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# The Devil's River News

Volume 123 • Issue 5

SONORA, TEXAS

Thursday, February 3, 2011

## Sports



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## Campus Evacuation:

Sonora Schools Test Emergency Response Plan



Superintendent of schools Don Gibson (left) and Director of Maintenance and Transportation Danny Hardin (right) communicating with key personnel during the drill.



The civic center quickly fills up during the evacuation of all the School's campuses.

By Ben D. Taylor

Last Wednesday on January 26<sup>th</sup> a call went out across the Sonora School District to evacuate. In approximately

30 minutes all four campuses were empty, and the almost 1,000 students were safely re-located off campus to different

secure locations. Thankfully all of that was just a drill.

Brandon Duncan, Middle School Principal, stated that "we are a part of a grant called the REMS [Readiness and Emergency Management for Schools]. This grant involves the overall safety of the school and includes the whole scenario of school safety". The REMS grant was specifically designed to fund the creation or strengthening of emergency management plans and processes in schools. The most recent mock evacuation was designed to evaluate all the logistics required to respond to a campus wide emergency.

Due to a mid winter conference Superintendent Gibson was not available for comment, but Brandon Duncan was available to state that, "I was very pleased with how the district responded to this drill".

Duncan made it clear that the success of the drill was a team effort.

"Louise Dermody [Elementary School Principal] has done a phenomenal job coordinating everyone. She was in charge of organizing meetings with law enforcement and school employees. Danny Hardin was also an integral part of this process".

## Texas Leaders Respond to Judges Ruling on Health Care

AUSTIN – Gov. Rick Perry today issued the following statement on U.S. District Judge Roger Vinson's ruling that the individual mandate required by the federal health care reform bill is unconstitutional:

"Today's ruling represents a victory in the ongoing effort to end federal intrusion into the lives of every American through this one-size-fits-all approach to health care reform. I applaud the judge's decision, which affirms that the

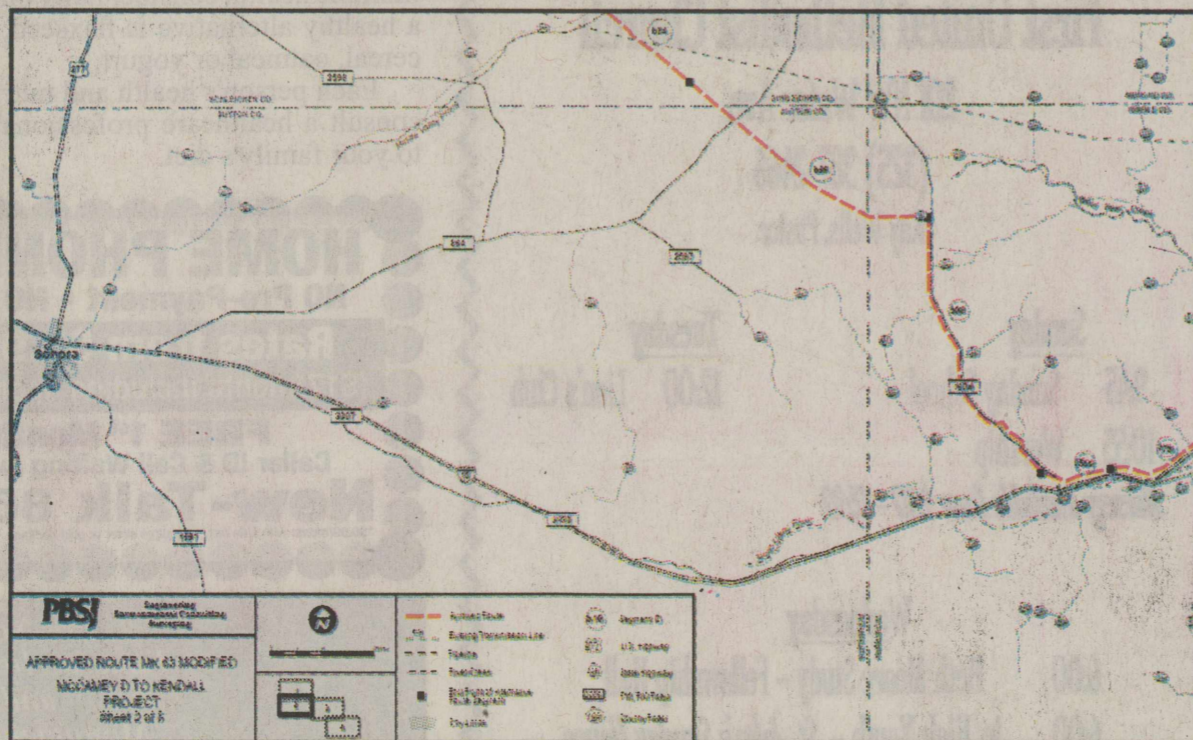
federal government's attempt to force individuals to buy government-approved health insurance is an egregious violation of our Constitutional rights.

"I commend Attorney General Abbott's efforts to protect Texans from this misguided federal overreach, and look forward to continuing to work with Texas leaders and Congress to find responsible solutions for our state's health care needs."

In this lawsuit, Texas, along

with 25 other states, challenged the individual mandate in Obamacare, maintaining that Congress does not have the authority to force individuals to buy health insurance. This administration continues to spend excessively and impose unfunded mandates upon the states, including this federal health care reform bill that will cost Texas taxpayers more than \$27 billion over 10 years for the Medicaid expansion starting in 2014.

## LCRA Releases PUC Approved Transmission Line Map



The Lower Colorado River Authority recently made public the transmission line route approved by PUC. This approved line will only run across the north eastern portion of Sutton county.

## New Scam Targeting Grandparents

By Ben D. Taylor

In the world of telephone scams and internet rip-offs it appears a new kind of predator has let its presence known. Across the nation (and most recently at least one confirmed case in Sonora) con artists have started targeting grandparents by pretending to be a grandchild in need of money.

Several documented cases have been confirmed from Oregon to Tennessee, and all of them share similarities.

The phone rings and a voice on the other end of the line that sounds remarkably like a loved one will sound scared. These professional con artists will have specific information: names of spouses, information about the town, and in some cases the pet names grandchildren call their grandparents, that all seems

to confirm the identity of the loved one. The typical scam involves a grandchild begging for a wire transfer of money in order to get out of jail. This scam has robbed senior citizens of thousands of dollars across the nation.

In one case involving an Oregon grandmother (robbed of \$3,000), the criminal looked through a phone book until he found an "older sounding name". He was caught in Canada and is now serving 17 years in prison, but arrests are rare.

If you receive one of these phone calls make sure you confirm the situation with other family members before wiring any money. These criminals are professionals using love of family as leverage, and can be very convincing.

## Bronco Power Lifting Debuts With A Bang



Submitted

This weekend was the Sonora Broncos and Lady Broncos Powerlifting debut. I really don't think Center Point had any clue when the day was over most of the hardware handed out was going to be heading back to Sonora. The Broncos and Lady Broncos opened up the weekend with a bang with taking home 3rd as a team in the boys division (which was actually a tie for 2nd and lost the tie breaker) and the Lady Broncos won second as a team. Out of the sixteen athletes that got on the bus at 5:15 Saturday morning six of them won their weight class. We had four freshmen that were not afraid of the upperclassman. Will Dutton, Osman Reyes, Judge Modesto and Zella Powers proved that they are going to be contenders in their weight class. Other first timers were Michael Chavez and Word Hudson who both had big Personal Best in the Dead Lift. Then the biggest award came when Edward Garza attempted his last Dead lift of the day we knew he was going to win his weight class but what we didn't know was that he was

going to have the best pound for pound day than any other lifter at the meet and win the overall lifter award. The Broncos and Lady Broncos were very successful in Center Point. Their results speak for themselves.

