

OZONA, TEXAS

#### **SCHOLARSHIPS:**

**B5** Foundation awards Ozona Students

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#### **ART EXHIBIT:**

**Crockett County Library** shows off local artist

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# The Ozona Stockman

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**WEDNESDAY, FEBRUARY 8, 2017** VOL. 104, NO. 4

# 100 Days of Success



OZONA ELEMENTARY STUDENTS celebrated the 100th day of school Friday by giving and receiving high-fives from 100 successful men in the community. These men included local emergency, law enforcement, county and school officials, as well as local residents. The event was sponsored by the OES PTO.

# State designates first 25-Mile section of US 190 as Interstate 14

The Texas Transportation Commission, at its January meeting, approved the designation of a 25-mile segment of the state highway system as Interstate 14.

It is the first segment of I-14 to be designated in Texas and will run jointly with US 190 from the intersection of US 190 and Business US 190 E in Copperas Cove to Interstate 35 in Belton.

The move makes real a small section of a much longer highway that is proposed to stretch westward from Copperas Cove along the current route of US 190 to Lampasas, Lometa, San Saba, Brady, Menard, Eldorado and Iraan before connecting with Interstate 10

in Pecos County. "As envisioned, the proposed I-14 corridor would improve access and connections to military installations along the US 190 corridor, as well as provide a critical artery for commerce, that ultimately would stretch from west Texas to the Texas-Louisiana border," said TxDOT Deputy Executive Director Marc Williams.

PLEASE SEE **ROUTE,** PAGE 5



IT'S ON THE MAP: A 25-mile section of U.S. Highway 190 between Copperas Cove and Belton have been designated as Interstate 14. The designation represents the first move in a plan to upgrade 190 to Interstate 14 as part of the Gulf Coast Strategic Highway System. Part of the route would be located in north of Ozona where State Highway 163 intersects with 190. One of the proposed alternate routes would have the highway

connecting with Interstate 10 just east of Sonora.

# State Bound



THE FLUTE TRIO OF (left to right) Brenna Hale, Autumn Villarreal and Trystian Galindo received a Division I rating on their piece at the UIL Solo and Ensemble Contest Saturday at Angelo State University in San Angelo. The trio advanced to state competition, which will be held May 27-29 in Pflugerville. More solo and ensemble participants on page 7.

# **National School Counseling Week**

National School Counseling Week, sponsored by the American School Counselor Association (ASCA), will be celebrated this week, Feb. 6-10, to focus public attention on the unique contribution of professional school counselors within U.S. school systems and how students are different as a result of what school counselors do.

National School Counseling Week highlights the tremendous impact school counselors can have in helping students achieve school success and plan

for a career. The special week honoring school counselors provides recognition for school counselors who "implement comprehensive school counseling programs, a vital part of the educational process for all students as they meet the challenges of the 21st century," said CCCCSD Superintendent Raul Chavarria.

As part of its celebration for National School Counseling Week, CCCCSD will be recognizing counselors Katie Parker and Leanna Childress with morning announcements, thank you notes and appreciation gifts from students and staff, a special luncheon at Bentwood Country Club in San Angelo on Tuesday and lots of affirmations.



**CCCCSD COUNSELORS Katie** Parker and Leanna Childress are being honored as part of National School Counseling Week.

School counselors are actively engaged in helping students examine their abilities, strengths, interests and talents; for working in a partnership with parents as they encounter the challenges of raising children in today's world; for focusing on positive ways to enhance students' social/personal, educational and career development; and working with teachers and other educators to provide an educational system where students can realize their potential and set healthy, realistic and optimistic aspirations for themselves.

Professional school counselors are certified, experienced educators with a master's degree in guidance and counseling.

PLEASE SEE **WEEK**, PAGE 5

**HARDWARE &** LUMBER INC.

OHS LIONS VS IRION COUNTY 5 P.M. FRIDAY AT MERTZON



# Close loopholes in state Public Information Act

After the Sharpstown fraud and bribery scandal rocked the Texas Capitol in the early 1970s, Texans opted to "throw the rascals out" and elect a reform-minded Legislature to clean up the mess.

A cornerstone of the 63rd Legislature's reform agenda was the Public Information Act of 1973, which empowered the people to see what their government officials were doing and hold them accountable. Lawmakers clearly stated that the public's right to know, in most cases, should prevail over

**GUEST COLUMN** 

KIRK WATSON AND GIOVANNI CAPRIGLIONE

other interests because infor-

mation is key to accountability.
But the Texas Supreme Court ignored this fundamental principle of the law and overlooked decades of prior interpretations when deciding two recent cases regarding public information:
Boeing vs. Paxton and Greater Houston Partnership vs. Paxton. In both cases, the Court chose to protect the interests of private entities that bene-

fit from public funds over the rights of the people.

The press and various watch-dog groups raised the alarm when these opinions were released in 2015. But now that the 85th Legislature is in session, it's incredibly important that Texans understand what is at stake, too.

Every year, our state and local governments enter into thousands of contracts with private entities such as engineers, accountants, road-builders, foster care agencies, food service providers, IT companies, social service groups and so many more. These contracts, which together are worth billions, dictate what we as the taxpayers will pay, what we'll receive in return and who'll reap the financial benefit. And now, in many instances, those contracts can be kept hidden from those of us who are picking up the tab.

This process is ripe for abuse, as we've seen time and again from recent contracting scan-

dals. Has a company failed to deliver on-time and on-budget? Has a state or local official struck a self-serving deal?

People will generally behave better if they know someone could be watching. To be good watchdogs, the public must first be able to see government contracts.

Increasingly, these court decisions are being used to shield basic information that would have been released before. In 2016, the state Attorney General's Office ruled in about 600 cases that information may be

withheld under the competitive bidding exception; that's compared with about 250 in 2014, the year prior to the Supreme Court ruling.

We're not talking about protecting a company's trade secrets here - those are covered elsewhere in the Public Information Act. Examples of withheld information have been well-documented and include: how much McAllen paid Enrique Iglesias to perform in a

PLEASE SEE **PUBLIC**, PAGE 8

# Rolling back government red tape

he last thing my constituents want is more vague and confusing government regulations that come at the expense of hardworking families and small businesses. But a punishing, ever-increasing morass of red tape forces small and family-owned businesses to spend countless hours, dollars and resources on compliance, instead of doing what they do best - build their business. This means fewer jobs for American workers and slower growth for our

That is why I'm fighting in Congress to do what small business owners in the 23rd Congressional District of Texas really want Washington to doget out of their way.

Earlier this month. I joined colleagues from both sides of the aisle to pass the REINS Act, which requires all federal regulations with an annual cost of over \$100 million to be approved by Congress before implementation. This will prevent a faceless bureaucracy from creating an overly burdensome regulatory environment. This week, I expressed formal disapproval of several new regulations proposed by federal agencies, including one that regulates streams on private property. I even co-sponsored another Resolution that disapproves of confusing social security rules that affect seniors' Second Amendment Rights.

The new Administration took steps in the right direction last week with an Executive Order to reduce the number of unnecessary regulations that remain on the books. Under the order, if a federal agency such as the EPA, proposes a new rule, it must also identify two rules that should be removed. This is a commonsense reform that many other governments around the world use to cut down



HURD ON THE HILL WILL HURD

on the number of outdated regulations that often go unenforced, and remain part of the federal code.

The truth is that

burden-

some rules

and regulations stand to negatively affect every American in one way or another - but the agriculture industry typically feels the impact to a greater degree. Under EPA overreach, many of the common, every-day practices of farming and ranching have suddenly required federal permits. In the past, I voted to stop funding for new EPA rules that would have created more burdensome and unnecessary regulations for dry creek beds and ditches located on family owned farms and ranches. The uncertainty behind these complex federal rules means that farmers and ranchers have to operate at continuous risk of incurring fines or facing government lawsuits.

These rules affect you even if you are not a farmer or a rancher. When you consume food and clothing products, be prepared to pay more as production costs increase to remain compliant with the rules.

Our nation does not need more government interference. What we need is for the full force of American small business owners and entrepreneurs to be unleashed. And the best thing that Washington can do to help is remove the obstacles we've created and then let businesses do what they're best at – growing the economy and creating jobs. I'm proud to report that we are doing just that.

WILL HURD represents the 23rd District of Texas, which includes Crockett County. Contact him at: http://hurd.house.gov

# Gypsies, Tramps & Beeves

I get my news from paperview. I read the newspaper. I don't watch much television and have found that your average security camera monitor is more entertaining than TV. I do however watch the occasional weather report on TV, but I don't know why I bother because it's always the same: "Torrential sunshine today with scattered darkness tonight."

In our area weatherpersons come and go like gypsies and cold fronts. Some are good and some are bad. Generally speaking I've found that the best TV weatherpersons are found where the weather is the worst. My problem with most TV weather reports is that the weather is not taken seriously enough. To me the weather report is far more important than what happened in Syria or what Congressperson got caught with his pants down, or his hand in the till. I guess I've been in the beef business for too long but the weather is no joking matter. In many instances the weatherperson is some sort of clown. It's no accident that Willard Scott, the most famous weatherperson in TV history, was the original Ronald McDonald, or that his "training" to be a weatherman included stints as Bozo the Clown.

We've certainly had our share of clowns where I live. There was one tramp who looked like she was dressed by Victoria's Secret and another guy with a huge honker. His nose was so long when he stood sideways to the camera and pointed to a low pressure area it looked like he was pointing with his schnozzola. We called



IT'S THE PITTS

LEE PITTS

fitting because, oh, how he lied. I've met a few "celeb-

him Pinnochio and it was

I've met a few "celebrity weathermen" over the years because at many of the charity auctions we worked the local TV station would send the weatherperson to "jazz up the auction." Usually these local stars felt compelled to imprint their personality on the sale. Years ago I was at a Junior Livestock Auction and the local TV station had sent

their weather reporter with the idea that his presence would help create excitement and therefore raise more money for the kids.

