

Jo Ann Palmer
1207 Tayloe Ave
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48435

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Sutton County Agrilife Extension Agent

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Broncos Run Rule Eldorado Eagles

By Jay Valdez and Ray Glasscock

The Broncos refused to relinquish the lead after grabbing it early against the Eldorado Eagles in the Broncos' second of the Devil's River Tournament recording a 16-2 victory on Thursday. With 12 runs in the first three innings, The Broncos left no doubt about the eventual outcome.

An error, a groundout by Hunter Hughes, a two-run single by Will Dutton, an RBI single by Scott Gonzales, a walk by Ligo Rodriguez, an RBI single by Rhett Guerra,

a hit by pitch, and a two-run single by Michael Rollert during the first inning supplied the early offense for The Broncos.

The Broncos added two more runs in the bottom of the third. A ground out scored Hunter to start the scoring in the inning. That was followed up by Elijah Cross' solo home run.

The Broncos tacked on another four runs in the fourth. The inning got off to a hot start when Ligo singled, bringing home Noah San Miguel.

Cross put himself in scoring position with two extra-base

hits. He singled in the first inning, homered in the third inning, and tripled in the fourth inning.

Andres Acevedo's seven strikeouts were enough to push the Broncos past the Eagles. Andres allowed one earned run on three hits and no walks over four innings.

The Broncos pounded the Eagles' pitching, as seven hitters combined for 14 hits, 13 RBIs and 13 runs scored.

In the top of the first inning, Eldorado scored their only two runs of the game on two singles and a Bronco error.

Michael Rollert No Hits Crane

Michael Rollert threw his second no-hitter of the season in Sonora's 13-0 victory over the Crane Golden Cranes.

No Crane batter was able to locate Rollert's pitches during the game. He threw a no-hitter by striking out seven batters and walking none.

Eight runs in the first three innings helped the Broncos blow out the Crane Golden

Cranes. In the first inning, a wild pitch, a RBI triple by Will Dutton, a groundout by Noah San Miguel, and a single by Scott Gonzales put the Broncos on the scoreboard first.

A RBI single by Ricky Martinez during the second inning increased the early scoring for the Broncos.

Elijah Cross was perfect at the plate going three for three.

He doubled in the third inning and singled in the second and fourth innings.

Crane's starting pitcher allowed 13 runs in four innings, walked two and struck out two.

Hunter Hughes received MVP Honors for the tournament. Ligo Rodriguez and Michael Rollert were named to the All Tournament Team.

March is National Colorectal Cancer Awareness Month

March is National Colorectal Cancer Awareness Month. Colorectal cancer is the third leading cause of death in men and women in the US and a cause of considerable suffering among more than 136,000 adults diagnosed with colorectal cancer each year. Because colon cancer is one of the few cancers that can be prevented through the detection and removal of precancerous polyps found during screening, the American Cancer Society is working to beat colon cancer by increasing colon cancer screenings to 80% by 2018 through the "March Forward" Campaign encouraging people to get screenings done in order to save lives. There are several recommended screening test options including: colonoscopy, stool tests, and sigmoidoscopy.

About 1 in 20 people in the US will develop colon cancer at some point during their lifetime. While you can't change some risk factors—genetics and aging, for example—there are things you can do that may lower your colon cancer

risk:

