

THE Devil's River NEWS

50¢

Since 1890

Volume 117 • Issue 42

SONORA, TEXAS

Thursday, October 13, 2005

Hudspeth Memorial Hospital receives state-of-the-art pediatric stretcher crib

The Lillian M. Hudspeth Memorial Hospital continues to grow, offering more state-of-the-art equipment and modern technology than many larger hospitals.

Director of Nursing, Mary Beth Luttrell was very excited to show off the newest addition to the Pediatrics ward, the Stryker® Cub® General Pediatric Care Stretcher.

"It's the Cadillac of cribs," said Luttrell, who added that even Shannon doesn't offer such an innovative stretcher crib for their little patients. The Cub® will be used for in-patient pediatrics and emergency cases at Hudspeth.

Responsible pediatric care demands a stretcher specifically designed around safety, access and ease of use. The Cub® pediatric crib supports safe and efficient care practices while the warm, friendly appearance cultivates a healing environment for small children and their families.

Easily-lowered side rails for unobstructed access and swing open access doors at all four cor-

ners make it easier to get to the child for convenient patient care.

A retracting backrest helps eliminate head-end gap and a fully-lowerable foot-end rail provides unobstructed access around the entire unit when all side rails are down.

An integrated scale system obtains accurate weights with the child in any position, with just the touch of a button, and a retractable fifth wheel helps improve mobility.

The opportunity to offer the Cub® crib was made possible by funding from the L.M. Hudspeth Memorial Hospital Ranch located west of Sonora.

Parents can feel secure that their babies or young children will be made as comfortable as possible, with the "best-of-the-best" care administered by compassionate healthcare professionals if they have to visit Lillian M. Hudspeth Memorial Hospital.



Carmen Preston, RN; Mary Beth Luttrell, DON; Tessa Joy, RN; and Letty Campos, LNA, at Lillian M. Hudspeth Memorial Hospital are excited to have the Stryker® Cub® General Pediatric Care Stretcher to better treat their smallest patients.

VA offers tips to help during National Breast Cancer Awareness Month

WASHINGTON (October 7, 2005) -- October is National Breast Cancer Awareness Month. The chance that a woman will be diagnosed with breast cancer over her lifetime is 1 in 8. However, many men are diagnosed with breast cancer, too. The U.S. Department of Veterans Affairs (VA) continues conducting research into breast cancer to discover potential causes and to develop better diagnostics and treatments for this disease.

Mammograms every year for women aged 40-70, especially for high-risk women who have had a first-degree relative diagnosed with breast cancer, are encouraged in order to help detect breast cancer at the earliest and most treatable stages. However, a VA study urges discreet use of mammograms for

women older than 70, as the radiation exposure from mammograms may outweigh the potential benefits for elderly women in very poor health.

Mammograms may detect cancer, but they do not prevent cancer. While the causes of breast cancer are still unknown, here are a few tips that may help reduce the risk of developing the disease:

- * Don't smoke, exercise regularly, and maintain a healthy weight. Studies show that excess weight may increase the risk of breast cancer.

- * Eat fresh fruits and vegetables daily. The fiber, antioxidants, and other nutrients found in fresh fruits and vegetables may help reduce the risk of breast cancer and some other cancers.

S.H.S. Freshmen unite to make a difference at anti-drug rally

submitted

Last Tuesday, October 4, the freshman class of Sonora High School participated in a "United Against Drugs—Together we can make a Difference" Rally in Junction, Texas, along with over 400 other freshmen from surrounding schools, including Eden, Brady, Menard, Mason, Junction, and Rock-springs.

The rally was sponsored by the Alcohol and Drug Abuse Council of the Concho Valley. The main focus of the rally was to raise awareness of the dangers of using drugs and to tell youth how to live fulfilling lives by making positive choices. Highlighting the event were two extraordinary speakers: Arik Bostick, known as "Mr. Enthusiasm", and David Parnell, a recovering drug addict.

Bostick gained their attention first with his high-energy, motivational speech about living their dreams and setting themselves apart as leaders. His entertaining message had everyone laughing and engaged. At one point, he even ripped his shirt off to reveal his Superman costume and explained that sometimes we have to "let things bounce off our chests like bullets bounce off of Superman."

Following lunch, David Parnell stunned the crowd with his heart wrenching story of

his addiction to methamphetamines.

David Parnell is 38 years old, married and has seven children. He is also a methamphetamine and suicide survivor.

David began using marijuana at the age of thirteen. He then progressed to harder drugs eventually discovering methamphetamine.

He was addicted to meth for seven years before attempting suicide by shooting himself under the chin with a SKS assault rifle, literally blowing his face apart.

His injuries were so severe he was written off as deceased by the sheriff's department while in transit to the hospital. He has had over 15 surgeries and still has many more to go.

David is now sober after spending 23 years on drugs.

The students watched in awe as he projected graphic photographs to emphasize the horrific effects of drug use. Parnell's powerful retelling of his successful battle to overcome methamphetamines made an impact on our youth. Here is what some of them had to say:

"The most impressive speaker was David, because he woke us up from our little fantasy land in which we think nothing bad will happen to us and drugs are cool and fun! He showed us that drugs can turn you into a person that you really



Arik Bostick talks with Sonora High School freshmen at an anti-drug rally in Junction, sharing his "VIP" (Vision, Identity, and Purpose) message. Bostick encouraged the students to be unique, leaders and most important to be HERO'S.

aren't and they make you do things you would never do."

- Valerie Gonzalez

"I thought it was informative; I learned things about drugs and drug addicts I didn't know before."

- Ryder Crites

"My perspective on drug awareness changed after yesterday's program because I didn't realize how many people it affected when one person did drugs."

- Steely Ingham

My perspective about drug usage changed after yesterday's program because it changed the way I thought about drugs and what it does to you."

- Ricky Lozano

"My perspective about drug usage changed after yesterday's program because I understand that not all people who do drugs are bad people, just people who

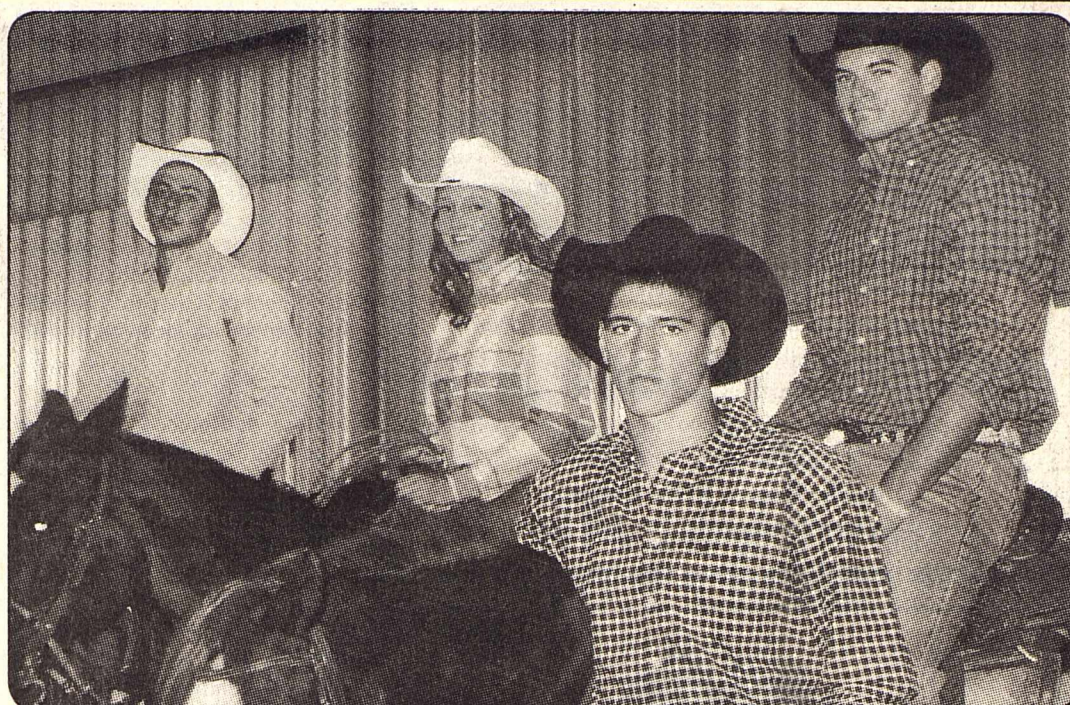
make bad choices. Also, not only can the use of drugs ruin your life, but the lives of everyone around you."

- Savannah Leonard

A special thanks goes to the following local businesses for their contributions to the 2005 Drug Rally:

First National Bank of Sonora, The Bank & Trust, and Smitty's.

See more on the "United Against Drugs" rally on page 6.