### Boys:

- Will Dutton 2nd 2nd -123 lb class
- Edward Garza 1st-132lb class
- Esteban Garcia 3rd-132lb class
- Sam Powers 2nd-198lb class
- Kyle Patlan 1st-220lb class
- Osbaldo "B" Castaneda 1st-242lb class
- Lino Villanueva 4th-242lb class
- Osman Reyes 5th-275lb class

### Girls:

- Marissa Prieto 1st-97lb class
- Kelsey Favila 1st-105 lb class
- Adriana Buitron 1st-123lb class
- Delilah Agüero 2nd-123lb class

Continued on Page 8

### Senior Center Activities

Thurs. February 3 - Happy Birthday *Myrtle Armentrout*  
 Fri. February 4 - Happy Birthday *Leonor Sentena*  
 Mon. February 7 - Happy Birthday *James Park*  
 Tues. February 8 - Happy Birthday *Oracio Sanchez*  
 Wed. February 9 - Happy Birthday *Dora Fuentez*  
*Joyce Jimenez*  
*Joanne Palmer*  
*Rosaura Lozano*

### Senior Center Menu

Thurs. February 3 - Baked ham, candied yams, green beans, carrot salad, Jell-O w/fruit, roll, milk  
 Fri. February 4 - Beef tips w/gravy, rice, carrots, cornbread strawberry/banana mix, pie, milk  
 Mon. February 7 - Chicken strips w/gravy, roasted potatoes, broccoli w/cheese, roll, fruit salad, milk  
 Tues. February 8 - Beef burrito, pinto beans, spinach, milk, coleslaw, flour tortilla, Jell-O w/topping  
 Wed. February 9 - Chicken supreme, herb new potatoes, milk broccoli, green salad, roll, cherry cobbler

Participants in the senior nutrition program must be 60 or older. Meals are served Monday - Friday at 12:00 p.m.  
**Donations are accepted**  
 (suggested donation for Seniors is \$2.00; \$5.00 for under 60 and all other meals-to-go).

### Obituary

## Barbara Lasky

Barbara Lasky, 72, went to be with the Lord on January 18, 2011, after a long illness. She was born October 26, 1938.

She was a great wife, mom, grandma and friend. Everyone can remember her as always caring and having an open door to everyone. She loved sitting on her front porch and waving at everyone who drove by, no matter how bad she felt. She was always there for her neighbors, and she will be greatly missed.

Barbara is survived by: husband, Eugene Lasky, daughter, LaVonne (Voni) Van Veghel and husband Tom; son, Darrell Olson, Jr.; grandsons, Christopher Olson, Tyrel Homra, and Rowdy Lee Buell; step-grandsons, Wade Van Veghel, Jason Van Veghel, and Monte Van Veghel; great-grandchildren, Cheyanne Olson, Tristan Olson, Lane Van Veghel, and Callie Jo Van Veghel; sisters, Ruth Samosa and Donna Gondeman.

She is preceded in death by: mother, Lillian Heard; father, Raymond Johnson; sisters, Nadine Kotoss and Daloras Larkin; daughter, Colene Janease Olson; son, Carl Dewayne Olson; and grandson, Thomas Ray Homra.

## McMurry University Fall Dean's List Names Martinez



McMurry University at Abilene, Texas has announced the Fall 2010 Dean's List. To be eligible for the Dean's List, a student must have maintained at least a 3.5 grade point average while taking 12 or more credit hours. Named to the Dean's List is Chelsea Khristyne Martinez. Chelsea is a 2008 graduate of Sonora High School and is presently a Junior at McMurry University.

## Shortcuts For Staying Healthy

(StatePoint) Most Americans aren't getting proper nutrition. According to a new study by the Centers for Disease Control, less than 33 percent of U.S. adults are eating enough fruit, and less than 27 percent are getting their recommended daily vegetable servings. The average American diet contains many "empty" calories that can lead to obesity and even malnourishment due to lack of crucial nutrients, like fiber and calcium, according to the U.S. Department of Agriculture.

Food is the fuel our bodies need to keep them functioning properly. But even if your eating habits aren't perfect, there are many small changes and shortcuts that can make a big nutritional impact.

### Get Good Bacteria

Yogurt with live and active cultures can help with digestive tract problems, such as stomach upset, constipation and diarrhea. However, downing two to three cups of yogurt a day can be difficult, if not redundant.

Instead, many are choosing to take one to two probiotic supplements a day. In order to be effective, a probiotic should contain billions of live microflora and "good" bacteria.

### The Powerful Little Red Fruit

Sixty percent of women experience urinary tract infections (UTIs), usually caused by the invasion of E. coli bacteria. While experts often recommend drinking cranberry juice, you'd need to drink about eight glasses a day to get the benefit from the cranberry. Since cranberry juice can be very tart and is often loaded with sugar and calories, drinking so much of it can be difficult.

Fortunately, you can now get all the benefits of eight glasses of cranberry juice and more in a new natural supplement, now available at stores without a prescription. One tablespoon of Cystex Liquid Cranberry Complex with Proantiox packs the healthful benefits of eight glasses of cranberry juice without the bitter taste, sugar and calories. More than just cranberry concentrate, the clinically-proven formula is bolstered by other ingredients that support bladder health and help prevent recurring UTIs, and is lactose-, sugar- and gluten-free.

### Kid-Friendly Fiber

According to new guidelines from the American Academy of Pediatrics, a four-year-old child should consume 25 grams of fiber daily, while an 11-year-old boy needs at least 31 grams. However, parents often struggle to get kids to eat their vegetables and other high-fiber foods.

Clever substitutions can help do the trick. Children now have fiber supplements tailored to their small physiques and finicky taste buds. For example, Pedia-Lax Fiber Gummies are a delicious, dentist-approved daily fiber supplement designed to help kids, ages 2-11, boost their fiber intake when they aren't eating enough fruits and vegetables. Three gummies per day add 6 grams of fiber to a child's daily diet, the equivalent of 21 spears of asparagus.

### Something Fishy

If you don't like fish but want the benefit of omega-3 acids, which are believed to reduce the risk of heart disease and boost immune health, consider daily omega-3 supplements. For kids, a healthy alternative is flaxseed, which can be sprinkled into cereal, oatmeal or yogurt.

Each person's health and nutritional needs are different, so consult a healthcare professional before adding supplements to your family's diet.

## Sonora Church Directory

<b>Church of Christ</b> 304 N. Water 387-3190	<b>First Baptist Church</b> 11 E. Oak 387-2951
<b>Primera Iglesia Bautista</b> 504 Santa Clara 387-2035	<b>St. John's Episcopal Church</b> 404 E. Poplar 387-2955
<b>The Church of the Good Shepherd Presbyterian</b> 319 E. Mulberry 387-2616	<b>First United Methodist Church</b> 201 N. Water 387-2466
<b>Lighthouse Community Church</b> 1705 N. Crockett 387-9100	<b>St. Ann's Catholic Church</b> 229 W. Plum 387-2278
<b>St. Ann's Catholic Church</b> 229 W. Plum 387-2278	<b>Templo Jerusalem Asamblea De Dios</b> 306 W. 4th St 387-5713
<b>Jehovah's Witness</b> 310 St. Ann's St 387-5658/387-5518	<b>Hope Lutheran Church</b> 417 E. 2nd St. 387-5366

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*Georgia Bissett & Zac Kerbow*

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## Happy Birthday!

February 3  
 Kaitlyn Gann, J.D. Mirike, Savannah White, Don Longoria, Josh Hopkins, Tammie Tidwell, Rita Lopez, Bobbie Jackson, Susan Crowder, Katherine Alice Stokes, Arturo D. Lopez III, Kameron Ortiz, Savannah Castro, Frank Noriega, Joey Gonzalez

February 4  
 Kerry Mabry, Janey Dillard, Gilbert Vara, Sr., Allan Richards, Arnoldo Gandor

February 5  
 Judy Martin, Johnna Adams, Maci Friess, Sianne Alvizo, Jesusita Lumbreras, Kobie Herring, Chris Gonzales

February 6  
 Chacho Cahill, Diego Cardona, Kalissa Amber Uriega, Laura MacArthur, Jose Casillas, Shirley Badgett, Jalys Mabry, Tina Viglietta, John Henry Strauch, Tanner Cook, Hollis Ward

February 7  
 Pamela Arnke, Shane Love, Lola Squyres, Preston Lopez, Peter Young, Christopher Lindsey, Diann Keller, Michelle Crites

February 8  
 Keith Butler, Jacinda Sanchez, Jillian McIntyre, Jacob Tomas Perez, Marinsel Slaugh, Ann Kay

