

Historical Society 2
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Sonora TX 76950-0885
8435

The Devil's River News

Serving Sutton County Since 1890

Volume 127 • Issue 48

SONORA, TEXAS

Thursday, November 26, 2015

Wellness Ministry

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2015 Bronco Football Ends In Sweetwater



Story By Ray Glasscock, Photo By Nancy Glasscock

The Broncos, comprised of mostly underclassmen, were no match for the Eastland Mavericks who had 20 seniors and had lost to last year's Broncos. The Mavericks had twelve offensive opportunities, and they scored touchdowns on ten of them. I am not going to describe their touchdowns in this article. If they had wanted coverage of their offensive exploits, then they shouldn't have scored so many times.

The Broncos opened what turned out to be their last game of the 2015 season with the same play they had opening game. Kaden Cordell threw a backward pass to Michael Solis. Solis threw deep to Luke James for about a 35 yard gain. This drive ended with a field goal by Octavio Mendez.

The Broncos scored on their next drive when Cordell threw deep to James for a touchdown. Mendez kicked the extra point.

Drew Buitron set up the next Bronco touchdown when

he returned a kickoff 84 yards giving the Broncos a short field. Noah SanMiguel caught a pass from Cordell and he was tackled at the Maverick's eight yard line. Cordell got the touchdown on a quarterback delay draw. Mendez added his point to the total. Senior Kevin Martinez (K Mart) ran right off tackle for a 19-yard gain into Maverick territory. James leaped to catch Cordell's pass. He ran through a tackle enroute to a 40 yard catch and run to the Maverick's three yard line. James got the touchdown on a pass from Cordell. No misses for Mr. Mendez.

K Mart took the handoff and ran 48 yards to Eastland's 32 yard line. After a completion to SanMiguel, K Mart caught a pass for 15 yards and then finished the drive with a two-yard touchdown run. With the ball splitting the uprights, Mendez had made another PAT.

Cordell threw to his right. The ball was batted into the air three times before an

Eastland player picked it off. Cordell chased him down and prevented a Pick Six. Jonathan Martinez and Daniel Pechacek made the second stop of an Eastland drive.

K Mart ripped off a 38 yard run. The snap to Cordell was over his head. Cordell retreated and fielded the bouncing ball. Running to his right, Cordell threw from his 48 yard line to the outstretched arms of James at the eleven yard line of Eastland. K Mart finished his Bronco career with another rushing touchdown. Mendez made the last point PAT of his career. Up to this game, the Mavericks had allowed an average of 21 points a game. The Broncos finished their season by scoring 38 points on Eastland.

This was the last football game of 2015, but it will not be my last football article of the year. Next week, I will analyze just how amazing this "rebuilding" season turned out to be.



Sonoran's Meet Ambassador to the US

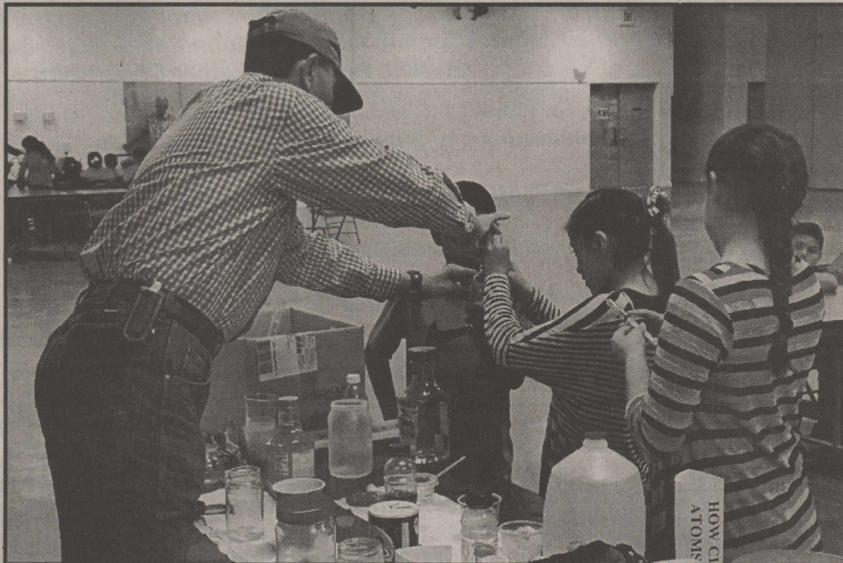
Sonora was well represented at the San Angelo Chamber of Commerce's luncheon honoring the European Union's Ambassador to the United States, David O'Sullivan, with Albert Ward, Mayor Wanda Shurley, and Judge Steve Smith.