Craig Leonard, Steely Ingham, Dustin and Steven Duhon wait to ride at the Ft. Stockton High School Rodeo. The team will begin competition again in February.

Sonora puts the spurs to 'em

Team members finish first round of rodeos at the top

The end of the first semester high school rodeo season finds Sonora in the lead in two timed events, proving that if you want to beat Sutton County cowboys and cowgirls you're going to have to 'Cowboy up' and come in whipping and riding.

The Sonora High School Region II, Texas High School Rodeo Association team just completed their first semester of competition, with four students roping and riding for the championship.

Steely Ingham, Freshman; Craig Leonard, Junior; Dustin Duhon, Junior; and Steven Duhon, Senior; and their families traveled to four, two-day rodeos in the Region II district over the last two months.

Steely Ingham placed 2nd in the Barrel Racing in Ft. Stockton and 4th in the Barrels in Lamesa, Odessa, and Ft. Stockton. She was 5th in Sweetwater. In the Pole Bending, Steely finished 3rd in Sweetwater. She finished 2nd in the Breakaway Roping in Lamesa and was 9th in Sweetwater. Steely also competed in the Goat Tying at all events.

In the Tie Down Calf Roping, Craig Leonard finished 3rd in Odessa and 9th in Lamesa

and Ft. Stockton.

The Duhon brothers both competed in the Steer Wrestling, finishing in the top positions in six of the eight. Dustin was 1st in Lamesa, Sweetwater, and Odessa (Sunday). He finished his only 2nd on Saturday, October 1, in Odessa.

Steven was right on his heels, finishing 2nd at each of those, except for Sweetwater on Sunday, where he finished 3rd.

At the end of the first semester, Ingham is sitting 1st in the Barrel Racing. The Duhon boys, Dustin and Steven, are sitting 1st and 2nd, consecutively, in the Steer Wrestling.

Steely and Dustin are both sitting 15th for the All-Around Champion position and there are six more rodeos next semester, with the Region II Finals to be held April 8th and 9th, 2006 at the Spur Arena in San Angelo.

Education plays an important part in the total High School Rodeo program and in order to gain the confidence of schools around the country, the association requires high student academic standards. The National High School Rodeo Association also requires members to conduct themselves in an exemplar-

ry manner, requires students to abide by a strict dress code when competing and requires contestants to "play by the rules". Leadership and responsibility are also stressed to the members. Because most of them have one or more animals to care for, they have already learned that their other interests may take a back seat to responsibility.

All of Sonora's team members compete at football games on Friday night, the boys all playing on the Bronco Varsity team and Steely playing in the Mighty Bronco Band.

The truly impressive aspect of high school rodeo is the quality of character and dedication of both the student members and the adult advisors. The long hours of practice and serious competition as well as the examples set by dedicated adults and involved corporate sponsors, give direction and meaning for the future of one of the most impressive groups of teenagers in the world.

Sonora is proud of all of our athletes, and wish these cowboys and cowgirls the best in their quest for that Gold Buckle.

Monarch Butterfly migration indicates species recovery

AUSTIN, Texas — The cool front that blew through Texas this week brought the leading edge of the annual migration of millions of monarch butterflies traveling south to their Mexico wintering grounds, and early indications are the monarch population has finally recovered from the severe snow storm that struck overwintering colonies in 2004.

Scientists say monarch numbers stayed at low ebb though the unusually cool summer of 2004, but due to favorable breeding conditions this summer, they appear to be at or above their 11-year population average.

"Hundreds of thousands of monarchs have been streaming by east of Sonora, Texas since Oct. 3," said Mike Quinn, an entomologist with the Texas Parks and Wildlife Department, who said recent cool fronts also brought clusters of roosting monarchs to the Abilene area and earlier reports had monarchs moving through Wichita Falls.

"We almost always get reports of good numbers of butterflies from Wichita Falls, Abilene, San Angelo, to Del Rio as these cities sit atop the center of the monarch's Central Flyway

See Monarchs page 8

Lighthouse Community Church

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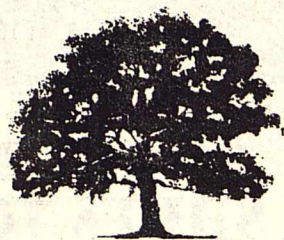
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 387-3190

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 T. Wayne Price
 Pastor
 111 E Oak
 387-2951

ST. JOHN'S EPISCOPAL CHURCH
 Rev. Milton Black
 404 E. Poplar
 387-2955

FIRST UNITED METHODIST CHURCH
 Rev. Beverley Parsons, Pastor
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 387-2466

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 Enoc Elias Nunez
 306 W. 4th St.
 387-5713

PENTECOSTAL CALVARY TEMPLE UNITED
 509 Amistad

THE CHURCH OF THE GOOD SHEPHERD PRESBYTERIAN
 Lewis Allen, Pastor
 319 E. Mulberry
 387-2616

LIGHTHOUSE COMMUNITY CHURCH
 Don Longoria, Pastor
 1705 N. Crockett

ST. ANN'S CATHOLIC CHURCH
 Father Miguel Dinio
 229 W. Plum
 387-2278

JEHOVAH'S WITNESS
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Member 2005

TEXAS PRESS ASSOCIATION

Protect the Pledge



Congressman Henry Bonilla

The Pledge of Allegiance is a deep-rooted symbol of America -- every American knows that. But if some federal judges have their way, our children will be barred from saying the Pledge of Allegiance in our schools.

Last month a U.S. District Judge, Lawrence Karlton ruled that the pledge's reference to one nation "under God" violates school children's right to be "free from a coercive requirement to affirm God." He was upholding a decision in 2002 by the 9th U.S. Circuit Court of Appeals, which ruled that the recitation of the Pledge of Allegiance in public schools was unconstitutional.

I could not disagree more with this ruling. That's why I recently introduced legislation to protect our Pledge of Allegiance.

My legislation urges the Supreme Court to uphold the pledge's constitutionality. If approved it will express to the nation that Congress believes reciting the Pledge of Allegiance by students attending public schools

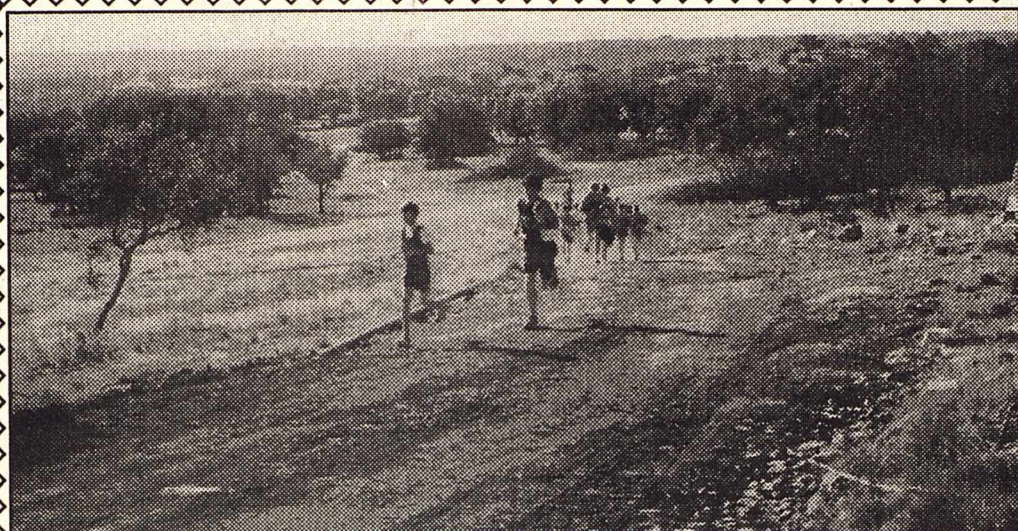
contributes to the moral foundation of our nation.

Furthermore, my resolution declares that the recitation of the Pledge of Allegiance in public schools is constitutional under the 1st Amendment and calls for the Supreme Court to uphold this belief.

The pledge reminds us that there is a strong American tradition in seeking divine guidance and protection. In fact, our values of charity and fortitude are reflected in this. Even more, the recitation of the pledge instills long lasting American values and patriotism, and contributes to a child's character development.

Judge Karlton's and the 9th Circuit's ruling has unduly forced community leaders to make a difficult choice. They must choose between conflicting values, rights, and laws by either allowing children to recite the pledge or not. This is unacceptable.

Join me in expressing support for the pledge. Let's protect our right to have our children participate in a tradition that teaches them longstanding American values, morals, and beliefs.



It's an uphill run for these participants at the Cross Country Track Meet.

Caverns of Sonora would like to thank Location Builders

for preparing the course for the
Sonora ISD Cross Country Track Meet
 on Saturday, October 1, 2005.

Special recognition goes to
Elipideo Torres, Joe Angel Buitron, and Lupe Guitierrez
 for their help in building the track.