February 9  
 Tina Zuniga, Katy Braly, Suzanne Surber, Joyce Jimenez, John Lopez III, Dora Fuentez, Boomer Galindo, JoAnn Palmer, Roberta James

## SUTTON COUNTY HEALTH FOUNDATION

Help preserve quality healthcare locally for generations to come through **Bequests, Donations, Memorials, Gifts of Life Insurance, Real Estate and Securities.**  
 P.O. Box 18, Sonora, Texas 76950  
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## The Devil's River News

Established 1890  
 228 E. Main Street, Sonora, Texas 76950  
 Phone: (325)387-2507 • Fax (325)387-5691  
 Published every Thursday  
 USPS (155-920)

**Publishing Owners:** Ben D. Taylor, Sam C. Taylor  
**Editor:** Ben D. Taylor  
**Billing:** Rhonda Wilson  
**Advertising/Classifieds:** Staff  
**Internet Technician:** Sam Taylor  
**Reporting/Photography/Typesetting:** Staff  
**Guest Columnists:** Kelly Thorp, Ray & Nancy Glasscock  
 Delyse Jaeger, Pascual Hernandez, Susan Hall, Mary Ann Kay  
**Email:** General Information: editor@sonoratr.com  
 Advertising: sales@sonoratr.com

**Copy and Ad Deadline: Monday 4:00 p.m.**

**Subscriptions**  
 \$25 per year in county • \$32 per year out of Sutton County  
 \$22 per year Senior Citizens (in and out of Sutton County)  
 Second class postage paid at Sonora, Texas  
 Attn. Postmaster: Send address change to the Devil's River News,  
 228 East Main Street, Sonora, TX 76950

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## First United Methodist Church

201 NW Water Ave.  
 (325) 387-2466  
 Ray Wells, Pastor

**Sunday**  
 9:45 Sunday School  
 10:55 Worship  
 Nursery available from 9:30 - 12:30

**Tuesday**  
 12:00 Lion's Club

**Wednesday**  
 6:00 Beth Moore Study - Fellowship Hall  
 6:00 Jr. High Youth - St. John's Sunday House  
 7:00 Sr. High Youth - St. John's Sunday House

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## Poster & Essay Contests for Local Youth

The Edwards Plateau Soil & Water Conservation District sponsors an annual Poster and Essay Contest for Sonora's youth. Cash awards are given for first, second and third places in each category. Additionally, the first place winner in both essay and poster will be entered in the area-wide contest. The state winner will be selected from the five area competitions.

Poster Contest is open to students ages 12 and under. The district's expected artistic content of a poster is for a student to graphically demonstrate the importance of conservation of soil, water and related renewable resources. One of the following two themes must be used: "Forests for People-More Than You Can Imagine" or "Conservation Habits = Healthy Habits".

The Essay Contest has two divisions - ages 13 and under, and ages 14 to 18 years. The Essay Contest theme "Why Soil and Water Conservation is Important to My Future" provides participating students with the opportunity to express in a written format the importance of soil and water resources and how they are linked to providing food and clean water.

Those interested in participating can get contest rules and resource information by calling Iris Garza or Tom Payton at 387-2730 or by visiting the District's office at 301 S. Crockett in Sonora (USDA Service Center Building).

**Deadline for both contests is 5 p.m., February 8, 2011**

## Keep Kids Safe From Common Household Poisons

(StatePoint) Each year, approximately 2.4 million people -- more than half under age 6 -- swallow or have contact with a poisonous substance, according to the American Academy of Pediatrics. The most dangerous potential poisons are medicines, cleaning products, antifreeze, windshield wiper fluid, pesticides, furniture polish, gasoline, kerosene and lamp oil.

Most child poisonings occur when parents or caregivers are home but not paying attention, so it's important never to leave poisonous substances within reach of children, even for a minute. If your child comes in contact with a poisonous substance, and is unconscious, not breathing, or having convulsions or seizures due to poison contact, call 911 immediately. For mild or no symptoms, call your poison control center at 1-800-222-1222.

## January Customer Service Champ



Sonora Chamber of Commerce and Sonora Economic Development Corporation are pleased to award January's Customer Service Champion to Rae Ann Bible, Office Manager at Dr. Miller's office. Rae Ann has lived in Sonora almost all her life and has worked at the dentist office, first for Dr. Rust, then Dr. Miller for 21 years. She is the bright smile that greets the customers that come from Sonora and surrounding areas. When asked what she loves about her job, she commented that it is the many different people that come from Sonora and surrounding areas and her co-workers that she has worked with for so many years. Rae Ann and her husband, Frisby, have 2 girls, Brandi and Ashley, and two grandchildren, Reagan and Kameryn.

Rae Ann's name goes in the pot for our Customer Service Champion of the Year, to be awarded at the Sonora Chamber of Commerce banquet to be held in March. Anyone may nominate their favorite customer service employee. Simply call the Chamber at 325-387-2880 or Sonora Economic Development Corp at 325-387-6280.

## Main Street Traffic

The Texas Pecos Trail Program directors visited Sonora last week and had their annual bi-monthly meeting. I would like to express my appreciation to St John's for the use of the meeting room. We had 27 in attendance and lots of out of town visitors. Scott Jordon the Pecos Trail manager planned a very good meeting and we are proud to be a part of the Texas Pecos Trail. But at this time the Texas leaders are looking at the Budget and the Texas Heritage Trails Program is being considered to be one of the programs to be cut from the coming up budget. In Sonora, we house the Texas Pecos Trail and have been big supporters of the Texas Pecos Trail. What does the Texas Pecos Trail do for us and the other rural communities which are a part of the Texas Heritage Trails Program?

1. Promote Tourism to rural communities
2. Promote Heritage Tourism which is one of the biggest growing economic boosters in rural communities.
3. The Pecos Trail advertised and promotes our communities in conferences, travel shows, advertisement ads, fairs, and web site. Texas Pecos Trail has advertised all over the United States and Europe. We have had tourists from Germany, England, Italy, France, and many other countries.
4. Tourism supports our economic by purchasing fuel dollars, Motel dollars, restaurant dollars, shoppers in our stores, and many other ways. The tourism dollar turns over 7 times in the area in which tourist visited and experience the rich western Texas Life and heritage.
5. Sonora has been a strong supporter of the Texas Pecos Trail since the beginning of the development of the Texas Heritage Trail Program. It has increased our tourism by est. 25% each year. Rural Communities join together to promote the rural areas by being a part of the Texas Heritage Trail Program Sonora houses the Texas Pecos Trail's Office and the manager lives in Sonora.

If you would like to help save the Texas Heritage Trails Program and the Texas Pecos Trail (our trail) contact your representative in Austin and express to them that this is a program is important to the economic development and growth of our community and the other rural communities in our Pecos Trail and the other Texas Heritage Trail all over Texas. We need to stand together and support each other if we want Texas to be the greatest place to live, visit, visitors to make Texas their home, and to raise your children. Stand up for the Future! If you would like to visit or ask any questions you may contact the Friends of Historic Sonora Main Street Program at 325-387-2248 or E-mail me at maryann.kay@verizon.net!