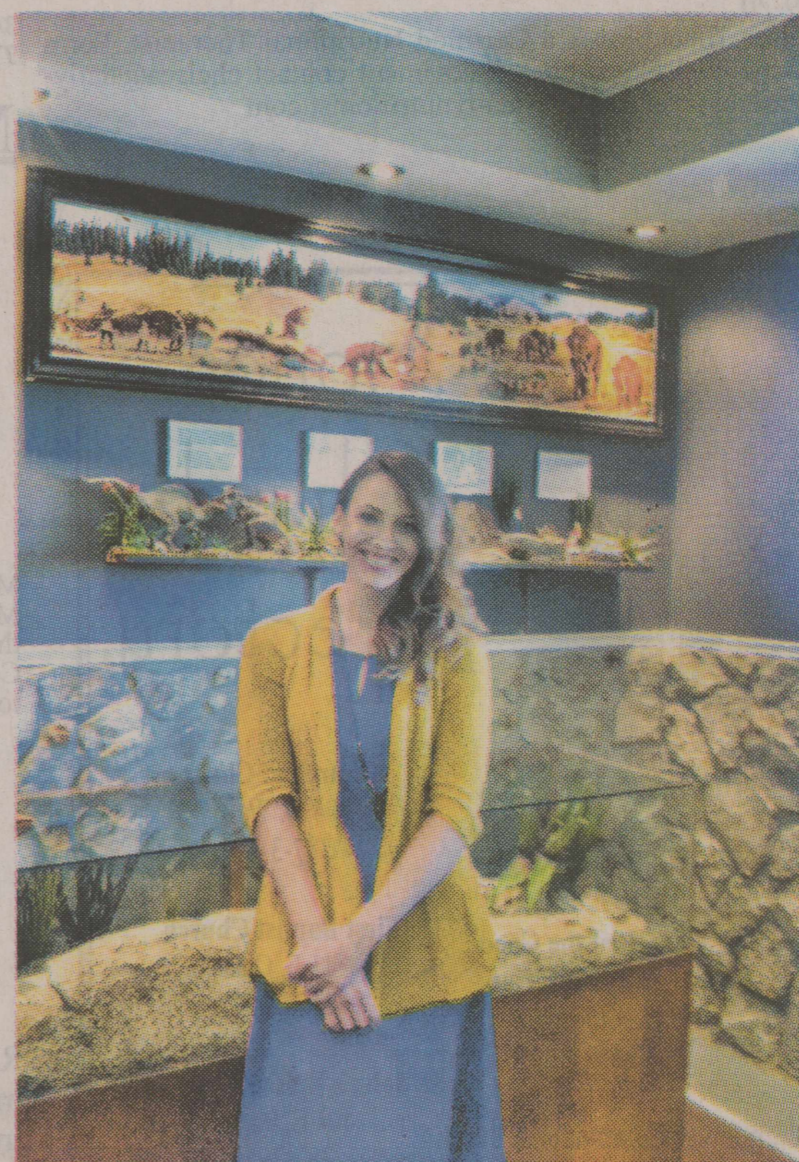
- Get tested for colon cancer. Screening tests can often find growths called polyps that can be removed before they turn into cancer. Talk to your doctor about when you should start and which tests might be right for you. The Society recommends testing starting at age 50 for most people, and earlier for people with a history of colon cancer in their family.
- Eat lots of vegetables, fruits, and whole grains. Diets that include lots of vegetables, fruits, and whole grains have been linked with a decreased risk of colon cancer. Be sure to get your fiber from food, not supplements. Eat less meat (beef, pork, or lamb) and processed meats (hot dogs and some luncheon meats), which have been linked with an increased risk of colon cancer.
- Get regular exercise. If you are not physically active, you have a greater chance of developing colon cancer. Increasing your activity may help reduce your risk. Learn more about how to meet diet and ex-

ercise goals at cancer.org/foodandfitness.

- Watch your weight. Being obese or very overweight increases your risk of getting and dying from colon cancer. The links between diet, weight, and exercise and colon cancer risk are some of the strongest for any type of cancer.
- Don't smoke. Long-term smokers are more likely than non-smokers to develop and die from colon cancer.
- Limit alcohol. Colon cancer has been linked to heavy drinking. We recommend no more than 2 drinks a day for men and 1 drink a day for women.

To learn more about the "Forward March" campaign contact your local American Cancer Society office at 325-944-2500. You can support this "Forward March" campaign by donating to the Relay For Life of Sutton County at www.relayforlife.org/suttoncotx

Women's Club Meets At Eaton Hill



Eaton Hill Executive Director Rita Frey poses in front of one of the many displays at Eaton Hill.

The Sonora Woman's Club meets monthly September-May. This 2013-14 year we have followed our theme, "Showcasing Sonora" with meetings at the Ice House Museum, Caverns of Sonora, the Wellness Center, and, most recently, at Eaton Hill. Not only were we treated to a delicious boxed lunch on the sunny grounds of Eaton Hill, but we were delightfully informed about the wonders of this location by the Executive Director, Rita Mae Frey. The photo shows Rita standing in front of the newly remodeled lobby--which used to be the kitchen. This is one of many renovations made to the existing facility during its transformation into a fully-fledged nature center. A new roof, classroom, multiple exhibits featuring wildlife, fossils, minerals, and an observation area have also been added during the fifteen month process. Rita issues an invitation to all to stop by and learn more about the extreme makeover as well as Eaton Hill's plans for future classes and programs.

Capital Farm Credit Distributes Largest Ever Cash Patronage Refund

San Angelo, Texas — Capital Farm Credit stockholders will soon receive an all-time record \$65 million cash patronage payment this spring. The customer-owned lending cooperative continued its track record of strong earnings in 2013, enabling it to maintain its long tradition of returning profits to stockholders through its patronage program. Since 2006, Capital Farm Credit has returned over \$385 million to its stockholders — equating to an effective annual rate reduction of 1.10 percent on an average loan. "Capital Farm Credit is committed to the cooperative principle of managing our capital, and our business in general, for the benefit of our customers," said

Ben Novosad, chief executive officer. "Our ability to return patronage each year sets us apart from other financial institutions. We believe this is a benefit that strengthens customer relations and reinforces our mission to provide financing and related services to support Texas agriculture — while affording our membership lower net borrowing costs." Capital Farm Credit has provided financing to Texas farmers, ranchers and rural property owners for nearly a century. Headquartered in Bryan, it has nearly 70 offices spanning most of Texas. For more information about Capital Farm Credit and its patronage program, visit CapitalFarmCredit.com.