The new course is a welcome challenge to
Bailey Joe Pennington and other track and field runners at the meet.

sible for us to use the football field. Thank you to First National Bank and Creek Swabbing & Roustabout for providing our jerseys that made us look good out there, and to everyone over at Team Graphics for doing such a good job on the jerseys! A BIG thank you goes out to all of our concession stand donors and helpers -- we could not have raised the money for our end-of-season parties without you! Thank you so much for your donations: Xtreme Metal Works, Schlumberger, Devon Energy, and Sonic. Thank you to everyone at Taqueria El Torito for doing the hard work and yielding the delicious results! A very special thank you must go out to Mike and Suzanne Badeaux, who ALWAYS go above and beyond the call of "Super Parents." Thank you for everything from the positive energy to the cheese for the Frito pies that YOU prepared! You two are invaluable assets to any organization, and we are so grateful that you are a part of ours. Thank you for your hard work and generosity. Our concession stand could not have "functioned" without the gracious help of everyone who let us borrow tables, appliances, canopies, and the million other "little items," so thank you Jock & Jimalee Dutton, Genaro Perez, Dorothy Jimenez, Mike & Suzanne Badeaux, Jerry & Nancy Jimenez, Lynn & Susan Hinsley, and Loretta Garmon. A very, very special thank you goes out to the lovely ladies that provided the hard work in running the concession stand; thank you Chelsey Lou Campbell, Kellie Berry, Kayla Fields, and Bethany Berry. Thank you, Lynn Hinsley and PCS, for providing the hard workers of the YMCA with a great lunch. It made their day. And thanks to the great game announcers: Jock Dutton, Lynn Hinsley, and Paul Stephens. We'd also like to take a second to express our deep appreciation of the guys who VOL-UNTEER their time to be out there on the field. Thank you to our wonderful coaches who take on the responsibility of teaching respect, good sportsmanship, and love of the game. Thanks to the YMCA for creating a program that is about teaching good morals and values through the game of football. Thank you to all the families that joined us from Eldorado, Ozona, Junction, and Big Lake. We hope you enjoyed the day. And finally, a MILLION thanks goes out to the parents who drive all over Texas, who hold run-through signs, and who cheer until their voices disappear. You make it fun.

Thank you from the bottom of our shoulder pads,

The 2005 PeeWee & Heavyweight Sonora Broncos

Community Calendar

October 18

Sutton County Health Foundation
 Health Expo
 7:00 a.m. - 3:00 p.m.

October 19

SISD eye screening

October 29

Fall Festival
 Main Street at 10:00 a.m.

October 30

Time changes
 Fall Back



P.O. Box 798, Sonora, Texas 76950
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The Community Calendar is made possible by:



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Letters To The Editor Policy

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DeLay and associates now face money laundering charges

State Capital Highlights

Texas Press Association

By Ed Sterling

AUSTIN - A new Travis County grand jury convened Oct. 5 and handed down another indictment against former U.S. House Majority Leader Tom DeLay and his associates, John Colyandro of Austin and Jim Ellis of Washington, D.C.

The Sugar Land Republican and his associates are now charged with the first-degree felony of money-laundering, punishable by five years to life in prison.

A previous grand jury indicted DeLay, Colyandro and Ellis on charges of conspiracy to violate Texas election law, which bans direct corporate donations to individual political campaigns. The grand jury said the men knowingly made a political contribution in violation of the law. After the first indictment, on Sept. 28, DeLay resigned from the position of House majority leader in accordance with House rules. The new grand jury, which is the third to consider allegations against DeLay, handed down the money-laundering indictment after DeLay's attorney, Dick DeGuerin of Houston, filed a motion to dismiss the previous indictment for conspiracy. DeLay's attorneys said prosecutors browbeat and coerced the grand jury into concluding that DeLay and the others had acted criminally.

Both indictments stem from the 2002 state election in which DeLay's political action committee, Texans for a Republican Majority, allegedly sent corporate contributions to DeLay's national fund raising arm which then sent the money back to several Texas House races in violation of state law.

GOP majorities in both houses of the Texas Legislature narrowly passed redistricting legislation that DeLay lobbied for openly in 2003. DPS trooper's killer executed Ronald Ray Howard Sr., 32, was executed Oct. 6 by the Texas Department of Criminal Justice for the April 11, 1992, fatal shooting of Texas Department of Public Safety trooper Bill Davidson.

Davidson had been a DPS officer for 17 years. He stopped Howard for a traffic violation on U.S. 59 in Jackson County, about 100 miles southwest of Houston.

Howard shot Davidson in the neck with a 9mm pistol as the trooper approached the driver's side window.

Howard fled the scene in the stolen sports utility vehicle he had been driving. He was arrested a couple of hours after the shooting. Howard's was the 14th execution of the year in Texas and the 350th person to die by lethal injection since the practice was resumed in December 1982.

Flu shot program starts now

It's time again for Texans to roll up their sleeves.

The Texas Department of State Health Services announced the startup this month of its seasonal influenza shot program.

The health agency called for people in at-risk categories to get vaccinated right away.

To find vaccination facilities in your area, dial 2-1-1, the state health and human services information number.

Bush taps Miers for high court

President George W. Bush nominated White House legal counsel Harriet Miers of Dallas to replace retiring Sandra Day O'Connor as an associate justice of the U.S. Supreme Court.

Her appointment must be approved by the U.S. Senate Judiciary Committee. Miers, 60, is from Dallas. Miers was a lawyer in private practice for 27 years before she entered state government. In 1992 she served as president of the Texas Bar Association. She also served a term on the Dallas City Council. In 1995, then-Gov. Bush appointed Miers to the three-member Texas Lottery Commission. She resigned as chairwoman of the agency in March 2000 after nearly five years at the helm.

Chamber Chatter

Texas Chamber of Commerce Week recognizes efforts to promote Sonora and local business

SONORA

Chamber of Commerce
by Ruthie Bounds, COC Executive Director

We are celebrating several things this week. First of all we want to congratulate Sonora Elementary School for being recognized as the "Landscape of the Month" recipient for October.

It is easy to see why Sonora Elementary was nominated for this recognition. Following the renovation of the elementary school the maintenance staff at Sonora ISD has done a wonderful job enhancing and beautifying the learning environment of our elementary school. The children that attend our elementary school are now greeted every morning with beautiful landscaping, including lush grass, a sidewalk lined with native sage bushes, and planters full of colorful foliage and blooming plants. The beautiful huge pecan trees that grace the front of the elementary school have been further enhanced by the exceptional lighting that was installed as a part of the renovation. The appearance of Sonora Elementary School embodies the pride of community that the "Landscape of the Month" and *Keep Sonora Beautiful* programs promote. Congratulations to the Sonora Elementary School maintenance staff for a job well done!

This week has been declared Texas Chamber of Commerce Week by Governor Rick Perry. In celebration of this proclamation we thought you might like to know more about your Sonora Chamber of Commerce. Maybe some of our readers don't know or understand what the function of the Sonora Chamber of Commerce is.

The organization was founded in 1958 to promote the business, agriculture, education and tourism of Sonora and the surrounding areas. The Sonora Chamber of Commerce basically has two major responsibilities: one to promote our area business through memberships, and the other to promote our area to tourists and visitors.

Sonora Chamber of Commerce is proud to be a member of the Texas Association of Businesses, Texas Chamber of Commerce Executives, Texas Hotel & Lodging Association, Texas Convention and Visitors Bureau and the Texas Travel Industry Association, as well as the nationwide affiliates of these



Sonora Elementary office and maintenance staff, Manuel Hernandez, Ray Lozano, Elizabeth Zapata, Irene Casillas, and many others work to keep Sonora Elementary looking great, inside and out!

organizations.

Sonora Chamber of Commerce is the official visitor's bureau for Sonora and welcomes approximately 1000 visitors per year to Sonora. We are deeply involved in area tourism and promote not only special events, but general tourism, locally, regionally, and statewide. Seventy-five percent of the budget for operations for Sonora Chamber of Commerce comes from the local Motel Tax revenues collected by Sonora motels. Of that portion of our annual budget, less than half of these funds are used for administrative purposes, such as personnel, office space, equipment, utilities, etc. This leaves over fifty percent of the Motel Tax revenue received by Sonora Chamber of Commerce to be used directly for advertising in many different medias to promote events, meetings, sporting contests and group travel for our area. During the last twelve months we have mailed out information on local motels, Caverns of Sonora, Eaton Hill Wildlife Sanctuary, special events, Historic Downtown Sonora, Sonora Golf Course, and hunting leases to over 9000 individuals that requested information about Sonora.

The remaining twenty-five percent of the Sonora Chamber of Commerce budget is derived from membership dues and fund raisers. We keep a list as up-to-date as possible of local businesses and field at least 20 phone calls per week requesting information about local businesses.