### Sonora Service Directory

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<b>Big C Automotive</b> 501 S. Crockett Sonora, Texas 76950 325-387-5167	<b>Mata Fence and Dozer Services, LLC</b> Specializing In All Types Fencing, Welding, Landscaping, Dozer & Auger Services Sam Mata Adrian Mata Office: 325-387-5913 Cell: 325-226-2899.
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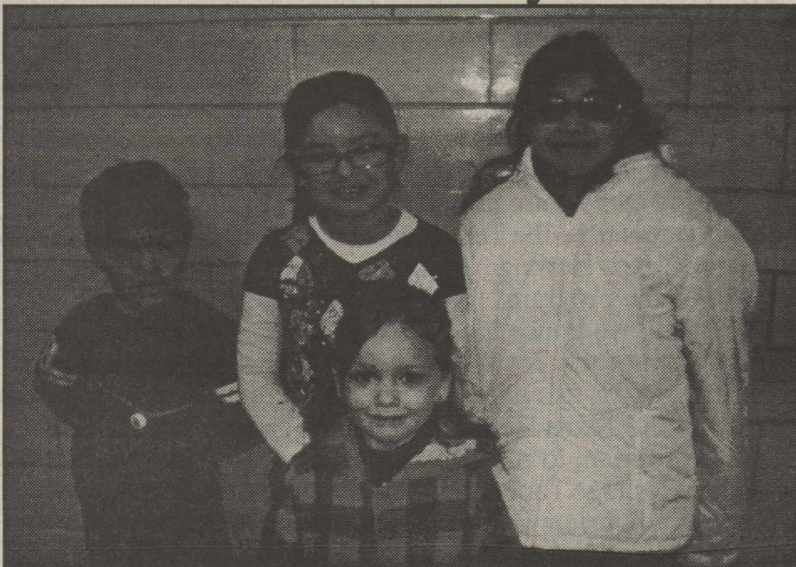
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Baby to Be for  
Allison and Rich  
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325-387-9000

**F.Y.I.**  
2011 Little Mr. & Miss Cinco de Mayo: Viva Sonora is accepting registration for 2011 LITTLE MR. & MISS CINCO DE MAYO. To register or for more information, please contact Jo Ann Hernandez at The Bank & Trust.  
The Primary Purpose Group of Alcoholics Anonymous meets every Thursday at 8:00 p.m. at the St. John's Episcopal Church, 404 NE Poplar. FMI call 325-387-9765 or 325-206-1311.  
Rent the Depot or Icehouse Ranch Museum for your special party or event. Call 325-387-5084 Monday-Friday 8:00 a.m. -5:00 p.m.

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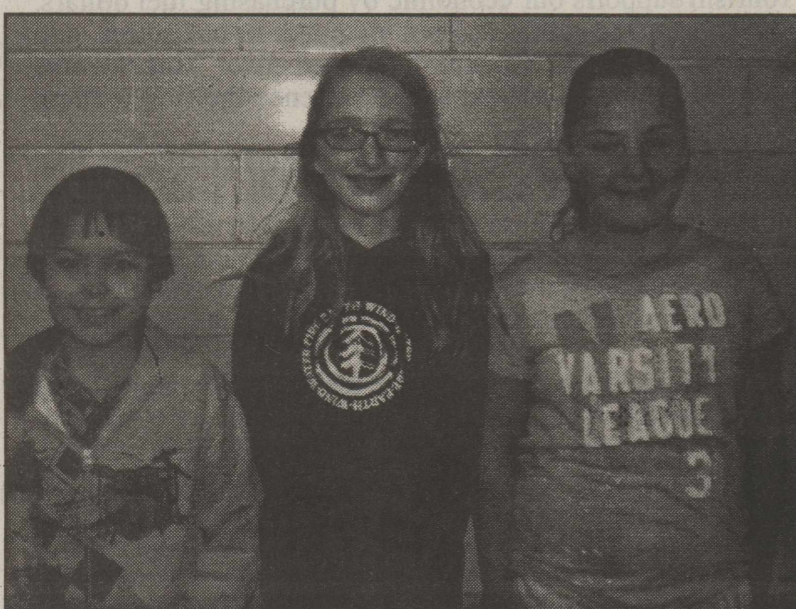
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## Students of the Week Elementary



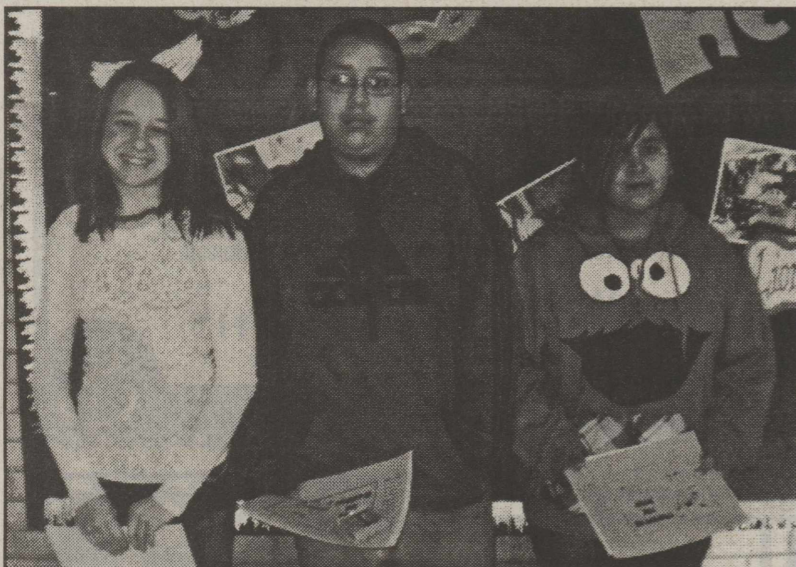
Back L to R: Jamie Buitron, Jarix DeLuna, Martha Gonzalez, Front: Jaedyn Bailey

## Intermediate



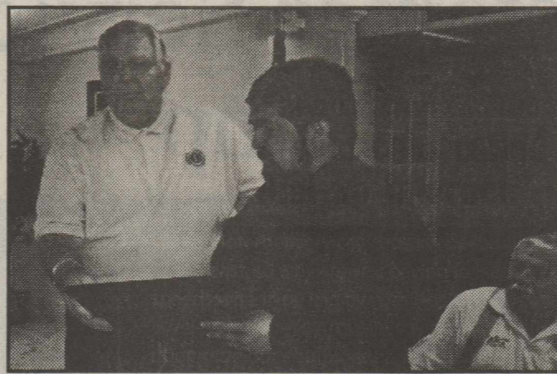
Jonathon Zamora -3rd; Hazel Kent -5th; Stevie Smith -4th

## Middle School



L to R: Logan Sine- 8th; David Torres- 7th; Sylvia Salazar- 6th

## Lions Roar



Pete Bradley, Jerry Jimenez and Frank Wamble



L to R Dawn Cahill, Carol Pope, Jerry Jimenez  
Bottom row L to R: Rose Karnes, Marris Prieto, Darby Ramsdale, Isela Rivas...Alexa Sykes not pictured

A great turnout of friends and Lion members enjoyed a fine enchilada dinner at our weekly meeting. As you may know January is "School Board Appreciation Month" in Texas and on January 25 your Lions honored our SISD Board of Trustees. Each member received a Certificate of Appreciation and a gift certificate for their selfless dedication to the youth of Sutton County. These elected officials represent the citizens of this County, without remuneration, to insure the finest education is provided our youngsters. Of the six members of the board, three were able to attend. They were Board President Dawn Cahill, Mr. Jerry Jimenez and Mrs. Carol Pope. (all pictured above)

In addition, we honored the Middle School students of the week. They had an opportunity to speak to the membership and guests. Students of the week were: Alexa Sykes 8th grade (not able to attend) Darby Ramsdale 7th grade and Isela Rivas 6th grade.

Our distinguished guests were Louise Dermody, Elementary School Principal, and Sean Leamon, Intermediate School Principal, along with Lion Brandon Duncan, Middle School Principal, Lion Raul Chavarria, Principal of Sonora High School, Lion Don Gibson SISD Superintendent, and Lion David T. Sine, Sonora Athletic Director.

On the sporting news front our Lions Queen Marris Prieto won her Power Lifting Class this past weekend. The men and ladies team competed in their first event ever Power Lifting Tournament and came home with a 2nd place for the Ladies and 3rd place finish for the men. The performance of our Football program 7th grade through Varsity and the Power Lifting Program are evidence of the great investment our Trustees made in our new training facility. If you haven't seen our kids (women & men) working out with their coaches at this premier facility you owe it to yourself to witness how our youth can work to compete at the next level. Lion Coach Sine reports that the City of Sonora will host a 7 on 7-State qualifying Tournament on Saturday May 28, 2011. Well Done, Coach, for providing Sonora an opportunity to showcase our City and the wonderful tourist venues available.

Speech Meet is 4-5 February at the High School. Lions will serve the contestants about 3:30pm on the 4th. Go Broncos, Shop Sonora.

## Food Safety Tips For Your Kitchen

(StatePoint) Is your dinner safe? A new survey has found that more Americans are worried about becoming sick of an annoying dinner guest than they are of getting sick from the food on the table. But their relatives should be the least of their concerns, as more than one in five Americans (22 percent) admit their kitchen would fail a food safety inspection.