When we were selling the Grand Champion Steer the weatherman first stood ringside with a cane he'd borrowed from a hog showman and was swinging it so wildly he nearly decapitated one of the real ring men. To everyone's shock the weatherman then grabbed the microphone off the block from the auctioneer and tried to call bids. Needless to say, he had no chant and was awful. He didn't advance the bid one thin dime and the crowd had clearly had enough of his narcissistic behavior. As he obnoxiously implored the crowd to bid he walked up to the rear of the steer, raised his hand and emphatically slapped the steer on its rump with a big THWACK!

In the flick of an eye, with a crack that sounded like thunder the steer shot a kick that landed... well let me put it this way. If we suppose the weatherman's head was number one and his feet were number ten, the weather guy got it right about number five. He dropped the microphone and fell to his knees with his lips forming a big round circle of pain... "OOOOOO!"

There was a smattering of groans and impolite cheers and a couple standing ovations from the cowboy crowd who for years had been given a bum steer by this obnoxious weatherman.

There was a cameraman from the TV station at the Junior Livestock Auction so everyone rushed home to see if the memorable event would be shown on the nightly news. When it came time for the much anticipated weather segment the anchorman broke into a broad grin and said that the regular weatherman would not be on and explained his absence by saying, "He'd had a big day at the fair and was now a bit under the weather."

As if a tainted fried Twinkie was responsible and not the Grand Champion Steer.

I'd always wondered about the derivation of the phrase, "under the weather." Now, whenever my wife and I watch a certain NBA team play with a well known dirty player on its roster we just know before the game is over there's a good chance someone is gonna be "a bit under the weather."

www.LeePittsbooks.com

# Governor raises four issues to emergency status

**STATE CAPITAL HIGHLIGHTS** By Ed Sterling | Texas Press Association

AUSTIN — Gov. Greg Abbott delivered his second biennial "State of the State" address to a joint session of the Texas Legislature on Jan. 31.

In exercising his prerogative as governor, Abbott presented a short list of emergency items for lawmakers to enact during the 85th regular session of the Texas Legislature:

- · Improvements to Child Protective Services;
  - A ban on sanctuary cities;Ethics reforms; and
- · Approve a resolution calling for a convention of

states.
Abbott said a convention of the states is needed to propose constitutional amendments in order to "fix America" because of a federal government "grown out of control." It would take a twothirds majority, or 34 of the 50 state legislatures, to call a convention under Article V of the United States Constitution.

In addition to the emergency items, Abbott called for:

· A hiring freeze, to be observed at all state agencies through the month of August.

The freeze, he said, would give the state \$200 million to use on other budget items;

- · More attention to prekindergarten programs and the funding of them;
- · Full funding of the Texas Enterprise Fund, a financial instrument used by the governor's office to help lure big businesses to the
- Lone Star State; and
  Property tax reform.
  On Feb. 1, a day after delivering the State of the State address, Abbott met with U.S.
  Department of Homeland Security Secretary John Kelly for a quick tour of the Rio Grande Valley.

"Together with the federal government, Texas will not flinch in our resolve to keep our citizens safe," Abbott said, and pointed out the connection between border security and his emergency item calling for a ban on sanctuary cities.

#### HECHT SPEAKS TO LAWMAKERS

Texas Supreme Court Chief Justice Nathan Hecht delivered his "State of the Judiciary" address to a joint session of the Texas Legislature on Feb. 1.

Hecht began his remarks by recounting the 2015 shooting of State District Judge Julie Kocurek in Travis County. Kocurek survived the shooting and returned to the bench.

"With judges like Judge Kocurek serving the people of Texas every day," Hecht said, "I am proud to report to you that the state of the Texas judiciary is strong." Hecht asked lawmakers for

help in improving judicial security and compensation, electronic access to court documents, guardianship monitoring and increased access to justice for the poor and the middle class.

Hecht pledged



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Classified Ads are \$6 for the first 25 words and .30c for each additional word.

Classified Ads and Cards of Thanks are payable in advance unless customer carries a regular account.









#### LETTERS TO THE EDITOR

We welcome your letters. Not all will be published. To submit a letter, mail us at The Ozona Stockman, P.O. Box 370, Ozona, Texas 76943-0370 or e-mail us at publisher@ozonastockman.com. Please include name, address, phone number and e-mail if available. ALL LETTERS MUST CONTAIN THIS INFORMATION OR WILL NOT BE PUBLISHED. Letters are subject to editing. Defamatory, libelous and/or profane language will reject any letter out of hand. Letters should not exceed 250 words.

#### CORRECTIONS

Any erroneous reflection upon the character, reputation or standing of any individual, firm or corporation will be corrected when called to the attention of the management by the next issue.

# Ozona students receive scholarships from the B5 Foundation

Four Ozona students have received scholarships from the B5 Foundation.

Jessica Borrego, Jeremy Munoz, Sierra Stokes and Lexi Poindexter, along with Abrian Gonzales, of Lubbock, each received a \$1,000 scholarship on Feb. 1. All students attend Texas Tech University.

The B5 Foundation was established in memory of Brittany Granger, who was killed in a vehicle accident on Feb. 1, 2014.

The foundation enable's Brittany's family and friends to carry on her legacy and her love for Texas Tech University, as well as the game of golf.

Two golf tournaments are held each year, one in Lubbock and one in Andrews, to help raise funds for the foundation.

All funds raised by the B5 Foundation go to provide students scholarships to Texas Tech University, donations to Texas Tech University organizations, give back to the game of golf through scholarships and donations and gifts for the needy and other situation the board feels would be touching to Brittany.



SUBMITTED PHOTO

SCHOLARSHIP RECIPIENTS: (left to right) Jessica Borrego, Jeremy Munoz, Sierra Stokes and Lexi Poindexter, of Ozona, along with Abrian Gonzales, of Lubbock, received scholarships from the B5 Foundation named after Brittany Granger. Also pictured are Benny and Shana Granger who started the foundation in their daughter's memory.

The name B5 comes from the Bernstein Bears "B Book," which was Brittany's favorite.

Brittany's parents, Benny and Shana Granger, are former residents of Ozona. Her brother, Brady, is a graduate of Ozona High School.

B5 Foundation donations can be mailed to P.O. Box 956 Andrews, Texas 79714.

#### **COMMUNITY CALENDAR**

#### Wednesday, Feb. 8

- Exercise Class, 9 a.m. at the Senior Center
  Pride Lunch for Kindergarten, Second and Fourth Grades at OES Cafeteria.
- Mexican Train, 1:30 p.m. at the Senior Center
  Prayer Group, 3 p.m. at the Senior Center

#### Thursday, Feb. 9

- OHS Powerlifting Teams at the Lake View Meet in San Angelo
   OHS Tennis Teams at the Brandon Clark Tournament in San Angelo
- Balance Exercise, 9:30 a.m. at the Senior Center
- Balance Exercise, 9:30 a.m. at the Senior Ce
   Quilting, 9:30 a.m. at the Senior Center
- Bingo, 2 p.m. at the Senior Center
- Crockett County Care Center, Health and Emergency Services Board of Directors meeting, 7 p.m. at the EMS Building.

#### Friday, Feb. 10

- Early Release Day at noon for Ozona Schools and Teacher Collaboration; OES Release Times
- are 11:45 a.m. Pre-K, Kindergarten-Fifth Grades noon
- End of 4th Six Weeks at Ozona Schools
- OHS Golf Teams at Big SpringOHS Tennis Teams at the Brandon Clark Tournament in San Angelo
- Exercise Class, 9 a.m. at the Senior Center
- $\bullet$  JV and Varsity Lions vs Irion County, 4 p.m. at Mertzon
- Saturday, Feb. 11

   OHS Golf Teams at Big Spring
- OHS Band at the TMEA All-State Concert in San Antonio Sunday, Feb. 12

#### • Bingo, 3 p.m. at the OLPH Parish Hall Monday, Feb. 13

- Mock STAAR Practice Math Exam for Third and Fourth Grades
- Exercise Class, 9 a.m. at the Senior Center
- Crockett County Commissioners' Court Meeting, 9 a.m. at the courthouse annex
   OES PTO Meeting, noon at El Chato's Restaurant
- Bridge, 1:30 p.m. at the Senior Center
  Crafts, 3 p.m. at the Senior Center
- 4-H Club Meeting, 5:15 p.m. at 4-H Office

#### Tuesday, Feb. 14

- valentine's Day
   Mock STAAR Practice Fourth Grade Writing and Fifth Grade Science Exams
- Sit Down Exercise, 10:30 a.m. at the Senior Center
   OHS Softball vs McCamey, 6 p.m. at McCamey

#### Wednesday, Feb. 15

- Mock STAAR Practice Third and Fourth Grade Reading Exams
- Exercise Class, 9 a.m. at the Senior Center
- Pride Lunch for Pre-K, First, Third and Fifth Grades at OES Cafeteria.
- Mexican Train, 1:30 p.m. at the Senior Center
  Prayer Group, 3 p.m. at the Senior Center

#### **MUSEUM MEMORIALS**

#### IN MEMORY OF:

Robert Beecher Montgomery, Martha Jean Conner, William Billy Hoover III, Vonda Glynn Flannigan, Jack Riggs, Susan Susie Cunningham, Archie Abie Morris, Janet Lee Moore, Letha Loudamy Allen, Alfred T. Carleton, Garland Young, Felicita Flores

#### FROM:

Mr. and Mrs.
Fred Van Shoubrouek

IN MEMORY OF:

#### Letha Loudamy, Vonda Flan-

nigan, Jean Conner, Debra Falkner Meador, Zelma Johnnigan, Luis Martinez and George Ybarra FROM: Anonymous

#### IN MEMORY OF:

Roy Light Foot McClendon **FROM:** Will and Beth Hoover

#### GOLD LEAF MEMORIALS IN MEMORY OF:

A.E. Morris, Billie Morris, Billy Hoover, Jean Conner, Letha Loudamy Allen and Janet Moore FROM: Norma Carson

#### IN MEMORY OF:

Martha Henderson **FROM:** Nancy Forehand

**IN MEMORY OF**: Dale Bebee **FROM**: Karen Bebee

**IN MEMORY OF:** Jimmy Martinez and Martha Henderson **FROM:** Class of 1956

#### **IN MEMORY OF:** Martha Henderson

FROM: Mr. and Mrs. Fred Van Shoubrouek

#### IN MEMORY OF:

James Robert Bailey Jr., James Robert Bailey and Jeannette Grimmer Bailey FROM: Anonymous

#### IN HONOR OF:

Nancy Forehand and Tina and Douglas Bean FROM: Anonymous

Crockett County Museum Memorials can be sent to: P.O. Box 1444, Ozona, Texas 76943

# Medina named Texas A&M 'Distinguished Student'

Vivian M. Medina has been named to Texas A&M University's "Distinguished Student" list for the 2016 Fall Semester.