Wellness Ministry

Do you know the healthiest kind of exercise? It's the kind that you will actually DO. If you love running - run. If you love riding a bike - ride. If you love lifting weights - lift. If you love playing tennis - play. The important thing is to MOVE. Don't measure yourself by other people's exercise endeavors. For years I felt like such a slacker because I hate running, yet all of my friends run 5Ks and marathons. So I tried running, still hated it, but thought I had to punish myself with an exercise that I didn't like to make it count. My older, wiser self has realized that exercise doesn't have to be painful and miserable to be worthy. What a wasted opportunity for enjoyment! Instead, I exercise in ways that I love: pushing my kids in the stroller, hiking on Eaton Hill, doing lunges around my yard, playing tennis (albeit very badly!). Don't fight your body's natural inclination toward movement. Do what sounds fun. God created each of us uniquely, with different interests and body types. We're not all meant to be tri-athletes, body builders, or yogi masters. It doesn't matter how you choose to exercise, it just matters that you do. We honor God when we take the time to care for these bodies He gave us.

Do you not know that your bodies are temples of the Holy Spirit...? Therefore honor God with your bodies. 1 Corinthians 6:19-20

Chelsea Blackbird is a Certified Nutritional Therapist. For a Personalized Nutritional Assessment contact chelsea@daily-nutritionist.com or www.daily-nutritionist.com

Arrest Log

2/13/2014: Garcia, Luis Roberto arrested for Sutton County Warrant SEX OFFENDERS FAILURE TO COMPLY/CIVIL

2/14/2014: Esquivel, Humberto Erasmo arrested for Sutton County Warrant POSSESSION/PROMOTION OF CHILD PORNOGRAPHY

2/16/2014: Leija, Jorge Abel arrested for RECKLESS DRIVING

2/16/2014: Martinez, Dora Belinda arrested for HOCKLEY COUNTY WARRANT PROHIBITED SUBSTANCE CORRECTIONAL FACILITY & POSSESSION OF MARIJUANA

2/18/2014: Guerra, Trinidad Ramirez arrested for Sutton County Warrant POSSESSION/PROMOTION OF CHILD PORNOGRAPHY

2/18/2014: Hernandez, Eddie arrested for MOTION TO REVOKE PROBATION

2/19/2014: Mendez, Ruben arrested for SUTTON COUNTY WARRANT DRIVING WHILE INTOXICATED & CRIMINAL MISCHIEF

3/1/2014: Hernandez, Oscar arrested for PUBLIC INTOXICATION

Notice of Annual Meeting

Annual Meeting of The Sutton County Historical Society

Date: Wednesday, March 19, 2014

Time: 3:00 p.m.

Location: Old Sonora Ice House Museum
206 South Water Avenue
Sonora, TX 76950

Members whose dues are current are entitled to vote. Members that have not paid their 2013 dues, may pay them at the meeting. Corporate and Business members please designate a person to represent your membership.

Rex Ann Friess, President

Sonora to Host Relay For Life in May

Relay For Life is a community based fundraising event of the American Cancer Society. Today, more than 5,000 Relay For Life events take place across twenty countries. Events are held in local communities, campus universities, and in virtual worlds. As the American Cancer Society's most successful fundraiser and the organization's signature event, the mission of Relay For Life is to raise funds to improve cancer survival, decrease the incidence of cancer, and improve the quality of life for cancer patients and their caretakers.

A Relay For Life event is organized under a volunteer Relay Committee, and implemented by volunteers. It is often organized as a multi-day public gathering, spanning all day and night in a large outdoor space, and many people bring tents and camp out around the walking tracks. Currently, almost 4 million people take part in Relay events in over 5,000 communities in the United States. In May 1985, Dr. Gordon Klatt, a colorectal surgeon from Tacoma, Washington, decided he wanted to raise money for the American Cancer Society. Because he enjoyed marathons, Klatt walked around the track at Baker Stadium at the University of Puget Sound in Tacoma, Washington for 24 hours. Throughout the night, friends paid \$25 to run or walk 30 minutes

with him. He walked approximately 83 miles and raised \$27,000 for cancer research. Nearly 300 of Klatt's friends, family, and patients watched as he ran and walked the course. After this event, Klatt thought about how other people could participate in a similar event in their own community. He recruited a small team of people to host the City of Destiny Classic 24-Hour Run Against Cancer. Every year, the Relay For Life movement raises more than \$400 million. The American Cancer Society puts these donations to work, investing in groundbreaking research that helps provide services to cancer patients and their caregivers.