The new survey, sponsored by the Water Quality and Health Council, also found that less than half of Americans (47 percent) typically use a disinfectant or disinfecting wipes after using the kitchen counter, despite knowing that chlorine bleach kills germs that cause foodborne illnesses.

The Centers for Disease Control and Prevention (CDC) estimates that 76 million Americans get sick from foodborne illnesses every year and more than 300,000 of them are hospitalized. The CDC also warns that raw foods of animal origin are the most likely to be contaminated.

"Home cooking introduces increased risks of foodborne illness as raw meats and vegetables are processed on kitchen surfaces that are not properly disinfected," says Linda Golodner, president emerita of the National Consumers League.

"Practicing good kitchen hygiene is not very complicated," says Golodner. "Thoroughly wash surfaces with hot, soapy water and rinse. Then apply a simple chlorine bleach solution and let air dry to properly disinfect the area. Follow these steps before and after handling raw foods on kitchen surfaces."

Just one-half tablespoon of bleach in one half-gallon of water effectively kills common foodborne germs on kitchen surfaces. Golodner says that most people may not realize this, however. Many people overestimate the amount of bleach per gallon of water needed to effectively kill common foodborne germs.

"Chlorine-based disinfectants are registered as safe to use by the Environmental Protection Agency and proven to destroy the germs that spread foodborne illness," notes Golodner. The survey also found that by more than a seven to one margin, Americans trust chlorine-based disinfectants over green cleaners to kill germs.

The Water Quality & Health Council lists the following guidelines for safe food handling:

- \* Clean: Wash all food contact surfaces with hot, soapy water followed by disinfecting with 1/2 tablespoon chlorine bleach in 1/2 gallon of water.
- \* Separate: Keep fresh fruits and vegetables separate from raw meat, poultry and seafood.
- \* Cook: To kill any bacteria that might be present, thoroughly cook meat, poultry and eggs to the appropriate temperature.
- \* Chill: Refrigerate leftover perishables at 40 degrees within two hours of cooking or serving.

For more tips on surface disinfection, visit [www.disinfect-for-health.org](http://www.disinfect-for-health.org).

## Always...Patsy Cline

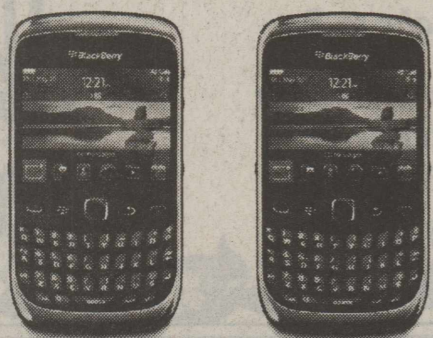


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 Sunday, February 6 2:00 p.m. matinee  
 Saturday, February 12 DINNER THEATER  
 Dinner 6:00 p.m.  
 Show 8:00 p.m.  
 Sunday, February 13 2:00 p.m. matinee  
 Friday, February 18 7:00 p.m.  
 Saturday, February 19 2:00 p.m. matinee  
 Sunday, February 20 2:00 p.m. matinee  
 Friday, February 25 7:00 p.m.  
 Saturday, February 26 2:00 p.m. matinee  
 Sunday, February 27 2:00 p.m. matinee

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Written and originally directed by Ted Swindley—based on a true story

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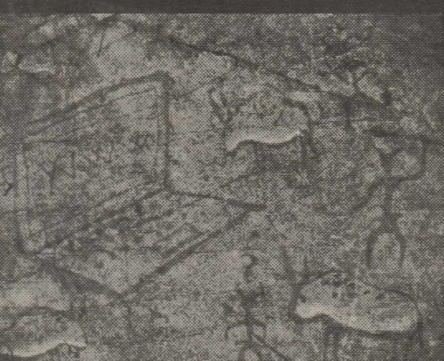
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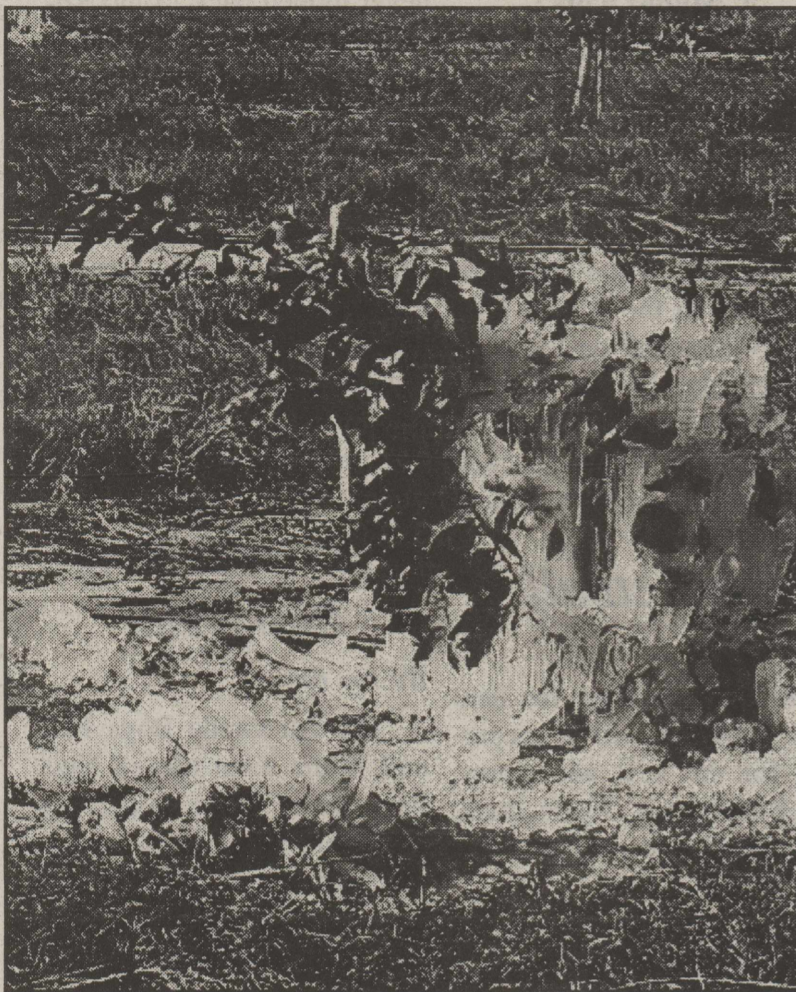
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Oil & Agribusiness

# Watering Plants Before a Freeze



By Pascual Hernandez,  
Sutton County Agricultural  
Extension Agent



Before a freezing spell, the question sometimes comes up "Does it make any difference if you water your plants just before the freeze arrives?" In most cases, the answer is "no". However, the idea of watering just before the freeze is based on some legitimate relationships between freeze damage and water.

1) Cold winter air is usually quite dry, and winter winds can remove water from plants faster than the roots can absorb it. In winter, dry conditions can actually be more damaging than the cold itself. This means that irrigation is a year-round need. Even dormant plants need and absorb water.

2) Water acts as an insulator. Plant cells that are plump with water will be stronger against cold damage. Likewise, moist soil will tend to stay warmer than dry soil, so a regular watering schedule in dry, cold weather can help protect plants from freezing temperatures. Since we experience freezing weather only occasionally, on years when we've had insufficient rainfall, we need to water deeply a couple

of days before a freeze is forecast. Water each plant so that you cover its entire root system, which is usually as wide as the plant's foliage. Generally, about an inch of water is sufficient. Water early in the day, so the plants have time to absorb it before the temperature drops at night.

3) The idea behind watering is more so to keep plants healthy enough to endure freezing damage. So irrigate once a month throughout the winter, between freezes. Plants will not be absorbing water as fast as they do during the growing season, and usually don't need any more than this during the cold winter months. Nonetheless, be attentive to newly planted trees and shrubs. Not only are their roots less established, but the churned-up soil can allow cold air to penetrate deeper to the roots.

Finally, remember that another way to protect plants is to mulch. This will help your plants retain water and it will keep the soil warmer. Use about 3 inches of mulch. For additional information, contact your county Extension Office.

# Research Shows Livestock Production Is Green

AMARILLO – Livestock agriculture is green. It is time the industry stopped allowing itself to be pushed around and start using science-based information to tell what it is doing for the world, according to speakers at the recent Southwest Beef Symposium in Amarillo.