The Devil's River News Would like to Wish you and your family a very

Happy

Thanks Giving

4TH Graders Attend Annual Water Fair



Last week, Sixty four 4th graders attended the annual Water Fair at the Sutton

County Civic Center of November 16th. The curriculum enrichment program is a cooperative effort by Texas

AgriLife Extension Service, the Natural Resource Conservation Service (NRCS), and the Sutton County Under-

ground Water Conservation District (SCUWCD). Here's a few highlights.

Tom Payton, NRCS conservationist, discussed "Water & Soil". Youth learned about the soil profile, the water filtration properties of soil, and the various forms of erosion. The aquifer recharge process was an important part of his presentation.

Jacqui Thomas and Jim Polonis, both with SUWCD, led a station titled "How Wet is Our Planet". Participants were exposed to topics ranging from discussion on how water wells operate to water well usage and monitoring.

Sutton County Family & Consumer Science Agent, Jessica Stapper, presented "Home Water Conservation". She highlighted the point that we use a lot of water in our homes, and that we can

conserve water by turning off the water while we brush teeth, or while we lather in the shower. Other examples included smart use of washing machines, dishwashers, and sprinkler systems.

Sutton County Agriculture Agent, Pascual Hernandez, led the "Science of Water" station. This station provided hands-on activities which helped define the properties of water including mass, volume, and density. Another point of stress included the detrimental effect that saline water has on living things.

A word of thanks is owed to the Iris Garza and the Edwards Plateau Soil & Water Conservation District for their many years of help, sponsorship and providing participants with lunch.



Wellness Ministry

Happy Thanksgiving! Have you ever noticed that grateful people are positive people?

They soak up blessings and beam them back out. They don't limit Thanksgiving to one day a year – they live in Thanksgiving all year long. Grateful people recognize that God is in charge. They are confident in His magnificent plan for their lives. They lay stress and worry at His feet, and praise Him for His perfect love. Grateful people are healthier - they have lower blood pressure and cholesterol, decreased depression and anxiety, better sleep and mental performance. Grateful people pause for deep breaths and prayer. They are still and allow the peace of God to flow through them. Grateful people know that gratitude is choice. They look for God's goodness regardless of the circumstances. Grateful people wake up with joy in their heart, and thank God for the day they have been given. Happy Thanksgiving! May you shine in the light of God's blessing, this day, and all the year long.

Give thanks to the Lord, for He is good; his love endures forever. Psalm 107:1

Chelsea Blackbird is a Certified Nutritional Therapist. FMI go to www.thechristiannutritionist.com.

Obituary

Thomas Eckholt

Thomas Cy "Tom" Eckholt, 44, Longview, passed away on November 9, 2015 at his home.

Tom was born March 13, 1971 in Omaha, Nebraska to Charles Henry Hughes and Judith Johnson Hughes. He worked in the oilfield. He was preceded in death by his father.

Survivors include his wife, Lora Eckholt of Longview; five children, Kirt Eckholt and Douglas Eckholt, both of Idaho, Rachele Mullins of Nevada, Dan Eckholt and Tyler Eckholt, both of Longview; mother, Judith Hughes of Longview; grandmother, Pauline Johnson of Tonopah, Nevada; father-in-law, Buck Skains of Sonora; uncle, Roy Johnson of Tonopah, Nevada; numerous nieces and nephews; and a great niece, Felicity Cy Gloria of Junction.

The family would like to extend a special thanks to Dakota Murphy, Jeanne Olive and Anna Bella Murphy.

Thank You

We would like to thank our family, friends and community for your prayers and support over the past few months leading to our great loss. Though the passing of our husband and father has been a most difficult time, we find strength and comfort in your continued prayers and memories shared. Our appreciation goes out to you all. We sincerely thank you and are forever grateful.

God Bless You,
The Jesus Chávez Family

HAPPY
THANKSGIVING



Thank You

The Festival committee would like to thank all those who helped with our Fall Festival with their time, talent or treasure, and all those who attended the festival.

The Festival Committee
Janna Martínez
Brenda Mungia
Kathy Hardgrave
Sofía DeLuna
Marisol Faz
Candise Pérez
Verónica Esquivel
Agustín & Whitney Vaquera
Joe San Miguel
Adolfo Álvarez
Nelda Tobías
Cindy Paredes
Jerry Lopez
Mary Perez
Norbert Ortiz
The Guadalupana Society
The Knights of Columbus

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Robert & Diane Malone
Peter & Pat Gomez
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Mungia Southwest Heating & Cooling, LLC

Bronze Sponsors
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Jim & Lorraine Polonis
Ada E. Castilleja
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Ben & Lenora Pool

Auction Donors
5C Productions – David Creek
Joshua Logistics
Rene & Tabitha Abrego
Willie & Linda Mungia
Judge Steve and Beverly Smith
Napa Auto Parts

Anthony & Brenda Mungia
Victor & Betty Garcia
Mary Sue Galindo family (Laredo, TX)