The American Cancer Society states that money raised through Relay For Life events goes to the following efforts:

- Research grants and research programs
- Prevention programs
- Community and patient support programs
- Detection and treatment programs
- Fundraising
- Construction of Hope Lodges

Sonora will host its own relay for life on May 23rd. Pick up future copies of the Devils River News for updates.

Thank You

To the wonderful people of Sutton County and the voters of Precinct 2....

Thank you so much for your overwhelming support and vote of confidence in this last election. Both Sarah and I were deeply touched by all you have done for us. I would like to thank everyone for allowing me to visit with them, the putting up of my yard signs and the hospitality everyone extended to me during my campaign. You are all the best and we hold you very dear in our hearts. I would also like to thank Lee Bloodworth for the radio endorsement he did for me at the local radio station. And last but certainly not least, I would like to thank Eddie and Tammy for the kindness, courtesy and professionalism they extended to me while I was at the radio station. They are both Sonora treasures and we couldn't do without them. They and KHOS radio provide a valuable service to the community. By all of us working together toward one common goal, and that is taking care of Sutton County, we can accomplish anything. I look forward to serving you again.

Thank You,
John Wade

I would like to thank those of you who voted for me and for those true friends and supporters who offered help and encouragement during the election process. My congratulations to Steve Smith and John Wade. I trust that they will keep the County running smoothly and responsibly for many years.

Sincerely,
Jessie Kerbow

Main Street Sponsors Storm Spotter Class



Come join the Sonora Main Street and the N.O.A.A. for a National Weather Service SKYWARN Storm Spotter's class on Wednesday, March 19th from 1 pm to 3 pm at the Sonora High School Auditorium. The class is free and worth 2 hours of TCLOSE credits. Forms will be provided. Lunch is available at the High School.

If you have any questions, please be sure to call the office at 325-387-2248.

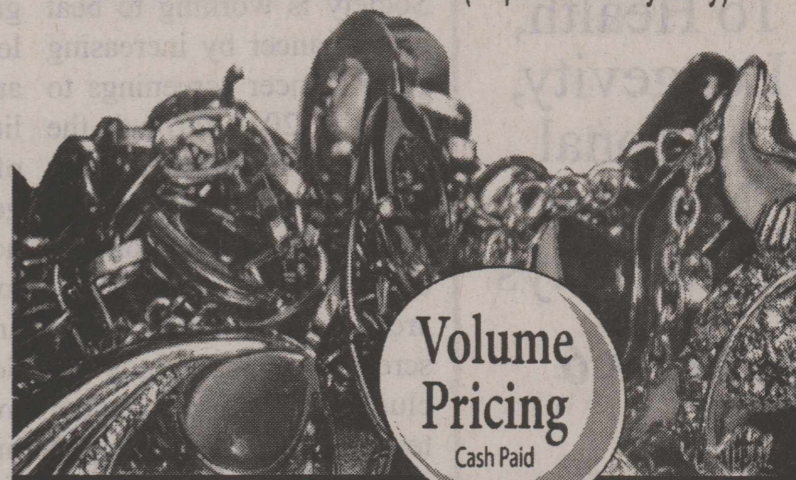
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Sonora Church Directory

<p>Primera Iglesia Bautista 504 Santa Clara 387-2035</p> <p>The Church of the Good Shepherd Presbyterian 319 E. Mulberry 387-2616</p> <p>Lighthouse Community Church 1705 N. Crockett 387-9100</p> <p>St. Ann's Catholic Church 311 W. Plum 387-2278</p> <p>Jehovah's Witness 310 St. Ann's St 387-5658/387-5518</p> <p>Faith Apostolic Church 120 N. Concho Ave. 206-0277</p>	<p>Church of Christ 304 N. Water 387-3190</p> <p>First Baptist Church 11 E. Oak 387-2951</p> <p>St. John's Episcopal Church 404 E. Poplar 387-2955</p> <p>First United Methodist Church 201 N. Water 387-2466</p> <p>Casa Del Altarero Asamblea De Dios 306 W. 4th St 325-226-1789</p>
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The Devil's River News

Established 1890

228 E. Main Street, Sonora, Texas 76950
Phone: (325)387-2507 • Fax (325)387-5691

Published every Thursday
USPS (155-920)