"Distinguished Student," recognizes those who earned a 3.5 to 3.74 GPA while tak-

ing at least 15 hours for the fall semester.

Medina is a senior construction science major.

She is a graduate of Ozona High School and the daughter of Mike and Grizz Medina, of Ozona.

# Local scholarship information needed

Ozona community organizations interesting in supporting the Class of 2017 with local scholarships need to contact Leanna Childress, OHS Counselor, with their

scholarship information and application forms.

You can reach Mrs. Childress at (325) 392-5501 ext. 5742 or email leanna.childress@ozonaschools.net.

#### HAPPY BIRTHDAY

**Feb. 8** - Jan Van Shoubrouek, Marty Moran Sr. and J.D. McGuire

**Feb. 9** – Lillian Bunger, Aaron Renfroe, Augustine Martinez, Ryan Thomas Ramos, Duston Vargas, John E. Lopez III, Paarth Raj Bhakta, Jason Puckett and Odelia Alba

Feb. 10 - Coleman Quaid, Clay Childress, Adam Hopper, Rebekah Shaw, Katie Friend, Mari Campos and Leon McDowell Feb. 11 - Jayton Ro-

driquez, Liz Franco, Nelly

Gibson, Stanley Flanagan,

**Feb. 13** - Doug Meador, Michelle Necessary, Karen Huffman, Samantha Tambunga, Leticia Madrid, Marisella Paradez and Chris Lara

Clark and Guillermo Rios

Feb. 12 - Xavier Allsup,

Shelby Ortiz, Sara Hignight,

Angie Tambunga, Kristie Ar-

mendariz and Vanessa De La

**Feb. 14** - Kara Bird, Kaleigh Rae Thomas, Kimberly Borrego, Amparo Hernandez, Matilda Ortiz, Lisa Jay Vargas, Melonie Williams, Janet Talamantez, Jesus Vega Jr., Connie Robledo and Jesse Ramos Ir



### KC Kitchen last Wednesday of the month

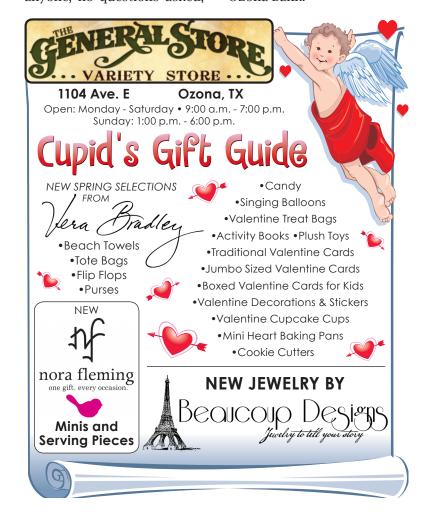
The Knights of Columbus will begin the KC Kitchen on the last Wednesday of each month.

The meals will be served once a month.

The meals are open to anyone, no questions asked,

from 11 a.m.-1 p.m. at the Knights of Columbus Hall.

Anyone wanting to make a donation towards the KC Kitchen meals may do so to the Knights of Columbus an account is opened at the Ozona Bank.





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#### **HELPING HANDS NEWS**

Helping Hands is in need of volunteers to deliver meals to the elderly. If you have some time, or need some community service for school, come by or call (325) 392-5026.

#### **FEBRUARY 8**

Baked chicken, Au Gratin potatoes, green peas with red pepper, whole wheat bread, angel food cake and milk.

#### **FEBRUARY 9**

Mongolian beef, rice pilaf, roasted brussel sprouts, whole wheat roll, escalloped apples and milk.

#### **FEBRUARY 10**

Pulled pork on bun, baked steak fries, pineapple coleslaw, pickles and onion, fruit cobbler and milk.

#### **FEBRUARY 13**

Santa Fe pork cutlet, scalloped potatoes, broccoli florets, wheat roll, vanilla berry pudding and milk.

#### February 14

Teriyaki chicken, brown rice pilaf, oriental vegetables, whole wheat bread, orange Zephyr whip, fortune cookie and milk.

#### **FEBRUARY 15**

Beef tips and gravy, egg noodles, seasoned spinach, wheat roll, chunky fruit medlev and milk.

#### **FEBRUARY 16**

Turkey Tetrazzinl, green peas with red pepper, cheesy garlic bread, fresh fruit and

#### **FEBRUARY 17**

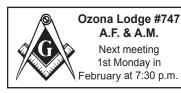
Chicken drummies, potato wedges, savory carrots, tangy coleslaw, wheat roll, cranberry velvet and milk.

#### **FEBRUARY 20**

Beef lasagna, Italian vegetables, wheat roll, buttermilk cake and milk.

#### **FEBRUARY 21**

Soft beef taco, Spanish rice, salsa, pinto beans, fresh fruit, sugar cookie and milk.



## The brain, under attack and unattended?

More than any other organ, the brain is the one body part that defines our humanness, with our unrivalled capacity for thought, feeling, language, philosophy, culture and art. The brain is the single part of ourselves we must protect, preserve and optimize to build our resilience for the toxic environment in which we live today.

The human brain is comprised of two hemispheres of fat in gray and white matter; up to 80 percent of fat by dry weight (+/-). Of this, roughly half is protective saturated fat and contains 25 percent of our body's total amount of cholesterol. A secret weapon of sorts, the human brain is unique in all of nature, with the ability to rely on special units of energy produced from fat, known as ketones, in an on-going basis. Only human brains are capable of this. And what does our brain do with all that fatty composition and unique fatbased energy? It solves complex sophisticated problems at lightning speed, which no computer can match, and it can philosophically ponder the sophisticated origins of our vast universe and very ex-

istence.

What is extraordinary is that we acquired these incredible neurological machines because we put down the bamboo leaves and picked up the marrow bones (and cracked them open). Without this fundamental shift 3.39 million years ago, we might have just been another potbellied primate, foraging for 14 hours a day along the forest floor and joining our social order by picking the tasty bugs off our neighbors' backs. Did our taste for meat and fat allow for our big, hungry brain? We don't know for sure (though it is likely), but we know that humans allocate a much higher proportion of their energy expenditure to their brain than any other mammal or primate our size.

And by developing (relatively) carnivorous digestive tracts and robust gallbladders,



HERE'S TO **YOUR HEALTH** 

JIM FISH

fulfill this energy need by digesting meat and animal fat instead of plant matter, thereby ensuring a calorically dense diet...

something

we could

that hours of foraging and digesting leaves and plants could never do.

David Perlmutter, MD, FACN, ABIHM - Board-Certified Neurologist advises, "Alzheimer's disease, far and away the most common form of dementia, now affects some 5.4 million Americans, representing the third leading cause of death in our country. This number is predicted to double in just the next 15 years! Moreover, women are disproportionately at risk, representing 65 percent of Alzheimer's cases. In fact, a woman's risk of developing Alzheimer's disease now exceeds her risk of developing breast cancer."

"Twenty percent of myelin Icoating every nerve cell and fiberl is cholesterol. If you start interfering with the body's ability to produce cholesterol, you put the very structure of the brain and the rest of the nervous system under threat." - from "Cholesterol: Friend Or Foe?" by Natasha Campbell-McBride, MD, MMedSci (neurology), MMedSci (nutrition).

Along with statins, heart medications and other drugs marketed by the pharmaceutical industry, sugar is the 'leader of the pack' of the refined and simple carbohydrates we always thought were our friends. "Healthy grains", brown rice, bagels, whole grain bread are no different... refined sugar and flour lead the assault on our health and wellbeing. Biding their time over our lifetimes, they wreak havoc on our brain and mental health with disorders like dementia, Alzheimer's, ADHD, ADD, autism and chronic headaches; with thyroid com-

plications and more. These chemicals, grains and malnutrients are why our brain suffers its greatest threat today than at any other time in human history.

Like I've said many times before, given half a chance and the proper nutrients, the human body (and brain) will heal itself. We must increase the amount of fat and cholesterol recommended daily by the Standard American Diet (SAD). Not only will we protect but we can potentially reverse and undo years of damage contributed in our ignorance and by the misleading information disseminated by our public health officials since

The brain needs more than just calories... it needs the building blocks of a variety of amino acids, specific types of fatty acids, and lots of cholesterol. "Where chimp's brains use predominately omega-6 essential fatty acids derived from plant foods as their building blocks, our human brains are structured using two critical long chain fatty acids known as arachidonic acid (AA) and a key omega-3 docosahexaenoic acid (DHA), both of which are available only from animal source foods. This pair of pre-formed animal source fatty acids accounts for many of the human brain's unique cognitive capacities. They are the blocks that build our advanced brain structures with higher functions, such as our unique neocortex and prefrontal cortex. DHA in particular is the dominant storage form of omega-3s in the human brain; comprising fully one quarter of the brain, it is arguably the most critical fatty acid. We owe our human qualities in no small part to this wonder fat." - Primal Fat Burner, by Nora Gedgaudas.