Coach Sine & the Bronco Coaching Staff
Omero & Diana Gonzales
Robbie & Lorna Jones
Danny & Melissa Solís
Pete Ramírez, Jr.
Adolfo & Adelita Álvarez
Zeke & Janna Martínez
Agustín & Whitney Vaquera
Dick Bour Artglass (Lydia Galindo)
Alonzo & Candise Perez
Ana Belia Samaniego
Erica Carrillo
Brenda Sánchez
Erasmio Lumbreras
Esteban & Hermelinda Hernández

Miguel & Martina Vaquera
Héctor & Rita Méndez
Gabriel & Sandy Espinosa
Parker Lumber
Gary & Kathy Hardgrave
Blas & Mary Solís
Marcos & Martha Pérez
Héctor & Norma Pérez
Frankie & Florie Gonzales
Jimmy & Mary Jean Sims
Joyce Jimenez
Lydia White
Eddie & Tammy Favila
Oscar & DeAnn Trevino family (Ft. Worth)
Kyle, Evelyn & Kayden Patlan
Eddie Sawyer
José & Debbie Sosa
Lydia Martínez
Manuel & Linda Patlan
Bucky Lee
Mata Fencing, dozer & Landscaping
Col. & Mrs. Peter Bradly

Other Donors
Family Dollar Archie & Genevieve Crenwelge
Del Rio Towing Cauthorn & Griffin Partnership
Louie Pérez Lowe's Grocery
Dairy Queen

Sonora Church Directory



Primera Iglesia Bautista
504 Santa Clara
387-2035

Church of Christ
304 N. Water
387-3190

The Church of the Good Shepherd Presbyterian
319 E. Mulberry
387-2616

First Baptist Church
11 E. Oak
387-2951

Lighthouse Community Church
1705 N. Crockett
387-9100

St. John's Episcopal Church
404 E. Poplar
387-2955

St. Ann's Catholic Church
311 W. Plum
387-2278

First United Methodist Church
201 N. Water
387-2466

Jehovah's Witness
310 St. Ann's St
387-5658/387-5518

Casa Del Altarero
Asamblea De Dios
306 W. 4th St
325-226-1789

Faith Apostolic Church
120 N. Concho Ave.
206-0277

Brought to you by:
Kerbow Funeral Home
387-2266

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: Lizzie Chavez

Advertising/Classified s: Lizzie Chavez
Reporting/Photography/Typesetting: Staff
Guest Columnists: Ray & Nancy Glasscock
Delyse Jaeger, Pascual Hernandez, Susan Hall
Email: General Information: editor@sonoratx.net
Advertising: sales@sonoratx.net

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

Any erroneous reflection upon the character, standing or reputation of any person, firm, or corporation which appears in the columns of this paper will be corrected upon due notice given to the Editor of this publication. The views expressed in submitted articles are not necessarily the views of The Devil's River Newspaper.



MEMBER
2015

TEXAS PRESS ASSOCIATION

Community Christmas Parade & Live Nativity

December 2, 2015

Lighted Parade at 5:30 p.m.

"Away in a Manger"- First Methodist Church Children's Choir
"Little Drummer Boy" - Delaney Ramsdell * JD Garza
"Here Comes Santa Claus - The Mighty Bronco Band
Reading of The Christmas Story - Albert Ward
"Oh Holy Night" - Elena Nogel
"Mary Did you Know" - Ed Newton
"Angels We Have Heard on High" - St. Ann's Catholic Church Choir
"Do You Hear What I Hear" - Bonnie Lou Campbell* Jenny Sue Trainer
"We Three Kings" - Tommy Arnewine*John Paul Friess* Don Spiller
St. Nick Reading - Father Chris Roque
Prayer - Lewis Allen

Salvation Army S'more Station hosted by The Bank & Trust
Food Pantry Ornament Station hosted by Sonora Bank
Camp Fire Christmas Caroling
Top of The Divide Band from The Way off Broadway Players
Ugly Christmas Sweater Contest hosted by The Sonora

Special thanks to:

The Ministerial Alliance*Sonora Bank
The Bank & Trust * Lillian M. Hudspeth Memorial
Mike & Debra Hobbs Sonora ISD *Knights of Columbus
Sonora Chamber of Commerce

Mule Deer Outlook Promising; Hunters Reminded of Mandatory CWD Testing

AUSTIN – Prospects are good for the upcoming mule deer hunting season, which gets under way Saturday, Nov. 21 in the Texas Panhandle and Nov. 27 in the Trans Pecos. Texas Parks and Wildlife Department biologists say above average habitat conditions have bolstered body weights and antler growth this year. Also, the state agency is asking hunters and landowners to submit harvested mule deer for sampling as part of enhanced, statewide monitoring efforts for Chronic Wasting Disease.