Publishing Owners: Ben D. Taylor, Sam C. Taylor

Editor: Ben D. Taylor

Billing: Ben D. Taylor

Advertising/Classified s: Angie Bryant

Internet Technician : Mike Taylor

Reporting/Photography/Typesetting: Staff

Guest Columnists: Kelly Thorp, Ray & Nancy Glasscock

Delyse Jaeger, Pascual Hernandez, Susan Hall

Email: General Information: editor@sonoratr.com

Advertising: sales@sonoratr.com

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

Subscriptions

\$25 per year in county • \$32 per year out of Sutton County

\$22 per year Senior Citizens (in and out of Sutton County)

Second class postage paid at Sonora, Texas

Attn. Postmaster: Send address change to the Devil's River News,

228 East Main Street, Sonora, TX 76950

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Get Ready To Get Back in The Garden

By Pascual Hernandez
Sutton County Agrilife Extension Agent

With spring just a few days away, it's time to prepare for the upcoming gardening season. Here are a few things we need to keep in mind.

Prune: Pruning of evergreens and summer flowering trees and shrubs should be completed in early March.

Fertilize: Fertilize pecan trees with 21-0-0 or similar high nitrogen fertilizer early in the month and repeat after 30 and 60 days. On young pecan trees, begin zinc sprays at bud break.

Miscellaneous Chores: Prepare beds for planting flowers and vegetables.

This is also an excellent time to have your soil tested. Pick up a soil test kit at your local County Extension Agent's office.

The cost of testing is about \$10.00. Knowing the nutrient levels in your soil will help you determine the kind and the amount of fertilizer to apply to your flower beds and lawn. You need approximately one pint of soil for routine analysis.

Materials Needed: Sample bag (or plastic bag that will hold one pint of soil), spade or soil probe, plastic bucket, and a soil sample information form.

Use a spade or soil probe to take the samples from 4 to 5 different spots around a section of lawn. You should collect soil to a depth of 3 to 4 inches below the surface. Put the soil into a clean plastic bucket. Thoroughly mix all

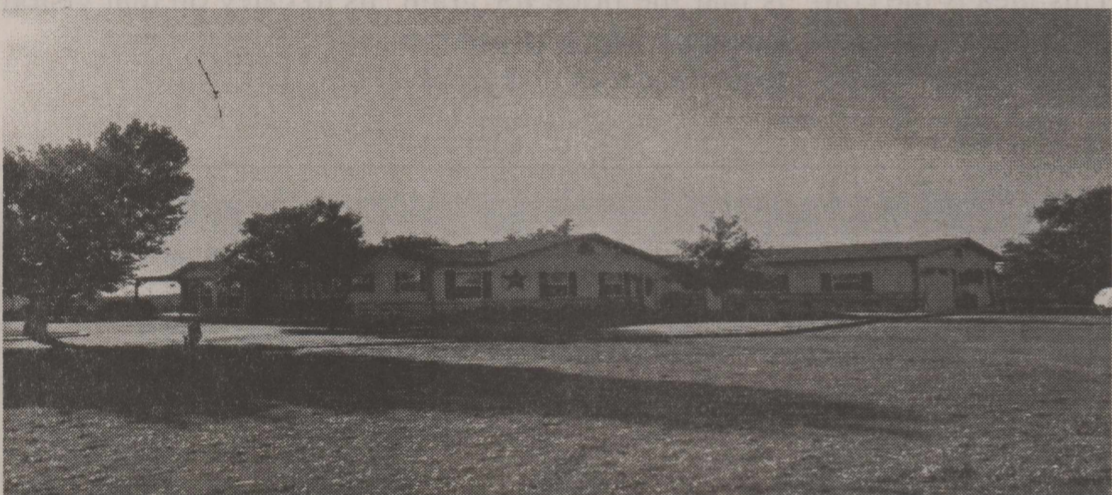
soil samples together in the plastic bucket. Then remove all rocks, twigs, etc. from your soil sample and place one pint in the sample bag or a plastic bag.

Mail your sample and information sheet to Texas A&M's Soil, Water, and Forage Testing Laboratory along with payment. The results and recommendations should be in within 10 days.

One final note- should you need a pesticide applicator license, the Extension Office is offering training on March 24th. The cost for training and manuals is \$50. Register by the 17th.

For full details, contact the local Sutton County Extension Office.