Currently our membership stands at approximately 200 members, and from those members a 12 member board of directors is elected each year rotating for a three year term. This board is made up of volunteers that

freely and willingly give of their time to help our community. The Board of Directors for the Sonora Chamber of Commerce at present are: Jo Ann Jones, President; Jody Luttrell, Vice President; John Jones, President Elect; Juanita Estrada, Treasurer, Jim Phillips, Susan Hall, Storie Sharp, Becky Allison, Lance Castro, Greta Ramsdell, Doug Huddleston, and Marla Percifull. Unless you have served on this board, you have no idea how much time and dedication these people give to Sonora.

This week is a week to express our gratitude to these hard working volunteers, so if you see any of them please be sure to say "Thank You".

On a personal note, I have been involved with the Sonora Chamber of Commerce in one capacity or another for the past 30 years, as a member, board member (on 2 different occasions) and now as the Executive Director. Things have changed considerably since my first term on this board back in 1979. Technology has made us more accessible to our members and has also given us the opportunity to better share our blessed place in this great state with travelers from around the world. The size and scope of operations at Sonora Chamber of Commerce have increased dramatically. It is still our purpose and vision to promote all aspects of business and tourism, but on a greater scale than ever before.

If you have any questions about the Sonora Chamber of Commerce, any of its members, membership benefits, or travel and tourism initiatives, whether local or regional, please call 325/387-2880 or email us at soncoco@sonoratx.net.

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Managing Diabetes with Exercise



By Kelly L Thorp

CEA-FCS

Texas Cooperative Extension

Exercise might be important in anybody's health plan, but for people with diabetes, regular exercise can be a life-saver.

For them, exercise:

- Helps insulin work better;
- Reduces body fat and increases muscle tone and strength;
- Strengthens heart and lungs, which lessens the risk of hardening of the arteries, high blood pressure and other heart problems;
- Lowers bad cholesterol and raises good cholesterol;
- Provides more energy by helping glucose get from the blood to the cells;
- Lowers the need for diabetes medicines for some people. (But remember: Don't change your medicines without medical approval.)

• Reduces the effects of heart disease, high blood pressure and high cholesterol;
- Lowers stress; and
- Reduces depression and provides a sense of well-being

Before starting on any exercise program, people with diabetes should consult with their doctors. Heart disease and nerve damage might limit your exercise choices, but options are almost always available.

One of the best forms of exercise is also one of the simplest-walking. But if a program of sustained walking doesn't fit into your busy schedule, other options might help you reach your exercise goal each day. For example, 10 minutes of walking, gardening or housework done at different times during the day

could add up to the recommended 30 minutes of daily activity. This type of exercise makes your heart beat faster, gets your muscles moving and makes you perspire. Another type of exercise, weight lifting or building strength, is seldom recommended for people with diabetes.

After checking with your doctor and getting the go-ahead to start an exercise program, start slowly, only five or ten minutes at a time at first. Don't overexert yourself; you should be able to talk easily as you work out. Walking, swimming, riding a bicycle and doing chair exercises are all beneficial activities.

Gradually increase your time to 30 minutes. In spite of what you've heard in the past, exercise should not be painful. If it is, you may be doing the exercise the wrong way or not warming up properly or doing too much.

Once you've warmed up start your exercise routine. Try to keep your heart rate higher than normal for 20 to 30 minutes.

End your workout with a cool-down. Slow down gradually until your breathing becomes more normal.

Wear clothing that is comfortable but not too restrictive and which doesn't make you sweat. In summer, wear light weight, light colored clothing when you exercise, and in winter dress in layers. Use a sunscreen of SPF 15 or higher and wear a hat.

And don't forget the importance of proper footwear. Exercise shoes should feel good and fit well.

For more information on living with diabetes, plan to attend the Do Well, Be Well with Diabetes series, on Tuesday evenings at 5:30 PM at the Civic Center, in October and November. For more information and to register contact Kelly Thorp at 387-3604.

Bone Density Testing Now Available in Sonora at Lillian M. Hudspeth Memorial Hospital

What is bone density testing?

Bone density testing is often performed to help diagnose osteoporosis or to see if you're at increased risk of this disease.

Osteoporosis thins your bones causing them to become more fragile and likely to break.

Who should be tested?

Bone density testing is recommended if: you're a woman age 65 or older, you're 60 and at increased risk of osteoporosis, you're a postmenopausal woman who has recently fractured a bone, or you're a younger postmenopausal woman with other risk factors for osteoporosis.

How is it done?

Quantitative Computerized Tomography (QCT) measures your spine using a CT scanner combined with computer software to determine your bone density. This method provides detailed, three-dimensional images and can take into account the effects of aging and diseases other than osteoporosis on your bones.

The test only takes a few minutes to perform and requires no preparation.

Will my insurance cover bone density?

Most insurance covers the cost of bone density subject to individual policy requirements, deductibles and cost shares. Medicare will cover one bone density per year. Our Patient Representatives will be happy to pre-certify your coverage.

How can I schedule a bone density?

Consult with your local physician for a referral. Contact the Radiology Department at 325-387-2521 x130 for more information.

Bone Density is one of the many imaging services provided at

LMH
LILLIAN M. HUDSPETH MEMORIAL HOSPITAL

CACTUS CONTROL

SHAWN TAYLOR 325-853-2465
P.O. Box 575
Eldorado, TX 76936

LINDA SCROGGINS 325-853-2244
P.O. Box 1317
Sonora, TX 76950

SONORA'S ANNUAL FALL FESTIVAL

Saturday, October 29, 2005
10:00 a.m. - 5:00 p.m.

Crowning of Mr. & Miss Fall Festival--10:00
Story Book Parade--10:30
Line up in front of the courthouse.
Costume Judging at 11:00

Fun • Games • Food

FYI call 387-2248

Coke and Neely exchange marriage vows

Carrie Elizabeth Neely and Charles Edward Coke exchanged marriage vows on Saturday, August 20, 2005, at Christ Episcopal Church. The Reverend Dan Lauer performed the ceremony. The bride is the daughter of Preston and Sarah Neely of San Antonio, Texas. She is the granddaughter of Lura Sawyer and the late Edwin Sawyer.

The groom is the son of Michael and Margaret Flynn of Richardson, Texas.

The bride wore a gown designed by Reem Acra. The strapless bodice was accented with silver beading and embroidery, and had a full circular skirt of satin organza. Carrie's cathedral length veil, with fingertip veil to match, were both accented with silver beading, and designed by Regalia of Boston.

Matron of honor was the bride's long time friend, Erin Kirkland. Best man was the groom's long time friend, Chris Pfeiffer. Bridesmaids were Christine Coke, Terah Gisolo, Julia Jones, LouAnn Kirkpatrick, Suzi Neely, Christi Ockels, Tanya Pershin, and Kendall Wade. Groomsmen were Charlie Burgess, Jimmy Campbell, Mark Gilliam, Justin Kaplan, Brandon Lopez, Joe Neely, and Sawyer Neely. Ushers were Walter Chandler, Scott Fricks, John Jones, Michael Neely, and Paul Proctor.

Carrie's house party included her friend Lucie Fralicks, and cousins Christin Davis and Allison



Carrie Elizabeth Neely Coke

Campbell. Flower girls were Carrie's cousin Abigail Neely and godchild Camryn Kirkland. Ring bearers were Carrie's nephew Jack Neely and godchild Kyle Pershin.

On the eve of the wedding, a rehearsal dinner, hosted by the groom's parents, was held at the

Buckhorn Saloon and Museum.

Following the ceremony, a reception was held at the Southwest School of Art and Craft.

The couple honeymooned in Parrot Cay, Turks and Caicos and will reside in Houston, Texas.

Happy Birthday

October 13

Agustin Vaquera, Sherry Welcome, Arcelia Carrasco, Bill Keel, Derek Ramos, Jalyn Mathews, Amanda Word, Gaile Cade

October 14

Brian Van Winkle, Krissie Gonzales, Leandra D. Lopez, Ronnie Wipff

October 15

Olivia S. Cunningham, Angela Gonzalez, Aracely Hernandez, Shane Deel, Bert Young, Robbi Harris, Walker Thompson, Olivia Samaniego, Adrian Segura, Linda Segura

October 16

Robert Higdon, Joe Brown, Eddie Teasley, Suzanne Badeaux, Letty Campos, Gene Thompson, Ruben Mendez, Jr., Crystal Lopez, George Rodriguez

October 17

Wyatt Watkins, Kelly Whitehead, Jami Chavarria, Fernando Gonzalez, Jr., Fernanda Gonzalez, Nora Perez, Niki Russell

October 18

Alice Cox, Mary Watkins, Dayton Armke, Fred Buchanan, Rosa Hawkins, Peggy Sharp, David Lee Gandar, Mason McGeath

October 19

Ilene Santana, Claire Arrendondo, Anthony Luna, Ubaldo Luna, Valerie Ramirez, Dalila Ozuna, Sawyer Foulds, Barbara Holms, Steve Tackel

He thinks he's still a catch at 44,
but which smelled worse,
we weren't sure!