Although not required in the Panhandle, mule deer harvested in far West Texas are required to be submitted for testing under TPWD's Chronic Wasting Disease Management Plan protocols. The plan includes mandatory check stations for susceptible species like elk and mule deer taken inside the CWD Containment Zone, which covers portions of Hudspeth, Culberson, and El Paso counties. See a Texas CWD zones map on the department's website.

The Texas Animal Health Commission and TPWD will also use the CWD check stations in a cooperative effort to monitor for bovine tuberculosis (TB) in Texas. The tissue samples used for this effort would

be the same samples currently collected as part of the ongoing CWD monitoring effort.

Hunters taking mule deer inside the Containment Zone during the 2015-16 mule deer hunting season are required to submit their harvest (unfrozen head) for CWD sampling at a check station within 24 hours of take. Over 800 tissue samples have been collected for CWD testing purposes from hunter-harvested deer and elk from the Trans Pecos ecoregion the past three hunting seasons, and CWD has not been detected in mule deer located outside of the Hueco Mountain area.

"We recommend hunters in the Containment Zone and High Risk Zone quarter deer in the field and leave all but the quarters, backstraps, and head at the site of harvest if they are unable to bury the inedible carcass parts as deep as possible on the ranch or take them to a landfill," said Shawn Gray, Mule Deer Program Leader for TPWD.

Mandatory check stations will be open from 9 a.m. to 9 p.m. Nov. 27 – Dec. 13 and 9 a.m. to 7 p.m. on Dec 14. Stations will be located in Cornudas at May's Café (on US 62-180) and in Van Horn at the Van Horn Convention Center (1801 West

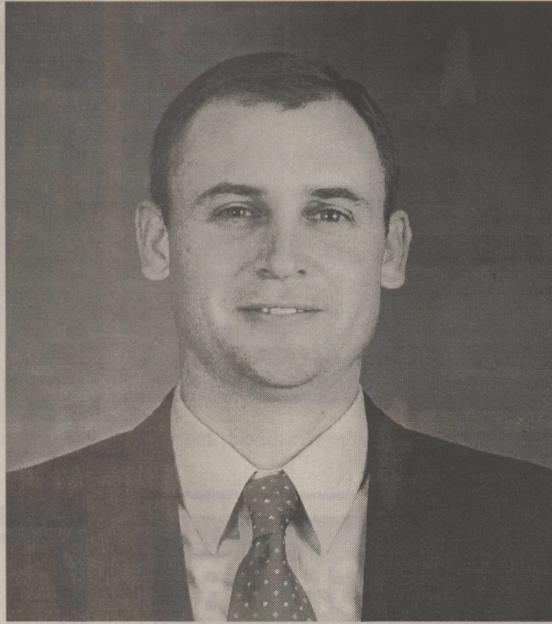
Broadway).

Hunters who harvest deer in the Containment Zone outside the general season under the authority of MLDP (Managed Lands Deer Permits) will need to call TPWD at (512) 221-8491 the day the deer is harvested to make arrangements to have the deer sampled for CWD.

Deer and elk harvested in other areas of the Trans Pecos and Panhandle regions may present their deer for CWD testing, to aid in statewide surveillance effort to contain the disease. A voluntary check station will be established at the Hip-O Taxidermy in Alpine (east side of town on US 90, across from Dairy Queen) during the first three weekends of the general season, Saturday through Monday (Nov. 28–30, Dec. 5–7, and Dec. 12–14), from 9 a.m. – 5 p.m. Saturday and Sunday and 9 a.m. – 1 p.m. Monday. Other check station locations are illustrated on a map shown on TPWD's main CWD web page.

All deer brought to the check stations this season will be aged as part of disease surveillance. Additional biological information such as antler measurements and field dressed weights will also be collected as time allows.

Happy Thanksgiving! From Rep. Andrew Murr



I hope this article finds you all well and that your Thanksgiving will be filled with good family, good friends and good food. Before we break for the holiday, I wanted to alert you to the fact that I have revamped my campaign website at www.AndrewMurr.org to include a great deal more information about our district, the bills that I authored and supported during the 84th Legislative Session, and also general resources for constituents.

I encourage you to take a few

minutes to familiarize yourself with the new website and use it as a resource in the future. From help with a state agency to capitol tours to

links to our counties, cities and school districts, it is filled with useful information.

My goal is to continue adding content to the website as we move forward, so that it can be a one-stop destination for residents in our 12-county district who are seeking information or need help as it pertains to state government. After reviewing the website, if you have any suggestions for things to add, I would appreciate hearing from you. Just click on the "contact" tab at the top of the page and drop me a line.

Once again, I wish you all a very Happy Thanksgiving, and as always, it is an honor to serve the constituents in House District 53 in the Texas Legislature.

