CHILD TYLENOL 2 OZ. BTL. **\$2.59**
MAXIMUM STRENGTH
PEPTO BISMOL 8 OZ. BTL. **\$2.99**
JOHNSON & JOHNSON-CANNISTER
COTTON SWABS 150 CT. SIZE **\$1.49**
Crest 6.4 Oz.
TOOTH PASTE **\$1.99**

JIM'S THRIFTWAY

AFFILIATED
FOODS INC.
MEMBER STORE
Prices Good
September 8-14

WE ACCEPT FOOD STAMPS...WE RESERVE THE RIGHT TO LIMIT
Open 7:30 a.m. to 8 p.m. Monday thru Saturday
Sundays 12:30 to 5:30 p.m.
Double Coupons Tuesday up to 50¢
except free and tobacco coupons