Here's to your health.

JIM FISH is an Integrative Nutrition Health Coach. Contact him with your health related questions or citations to this article at (325) 276-2150, jimfish@usa.com or P.O. Box 905, Ozona, Texas 76943

#### **OZONA SENIOR HAPPENINGS**

# **Senior Bingo Social** Feb. 20

BY BRENDA NEWTON SENIOR CENTER DIRECTOR

Nikki Bishop is still having the sit-down exercise on Tuesday mornings at 10:30 a.m. She is the Wesley Nurse at the Methodist Church. She will take your blood pressure and keep a record of your progress. If you have any questions about diabetes or any other age related problems, giver her a call at the Untied Methodist Church. She is aware of all kinds of helpful tidbits that might be helpful.

There will be a Bingo Social on Feb. 20. Chicken salad sandwiches on croissants with ice cream sandwiches will be served. There will also be bingo at 2 p.m. this Thursday. Try it, you'll like it.

The balance exercise on Thursday morning at 9:30 a.m. is a good way to get those ole bones and muscles to do their job of holding you up. I have a couple of girls joining me and they always say that they are able to move more than they could before starting these exercises. They are not hard. Come try them out.

There will be free health and wellness programs at the

Crockett County Senior Center put on by Jim Fish. Beginning on Feb. 21, these will be weekly programs on Tuesday afternoons at 2 p.m.

Personal health and wellness is quickly becoming a necessity as more and more people fall victim to the modern metabolic diseases like type 2 diabetes militias, heart disease, dementia, obesity, chronic inflammation and cancer; to name a few. Oddly enough, most are preventable. Learn what you can do now to assure your quality of life and use your retirement to travel and live your dreams...and be healthy enough to enjoy them.

Exercise - 9 a.m. Monday, Wednesday and Friday.

Bridge - 1:30 p.m. Monday Crafts - 3 p.m. Monday

Sits down Exercise - 10:30 a.m. Tuesday Wesley Nurse Mexican Train - 1:30 p.m. Wednesday

Prayer Group - 3 p.m. Wednesday

Quilting - 9:30 a.m. Thurs-

Balance Exercise - 9:30 a.m. Thursday

Bingo - 2 p.m. Thursday Come on out, the coffee is

#### **OUMC WESLEY NURSE**

# **Heart awareness** and prevention

BY NIKI BISHOP WESLEY NURSE

February is dedicated to heart awareness and preven-

Many of you may be thinking that is only for women but the truth is heart disease can affect everyone.

The red dress symbolized that heart disease does not care what you wear.

So as we move into the month of February the National Heart, Lung, and Blood Institute has identified these tips as the "Ten Commandments for a Healthy Heart"...

1. Know your risk factors for heart disease.

2. Talk to your doctor about how to lower your risk

for heart disease. 3. Have your blood pressure checked regularly. 4. Know your cholesterol

numbers. 5. Have your blood sugar

level checked for diabetes. 6. Do not smoke ciga

rettes or use other tobacco products and limit your exposure to secondhand smoke.

7. Have a healthy diet eat to protect your heart health.

8. Get regular physical activity.

9. Aim for a healthy weight and maintain it.

10. Know the signs and symptoms of a heart attack and the importance of calling 9-1-1 immediately.

There will be a Heart Truth For Women event at 5:30 p.m. Monday, Feb. 27, in the Ozona United Methodist Church Fellowship Hall. Everyone is invited to attend.

#### FREE HEALTH AND **WELLNESS PROGRAMS**

BY JIM FISH

#### **BEGINNING ON FEBRUARY 21**

Tuesdays at 2:00 p.m. - Senior Center Learn more about how you can improve your quality of life!

**CLASSES OPEN TO THE COMMUNITY** 

# **HAPPY** HEAVENLY 60TH **BIRTHDAY**



# TO MY BROTHER,

#### Eginio "Gene" Castro" FROM:

Felipe & Jill AND THE **REST OF THE** 



#### She is disciplined and usually well-mannered but she has one habit that can sometimes be annoying. When I am sitting in the easy chair in the living room and she wants me to pet on her, she walk up and pus her cold nose on my arm or under my arm and will root like a hog until I pet on her. She doesn't just go away but persists until I give in to her wishes. I am talking about my wife's 70 pound dog. If I tell her no, she will stay there letting me know she wants something. Her persistence usually pays off and there I am stopping what I am doing and petting on her. Her behavior reminds me of something the Bible. There is a promise or important principle concerning our relationship to God. We may have access and the privilege to ask for certain things. God tells us to be persistent in our prayers and petitions, (Luke 18:1-8). The Bible tells us to seek God first, (Isaiah 55:6, Matthew 6:33). It also tells us to humbly ask or knock, (Psalm 3:4 &4:1, Matthew 7:7). There is one vital condition; we must have accepted Jesus Christ to be near or at peace with God, (John 9:31, Ephesians 2:12, 13). After we accepted Christ we can approach God humbly but with boldness also, (Ephesians 3:12). See you in Church next Sunday. Brother J **Our Lady of Perpetual Help Apostolic Church** Iglesia de Dios De La Profecia 219 Martinez St. 1908 Santa Anna St. 102 Man O'War St. Fr. Bernardito Getigan **Pastor Refugio Vega** Pastor Maria C. Salcedo Sun. Mass: 9 a.m. in Sheffield; 11 a.m. in Ozona Sunday School: 3 p.m. Lunes: 6 p.m. Every Second Sunday of the Month: Sunday Worship: 4 p.m. Domingo: 9:45 a.m., 6 p.m. Sun. Mass: 9 a.m. in Ozona; 11 a.m. in Sheffield Tuesday & Thursday Service: 7 p.m. Martes: 6 p.m. Jueves: 6 p.m. Tues. - Sat. Mass: 6 p.m. **Calvary Baptist Church** Iglesia Bautista Nueva Vida **Ozona Church of Christ** 601 Ave. I Corner of Secretariat & Man O'War 1002 11th St. Pastor Paul M. Ray **Pastor Juan Avila** Mr. Johnnie Perkins Sunday School: 10 a.m. Sunday School: 9:45 a.m. Worship: 11 a.m. Worship: 10:45 a.m., 6 p.m. Worship: 11 a.m. 6 p.m. Sunday Worship: 6 p.m. Sun. Bible Class: 9:45 a.m. Wed. Service: 6 p.m. Wednesday Worship: 6 p.m. **New Beginnings Ozona Ozona United Faith Lutheran Church** "church...but different" **Methodist Church** 802 1st St. 354 Highway 163 South 12 - 11th St. **Pastor Tom Baden Pastor Jean Reardon Pastor JC Cantu** Worship: Sunday - 7 p.m. Sunday Worship: 10 a.m. Wednesday: 7 p.m. Sunday School: 9:45 a.m. Bible Class: Sunday - 6 p.m. www.newbeginningsozona.com Worship: 9 a.m. & 11 a.m. **Templo Bautista Jerusalem First Baptist Church** ATTEND THE 138 Blas St. 901 Ave. D **Rev. Esequiel Cervantez Pastor Mark Fricke CHURCH** Sunday School: 9:45 a.m. Sunday School: 9:45 a.m. Worship: 11 a.m., 6 p.m. Worship: 11 a.m, 6 p.m. Youth - 6:00 p.m. - Wednesdays Wednesday: 7 p.m. OF YOUR K.I.D.S. - 5:30 p.m. - Wednesdays **Templo Siloe** Iglesia de Cristo **Assembly of God Church CHOICE** Hwy. 163 S. at Quail Run Pastor Ruth & Gerson Posadas Interim - Ray Valadez THIS SUNDAY Sunday School: 9:45 a.m. Sunday Bible Study: 10 a.m. Worship: 11 a.m., 6 p.m. Worship: 11 a.m. Evening Worship: 6 p.m. Wednesday Family Service: 6:30 p.m. This series of ads is being published and sponsored by these Ozona business firms in the interest of a stronger community. **The Ozona Stockman Kerbow Funeral Home Upham Insurance Agency Ozona National Bank**

All pastors of Ozona churches are invited to submit columns.

Lowe's Market

**Crockett National Bank** 

**GETTING GOD'S ATTENTION** 

# Library shows off local artist



DACIE TAYLOR | THE OZONA STOCKMAN

CARISSA PEREZ (left) shows off her artwork during a reception at the Crockett County Public Library Monday night. Carissa's artwork is currently on display at the library. Everyone is welcome to come by and see it. Carissa is a senior at Ozona High School.

# **ASU-SBDC** hosting Facebook seminar

SAN ANGELO - The ASU-SBDC (Angelo State University Small Business Development Center) is excited to host the training event "Advanced Facebook Strategies for Success," on Thursday, Feb. 9, at 6 p.m. at the Business Resource Center, 69 N. Chadbourne St. in San Angelo. Cost is \$20.

So, you've set your business up with a Facebook page, now what?

Learn tips and tricks on how to use your company's Facebook page to it's fullest extent. From custom tabs and apps to creating content, like-driven status updates to every little feature about Facebook you may not know about...even "traveling back in time."

This seminar will help you take your businesses social media to the next level! Social Media outlets are ever changing.

Attend this session to

learn about some of the new features available and brush up on some of the helpful tips. Bring your laptop, tablet, and smart phone and leave this training event knowing you have the tools and tricks to update your business anytime from anywhere.

Register in advance for this event so that adequate seating and handouts can be provided for everyone.

The ASU-SBDC will also have a seminar on "The Fundamentals of Cash Flow" from 6-8:30 p.m. Feb. 16 at the Business Resource Center. This seminar is free.

This event will help participants better understand how to maximize cash flow and keep a steady flow moving in and out of your business.