Public Notice

NOTICE OF PUBLIC MEETING TO DISCUSS SONORA ISD'S

SCHOOL FIRST RATING (Financial Integrity Rating System of Texas)

Sonora ISD will hold a public meeting at 5:30 PM, Wednesday, December 16, 2015 in the Vocational Building, 805 Prospect, Sonora, Texas.

The purpose of this meeting is to discuss Sonora ISD's rating on the state's financial accountability system.

Meet Penny.

Penny is Meg's mom. Penny watches every penny in her family's budget. Penny gets to share her daughter's data. Pay Their Age is a great way to save a pretty penny!



PAY THEIR AGE FOR DATA

Ages 8 - 18

Meet Meg.

Meg is ten years old. Meg gets ten gigabytes of data for only ten dollars. Meg is a happy kid because she gets to share her data with her family. Pay Their Age is one mega deal!



Pay Their Age is a great way to score big on family data!

With every kid's birthday, you get another gig of data each month for just one dollar!



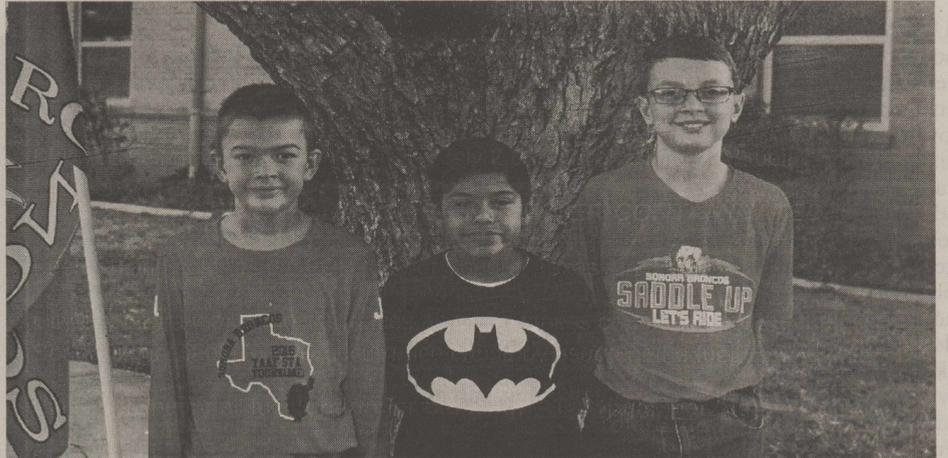
San Angelo: 3389 Knickerbocker Road • 2609 N. Bryant Blvd. • Sunset Mall • HEB • Lowe's Grocery • Evans Communications • iPhone Repair Store Ballinger: 610 Hutchins Ave. Brady: 1200 S. Bridge Brownwood: 300 W. Commerce
Coleman: Coleman Communications Comanche: 217 N. Houston Comfort: 616 Front St. DeLeon: Totecom Communications Eldorado: 17 S. Divide Fredericksburg: 1425 E. Main St. #800A Goldthwaite: Central Texas Communications
Junction: 801 Main St. Kerrville: 1448 Junction Hwy. • 317 Sidney Baker S. #300 • 231 Junction Hwy. • Advantage Communications Mason: Mason Gas Menard: B&N Artwear Ozona: 1002 Ave. E Robert Lee: 803 Austin San Saba: Central Texas Communications
Sonora: 205 a Hwy 277 N. Stephenville: 1189 West South Loop Stonewall: Fred Burg Communications

Local Connections... Nationwide Reach

1-800-695-9016 www.westcentral.com

Certain restrictions apply. For ages 8-18, when paired with an approved plan. See store for details.

Elementary Students of The Week



PreK – Jace Braden, Kinder – Noah Pruneda, 1st – Audrey Castilleja, 2nd – Cecil Vasquez 3rd – Weston Fisher, 4th – Roberto Rodriguez, 5th – Aidan Leamon

FARMER'S DAUGHTER LANDSCAPE

OUTDOOR LIVING & DESIGN

5433 BEN FICKLIN ROAD ~ SAN ANGELO TX
JUST OFF LOOP 306 HEADED EAST
MONDAY - FRIDAY 9-5 SATURDAY 9-3
325-651-2665

CHRISTMAS COMES BUT ONCE A YEAR

*Let us help you
Wrap up the Holidays*

Rosey Bud Hodgepodges

Wedding Selections

Chelsey Lou Campbell and
True Burson

Emily Newton and Aaron
Pearl

Savannah Leonard and Brett
Chambers

MORE THE MERRIER CHRISTMAS BAZAAR

Sutton County Civic Center
Friday, December 4, 2015
9:00 am – 7:00 pm

Top of the
Divide Band
from The Way
Off Broadway
Theatre from
Eldorado will
perform at 5:30
p.m.