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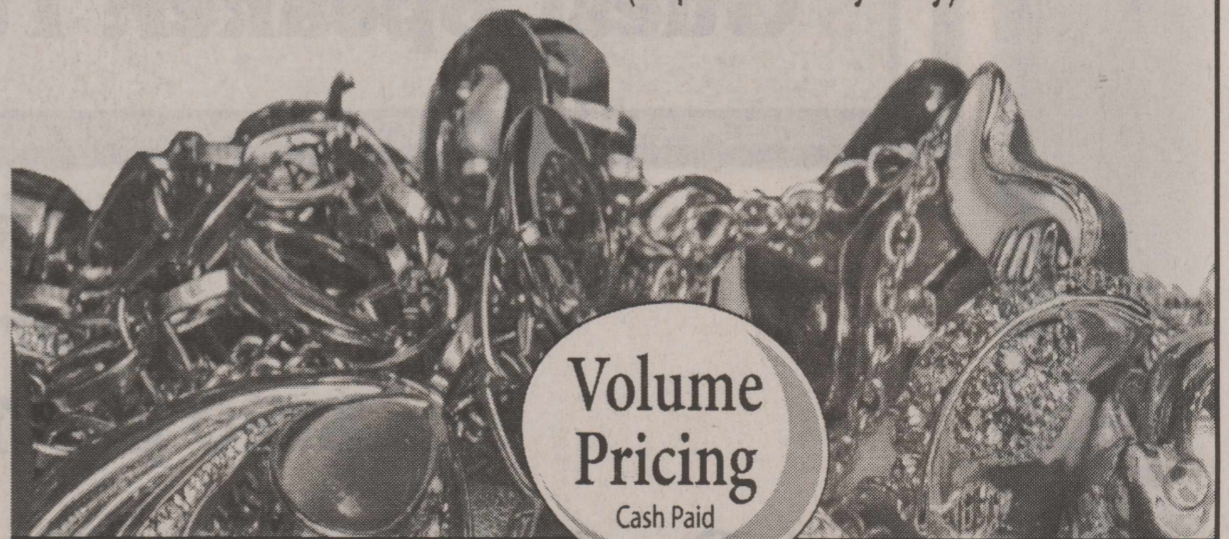
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A Humble Opinion From The Village Idiot:

An Editorial by
Ben D Taylor

Our nation began with an idea. That every person should be free to profit, worship, and live on his or her own terms. That idea was planted, quite literally, in the fertile soil of the new world. Some would attribute the success of our nation's system of government solely on the shoulders of the power of freedom, but I ask simply, "can freedom thrive in a country without food, clothes, lumber, or fuel". Would our founding fathers have worried about rights such as "Life, Liberty, and the pursuit of happiness" if there were no fields ready for harvest--and no incentive (other than hunger) for people to harvest them? I contend that our way of life depends directly on the management (and more specifically) the use of our natural re-

sources. Freedom may be a right that every American is entitled to, but it is the farmers, ranchers, roughnecks, and oilmen that give nourishment to the tree of liberty. They are producers, profiteers, and stewards of the greatest gift God bestowed upon this nation, and they are fighting a battle against that very system they support.

It seems that our government is now in the business of handing out rights to some, at the expense of others. The right to "not fail" in business (if you are big enough), the right to universal health care (at the expense of doctors), and the right to entitlement (at the expense of the wealthy). We still remain a nation of capitalists, but our capital is no longer built on the foundation of gold or

greenbacks. Riches that once were measured in dollar amounts are now measured in votes. Opinion polls and approval ratings have become the benchmark of success, at the expense of sanity.

Where do we now stand? We stand about seven feet past the crossroads. On the road behind us stands capitalism, and we have just taken seven steps to the left. We are taking the road well traveled, leaving the one less traveled by for those with the bravery to stay the course. If it is true that freedom is not free, then it is also true that wealth is not cheap. Wealth is earned by sacrifice, ability, and ambition. There is a reason why some professions make more money than others. It takes a higher level of investment (in education, time, and money) to learn

how to cure an illness than it does to learn how to dig a ditch. Does that mean ditch diggers are not important? No, their profession is of vital importance. Without them none of our cities would have been built, but ask yourself this. Would it be easier for a doctor to dig a ditch, or easier for a ditch digger to do brain surgery? Doctors should get an appropriate return for their investment. As should ranchers, farmers, and oilmen. I say let them acquire wealth; it's not their right to do so...it's their privilege.