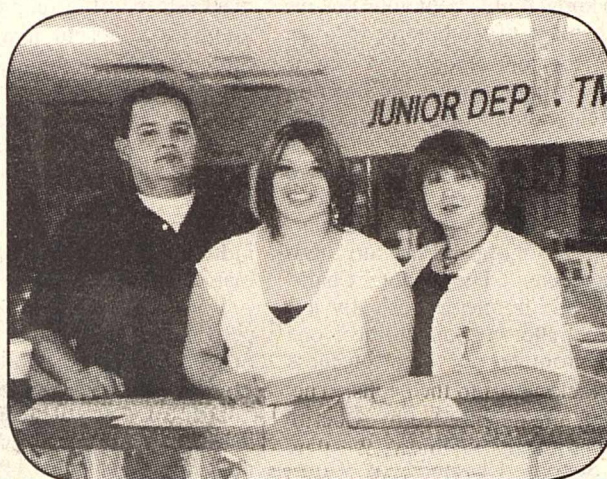
Happy Birthday Noodle!
from your fishing buddies

Congratulations Barber School Grads

Anthony Hernandez and Teresa Gonzales!

They have successfully graduated from Mid Cities Barber College and received their barber's license in June, 2005. Anthony is currently working at Beto's Barber Shop in Cedar Hill, Texas and is doing very well.

Teresa is extending her career by enrolling back in school to become a Barber Instructor!



ADULT HEALTH EXPO

Lillian M. Hudspeth Memorial Hospital and
The Health and Wellness Center

Tuesday, October 18, 2005
7:00 a.m. to 3:00 p.m.

Every department of the hospital and the Sonora Medical Clinic will provide **Free** or discounted health screenings along with health educational materials and teachings.

Free screening offers include:

- Cholesterol Screening (Lipid Profile)
- Blood Sugar
- Prostate Specific Antigen or PSA
- Blood Pressure
- Hearing Testing
- Diabetes Sensory Testing
- Cardiac Diet Instruction
- Body Mass Index Calculation and Percentage of Body Fat
- Advanced Directives



Bone Density Testing will be provided at a **discounted** rate.
No insurance will be filed.

Blood Screening begins at 7:00 a.m.--**MUST BE FASTING!!!**
Fasting is NOT required for PSA only.

Fasting means NOTHING to eat or drink past MIDNIGHT!

Flu vaccine will NOT be available at the EXPO.

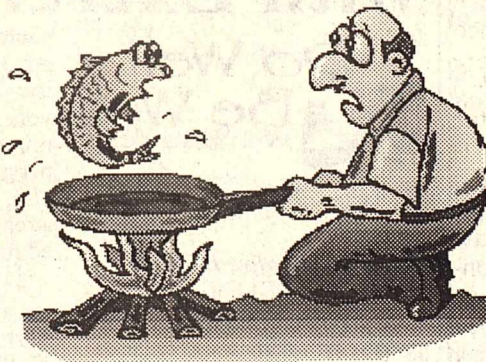
For more information, call 325-387-2521 ext. 214.



LILLIAN M. HUDSPETH MEMORIAL HOSPITAL

Sutton County Health Foundation First Annual

Fish Fry



Sunday, October 23, 2005

Immediately following Church Services

Sutton County Courthouse Lawn

Dine on the Courthouse Lawn or Take-Out is available
Fried Fish, French Fries, Cole Slaw, Dessert and Beverage

Recommended donation \$6.00

Proceeds from this annual fund-raiser ensure the future of quality health resources in Sutton County.

Join us on the Courthouse Lawn to help support the mission of the



Sutton County Health Foundation.

All donations appreciated and are tax deductible.

Mail memorials or donations to:

Sutton County Health Foundation, PO Box 18, Sonora, TX 76950

Broncos Prevail In Overtime

by Ray Glasscock

All during the week before the game, many Ozona fans conducted a propaganda campaign. According to the stories, the Ozona team had lost so many good players that Sonora could bring their JV team and win handily. It is a good thing that the Broncos didn't believe it, as the Lions definitely were ready to play!

It came down to overtime as the game ended tied at 21. Many fans were unaware of how an overtime is played in high school football. Following the coin flip, the Broncos started on defense. After the first two runs, the Lions moved from the 25 to the 15, earning a first down. The Bronco defense stopped the first down run. The Lions then tried two passes which fell incomplete. Ozona's Matt McGuire gave the Lions a three-point lead with his 30-yard field goal.

Worry could be felt throughout the stands. Embre Smith told me that he knew the Broncos could score if only they could keep from turning the ball over. The overtime lasted only three more plays. Justin Northcott ran through a huge hole opened by Smith and Dustin Duhon blocking to the inside with pulling guard Aaron Gaytan pancaking the defensive end. Northcott took it fifteen yards to just inside the ten for a first and goal. Northcott took the next run right behind Smith and Duhon for about three more yards. Caleb Ramos scored the winning touchdown on the quarterback counterplay.

The Broncos won the coin toss and deferred to the second half. After stopping the Lions with some swarming defense on their first series of the game, the Broncos mounted an impressive opening drive. Brett McDaniel gained four yards followed by a ten yard run by Ramos for the game's first first down. A



#58 Zadrian McGee and #78 Dustin Duhon blocking for #10 Caleb Ramos scoring the winning touchdown against the Ozona Lions. Photo by Ray Glasscock

quick pass to Anthony Longoria gained another first down. Ramos gained another ten yards on a quarterback draw. Northcott scored from the ten on an option pitch from Ramos. A rare miss by Mr. Gaytan left the score at 6 to 0.

At this point, the Sonora fans relaxed as the Ozona propaganda seemed to be true. Ozona's Jared Espino quickly dosed the euphoria with a 91 yard kickoff return for a 7 to 6 Ozona lead.

The Lion defense stepped up and stopped the Broncos. On fourth down, Ramos pitched the ball to Longoria who threw deep to Pedro Gloria. The Lions intercepted. A Lion penalty negated the interception run back, and the Lions started deep in their territory. Roland Solis had two solo tackles on this Lion possession forcing the Lions to punt.

The Broncos unleashed McDaniel on this series. He gained 47 yards on this 69 yard touchdown drive. His first big gain came on a quick pitch from Ramos. He followed up with long run to the Lion three yard line.

Four plays later, Ramos got the touchdown on a quarterback sneak. Needing two points, Ramos hit Cameron Cox on a crossing pattern in the back of the end zone. Sonora led 14 to 7 with 8:53 left in the second quarter.

Ozona quickly answered when quarterback Drew Clayton hit Espino with a 41-yard catch and run. Clayton completed the drive with a 4 yard touchdown pass to Jack Rodriguez. Matt McGuire kicked the PAT to knot the score at 14 to 14 with 5:13 left in the half.

The Broncos received the second half kickoff and started a drive. Nash Traylor gained big yardage on a quick pass from Ramos. After a nice gain by Ramos, he left the game with a stinger to his left hand. Cullen Parker handed the ball to McDaniel who took a hard hit to his knee. Northcott entered the game and took over the rushing duties for McDaniel. The drive ended when Espino intercepted a Ramos pass in the end zone.

The Bronco defense forced a three and out. The Lions stopped the Broncos and Parker

punted. This time Steven Duhon made sure the Lion drive lasted only three plays. The next series featured Northcott up the middle, to the right, and to the left. After quickly gaining fifty yards, Northcott was hit hard and fumbled.

Hilton Bloodworth stopped the next Ozona series as he recovered a Lion fumble. Northcott blasted through the line and got it close to the goal. He finished the drive with a one yard run up the middle. Mr. Gaytan kicked the PAT and the Broncos had regained the lead at 21 to 14.

The Lions responded with a three play scoring drive led by Rodriguez. Ozona made the PAT and the game was headed for overtime.

This week the gauntlet continues when the Mason Punchers come to Bronco Stadium. The Broncos are looking to get revenge on the Punchers for last year's 55 to 22 plastering in Mason. Come out and support the Broncos as they continue their quest for a district title. Sonora 27, Ozona 24 (OT)

JV Red Broncos still rolling with win over Ozona

by Ray Glasscock

With the Lions leading 14 to 0, the Broncos huddled around Coach Cox. Cox informed them that they were all playing lousy and could easily lose 50 to 0. When he asked them if they were ready to start playing, they responded, "YES SIR!"