*WEST SIDE LIONS CLUB
SERVING REFRESHMENTS
ALL DAY*

DOOR PRIZES!

FMI Contact the Sonora Chamber of Commerce
325-387-2880

CITY OF SONORA, TEXAS

Bids are being accepted for approximately 2,639 gallons of Jet "A" fuel.

FUEL IS SUSPECTED OF BEING WATER CONTAMINATED.

Fuel is being sold "as is." FOB, City of Sonora, Texas Airport.

City of Sonora makes no warranties as to the fitness or condition of the fuel. City of Sonora is not liable for any occurrence cause by usage of the fuel.

Bid should be for all fuel (option: or bid is for _____ gal. per bid).

Bid should be per gallon.

Bid submitted to the City of Sonora, Texas, 201 E. Main St., Sonora, Texas 76950.

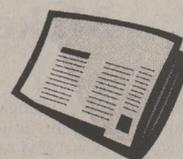
Date all bids due: 30th day of November, 2015 by 2:00 p.m.

Bids may be delivered to City Hall or mailed. Bids mailed but not received by the above date will not be considered.

City reserves the right to reject any and all bids.

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.

The Devil's River News Classified



(325) 387-2507

228 E. Main St.

sales@sonoratx.net

Employment

Notice is hereby given that the City of Sonora is now accepting applications for the position of Field Laborer. Applicants should have a valid Texas Driver's License, a high school diploma or GED. Applicants must be able to maintain and repair property of the municipality, be self-motivated and responsible. Applicants will also be required to obtain a water and wastewater license. All applicants are subject to a criminal background check. Applications can be picked up at City Hall, 201 E. Main, Sonora, Texas 76950 and should be returned to City Hall. Applications will be accepted until the position is filled. For further information, applicants can call City Hall at (325)387-2558. We are Equal Opportunity Employer, who fully and actively supports equal access for all qualified applicants, regardless of race, color, religion, gender, sexual orientation, gender identity, national origin, age, disability status, Genetic Information or Testing, Family & Medical Leave, protected veteran status, or any other characteristic protected by law, and prohibits retaliation against individuals who bring forth any complaint, orally or in writing, to the employer or the government, or against any individuals who assist or participate in the investigation of any complaint, or otherwise oppose discrimination.

Public Notice

NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the Estate of Rodney Ayres Knight, Deceased, were issued on June 15, 2015, in Cause No. PR-1430, pending in the County Court of Sutton County, Texas, to: Kathy Rae Knight.

All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law.

c/o: Elizabeth W. Wallace
Attorney at Law
P.O. Box 1508
Sonora, Texas 76950.

NOTICE TO CREDITORS

Notice is hereby given that original Letters of Administration for the Estate of Mallie Gilbert Turner, Deceased, were issued on July 13, 2015, in Cause No. PR-1428, pending in the County Court of Sutton County, Texas, to: Debra Jean Pogue.

All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law.

c/o: Elizabeth W. Wallace
Attorney at Law
P.O. Box 1508
Sonora, Texas 76950.

Public Notice

Notice
Public Hearing
Sutton County UWCD
Amended Rules
August 20, 2015
6:30 p.m.
Lillian Hudspeth Wellness
Center
conference room
308 Hudspeth
Sonora, TX 76950



For Sale

For Sale By Owner
House with Acreage West of Sonora, \$ 296,000. Go To www.zillow.com (type in the Sonora Zip code 76950) FOR DETAILS. Or call 325-450-4807

For Rent

Large house, barn and acreage for rent, close to Sonora. \$950/mo. 214-769-9229 or cdj325@sbcbglobal.net

Employment

Registered Nurse in Sonora and Surrounding Areas
Hospice of San Angelo, Inc.- San Angelo, TX
Registered Nurse needed in Sonora and surrounding area including Ozona and Big Lake. Work with Dynamic and supportive team and learn how rewarding hospice care can be. Some weekend night work required.
Benefits for FULL TIME: Medical and Dental insurance 401K, Excellent Paid Time Off, Paid Holidays.
Looking for someone who is compassionate, self-motivated and flexible.

Reliable transportation is a must.

Want Ad

Will buy old or unwanted horses. FMI call George at (325) 446-6081.

For Sale

Want to buy a 1979 Sutton County History Book? Please Call 325-387-2826 FMI.

FOR SALE

2005 14x60 Mobile Home
3bedroom 1bath
ready for living

Carport Sale

3 family carport sale. Saturday October 31st, 8:00 am-4:00pm 111Hillside (east of Hospital)

Public Notice

PUBLIC NOTICE BUDGET HEARING

The City Council will hold a public budget hearing on September 14, 2015, at 6:00 p.m., City Hall, 201 E. Main, Sonora, Texas. All citizens are invited to attend and provide the council with comments and ask questions concerning the city's proposed 2015-2016 Budget. The public can inspect the proposed budget at City Hall, Monday through Friday from 8:00 a.m. until 5:00 p.m.