For more information, or to register, call the ASU-SB-DC at (325) 942-2098 or register online at www.sbdc.angelo.edu.





3 p.m. Sunday, Feb. 12, at the OLPH Parish Hall

Youth will be selling sweets & drinks!

### WEEK: from page 1

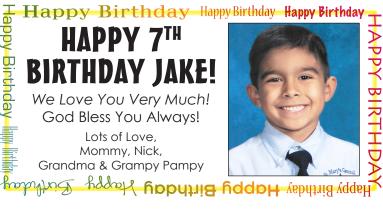
The combination of their training and experience makes them an integral part of the total educational program. "School counselors work

with all students to remove barriers to learning by addressing students' academic concerns, career awareness in post-secondary options and personal/social skills," said Kwok-Sze Wong, Ed.D., ASCA executive director. "Comprehensive school counseling programs help to increase student achievement and provide a much-needed resource for students, parents, teachers and administrators. School counselors are integral to student success."

More than 100,000 school counselors nationwide will be participating in the week's festivities. Many school counselors will be hosting special events and activities to call attention to the myriad benefits of a comprehensive school counseling program.

Parents or community members with specific questions or concerns about school counseling programs should contact the school counselors at their local schools. More general information can also be found on ASCA's website, www.schoolcounselor.org.

The American School Association Counselor (ASCA) is a worldwide nonprofit organization based in Alexandria, Va. Founded in 1952, ASCA supports school counselors' efforts to help students focus on academic, career and social/emotional so they not only achieve success in school but are prepared to lead fulfilling lives as responsible members of society. The association, which is the school counseling division of the American Counseling Association, provides professional development, publications and other resources, research and advocacy to more school counselors around the globe.





# Care Center meeting Thursday

The Crockett County Care Center, Health and Emergency Services Board of Directors will hold their monthly meeting at 7 p.m. Thursday, Feb. 9, at the EMS Building.

Items on the agenda:

- · Sign and approve the minutes of the Jan. 5 meet-
  - · Shannon Clinic Report
  - · EMS Report
- · Administrator Report
- · Old Business
- · New Business · Public Comments
- · Discussion of nonagenda items by members for the purpose of placing them on the next agenda.
- · Review and authorization to pay Care Center/ H.S.C./E.M.S. Financials
- · Executive session if needed.

### ROUTE: from page 1

While the initial plan for Interstate 190 has it generally following the route of US 190 to Eldorado and Iraan, which includes going through Crockett County, alternate routes are proposed that would divert it northward at Brady to San Angelo and on to Midland where it would intersect with Interstate 20.

There is even an alternate route that brings the road east to Menard then turns south along the route of Ranch Road 864 at Fort McKavett and connecting with Interstate 10 about three miles east of Sonora.

Interestingly, that is the location where a Love's truck stop is being planned.

Going east from Belton, the proposed Interstate 14 would follow the route of US 190 to Temple, Rogers, Cameron, Milano, Hearn, Bryan, Madisonville, Huntsville, Livingston, Woodville, Jasper, Newton and Bon Weir before crossing the Louisiana and proceeding eastward to Merryville.

Envisioned as the Gulf Coast Strategic Highway System, the route is meant to provide an Interstate highway connection between Fort Bliss near El Paso with Fort Hood near Killeen and Fort Polk near DeRidder, La.

The highway, also called the "Forts-to-Ports" highway is ultimately destined for points east before terminating in Savanah, Ga.

A highway was created as part of a 5-year highway bill sponsored by Senator John Cornyn, R-Texas, and signed into law by President Barack Obama on Dec. 2, 2015.

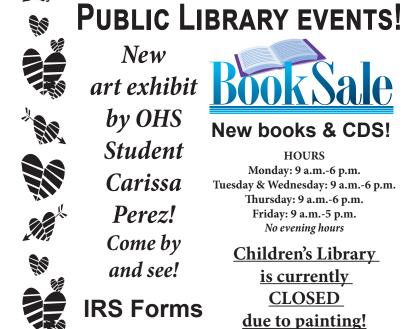
The Transportation Commission's action last week provides the first interstate link for Fort Hood and area communities connecting to I-35.

With thousands of newcomers arriving in Texas each day, I-14 also will help accommodate and increase mobility of the state's growing population.

"I applaud the Texas Department of Transportation in taking the first step in making Interstate 14 a reality through Texas," said U.S. Rep. John R. Carter. "I have fought long and hard to ensure we have the best transportation system throughout central Texas to provide the foundation for continued economic growth and development that creates jobs. An interstate highway that connects our military at Fort Hood with the broader interstate system will better facilitate the logistical needs of the largest armored base in America. This is a day to celebrate the beginning of a bright future in meeting our transportation needs."

> - Article provided by The Eldorado Success





are now **Crockett County Public Library** available 1201 Avenue G · Ozona, Texas (325) 392-3565 at the http://crockett.ploud.net Facebook page: library!

**Crockett County Public Library.** 



OHS LADY LIONS were honored with Senior Night on Feb. 3: (back row, left to right) Paige Lewis, Julie Marshall, Kelly Sewell, Madison Galindo, Carissa Perez, Sydney Perez, Pricilla Rodriguez and Megan Vasquez, manager; (front row, left to right) Bobbi Jo Vargas, Rachel Mendoza, Kamryn Lozano, Lexi Marquez and Asia Lara.

OHS LIONS Luis Contreras and Jackson Abbey were honored with Senior Night on Feb. 3. They are pictured with their parents and family.



THE OHS DEBATE AND COMPUTER APPLICATIONS TEAMS competed in Mertzon on Jan. 27. Debaters were Roman Esparza (left) and Kassidy **Gonzales. Participating in Computer Applications were Danny Posadas** and Samantha Torralba (right). Posadas placed first and Torralba was

# Smith ties for fourth at Monahans Golf **Tournament**

Hunter Smith tied for fourth place at the Sandhills Golf Tournament Friday and Saturday in Monahans.

Smith shot an 82 and a 77 for a two-day total of 159. Also participating for the Lions were: Andy Hernandez 111-89-200 and Dylan Men-

doza 110-120-230. Makenna Fox and Jackie Guerra competed for the La-

Fox shot 126-117-243 and Guerra put up a score of 131-121-252.

"Everyone did well. Most of our players were able to improve from the first day to the second day," said Coach Mitch Kay.

The teams will compete Friday and Saturday at Big Spring.

# Jurado is third at West Texas Championship **Tennis Meet**

Maiah Jurado placed third at the West Texas Championship Tennis Meet held in San Angelo over the weekend.

Marisol Medina came in fourth in the meet.

"The weather was bitterly cold. It was not the best of conditions, but the team did get a lot of playing in," said Coach Daniel Mejia. "We are expecting our young team to get better as the season goes on. There are a number of our players still playing basket-

The OHS Tennis Team will compete in the Brandon Clark Tournament on Thursday and Friday at Lake View High School in San Angelo.



MAIAH JURADO placed third at the West Texas Championship **Tennis Meet in San Angelo this** 

# **Lions defeat Eldorado**

past weekend.

The OHS Lions defeated Eldorado, 42-37, on Jan. 31.

Score by quarters: Ozona - 7 15 9 11 - 42; Eldorado -10 7 6 14 - 37.

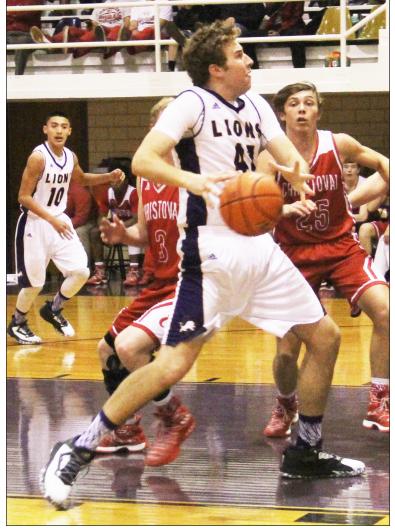
Scoring: Marcus Perez 2; Alec Lara 3; Sebastian De La Cruz 7; Esteban Flores 2; Roman Esparza 4; Jackson Abbey 11; Jacob Schroeder 13.

The Lions lost to Christoval, 54-21, on Feb. 3.

Score by quarters: Ozona - 5 7 4 5 - 21; Christoval - 17 12 18 7 - 54.

Scoring: Williams 6; Lara 1; De La Cruz 2; Flores 1; Abbey 6; Donovan Hunt 2; Schroeder 3.

The Lions are 5-19 overall and 3-7 in district play. They will face Irion County at 6:30 p.m. Friday in Mertzon.



**JACOB SCHROEDER RACKED UP 13 POINTS in the Varsity Lions victory** over Eldorado on Jan. 31. Also pictured is #10 Marcus Perez.

#### Lady Lions fall to Eldorado, Christoval

The OHS Lady Lions lost to Eldorado, 33-27, on Jan.

Scoring: Zephen Cuevas 10; Julie Marshall 6; Asia Lara 4; Bobbi Jo Vargas 3; Kamryn Lozano 3.

The Lady Lions lost to Christoval, 63-21, on Feb. 3.

Scoring: Vargas 7; Lara 5; Xena Vargas 3; Kelly Sewell 2; Zethany Cuevas 2.

The Lady Lions are 14-14 overall and 3-8 in district.

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**Allen & Susan Williams** 

**West Texas Rehab Center** 



UIL SOLO AND ENSEMBLE PARTICIPANTS (left to right): OHS Band Director Vincent delVecchio, Coulter McWilliams, Humberto Torralba, Manuel Torralba, Gavin Mejia, Trystian Galindo, Denise Rodriquez, Citlalli Cano, Brenna Hale, Autumn Villarreal, Wendy Mata and Assistant Band Director Lynsey Gold. The group auditioned Saturday at Angelo State University in San Angelo. Trystian Galindo, Gavin Mejia, Humberto Torralba, Manuel Torralba and Denise Rodriguez each received Division 1 ratings on their solos.