Dennis Avery, director of the Hudson Institute in Washington, D.C., told the crowd that as the world's population increases in wealth and size, farmers and ranchers will have to double global food production within 40 years. "This is a bigger challenge than Dr. Norman Borlaug faced when he launched the Green Revolution in the 1960s," Avery said. "Since we already farm 37 percent of the Earth's land area, we cannot double food production simply by plowing more land and using more of today's inputs. "We must find new ways to add yield and productivity on the best land."

Avery said the push for grass-fed beef, organic foods and trying to grow a fuel supply with biofuels will become less popular.

Confinement feeding produces more meat per pound of feed, is kinder to animals and puts less carbon into the air than grass-fed beef, he said. Organic farming is not con-

servation-friendly and bio-fuels divert too much good land to produce tiny amounts of high-cost fuel.

"During this period, farmers and ranchers must do something they have never done: Tell urbanites why they farm differently from their grandfathers – to feed the hungry even as we save land for nature."

Dr. Jim MacDonald, AgriLife Research beef cattle nutritionist, stated that society is increasingly concerned about the impacts of animal production practices on the environment, human health and animal health.

This concern has resulted in increased monitoring and proposed regulations by the government, with special attention being paid to ammonia, greenhouse gasses and water quality. In the past five years, production practices such as the use of implants, ionophores, beta-agonists and antimicrobial agents have been questioned.

"One of the best things we can tell consumers is what impact the production practices we've adopted had," he said. "Reality is that if you were to tell us that we could no longer use technology in the beef industry, it would change the way we formulate diets."

These technologies have contributed to improved animal performance over the past 30 years by increasing dietary energy concentration, weight gain and carcass weight with marginal increases in dry matter intake, MacDonald said.

"The improvements in feed efficiency observed over this time period likely would not have been possible without the adoption of growth-enhancing technologies," he said. Taking away one or more of the technologies would mean a loss of 150 pounds per animal, a loss of average daily gain and some feed efficiency, therefore costing more to produce a pound of gain.

The key here is that it is absolutely inappropriate to report these things on a per head basis, MacDonald said.

"When you report on per pound of hot carcass weight, taking into account the improvement in efficiencies, the carbon footprint of that steak is less today than it was 30 years ago," he said.

"We make money in this industry by adding weight. We are more environmentally friendly by adding weight. We are producing more with less," MacDonald said.

Those technologies allowed producers to reduce manure production 30 to 45 percent;

ammonia losses decreased 11 to 14 percent; methane production decreased 12 to 30 percent depending on technologies used.

"So there is no doubt in my mind if you are interested in environmentally friendly beef, you would accept the use of technology in the feedlot," he said.

A constant beef supply requires fewer head therefore fewer cows. The animal population has been reduced, as has the feed energy, land use, water use, fossil fuel energy needed, methane, nitrous oxide and total carbon footprint, MacDonald said.

"We have made progress in terms of our environmental footprint. It's a mistake to allow components of society to try to force us to take away the very technology that has allowed us to do this."

Perhaps the most convincing piece of information is that over the past 30 years, the greenhouse gases per 10-ounce steak has dramatically decreased, MacDonald said.

"Don't let these issues be decided for you," he said. "The decisions that are being made are not being made based on science, but rather emotion. The beef industry has been silent far too long on these issues."

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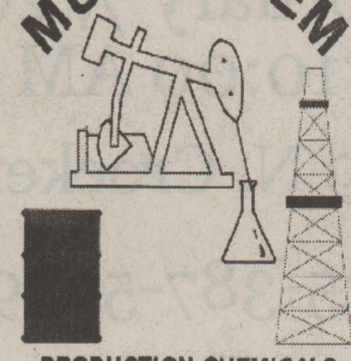
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**Crockett**  
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New 9000' Approach Operating University 42-13 #15  
Ringo Drilling I Lp #17 1/19/11 3 2150' O/G Ver Od  
9600' Burk Royalty Company Harris #1 Ringo Drilling I Lp #19 1/15/11 7 2510' O/G Dir Od  
6500' Eog Resources University 40-14 #4 H Cactus Drilling #102 1/13/11 9 O/G Hor Od  
9000' Approach Operating West #2315 Nabors Drilling #709 1/10/11 12 O/G Ver Od  
9000' Approach Operating Cinco Terry -M- #901 H Nabors Drilling #714 1/3/11 19 O/G Hor Od  
9000' Walter O & G Corp M Smith -15- #1 H Patterson Uti #471 12/5/10 48 10585' O/G Hor Od

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## 8th Grade Girls Basketball

Colts vs Junction

By Wendy Robertson

The 8th Grade Lady Colts traveled to Junction this past weekend for the last Tournament of the year. We first faced Mason, who has always had a pretty solid program and they showed it on Saturday. They took the ball and ran with it and won the game and won 40-23. The girls hustled very hard, we just hit our peek too late in the game.

Abby Nolen—7 pts  
Selena Trevino—5 pts  
Alexa Sykes—7 pts  
Veronica Gaytan—2 pts  
Kamrie Martinez—2 pts

We then took on the Junction Eagles and were determined for a different outcome than the 1st game. We started off strong and held the lead all through the 1st quarter and were doing a great job of taking charge of the game. Now I am not one to blame the refs for anything but they definitely were not on our side. Even with all that, Junction was able to rebound more and they couldn't miss a shot. These ladies have worked very hard this year and although it did not turn out as we hoped, you have to learn from every little moment and I believe these girls have. Final Score 33-14, Junction.

Abby Nolen—2pts  
Selena Trevino—2 pts  
Alexa Sykes—7 pts  
Veronica Gaytan—3 pts

Colts vs Brady

By Wendy Robertson

It was the final time these 8th grade girls would step onto the basketball court as 8th graders and they did an excellent job showing their passion for the game. We faced the Brady Bulldogs last night and although we only won 1 of the 2 games, the girls played like champions! Their class and respect for others on the court definitely showed and that means more to me than winning.

We first took on the Brady "B" team and with a very aggressive and physical game, we came out on top. These girls were all over the place, hustling, diving, and going for every chance to score. The last time we met up, Brady beat us 25-10 and last night your Lady Colt "B" team won 14-10! Excellent Job this season!!!!

**District Record: 4-6**  
#23 Madison Wolfe—6 pts  
#32 Julissa Esquivel—4 pts  
#34 Lillian Kent—2 pts  
#42 Jackie Limon—2 pts  
#20 Halle Samaniego  
#31 Jazmin Ramos

When it was time for the Lady Colt "A" team to play, excitement was all in the air. These ladies were ready for a good game and looking for a win in the last game as 8th graders. The outcome of the last time we played was 30-6, Brady. The Brady Bulldogs are about twice the size of our girls and do not show near the

class on the court that our girls do. Our defense held them to only 6 points in the 1st quarter but they also shut us down to only 4 points. Our defense only allowed them to score 21 points total but our offense struggled all night and only put 10 points on the board. We had a plan and that was to play better than we had the last time and we accomplished our goal. Sometimes, games didn't work out as we had hoped, but these girls learned that teamwork, discipline and being coachable are important aspects of being successful, on and off the court not matter the final score.

**District Record: 2-8**  
**Overall Record: 4-10**  
#10 Abby Nolen—2pts  
#20 Alexa Sykes—6 pts  
#40 Kamri Martinez—2 pts  
#12 Mia Smith  
#14 Selena Trevino  
#24 Annalisa Perez  
#30 Veronica Gaytan

Thank you for all the support by the District and the Community and Parents for attending our games and being Proud Supporters of the Lady Colts!!! That is true Bronco Pride and Loyalty!

GO BIG RED

## JV Boys Basketball

By Ramon Prieto

The Boys Basketball JV white team traveled to Ballinger on Tuesday Jan. 24. The Broncos got out to a slow start and were never able to catch up to a very good Bearcat team. The JV white Broncos continued to fight throughout the game, but suffered their first loss in district play. Cody Barber 8 pts.; Alec Samaniego 2pts.; Judge Modesto 2 pts.;

The JV White Broncos played at home on Friday Jan 28, against the Wall Hawks. The Broncos came out firing and ready to go. Playing some good defense and offense but mistakes and turnovers would

eventually do in the Broncos. The hawks handed the Broncos their second district loss of the season 44-24.