Employment

The 112th District Attorney's office is searching for an Investigator who will handle all aspects of felony investigations filed with the 112th District Attorney's Office from inception through trial. DUTIES AND RESPONSIBILITIES: Receives and reviews cases filed with the District Attorney's office, prepares case summaries and written requests for information needed to complete the cases, with diligent follow-up to obtain the requested information; works with prosecutors on cases and responds to requests for various documents and materials; assists various prosecutors with all aspects of trial, including juries, evidence, testimony, and progress of cases; assists with special investigations as requested by the District Attorney; provides support to other agencies for investigations upon request by the agency and approval by the District Attorney; helps present cases for both grand jury and pre-trial hearings; issues subpoenas for witnesses and records; prepares and operates power point presentations for grand jury and trial. EDUCATION AND/OR EXPERIENCE: Requires an equivalent combination of education and experience which provides the required knowledge, skills and abilities with knowledge of Texas Criminal Laws and procedures. CERTIFICATIONS: TCOLE (formerly TCLEOSE) certification required. SALARY: \$50,000.00 DOE, Plus Full County Benefits. Usual working hours, 8:00 to 5:00, Monday through Friday; however, additional hours may be necessary as workload dictates. Applications may be obtained at the 112th District Attorney's Office, 400 S. Nelson (Judicial Building), Fort Stockton, Texas 79735, (432-336-6294) or the Ozona Office located in the Crockett County Courthouse, 907 Avenue D, Ozona, Texas 76943 (325-392-2025). EOE. DEADLINE FOR APPLICATIONS: November 13,

SONORA SAGE APARTMENTS

Located @ 101 Deerwood Drive, #33
Sonora, Texas

1 & 2 Bedrooms

Rental Assistance Available for Qualified Applicants
Section 8 & HUD Welcome
Rent Based on Income

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- Mini Blinds
- Playground Equipment
- Pest Control Services
- Maintenance Service
- Washer & Dryer Hook-ups

Please Call Ruth or Come By
(325) 387-5910

"Come Live With Us"

Holmes
We Can Tow Anything
325-387-3470
Wrecker Service
Stoney Holmes
-owner/operator-
Go Broncos and Lady Broncos!



Altered Recipes, Better Food Choices Make For Healthier Holidays

COLLEGE STATION — Turkeys aren't the only things getting stuffed during the holidays. That's why a Texas A&M AgriLife Extension Service expert has tips on altering recipes and making food choices for healthier holiday eating.

"The sugar, fat or sodium content of many holiday recipes can be reduced without a noticeable difference in taste," said Dr. Jenna Anding, AgriLife Extension program leader for nutrition and food sciences, College Station. "In addition, there are several traditional holiday foods that are nutritious provided you prepare them in ways that don't add a significant amount of fat or calories."

Anding said sugar and fat content are probably the biggest ingredients to address when preparing holiday recipes.

"If a recipe calls for a cup of sugar, try using two-thirds of a cup," she said.

If reducing the fat content of a recipe is the goal, try using reduced or non-fat cheese, milk, cream cheese, cottage cheese, yogurt or mayonnaise instead of their higher-fat counterparts, she said.

"Another option is substituting evaporated milk for cream. For mashed potatoes, using defatted broth instead of butter can reduce both fat and calories. Just remember, low fat doesn't always mean low calorie, so be aware of both in holiday food choices."

Modifying recipes may not always produce the desired texture, Anding said, so do a taste-test before serving it to friends and family.

She said processed foods often have a higher salt content, so people should be vigilant about checking food labels for sodium content.

"If you have a choice between regular and reduced-sodium ingredients, choose those with less sodium," she said.

Many traditional holiday foods can be healthy and nutritious choices, so long as they are prepared properly and not embellished in ways that take away from that nutritional value, Anding said.

"If you're cooking a turkey, leave the skin on to contain the flavor, but then remove it afterward to reduce the fat content. Baste your turkey in its own juice or use a defatted broth."

She said for vegetables the healthiest method of cooking is either steaming or roasting, using a small amount of oil or cooking spray.

"Adding herbs and spices can add unique flavors without added fat and calories," she said.

Anding noted that sweet potatoes are a favorite holiday vegetable containing beneficial phytonutrients and antioxidant properties, as well as essential vitamins and minerals.

"Sweet potatoes are a good source of fiber, are high in vitamins A and C and are a good source of manganese.

They are also low in calories. A medium-size baked sweet potato only has about 100 calories, so a baked sweet potato with a little bit of brown sugar and cinnamon can be a healthier option to those slathered in butter or cooked with a marshmallow topping."