JOE HERNANDEZ | THE OZONA STOCKMAN

#00 LEA QUIGLEY (center) MOVES UP TO ASSIST MAKENAH VILLARREAL apply defensive pressure to a Lady Bulldog in the Seventh Grade Lady Lions 17-12 victory over Miles on Jan. 30. Also pictured are #10 Jazmyn Barrera (left) and #12 Ysabella Flores (right).



JOE HERNANDEZ | THE OZONA STOCKMAN

REAGHAN GONZALEZ IS ALL BY HERSELF AS SHE TAKES A SHOT in the Eighth Grade Lady Lions 18-17 thriller of a win over Miles on Jan. 30. Also pictured are: Jackie Venegas (right) and Paige Sanchez.

#### **Youth Center Calendar of Events**

#### **HIGH SCHOOL:**

Monday: 7-10 p.m.; Tuesday: 2-7 p.m.; Wednesday: 7-10 p.m.; Thursday: 2-10 p.m.; Friday: 2 p.m.-midnight and Saturday: 2-7 p.m.

### **OHS MEAL NIGHT:**

Mondays - 7-10 p.m.

#### **7TH & 8TH GRADE:**

Tuesday: 7-10 p.m.; Wednesday: 2-7 p.m.; Saturday: 7-10 p.m.

**7TH & 8TH MEAL NIGHTS:** Every other Tuesday 7-10 p.m.

# Eighth Grade Lady Lions pull out win over Miles

The Eighth Grade Lady Lions defeated Miles, 18-17, on Jan. 30.

Score by quarters: Ozona - 3 3 5 7 - 18; Miles - 4 2 8 3 - 17.

Scoring: Shelbie Galindo 5; Norah Rodriguez 4; Maddie Castro 4; Dorisel Sanchez 2; Reaghan Gonzalez 3. Also playing: Ida Perez, Alondra Hernandez, Jackie Venegas, Shelly Ortiz, Liana Blanco and Paige Sanchez.

"We finished strong which is all I've asked for them to do all year. Very proud and pleased with the turnout of this game. It was a nail-bitter until the end and they worked collectively until the end as a team. Throughout the year we've set goals and not only have me met them we've surpassed them," said Coach Christa Carrasco.

The Lady Lions are 10-3.

#### **CCCCSD School Menus**

Feb. 8-15, 2017

Cafeteria Costs: **Ozona Elementary School** Breakfast is free for all students!

Lunch is \$2.30 and Reduced Lunch is \$0.40 Ozona Middle & Ozona High Schools

#### Breakfast is \$1.20 and Reduced Breakfast is \$0.30

Lunch is \$2.45 and Reduced Lunch is \$0.40 Menus are subject to change. To learn more about school meals, call Ludy Vargas (325) 392-5501 ext. 5547

#### **Breakfast** Wednesday

Breakfast pizza or cereal with Texas toast Thursday

Waffles with sausage or cereal with graham crackers

Friday Cinnamon roll with bacon or cereal with Texas toast

Monday Pancakes with bacon or cereal with Texas

#### Tuesday PB&J sandwich or cereal with graham

crackers Wednesday Biscuits and gravy with sausage and

scrambled eggs or cereal with Texas toast

Everyday - Fruit, fruit juice and milk.

#### Lunch Wednesday

Pizza choice, salad, vegetable medley, oranges and milk Thursday

Frito pie, baby carrots with ranch, seasoned corn, salsa, lettuce and tomato, peaches, cookie and milk

Hamburger with garnish, sweet potato fries, coleslaw, apples and milk Monday

Corn dog, tator tots, baked beans, broccoli, apple-pineapple d'lite and milk Tuesday

Nachos grande, refried beans, salsa, lettuce, tomato cucumber dippers, tomato cup, pears, lime sherbet and milk Wednesday

X-treme burrito, seasoned corn, veggie cup, lettuce, tomato, oranges, salsa and milk **OHS and OMS:** Chicken sandwich, fries, veggie cup, lettuce and tomato, oranges and milk.

Did you know that you can apply for free or reduced meals at any time? Simply stop by the Ozona Elementary School Office and pick up an application. Or let us know and we will send one home with your child. We encourage everyone to fill out an application for free or reduced meals. This form needs to be completed yearly to determine your child's benefits. If your child is approved for free or reduced meals, you will be notified as soon as possible!

#### **OZONA ELEMENTARY PTO NEWS**

## PTO meeting Monday at El Chato's

Ozona Elementary School PTO will hold their next monthly meeting at noon Monday, Feb. 13, at El Chato's Restaurant. Everyone is invited to attend.

#### **CROCKETT COUNTY 4-H NEWS**



THE CROCKETT COUNTY 4-H FOOD CHALLENGE TEAMS competed in San Angelo on Jan. 25. The Diva Delights (front row, left to right) team of Claire Bean, Mia Davidson, McKenna Luckie and Emma Crenwelge placed second and the Classy Cooks team (back row, left to right) Brylee Gutierrez, Catherine Geary and Audym Geary placed third.

# Food Challenge Teams place at San Angelo

The Crockett County 4-H Food Challenge Teams competed at the 2017 San Angelo Stock Show on Jan. 25.

The Diva Delights team of Claire Bean, Mia Davidson, McKenna Luckie and Emma Crenwelge placed second in Junior Main Dish.

The Classy Cooks team of Brylee Guiterrez, Catherine Geary and Audym Geary placed third in Junior Fruits and Vegetables.

#### **4-H CLUB MEETING**

The February meeting will be held at 5:15 p.m. Monday, Feb. 13. Let the 4-H Office Staff know if you need help with refreshments.

#### **CLOTHING AND TEXTILES**

Clothing and Textiles Project meeting dates: Monday, Feb. 27, March 6, March 13, March 20, March 27, April 10, April 17, April 24.

Meetings are from 5-6:30 p.m. at the Crockett County Extension Office.

Fashion storyboard, fashion show and Duds to Dazzle Competition in early May. Dates are subject to change. For more information,

#### **PHOTOGRAPHY**

call (325) 392-2721.

The 2017 Texas 4-H Photography Contest: for 2017 the theme is "Reflections." These are photos shot off any natural or artificial reflective surface. A well-executed shot will be able to show perfect symmetry or slightly distored shot. Lookout for a photogra-

phy workshop in March. District 6 contest will take place at the Midland County Fair in August 2017.

#### **WOOL AND MOHAIR** AND RANGE ID JUDGING

Lookout for meeting dates be announced soon. The District 6 contest will take place May 16 in San Angelo.

#### **CONSUMER DECISION MAKING**

In this project you will learn how to compare prices, test for quality and make purchases based on facts and research.

You will also improve your skills in: money management, decision making and smart purchasing. Let Kailey know if this is something you are interested in.

#### **EDUCATIONAL PRESENTATIONS**

A 4-H Education Presentation is a fun way to share your 4-H project.

Some categories available to present on are beef, food and nutrition, clothing and textiles and shooting sports, among other categories.

All presentations should address current issues related to the topic category.

The District 6 contest is May 5-6 in Odessa. Let Kailey know if you are interested.

#### **TEXT REMINDERS**

Text @cc4hclub to 81010 to receive text reminders on your phone.

#### 4-H OFFICE

The 4-H Office will be closed Feb. 20 for the Presidents Day Holiday.

The Crockett County 4-H Office can be reached at (325) 392-2721 or crockettcounty@ag.tamu.edu. Aaron Renfroe, CEA-

AG/NR, can be reached at (325) 226-0761 or arenfroe@ ag.tamu.edu.

Kailey Roberts, CEA-FCS, can be reached at (210) 705-2887 or kailey.roberts@ ag.tamu.edu.

Lydia Munoz, secretary, lydia.munoz@ag.tamu.edu.

Like the Facebook page at www.facebook.com/crockettextension.



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Sunday Evening Worship - 6:00 p.m.

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of the

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To make an appointment or for more information call Eldorado Clinic at 325-853-2572

## 46 giant Sam Houston statute on I-45 weighs

**ACROSS** this Alan was a TXn in "The Big Land" 47 TXism: "he's got the 5 TXism: "call it \_ morals of " (quit) 49 Houston used the 6 cast a ballot 7 TXism: "long in

the tooth" 8 James Bowie's Alamo rank (abbr.) 9 referring to an American woman of Mexican ancestry

6 cuckoo birds seen at Bentsen-Rio Grande State Park 8 TX Cindy Garner jokebook:

Like Noodles?" 21 TX Nolan Ryan specialty: \_\_-hitter

22 TXism: maggot" (bad taste) 23 Gov. Jim Hogg's

daughter 24 TXism: "he straight row" (dependable)

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his vest' 34 intravenous drip feed (abbr.)

35 TXism: she can dodge rain

36 Kuwait monarch 37 what is randomly tested from Rangers

39 TX's southern border (3 wds.)

and Astros. e.a.

43 solar 44 adversaries 45 Chicago's state (abbr.)

cať of surprise at San Jacinto 52 Astro & Ranger leag \_\_-dah (fanfare) 54 TXism: "he blazes trail" (fat man) 55 TX DPS Rangers 58 Astro mistake 59 polite way of addressing a ma 60 extra periods for

the Spurs (abbr.)

**DOWN** 

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20 belly buttons 24 this Smith was the 28 Filipino mermaid 40th TX gov. (init.) 29 TXism: "critter" 25 Victoria. TX crowns 31 country music org. 32 ex-Cowboy kicker, "Miss Vacant

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Cow Boogie" (with

P-1310

Grand jury indictments

A Crockett County grand family members. jury handed down indictments on Jan. 6.

Kerri Ann Mendez, 29, was indicted for hindering apprehension or prosecution, a third-degree felony.

According to the indictment, Mendez allegedly on Oct. 23, 2016 hindered the arrest, prosecution, conviction or punishment of Jose Tovar for the offense of possession of a controlled substance with intent to deliver and harbored, or concealed, Tovar.