There is an idea flowing in the veins of our nation. This idea is a poison that slowly suffocates innovation, stifles action, and smothers success. This idea is the concept entitlement. To feel that "you deserve" some-

thing that someone else has produced is entitlement, and it is a sin. With universal health care we feel that we deserve free health care, produced by wealthy doctors. When it comes to fuel, we scream out loud at Exxon for making earnings off of record high oil prices. We recoil in terror when grocery store prices increase, blaming farmers and ranchers for an inability to feed us. We do not see reality. We ignore facts, and we discount truth. The reality is that Exxon did make record profits. The fact is that as a nation we saw record low un-employment, and our gross national product increased. The truth remains that as a nation did not drive less. The reality is that the price for grain (most of which is used to feed livestock) skyrocket-

eted when the government paid farmers incentives for their harvest to support ethanol, not food. The fact is that even if we converted every kernel of corn in the United States to Ethanol it would not even replace 20% of our nations fuel needs. The truth remains that we all had to pay more for food. What will we have to give up to for "the right of entitlement" tomorrow? Rights were not given to us; they were earned with the imagination and foresight of our forefathers. That vision is one based in the strength of a man's word, backed by the honesty of his conviction, and fortified by his willingness to fail for a principal. Who are we to take away the trust they saw in us to carry on that vision.

SONORA CHAMBER OF COMMERCE BANQUET

MARCH 27, 2014 * 6:30 P.M.

SUTTON COUNTY CIVIC CENTER

"A NIGHT TO SHINE"

Guest Speaker: Tumbleweed Smith

Tickets:

\$15 per Person

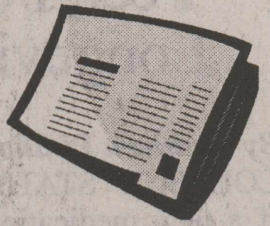
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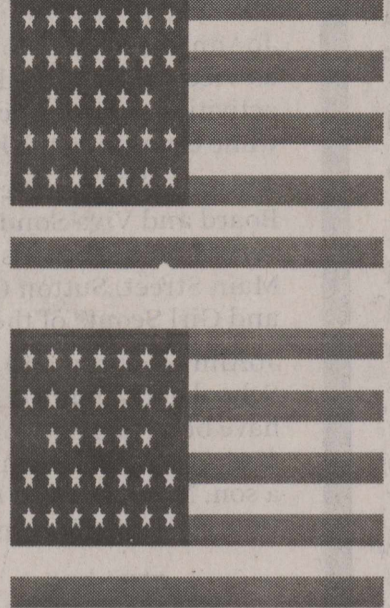
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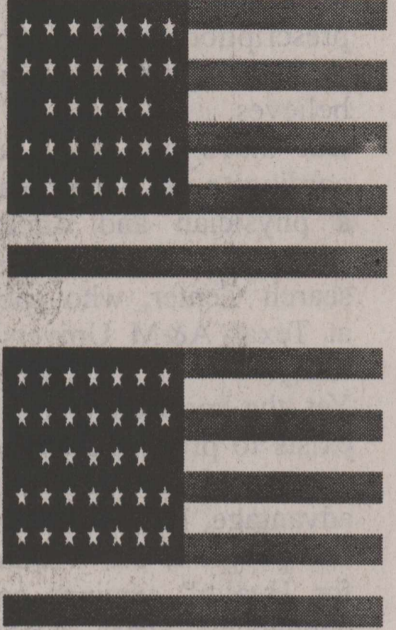


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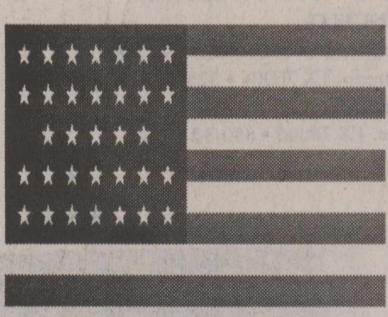
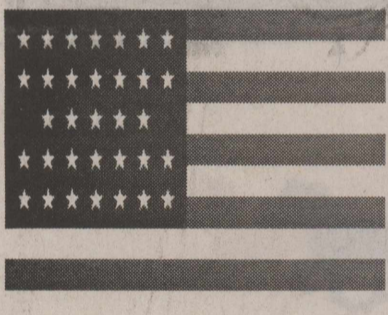
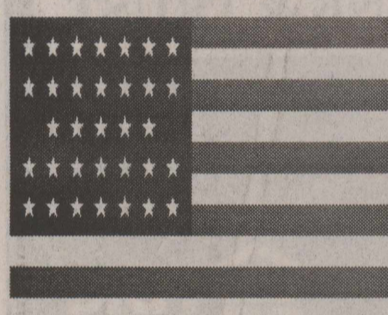
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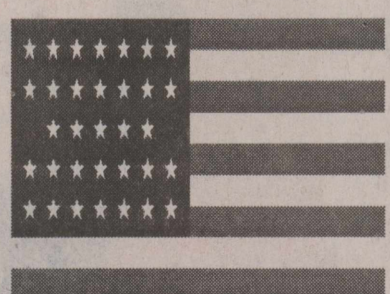
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Feet, Fork And Fingers: Clue To Health, Longevity, National Medical Expert Says

By Kathleen Phillips

COLLEGE STATION — If a new medication came on the market to help one lose weight, increase exercise, stop smoking and prevent heart disease, cancer, stroke, respiratory illness and diabetes, people would flock to physicians for a prescription and buy stock in the company, one expert believes.