Anding said cranberries, a common holiday food, are loaded with phytonutrients and are known for their anti-inflammatory properties that can promote health and may reduce the risk for disease.

"Adding them in salads and baked items such as muffins, cookies, and pies can be a way to sneak in some added nutrition and flavor," she said.

Even with healthier preparation techniques, when it comes to eating during the holidays, Anding cautioned that portion size is still an important factor. She also noted the holidays also provide more opportunities to eat at family and social gatherings.

"If you're trying to avoid holiday weight gain, the key is to plan accordingly so you can keep your calorie intake in check," she said. "And don't forget regular physical activity. It can burn off those extra calories and relieve the stress that often accompanies the holiday season."

More food and nutrition information and resources available from AgriLife Extension can be found at <http://fcs.tamu.edu>.

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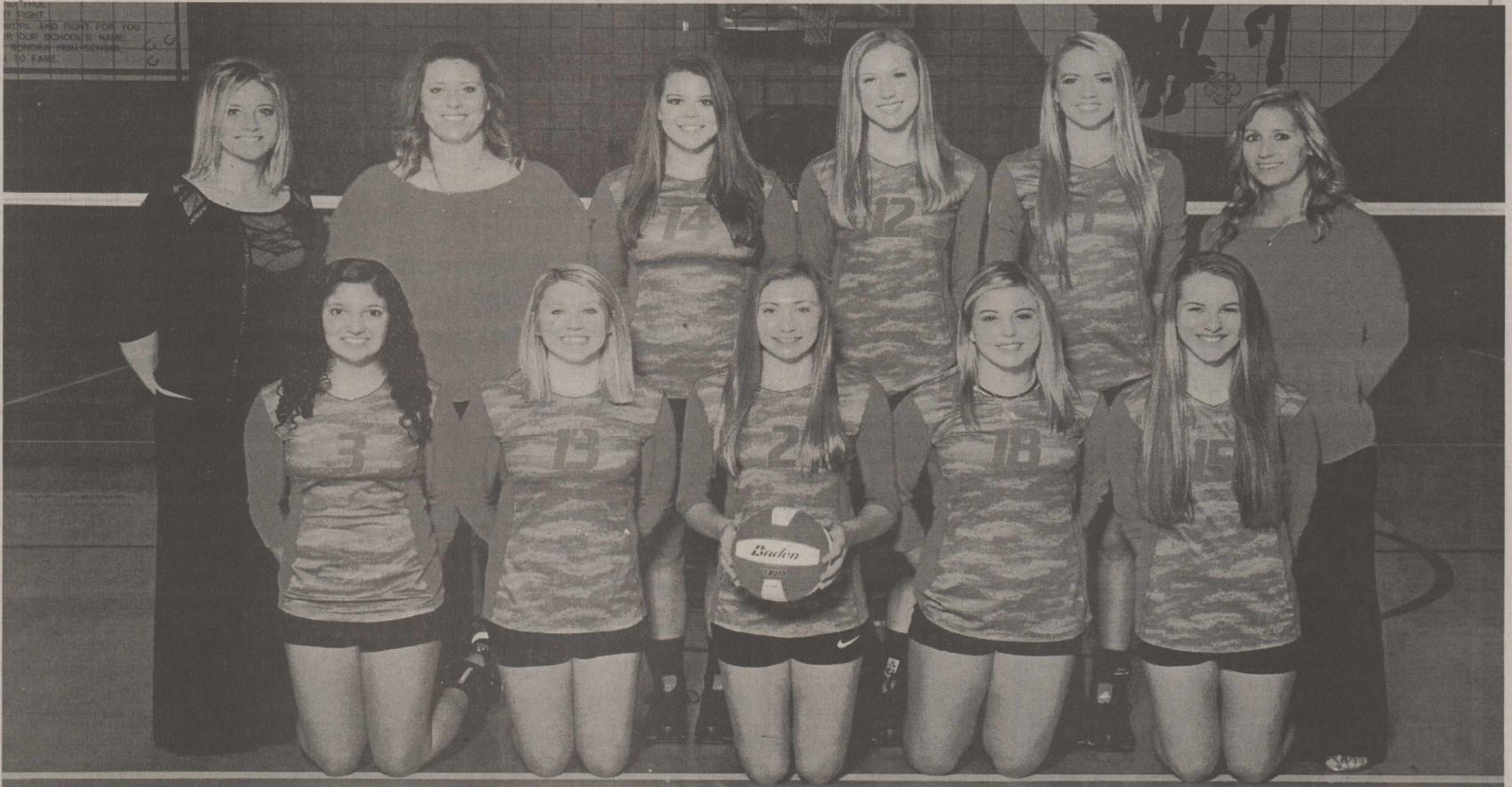
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