The defense took command of the game by reverting back to swarming Bronco defense. The come back continued with an outstanding catch and run by Jordan Isenhour for the first Bronco touchdown. With the score 14 to 6, the Lions answered with their last score of the game. Once again, the Lions led by 14 at 20 to 6. With less than 3 minutes left in the half, the Broncos passing game steadily moved the Broncos down the field. Under a heavy Lion rush, Victor Vaquera managed a flip to Nick Peña. Peña turned a loss into a broken field run for the second Bronco touchdown. After a penalty on the first PAT attempt, Vaquera found Peña again who managed to weave his way into the end zone narrowing the score to 20 to 14 in favor of Ozona with 1:31 left in the half. Three plays later, Vaquera intercepted an Ozona pass giving the Broncos the ball with less than 10 seconds left in the half. Vaquera and Peña connected on a 60 plus yard pass and catch to take the lead at 21 to 20 after Anthony Sanchez kicked the PAT.

Riley Sanchez scored the next Bronco touchdown on a flanker reverse. This diving leap into the end zone widened the Bronco lead. The Bronco defense made sure the Lions were finished as they tackled runners behind the line of scrimmage. Vaquera scored the next Bronco touchdown on a sweep. The Broncos offense kept the ball on the last drive for several minutes until Vaquera scored the final touchdown to make the final score 41 to 20. This game reminded me of the Olney game in 2000. Sonora can be quite proud of the JV Red's record of 6 and 0.

JV White shut out Freshmen Lions

by Nancy Glasscock

The Broncos started the game by kicking off to the Lions. The JV White defense led by Alberto Tovar, Andy Galindo, Westley Lipham and Mario Lira smashed the Lion runners. The Lions punted to the Broncos. The freshman Broncos responded with a nine play scoring drive. Derek Van Winkle, Jordan McGuffin and Ricardo Rodriguez moved the ball down the field from the Lion 37 yard line. Domingo Reynosa, Tovar, Lipham, and Galindo made blocks opening holes and securing the outside edge for the ball handlers. Van Winkle capped the drive with the Broncos' first touchdown with 2:23 left in the first quarter. The PAT was no good and the Broncos led 6 to 0.

The second Lion drive took most of the game's second quarter. The Lion quarterback was their most successful and elusive ball carrier. He got the ball down to the two yard line. The Broncos stiffened and Pecos Roberts stopped the drive when he batted a fourth down pass away from the Lion receiver in the end zone.



Jordan McGuffin, #40, outruns the Lions to score and add to the 14-0 shut-out. Photo by Ray Glasscock

During most of the third quarter, the JV White running backs were going straight ahead through big holes opened by the offensive line. Mario Lira refused to go down as he often carried two to three Lion would be tacklers with him down the field.

It was a 6 to 0 game until 7:42 in the fourth quarter. McGuffin and Van Winkle moved the ball down the field with the help

of the offensive line who were blocking tired Lion defenders. McGuffin scored the final touchdown. Van Winkle finished the scoring as he carried the ball into the end zone for the two point conversion.

The final score was 14 to 0 in the JV White team's favor. They are now 2 - 2 - 1. This Thursday, they have a rematch with these same Freshman Lions in Ozona at 5 PM.

Cold and rain doesn't slow down 8th grade Colts' winning streak

by Santiago Faz

On October 6th the Colts traveled to Ozona to play the Lions on a very cold night. The Colts Harvey Santana kicked off to start the game. The Lions got 3 1st downs, but turned the ball over on downs at their own 16 yd line. The Colts only gained 8 yds on 3 downs, so Kris Agüero punted and the lions took over at the Colts 47 yd line. Strong defense by agüero and Tyler creek resulted on a lion fumble recovered by Chacho Mesa at the colts 41 yd line. The 1st quarter ended on a 10 yd pass completion from Caleb Gonzales to A.K. Williams with the score 0-0. The Colts turned the ball over on downs at the lion 35 yd line. Will Anderson and A.K.Williams made good tackles to force a lion punt. Kris Agüero returned the punt 17 yds to their 41 yd line. Dustin Neff gains 3 yds up the middle followed by Kris Agüero running again up the middle for 58 yds to the lion 8 yd line. 2 plays later, Agüero scores from 9 yds out. 2 pt conversion failed. With 3:32 in the 2nd quarter, Colts 6-0. The Colts and Lions exchanged 2 possessions each to finish out

the 1st half at 6-0.

Harvey Santana returned the ball 20 yds to midfield to open up the 3rd quarter. Good running by Dustin Neff, Caleb Gonzales and Kris Agüero put the colts at the lion 3 yd line. 2 plays later Agüero takes it in from 3 yd. 2 pt conversion failed. Colts 12-Lions0. The lions returned Harvey Santana's kick 55 yds for a touchdown. Lions convert. 2 pt conversion. Colts 12-Lions 8.

The Colts moved the ball to the Lion 27 before turning the ball over on downs. Quarterback sacks by Will Anderson and Harvey Santana forced the Lions to punt from their own 14 yd line. From the Lion 27 yd line. Neff gains 7 yds on 1st down with Agüero gaining 14 yds on 2nd down. On 1st and Goal from the Lion 5 yd line, Agüero takes it in for his 3 rd touchdown. Agüero runs in for 2 pt. conversion. Colts 20-Lion 8.

On next Lion possession Cash Jennings led the defense to force punt. The Colts took over at the lions 18 yd line. On 1st down Agüero picks up 13 yds to the Lions 5 yd line. On the next play Santana takes a Caleb Gonzales pitch to score. Santana

converts 2pt conversion. Colts 28-Lions 8. With 3:26 left in the game. Good defensive plays by A.K.Williams, Paul Faz and a very hard tackle by Dustin Neff had the Lions run out of time with the final score of Colts 28-Lions 8.

All the Colts played very hard in a very cold and wet night to improve their record to 5-0.

Next game against Mason in Sonora on October 13 at 6:30 p.m.

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School Lunch Menu • October 17-21

Breakfast

Mon.- Cheese toast, apple juice
Tues.- Cinnamon roll, orange juice
Wed.- Toast w/jelly, orange pineapple juice
Thurs.- Pancake on stick, apple juice
Fri.- Breakfast pizza, orange juice
Milk and cereal offered with all breakfasts.

Lunch

Mon.- Pepperoni pizza, tossed salad, kernel corn, fresh fruit cup
Tues.- Mac & beef, mixed vegetables, Jell-O w/fruit, corn bread
Wed.- Sausage on tortilla, ranch style beans, fresh fruit, cookie
Thurs.- Steak fingers, mashed potatoes/gravy, English peas, rolls, pudding
Fri.- Chicken patty on bun, French fries, lettuce/tomato, fruit icee

Sonora Broncos Football 2005

Aug. 26	Sonora 33	Alpine 14
Sept. 2	Sonora 35	Brackettville 19
Sept. 9	Sonora 14	Coleman 6
Sept. 16	Open	
Sept. 23	Sonora 35	*Reagan Co. 13
Sept. 30	Sonora 27	*Eldorado 0
Oct. 7	Sonora 27	*Ozona 24
Oct. 14	*Mason	Home 7:30
Oct. 21	*Wall	There 7:30
Oct. 28	*Grape Creek	Home 7:30
Nov. 4	*Junction	There 7:30
*District 2-2A		

Sponsored this week by:

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Sonora JV Red Broncos

Aug. 25	Sonora 48	Alpine 20
Sept. 1	Sonora 29	Junction 0
Sept. 8	Sonora 26	Coleman 20
Sept. 22	Sonora 20	Reagan Co. 8
Sept. 29	Sonora 34	Eldorado 0
Oct. 6	Sonora 41	Ozona 20
Oct. 13	Mason	There 6:30
Oct. 20	Wall	Home 5:00
Oct. 27	Grape Creek	There 6:30
Nov. 3	Junction	Home 7:00

Sponsored this week by:

Mindy's Creations

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Sonora JV White Broncos

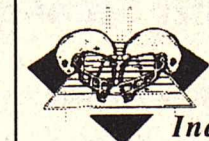
Aug. 25	Sonora 22	Rocksprings 20
Sept. 1	Sonora 8	Wall 22
Sept. 15	Sonora 22	Colorado City 0
Sept. 22	Sonora 0	Iraan 20
Sept. 29	Sonora 6	Wall 6
Oct. 6	Sonora 14	Ozona 0
Oct. 13	Ozona	There 5:00
Oct. 20	Wall	Home 7:00
Oct. 27	Rocksprings	There 6:30
Nov. 3	Colorado City	Home 5:00

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Sonora Colts

Sept. 8	Sonora (7th) 32	Coleman 6
	(8th) 42	Coleman 14
Sept. 15	Sonora (7th) 22	Eldorado 14
	(8th) 24	Wall 0
Sept. 22	Sonora (7th) 20	Reagan Co. 8
	Sonora (8th) 32	Reagan Co. 0
Sept. 29	Sonora (7th)	Eldorado
	Sonora (8th) 12	Eldorado 8
Oct. 6	Sonora (7th)	Ozona
	Sonora (8th) 28	Ozona 8
Oct. 13	Mason	Home 5:00/6:30
Oct. 20	Wall	There 5:00/6:30



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Lunch 11 a.m. - 2 p.m. Dinner 5 p.m. - 9 p.m.