But that's not likely, according to Dr. David Katz, a physician and director of the Yale Prevention Research Center, who spoke at Texas A&M University today.

Yet, the knowledge already exists to prevent those ailments and few are taking advantage, Katz told about 200 people at the "Produce for Health" seminar conducted by Texas A&M's Vegetable and Fruit Improvement Center.

"It's about lifestyle factors and a plant-based diet," Katz said. "We've seen it in repetitive scientific studies."

The Vegetable and Fruit Improvement Center hosted Katz as part of the 20th anniversary of its collaborations among plant production scientists, medical researchers, farmers and food industry experts. The center was created in 1993 as researchers worldwide began to realize the connection between food consumption, food production

and human health, according to Dr. Bhimu Patil, director.

"We've known for a long time the top five causes of premature death in humans — heart disease, cancer, stroke, respiratory ailments and diabetes," Katz said. "What changed in 1993 was a scientific study that encouraged researchers to realize that these are effects not causes. That's when we began to look for the causes and found that virtually all premature deaths are attributable to diet, exercise and tobacco."

He calls them the feet, fork and fingers: failure to exercise, improper eating and smoking.

"In a study that compared people who eat poorly, have out-of-control weight and smoke to people who eat well, have their weight in control and do not smoke, we learned that reversing any one of those would increase one's lifespan by 50 percent. Reversing all three would increase lifespan by 80 percent," Katz said.

The U.S. fight over health care, he added, was about money not health.

"The whole thing (mandatory health care) is moot if we don't solve this problem with obesity and the projection about what it will do to our future," Katz said, pointing out that obesity in U.S. children may be linked to the recent 35 percent in-

crease in strokes for children 5-14 years old.

A lifestyle change to eat well, exercise and stop smoking would cut heart disease by 80 percent, diabetes by 90 percent and cancer by 60 percent, he said.

Katz, who also is a medical consultant for ABC News, believes one reason the statistics and data from medical research have not led to massive change toward healthfulness in the nation is because they are "nameless, faceless and impossible to love."

"Just think about you or someone you love having to deal with heart disease, cancer or diabetes," he said, asking for a show of hands, which indicated virtually everyone in the audience had experienced one or more. "We know what the problem is. Yet only 1.5 percent of the people in the U.S. are eating enough fruits and vegetables daily." Katz acknowledged that part of the problem is confusion caused by the multitude of diet information — much of it conflicting — on the market. A soon-to-be-released study by his prevention research center examined many of the diets being touted as the healthiest.

"All of the diets can be considered," he said. "But instead, focus on the overlap of them all, which would be to eat food, but not too much and mostly plants."

THE BANK & TRUST WELCOMES BOARD MEMBER

The Bank & Trust welcomes JoAnn Hernandez to the Board of Directors of The Bank & Trust—Sonora.

"JoAnn is an integral reason for our bank's success, and we are honored to have her on our board serving in yet another important role," Bank & Trust President and CEO Brady Johnson says.

"Loyalty, professionalism, integrity, and a sincere desire to help folks are admirable characteristics that have made her a leader in our community."

JoAnn has worked for The Bank & Trust for 30 years and currently serves as Vice President and Branch Manager. She is responsible for day-to-day activities of the branch, business development, and community involvement, while expanding the bank's customer base in Sonora and surrounding areas.

JoAnn's civic involvement includes the Sutton County Appraisal District Board and Viva Sonora President. She is a former mayor of Sonora and served on the boards of Sonora Economic Development, City of Sonora Main Street, Sutton County Historical Society, Sonora Child Welfare Board, and Girl Scouts of the Concho Valley.

JoAnn was born and raised in Sonora and graduated from Sonora High School and attended Angelo State University. She and her husband, George, have been married for 32 years and have a daughter, Katrina, who graduated from Texas Wesleyan University and UTSA and now resides in Arlington, and a son, Marc, a senior at the UTSA. They are parishioners at St. Ann's Catholic Church, where JoAnn is a Eucharistic Minister.

"I am blessed to live in a community like Sonora and work for a bank like The Bank & Trust,"

Hernandez says. "It is a joy and an honor to lead our banking family and to be a part of our board of directors team. I look forward to working closely with the board and contributing to our bank's ongoing success as a director."

Please join us in congratulating and welcoming JoAnn Hernandez to the Board of Directors of The Bank & Trust—Sonora.



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