**L. Rodriguez 4pts. ;**  
**R. Guerra 2 pts.;**  
**A. Munoz 6 pts.;**  
**E. Esquivel 2 pts. ;**  
**C. Barber 4pts;**  
**C. Rendon 2pts. ;**  
**A. Samaniego 2pts. ;**  
**J. Modesto 2pts. ;**

The JV White Broncos, competed in the 7-AA District Tournament on Saturday Jan. 29, the loss to Wall the night before landed the Broncos into the losers bracket. The Broncos faced the Grape

Creek Eagles, and dominated once again beating the Eagles 24 - 7 to win consolation at the district tournament. The Broncos jumped out to a 8 -2 lead after the first quarter and never looked back. Ligo Rodriguez lead the Broncos with 9pts., followed by Erasmo Esquivel and Rhett Guerra both with 5pts. Cande Tobias, Chris Rendon, Alec Samaniego, shared 2 pts a piece. The Broncos face the Reagan Co. Owls Monday Jan. 31 in Reagan Co. and start up with second half of district at home against the Grape Creek Eagles on Friday Feb. 4.

## 7th Grade Girls Basketball

By Kasey Immel

Monday night in Brady the Lady Colts took the floor for the last time as 7th graders. Before the game I told the girls that I wanted them to play with HEART! I wanted them to have fun, but to play so hard and leave it all on the court.

The Red team started off with their "game faces" on. They played hard and were coachable being able to switch up defenses as I asked. After a few bumps and bruises they took a hard loss 0 - 15.

The Black team took the court next looking for a different outcome. The first time these two teams met up Brady won 15 - 34, but the Lady Colts were not going to let that happen again. These girls played so hard and were only down by 6 at the beginning of the 4th quarter. Brady was able to stay on top and defeat the Lady Colts 19 - 28.

I am so proud of these young ladies and it has been so much fun coaching them in a sport that I loved so much as I was growing up. I hope they not only learned basketball skills but also character, heart and a love of the game. These are wonderful girls to be around and that makes me a very

lucky coach. Over the next few weeks we will be preparing for the next adventures, track and tennis. Again, thank you for all of your support!

**Red Team**  
Mckenzie Murphy  
Alyssa Zamora  
Alexis Garza  
Dionne Hinojosa  
Elizabeth Bean  
Meghan Hernandez  
Kaitlyn Lopez  
Ambar Limon  
Susana Robles  
Victoria Reyna  
Brianna Jarratt  
Destany Velasquez

**Black Team**  
Tyler Hampton 7 pts  
Janelle Vasquez 2 pts  
Cip Tobias 4 pts  
Lisa Garza 2 pts  
Julia Pope 4 pts

**Manager :**  
Marlena Hernandez



## 8th Grade Boys Basketball vs Brady

By Jay Valdez

Our 8th grade boy basketball hosted Brady last night. The first time these two met was at Brady and was a very physical game. The white team played first and took the lead from the start. Good rebounding and upward passes made the difference in the game. The final score Colts 46 Brady 28

Gus Barrera 12 pts

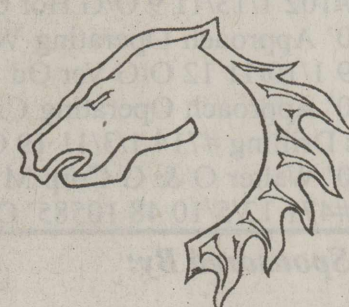
Santi Garza 4 pts  
Justin Garmon 2pts  
Rico Rodriguez 4pts  
Lionel Deleon 22pts  
Michael Gonzales 2pts

The red team had the next game and what a game it was. Battling injury, hot shooters and rough play the Colts came out victorious. The Colts knew they needed to win this game

to be able to take 2nd place in the District. The last game the Colts lost by 11pts. The game plan was to smother one of the top shooters for Brady. This had 21 pts last time so we took advantage of his inability to penetrate our defenses. The Colts were winning 17-12 at half. Andres Acevedo was injured for a short time which allowed Brady to make a short run. Good rebounding and physical play kept the colts ahead. Final score Colts 35 Brady 31.

The Colts are now 10-3 overall and will travel to Ballinger Monday for the last game of the season.

Brett Castillo 10pts  
Andres Acevedo 11pts  
Hunter Hughes 6pts  
Elijah Cross 8pts



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### Public Notice

#### NOTICE OF APPLICATION FOR FLUID INJECTION WELL PERMIT

HighMount Exploration & Production Texas LLC, 14000 Quail Springs Parkway, Suite 600, Oklahoma City, OK 73134, is applying to the Railroad Commission of Texas for a permit to inject fluid into a formation which is productive of oil and gas.

The applicant proposes to inject fluid into the Canyon & Strawn/Atoka zones, Bloodworth 140-10 SWD. The proposed injection well is located 7 miles West of Sonora, Texas in the Sawyer (Canyon) Field, in Sutton County. Fluid will be injected into strata in the subsurface depth interval from 6,100' to 8,800' feet (Canyon & Strawn/Atoka zones).

LEGAL AUTHORITY: Chapter 27 of the Texas Water Code, as amended, Title 3 of the Texas Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

Requests for a public hearing from persons who can show they are adversely affected or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Environmental Services Section, Oil and Gas Division, Railroad Commission of Texas, P.O. Box 12967, Austin, Texas 78711 (Telephone 512/463-6792).

#### PUBLIC HEARING FOR EXPENDING SECTION 4B TAX PROCEEDS

The City Council will hold a public hearing concerning the Sonora Economic Development Corporation expending Section 4B sales tax funds for the following project:

Proposed community development project to provide \$30,000 to GKW Properties, LLC Sonora, for improvements to the property located at 101 E. Main Street. These improvements include landscaping, signage and renovation to the interior and exterior of the building and grounds.

The hearing will be held on Monday, February 14, 2011 at 6:00 p.m., City Hall, 201 E. Main, Sonora, Texas.

All citizens are invited to attend and provide the council with written or oral comments.

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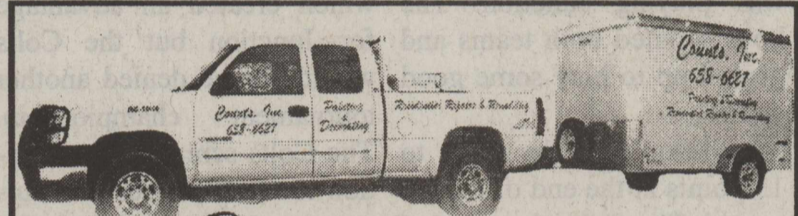


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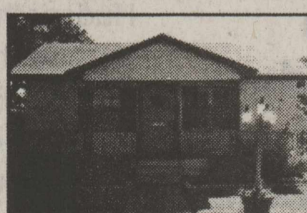
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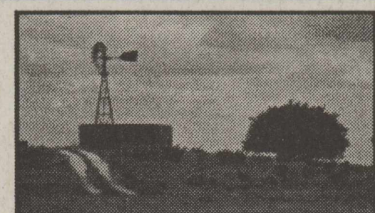
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## Lady Colts Came Home Champions

## Two Time Champs

### 8th Grade Colts Capture Second Tournament Victory



By Jay Valdez

The 8th grade boys basketball red team travelled to Junction Saturday for Junction Basketball tournament. In the first game the boys were matched to up against Mason in the 1st bracket. The boys had walked into the 1st game of the day when Mason was playing Junction. The boys scouted both teams and geared up to play some good games.

Mason held the Colts to 13 points at the end of the 1st period. The Colts then settled down and played good physical Colt basketball representing Bronco Nation with pride. Colts win big 40-13 over Mason.

Brett Castillo 10pts  
Tanner Esparza 4pts

Andres Acevedo 5pts  
Elijah Cross 10pts  
Hunter Hughes 10pts  
Dub Latham 1pt

In the second game of the tournament the Colts faced up with Junction on their home court. More people were there which created an advantage for Junction but the Colts would not be denied another tournament championship. The Colts screamed by Junction to win their second tournament this year 52-6. The Colts are now 9-3 overall.