Tues. Oct. 18

Red Beans 'n Rice
\$5.95

Red Beans 'n Rice
\$6.95

Wed. Oct. 19

Jambalaya
\$5.95

Jambalaya
\$6.95

Thurs. Oct. 20

Oven Baked Barbecue Chicken Breasts
w/ N'Awlins Fluted Potatoes, Fried Corn on the Cob
\$7.95

\$8.95

Fri. Oct. 21

Marinated Chicken Breasts
w/Macaroni Salad, Green Beans
\$7.95

\$8.95

Oct. 22-Sat. Dinner Only

6 oz. Chicken Fried Steak,
Homemade Mashed Potatoes, Peas
\$8.95

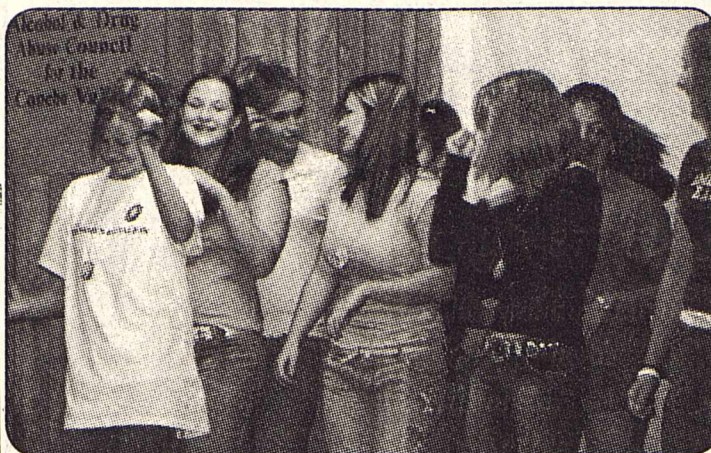
Oct. 23--Sunday Lunch Only

Lasagne, Banana Pudding

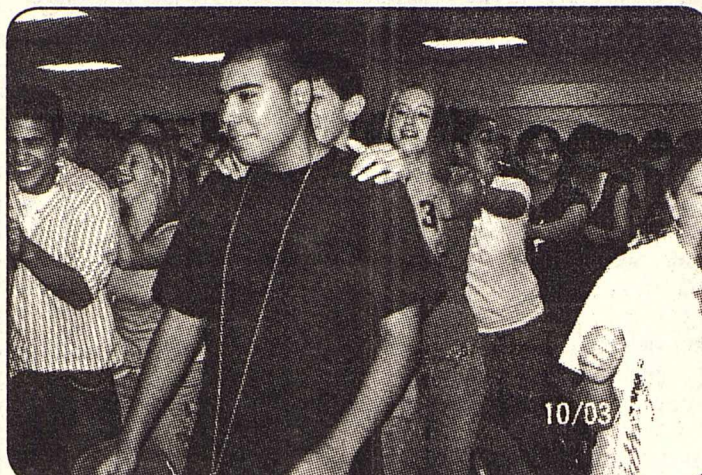
Lg Plate \$8.95, Sm Plate \$6.95, Child's Plate (kids only) \$4.95

*All specials come with bread and salad.

United Against Drugs - We can Make A Difference



Above and below: Sonora freshmen get into the groove of things at the United Against Drugs - We Can Make A Difference Rally in Junction



Talk to your teens about drugs

No loving relationship can exist without communication. Teens believe they have valuable things to say and, when a parent listens genuinely, it helps self-esteem and confidence. The most important thing to remember when it comes to talking about difficult subjects like drinking and drugs is that it's not a five-minute "talk" — it's about building an ongoing dialogue. As your children grow up, they will need more and more information, so start early and build on the conversation as your teen matures.

Virtually all parents in America (98 percent) say they've talked with their children about drugs; however, only 27 percent of teens (roughly one in four) say they're learning a lot at home about the risks of drugs, according to a national study by the Partnership for a Drug-Free America (PDFA).

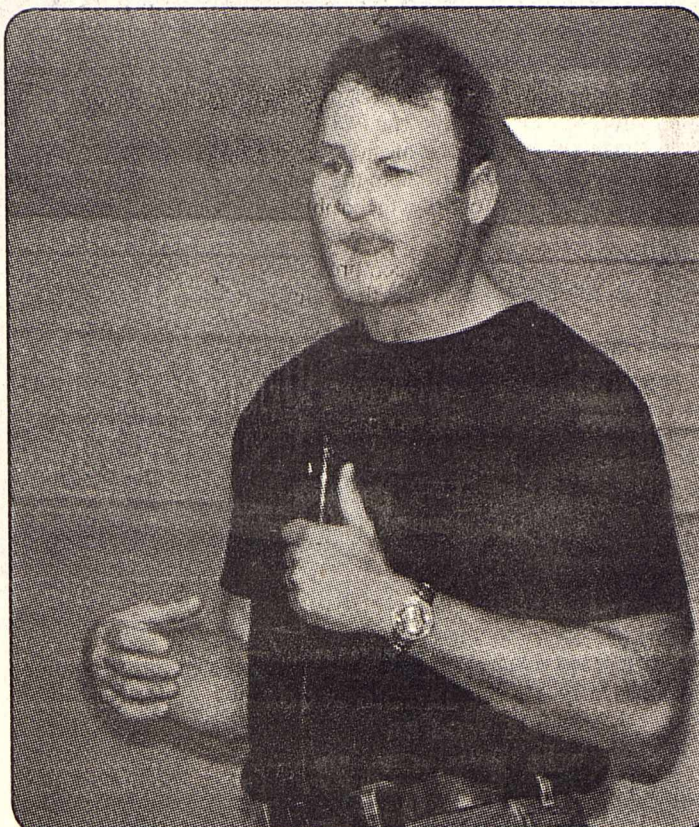
There aren't enough hours in the day. Sometimes it's frustrating how few chances there are to have conversations about drugs with our children. In our busy culture, with families juggling the multiple demands of work, school, after-school activities, and religious and social commitments, it can be a challenge for parents and children to be in the same place at the same time.

Yet the better you communicate, the more at ease your teen will feel about discussing drugs and other sensitive issues with you.

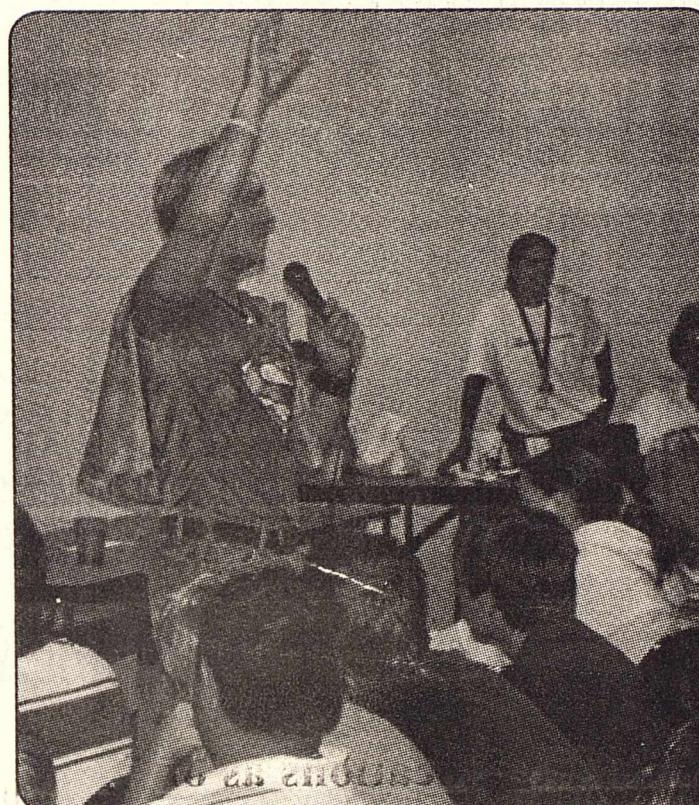
Be absolutely clear with your kids that you don't want them using drugs. Ever. Anywhere. Don't leave room for interpretation. And talk often about the dangers and results of drug and alcohol abuse. Once or twice a year won't do it. Get more specifics on setting the rules.

Be a better listener. Ask questions - and encourage them. Paraphrase what your teen says to you. Ask for their input about family decisions. Showing your willingness to listen will make your teen feel more comfortable about opening up to you.