Amy Rae Trujillo, 28, was indicted for hindering apprehension or prosecution, a third-degree felony.

According to the indictment, Trujillo allegedly on Oct. 23, 2106 also hindered the arrest, prosecution, conviction or punishment of Tovar.

Eric Augustine Williams, 29, was indicted for assault, family violence, occlusion and prior assault, family violence, a first-degree felony (enhanced).

According to the indictment, Williams allegedly on Sept. 10, 2016 did intentionally, knowingly or recklessly cause bodily injury to a member of his family by impeding the normal breathing or circulation of the blood by applying pressure to the throat or neck of the victim. Prior to the offense, Williams had previously been convicted of an offense against one of his

Following is a glossary of legal terms in the records.

**Indictment:** To bring an indictment the Grand Jury will not find guilt, but only the probability that a crime was committed, that the accused person did it and that he/she should be tried.

> - Source: Black's Law Dictionary

**Punishments:** State Jail Felony - shall be punished by confinement in a state jail for any term of not more than two years or less than 180 days and a fine not to exceed \$10.000.

Third-degree Felony shall be punished by imprisonment in the institutional division for any term of not more than 10 years or less than 2 years and a fine not to exceed \$10,000.

Second-degree Felony shall be punished by imprisonment in the institutional division for any term of not more than 20 years or less than 2 years and a fine not to exceed \$10,000.

First-degree Felony shall be punished by imprisonment in the institutional division for life or for any term of not more than 99 years or less than 5 years and a fine not to exceed \$10,000.

- Source: Texas Penal Code

#### FOR THE RECORD: COURT PROCEEDINGS

#### **COUNTY COURT**

**Closed Cases - January 2017** 

· Timothy Patrick Olson, possession of marijuana less than two ounces and unlawful carrying of a weapon, dismissed – pled in district court.

• John Olvera III, failure to appear, conviction – fine \$322 and court costs \$178. • Nicolas Enrique Rascon, failure to ap-

pear, conviction - fine \$322 and court costs · Charan sigh Saini, failure to appear,

conviction – fine \$322 and court costs \$178. • Robert White Jr., failure to appear, conviction – fine \$322 and court costs \$178.

• Teddy A. Chapa, possession of marijuana less than two ounces, dismissed - completed obligations to county attorney. Harold Francis Flynn two cor

ure to appear, conviction – fine \$322 and court costs \$178. • Antonio Martinez, driving while license

invalid - enhanced, dismissed - completed obligations to county attorney.

**TEXAS** 

**CROSSWORD** 

by Charley & Guy Orbison

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**Last Puzzle** 

Solution

• Dylan Devon McMillan, failure to appear, conviction - fine \$322 and court costs \$178.

· Robert Ryan Borrego, possession of marijuana less than two ounces, dismissed completed obligations to county attorney.

• Delexis Ashley Delaney, possession of marijuana less than two ounces, dismissed completed obligations to county attorney. Matthew John Jones, possession of marijuana less than two ounces, dismissed – pled to a lesser charge.

· Carlos Javier Ochoa-Galindo, assault bodily injury, dismissed – pled in district court. • Eber Rodriguez, false drug test device,

conviction – fine \$500 and court costs \$276. · Moises Omar Siller, failure to appear, conviction – fine \$322 and court costs \$178.

 Enrique Chavez Galvan driving while intoxicated, conviction - fine \$1,000, court costs \$388.10 and one year probation.

· Brandon Owen Dudley, possession of marijuana less than two ounces, deferred fine \$249 and court costs \$251.

#### **CROCKETT COUNTY SHERIFF'S REPORT Weekly Activity Report**

#### Type of Calls

Livestock/wild/domestic animal complaints 3 911 medical/fire assistance Civil complaints 3 Civil documents served Criminal complaints/disturbances/loud noise 9 Juvenile/School Motorist assist/locked vehicle Reckless driving/ speeding complaints 3 Minor/major traffic accidents 2 0 **Alarms** 

#### **OFFENSE REPORTS/ARRESTS:**

1-30-17

· Sheriff's deputies responded to a report of a disturbance on Peach Street. As a result, Jose Villarreal and David Lee Pollack, both of Ozona, were arrested for disorderly conduct. Both subjects were arraigned and released after paying a fine.

• Sheriff's deputies responded to a verbal argument on Pecos Street. 2-3-17

• Sheriff's deputies took a theft report from the Stripes on Avenue E.

 Sheriff's deputies responded to a loud music call on Man 0 War.

• Sheriff's deputies arrested Yolanda Rios Mata, of Ozona, for driving while license invalid. Subject was arraigned and released after paying a fine. 2-5-17

· Sheriff's deputies responded to a disturbance on Avenue L.

· Sheriff's deputies took a report of a possible burglary at a residence on Avenue G.

 Sheriff's deputies responded to a loud noise complaint on Del Rio.

## Game Warden Field Notes

COMPLIED FROM TEXAS PARKS AND WILDLIFE DEPARTMENT LAW ENFORCEMENT REPORTS.

#### SHOOTING OFF THE ROOST

Game wardens in Trini-

ty and Angelina counties investigated a tip about hunters roosting ducks after legal shooting hours along the Neches River, but by the time they arrived on the scene the shooting had stopped and they were unable to locate the suspects. Based on the tip, there were two groups hunting after hours; one on each side of the Neches River. Believing the suspects might attempt to repeat their actions the following evening, Trinity County game wardens set up surveillance on the Trinity County side of the Neches and an Angelina County game warden Wood set up on the Angelina County side of the river. Wardens waited and listened for shots and once the shooting began again well after legal hours wardens were able to pinpoint the suspects' location on the Trinity County side. All three wardens converged and made contact with four individuals. Cases for hunting waterfowl after legal hours, possession of lead shot, and no hunter's education were filed as well as civil restitution. It was determined that this was one of the groups hunting late

#### **REGISTERED OFFENDER**

the day before.

A Shelby County game warden received a call about duck hunters trespassing and hunting without landowner consent. Upon the warden's arrival, the hunters quickly fled the area but left behind decoys on the water and a small vessel. Further inspection of the scene revealed empty lead shotshells, which are illegal for hunting waterfowl. The warden also found corn scattered around the area, indicating illegal baiting of waterfowl. A quick call to dispatch returned a registered owner and address for the vessel, which wasn't far from the scene. The warden was able to quickly locate and make contact with the subjects. Charges and restitution are pending for trespassing, hunting over bait, hunting waterfowl with unplugged shotguns, and illegal use of lead shot.

LOST AND FOUND A Houston County game warden was contacted by the Houston County Sheriff's Office one evening in regards to a lost hunter. The hunter had been out all day and failed to return to his hunting camp in the Davy Crockett National Forest. Since the temperature was below freezing, a Department of Public Safety helicopter was called to assist in the search. The helicopter located the subject at 2 a.m. and kept a spotlight on the subject while the game warden and another first responder walked in to make contact. The hunter had injured his ankle and was very cold, but otherwise Okay. Paramedics were called to the scene to assess the hunter.

### PUBLIC: from page 2

holiday parade; how many licenses Houston issued to Uber; and how public money is spent by the Greater Fort Bend Economic Development Council on behalf of local cities, schools and special districts. In each of these cases, the public is now unable to trace public

funds. Unfortunately, we can only expect this problem to get worse as more private businesses and public entities try to push the bounds of

what can be withheld under these rulings. At the same time, state

and local governments are increasingly outsourcing public services. In fact, Boeing and Greater Houston Partnership create a perverse incentive to channel public money through private entities in order to avoid disclosure. If you think this sounds like the next Sharpstown scandal waiting to happen, you're on the right track.

The good news is the Legislature will soon have an opportunity to close the loopholes the Court created in Boeing and Greater Houston Partnership, and we have filed legislation to do just that.

We hope Texans will appreciate the need for this legislation and encourage its adoption. Only then can we restore government accountability and avoid the kind of scandal that led to the Public Information Act's passage in the first place.

> KIRK WATSON, a Democrat, represents Austin in the Texas Senate. GIOVANNI CAPRIGLIONE. a Republican, represents Southlake in the Texas House of Representatives

### STATE: from page 2

system, the treatment of the mentally ill and the imposition of fines, fees and costs for minor offenses.

Hecht also called for an end to straight ticket voting in judicial elections.

Following Hecht's address, Texas House Speaker Joe Straus agreed, adding: "We shouldn't stop there. Texas should join 40 other states and end straight ticket voting in all elections. This change would encourage voters to learn more about individual candidates, their platforms and their qualifications. Too often, good men and women are swept out of down-ballot offices due to the political winds at the moment. It has happened in San Antonio and across Texas. I look forward to working with my colleagues to address this issue."

#### **HEALTH SPENDING ANALYZED**

Texas Comptroller Glenn Hegar on Jan. 31 announced his office's posting of an online report examining health care-related spending by 68 state agencies and higher education institutions from

fiscal 2011 through 2015. The report features a close look at the five state agencies reporting the largest share of that spending: the Texas Health and Human Services Commission, the Department of Aging and Disability Services, the Department of State Health Services, the Employees Retirement System and the Teacher Retirement System. Those agencies accounted for 82.5 percent of all state health care spending in fiscal 2015. The report also features a section on health care spending by

counties. One finding in the report is that in fiscal 2015, Texas spent \$42.9 billion on health care, representing 43.1 percent of all state appropriations.

#### REVENUE TOTAL IS REPORTED

Texas Comptroller Hegar announced state sales tax revenue totaled \$2.45 billion in January, 0.7 percent less than in January 2016.

"Sales tax collections reflect tepid spending by both businesses and consumers. Receipts from the information sector were up, but declines were seen in receipts from the construction and mining sectors, as well as retail trade," Hegar said.

However, he added, total sales tax revenue for the three months ending in January 2017 was up by 0.3 percent compared with the same period a year ago.