Brett Castillo 12pts  
Tanner Esparza 4pts  
Andres Acevedo 8pts  
Elijah Cross 11pts  
Hunter Hughes 13pts  
Ethan Patlan 4pts



By Kasey Immel

The Colts and Lady Colts traveled to Junction over the weekend to play in a basketball tournament. The 7th grade Lady Colts only gave up 24 points the entire day!

They started off strong in the first game out scoring a team from Mason 20-2 in the first quarter. They pulled off and played a zone for the rest of the game and only allowed Mason to score 12 points the entire game. Offensively almost everyone for the Lady Colts scored which brought the final score to 46-12.

Janelle Vasquez 18 pts  
Tyler Hampton 8 pts  
Lisa Garza 8 pts  
McKenzie Murphy 4 pts  
Cip Tobias 4 pts  
Kaitlyn Lopez 2 pts  
Julia Pope 2 pts  
Elizabeth Bean  
Dionne Hinojosa

After only an hour break the Lady Colts started to get

warmed up for their next game against Junction. If the Lady Colts won this game they would be bringing home a plaque for winning the tournament. Junction came ready to play and after the first quarter the Lady Colts were only winning by one point. The second quarter is when the Lady Colts really turned it up and out scored Junction 16-3. The posts really stepped it up this game; Julia Pope and Cip Tobias accounted for 24 of the Lady Colts 30 points. The girls did a great job and won 30-12 and brought home some hardware! I am so proud of these young ladies!

Cip Tobias 14 pts  
Julia Pope 10 pts  
Janelle Vasquez 6 pts

The Lady Colts would like to thank their awesome manager Marlena Hernandez.

Continued from Front Page: Power Lifting

Here is how the Broncos and Lady Broncos look in the Regional Standings:

Boys:  
Edward Garza 1st  
Kyle Patlan 8th  
Osbaldo "B" Castaneda 14th  
Will Dutton 23rd

Girls:  
Marissa Prieto 2nd  
Kelsey Favila 6th  
Adriana 17th  
Delilah 20th



Photo by Ray Glasscock

Austin Hampton going up for two points in last Friday night's game.

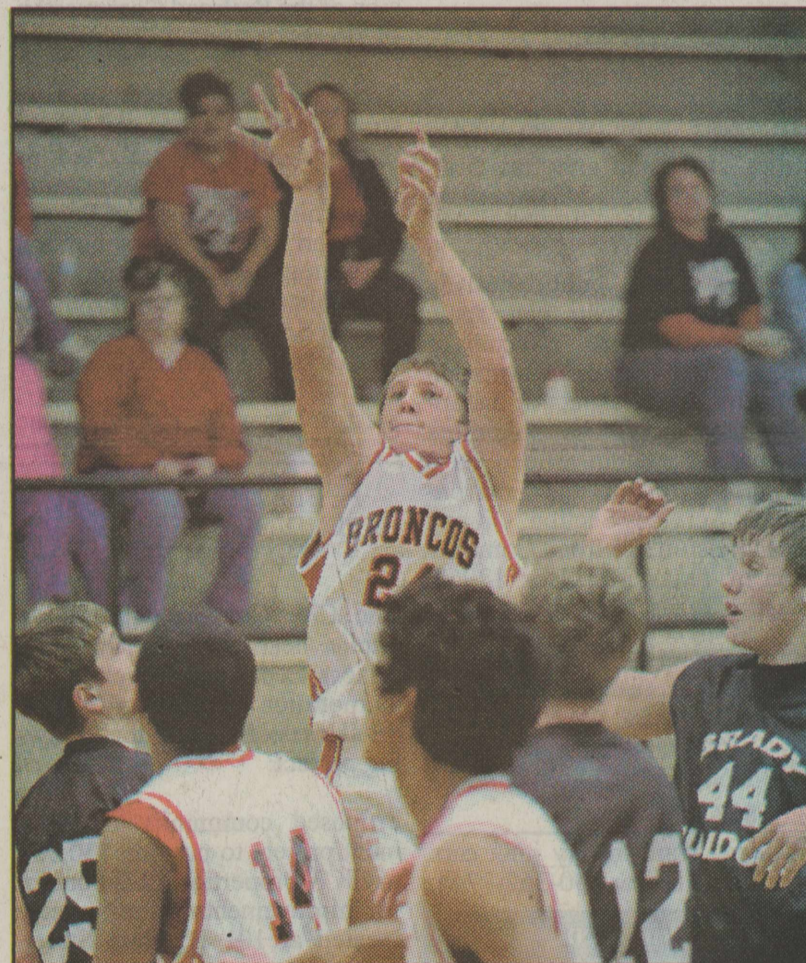


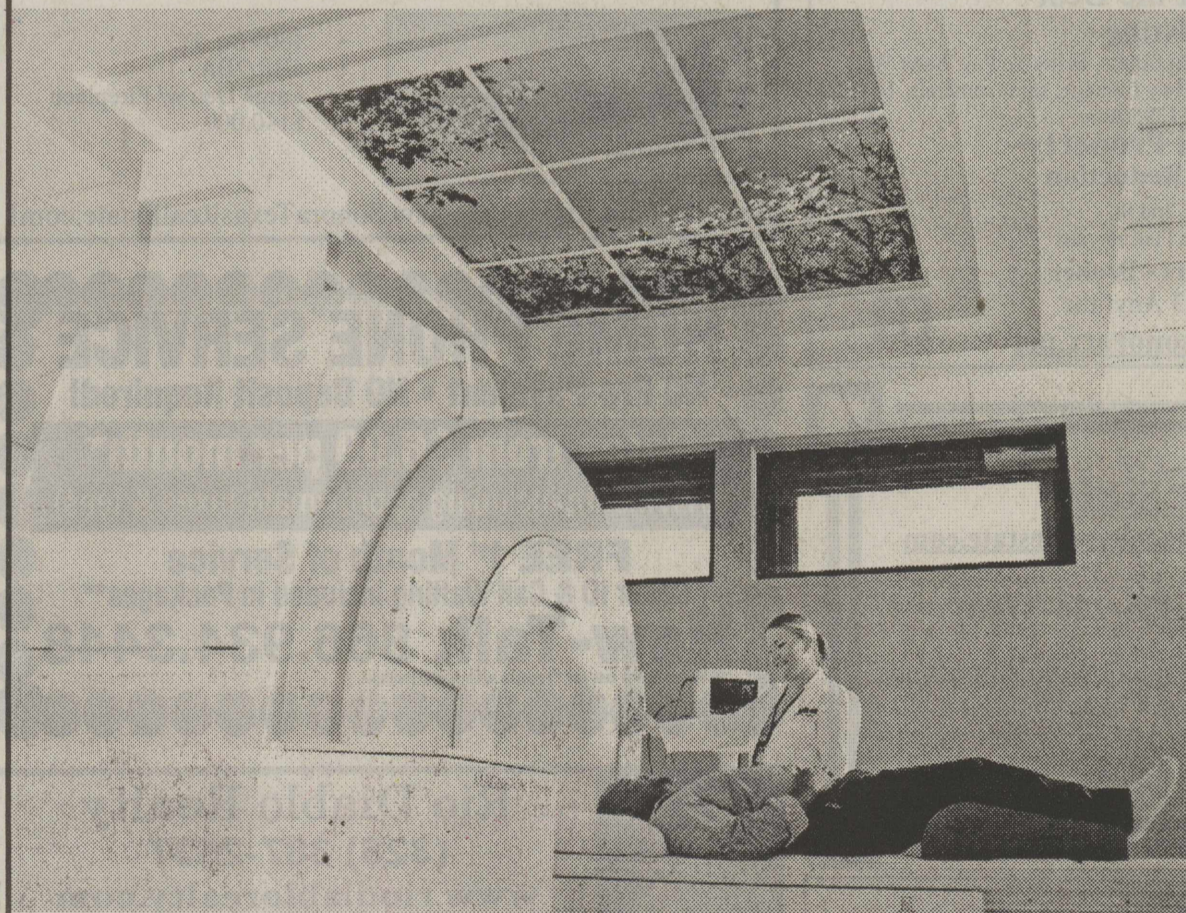
Photo by Nancy Glasscock

Hunter Hughes goes up for 2 against Brady.

**Congratulations to Josh Burnham, Erin Burnham, and Sam Taylor for their recent participation in the Houston Marathon.**

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