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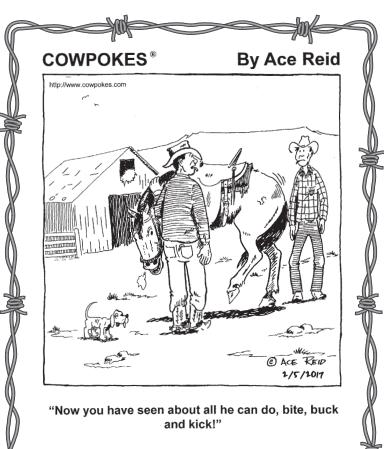
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Residential Properties 301 9th St., Iraan, 4 bedroom, 2 bath 302 9th St., Iraan, 4 bedroom, 2 bath 209 Live Oak, Ozona, 3 bedroom, 2 bath 1204 Ave. G, Ozona, 3 bedroom, 2 bat 1204 Ave. C, Ozona, 4 bedroom, 2 lv Acreage & Lots - Crockett Co New Listing - 42 acres, 8 miles NW 5,500 acres - Kincaid Ranch, working 2004.7 acres - working ranch w/ 3BR 100 acres - Hersey Ranch, Tract 25, v Acreage - Sutton County New Listing - 2424 acres - FM 1691, New Listing - 3934 acres - PR 4412, 105.38 acres - North I-10 Service Ro: 334 acres - SCR 41 0, w/house, water	Price Reduce  path h 2 bath Price Reduce  unty of Ozona, w/5BR, 3B house. No Restrictions ranch, 3 water wells, deer camp, excellent huntin /2B house Price Reduced v/furnished home - SOLD Price Reduced , Bond Rd 4 water wells, 3 ponds & house - some minerals included, pens, barns, utilities 3 homes, barn, shop, pool ad, unimproved & electricity Price Reduced	2d - \$130,000 \$180,000 \$150,000 \$96,000 \$d - \$240,000 \$325,000 \$4,125,000 - \$2,140,935 ed - \$179,500 \$3,400,000 \$4,307,730 \$144,898 ed - \$475,000
150.01 acres - Rolling Hills Ranch su 184.8 acres - Rolling Hills Ranch sub 200 acres - Loop 467, water, electrici 178.86 acres - Rolling Hills Ranch S/I 120 acres - 3435 Loop 467, 4 bedroor 600 acres - South I-10 Service Rd.	edivision, Tract 4 ty, pond - <b>SOLD</b> D, Tract 6, house, water, electricity <b>Price Reduce</b> m/2 bath house	\$545,000
772.35 acres - SCR 403 - Off of Hwy 655.41 acres - SCR 204 - Baker Road 400 Acres - 680 RR 864 - Ft. McKav 1772 acres - RR 864 - Ft McKavett R Rancho de Las Vistas - Tracts from 1	l, w/house - <b>SOLD</b> ett Rd., 3BR/2B home, pens, barn d., working rch. w/improvements <b>Price Reduced</b>	\$984,746 \$1,045,379 \$1,225,000
26.27 acres - Juno Road, house, cabir 2695.4 acres - Hwy. 189 - three home Acreage - Other Areas	nyon at Lake Amistad, commercial lot n, barn ss, pens, barn, three wells - <b>SALE PENDING</b> County - house, 3 water wells, some minerals	\$85,000 \$295,000 \$2,300,000
1.7 acres - Tract 12 - San Rio River, N 99.857 acres - Mertzon, river property	Menard Co.	\$2,200,00 \$69,500 \$1,595,000 \$499,500

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OZONA

New Listing - 902 Angus Dr. - 4 bedroom, 1.5 bath, large lot - \$98,600 New Listing - 204 Ave. J - 3 bedroom, 2 bath home, 1 car garage, large backyard - \$94,500 New Listing - 101 Hummingbird Lane - 4 bedroom, 3 bath home on two lots - \$235,000 **301 11th St.** - 4 bedroom, 31/2 bath, swimming pool, game room, 2-car garage - **\$255,000 902 6th St.** - 3 bedroom, 3 bath, 2 living areas, 3,800 sq. feet, carport - **\$250,000 103 11th St.** - 3 bedroom,  $\frac{2^{1}/_{2} \text{ bath, w/additional 2 bed, 1 bath home on Ave. A - <math>$245,000$ 

210 Sunset Drive - 5 bedroom, - SOLD - 3 bath - PRICE REDUCED - \$195,000503 Ave. E - 4 bedroom, 3 bath - Beautiful rock home - \$165,000 2113 Santa Ana - 4 bedroom, 3 bath, 2 living areas, large lot - PRICE REDUCED - \$148,000 201 Ave. G - 3 bedroom, 2 bath, large corner lot, 2-car carport - \$120,000

904 Almond St. - 3 bedroom,  $2\frac{1}{2}$  bath - PRICE REDUCED - \$95,000 28 Crockett Heights Dr. - 3 bedroom, 1 bath, newly remodeled, carport - PRICE REDUCED - \$84,500 210-A 14th St. - 2 bed., 1 ba. - SALE PENDING - home I-10 frontage - \$59,000 406 Young St. - 2 bedroom, 1 bath, attached garage - \$45,000

#### COMMERCIAL OZONA

211 Crockett Heights Lane - Commercial property, 5 acres, 10,000 sq. ft. shop & 2,500 sq. ft. office Country Club View Apartments - Newly Remodeled - 20 Unit Apartment Complex - \$595,000 201 Ave. E. - Commercial Property w/newly renovated building, Hwy. 163 frontage - \$229,000

SONORA
3269 W. I-10 Service Road - 6,000 sq. ft. shop, office complex on seven acres - \$395,000

ACREAGE New Listing - Live Oak Ranch - 22,635 acres - Pecos River and Live Oak Creek frontage.
30 miles west of Ozona. Working ranch w/multiple water wells and pens - \$15,731,547 New Listing - 85 Acres - Texas West Ranch - Tract 37 - \$102,000 New Listing - 400 Acres - Rim - SOLD - Rock Ranch, electricity - \$350,000

2,868 Acres - Hwy. 163 S. - 2 water wells, new fenci Electricity, w/RV hookups, livestock working pens, good hunting - \$1,993,260 200 Acres - High Lonesome Ranch, Tract 22 & 23 - \$170,000 130 Acres w/House - Dog Canyon Ranch, Tract 3 - PRICE REDUCED - \$155,000 100 Acres - High Lonesome Ranch, Tract 20, house & electricity - \$150,000 33 Acres - Pandale, electricity & water, 3 trailer houses - \$110,000

100 Acres - Deer Canyon Ranch, Tract 26 - \$80,000 Sally Oglesby, Agent G.L. Bunger, Broker Hugh Childress, Agent 325-392-2791 325-226-2107 325-226-0229



#### **PUBLIC** NOTICE

Real Estate Advertised in this newspaper is subject to the Federal Fair Housing Act of 1968 and the Fair Housing Amendments Act of 1988 which makes it illegal to discriminate against any person because of race, color, religion, sex national origin, handicap or familial status (fam ilies with children). The law applies to rental, sales or financing of housing and lots reserved for residential use. Advertising in a discriminatory manner such as "adults only" is now illegal 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. Call -800-424-8590 to file a compliant.

#### NOTICE OF REWARD

I AM OFFERING \$500 **REWARD** 

for apprehension and conviction of guilty parties to every theft of livestock in Crockett County except that no officer of Crockett County may claim the reward.

Robert "Bob" Rodriguez SHERIFF, CROCKETT CO.

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#### **MISCELLANEOUS**

\$500.00 DOLLAR REWARD During the past year person or persons unknown have damaged County road signs. The person who provides information that leads to the arrest and conviction of those responsible will be eligible for the \$500.00 reward. Those having information should call Sheriff Robert "Bob" Rodriguez. Callers names will remain anonymous.

> Stockman **DEADLINE** IS **NOON MONDAY**

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1203 Owens - CONTRACT PENDING - \$78,500 303 Ave. E · CONTRACT PENDING · Price Reduced

508 Circle Drive - 3 bedroom, 2 bath Iseparate one bedroom, mother in law efficiency apartment/office - Price Reduced - \$160,000 401 Hillcrest - 3 bed., 2 bath - Immaculate Hilltop Home w/ lots of storage - Price Reduced

603 Angus - 4 bedroom, 2 1/2 bath - Shown by appointment only - Price Reduced

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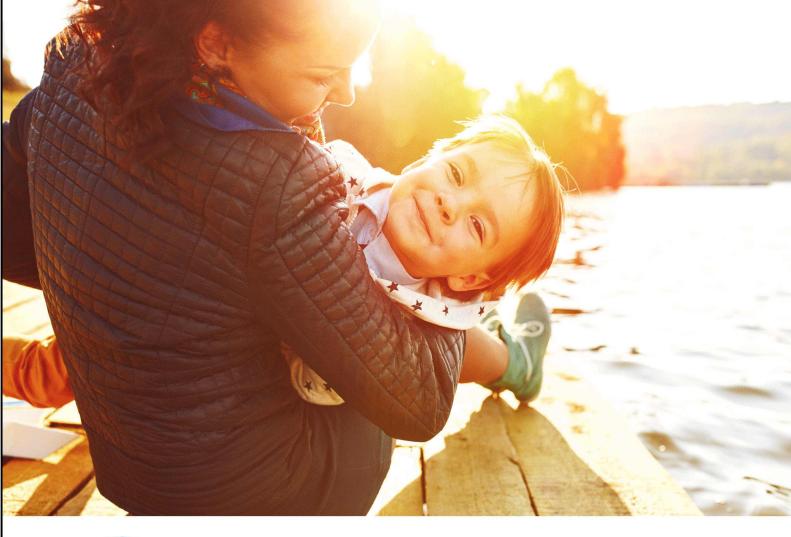
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