Give honest answers. Don't make up what you don't know; offer to find out. If asked whether you've ever taken drugs, let them know what's important: That you don't want them using drugs. Get the facts on drugs by



Motivational speaker, David Parnell sharing his story and warning students about the dangers of Methamphetamine. He hopes his story will not only prevent others from trying methamphetamine, but also give hope to those already addicted.



This former speech teacher and graduate of Texas State University is nicknamed "Mr. Enthusiasm" because of his ability to fire up and inspire any audience. Arik Bostick is dedicated to one thing, helping students find the passion within so that they can start living their dreams today, not tomorrow!

visiting the Drug Information section.

Use TV reports, anti-drug commercials, or school discussions about drugs to help you introduce the subject in a natural, unforced way. Get more specifics on using teachable moments.

Don't react in a way that will cut off further discussion. If your teen makes statements

that challenge or shock you, turn them into a calm discussion of why your teen thinks people use drugs, or whether the effect is worth the risk.

Role-play with your teen and practice ways to refuse drugs in different situations. Acknowledge how tough these moments can be. Get more specifics on using role-playing.

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Congress passes "Gasoline for America's Security" Act

WASHINGTON, D.C. - Today, U.S. Representative Mike Conaway (R-TX) voted in favor of the Gasoline for America's Security (GAS) Act. The bill was passed in the House by a vote of 212 to 210. The bill is aimed at addressing the problem of rising gas prices without resorting to price controls and market interference.

"The GAS Act presents a comprehensive approach to a continuing problem for Americans and the long-term health of our economy," said Conaway, who was appointed to the House Gas Price Task Force by Majority Whip Roy Blunt last month. "This bill contains strong incentives for conserving energy, expanding our refining capacity and streamlining the fuel supply process. The plan also includes the first ever federal ban on gasoline price gouging."

Included in the Conservation portion of the bill is a provision constructed by Conaway (R-TX) that promotes conservation through a fuel efficiency awareness campaign. The provision authorizes the appropriation of \$2,500,000 to the Department of Energy for the creation of a multi-media public education campaign that provides information to drivers in the United States about the measures that they may take to reduce their gasoline usage. The campaign will be coordinated in a partnership with private industry groups.

"This awareness campaign will be aimed at reducing the overall demand for gasoline by simply informing drivers of how they can cut down on fuel consumption. The problem of high gas prices requires both long-term and short-term solutions. This campaign is one way we can tackle the problem in the near future."

Highlights of the GAS Act:

- The Gasoline for America's Security (GAS) Act of 2005 seeks to lower gasoline prices within the market system without resorting to price controls.
- The GAS Act will realize this goal by increasing capacity, streamlining fuel supply, providing transparency in gasoline pricing, fighting price gouging, reducing bureaucracy, and restoring and expanding refineries.
- The plan takes action to lower the cost of gasoline over the mid- and long-term, and addresses important national security concerns.
- Specifically, the GAS Act:
 - Encourages new refineries to increase supply and address soaring gasoline prices;
 - Limits "boutique fuels" that have propped up gasoline process by artificially limiting supply;
 - Promotes new pipelines to get new crude oil and refined product to consumers at lower prices;
 - Promotes conservation through carpooling and a fuel-efficiency awareness campaign;
 - Bans price gouging in gasoline or diesel fuel sales; and
 - Requires a Federal Trade Commission (FTC) study into credit card company processing fees, which may inflate consumer costs.
- The GAS Act continues the commitment of House Republicans to appropriately reform America's energy policies.
- In conjunction with the Energy Policy Act of 2005, the Gasoline for America's Security Act of 2005 addresses important issues to reduce our dependence on foreign sources of refined petroleum products and increase domestic production and conservation efforts.

Rig Locations as of October 7, 2005



Sutton
Dominion; 9650' WH Karnes - C - #12, Patterson Drilling.
Dominion; 9200' Joe Friend Estate #4-27, Patterson Drilling.
Dominion; 9000' Randee Fawcett Trust - c - #16, Patterson Drilling.
Dominion; 8975' LR Valliant #14, Patterson Drilling.
Dominion; 8650' Duke Wilson #177-7, Patterson Drilling.
Dominion; 8100' Shurley RR - 1A - #8, Patterson Drilling.
Dominion; 7800' Shurley RR - 1E - #1, Patterson Drilling.
Range Production; 5000' Davis - 30 - #2, Patterson Drilling.
New Dominion; 9000' Randee Fawcett Trust - C- #19, Patterson Drilling.
New Dominion; 8650' Mayfield - 39 - #22, Patterson Drilling.
New Dominion; 8400' Mayer Ranch - A - #2, Patterson Drilling.
New Dominion; 8360' Mayer Ranch - L - #11-3, Patterson Drilling.
New Dominion; 8350' Hill-Mayer - Ss - #4, Patterson Drilling.
New Dominion; 8300' Shurley RR - 9 - #3, Patterson Drilling.
New Dominion; 7750' Shurley RR - 1A - #5, Patterson Drilling.
New Dominion; 7600' Shurley RR - 1E - #4, Patterson Drilling.
New Dominion; 6700' Canyon Ranch #1267S, Patterson Drilling.
New Dominion; 6000' Canyon Ranch #1-4S, Patterson Drilling.
Range Production; 5000' Davis - 30 - #2, Patterson Drilling.

Crockett
Clayton Williams Ene; 10500' University - 34 - #1, Lariat Services.
Clayton Williams Ene; 10500' University - 32 - #1, Lariat Services.
Clayton Williams Ene; 10500' University - 36 - #1, Patterson UTI.
J. Cleo Thompson; 9500' University 32-16S #3, Patterson Drilling.
Harrison Interests; 9500' Joe Tom Davidson Jr - C - #43, Patterson Drilling.
Approach Operating; 9000' Bailey #111, Nabors Drilling.
Approach Operating; 9000' Childress #1605, Patterson Drilling.
H.G. Sledge, Inc.; 6000' Noelke #601, Patterson UTI.
New Dominion; 9240' Joe Friend Estate #8028, Patterson Drilling.
New Approach Operating; 9000' Clayton #918, Nabors Drilling.
New Approach Operating; 9000' Clayton #919, Nabors Drilling.
New Chevron; 8400' Scheuber Perry - LL - Unit 4, Nabors Drilling.
New EOG Resources; 9700' Tabasco - 2 - #1, Adobe Drilling Bronco.
New Anadarko E&P; 8000' Laura Hoover Estate - 7D - #5, Patterson Drilling.
New Bluegrass Energy; 6500' Simpson Canyon - 1043 - Unit #1, Adobe Drilling.

Schleicher
New Approach Operating; 9000' Rousselot #1515, Nabors Drilling.
New Dominion; 8600' Parmer - 30 - #2, Patterson Drilling.
Unit Petroleum; 7300' University 53-17 #2, Heart Land Drilling.
Dominion; 8050' Nixon - 177 - #8, Patterson Drilling.

Terrell
ConocoPhillips; 12000' Creek Ranch - 15 - #3, Patterson UTI.
PXP/Texas; 9830' Mitchell - 11 - #4 H, Nabors Drilling.
New BP America Prod; 16000' Banner Estate #28 H, Helmerich & Payne.

For more rig locations call 1-800-627-9785 or go online to www.rigdata.com.

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Educating young hunters in Sutton Co.



Jim Phillips talks about bow safety at this weekend's hunter education course. Participants discussed firearm safety & responsibility, law & ethics, hunting as a wildlife management tool, survival & first aid, as well as basic hunting techniques and other topics. Those who successfully completed the course received hunter education certification. A special thanks to Mr. Raul Chavarria and Sonora High School for their collaboration on facilities. Texas Cooperative Extension and Texas Parks & Wildlife sponsored the event.

How Does Grazing Impact Plants?



submitted by **Pascual Hernandez**
Sutton County Extension Agent-Ag

To what degree does grazing affect plant growth? There is no easy answer as it depends on the timing and intensity of grazing and on the scale at which grazing occurs. Grazing has both short-term and long-term effects. During the growing season, grazing removes green leaves. This reduces the total leaf area capable of storing energy via photosynthesis and, as a result, plant growth rate declines. Luckily, many grasses can recover rapidly by forming additional leaf shoots and using energy reserves stored in the roots. Some species are much better than others at coping with grazing. Nonetheless, repeated grazing of plants over a period weakens their root vigor. As a result, individual tufts get smaller and smaller and may eventually die.

Repeated defoliation of plants also reduces seed production. Seed production by native perennial grasses is minor even when the pasture is in good health and productive. A reduction in seed

supply through grazing is likely to decrease the number of new plants that are recruited into the pasture, which may affect the long-term survival of the species.

Grazing can also reduce ground cover, which is essential in protecting the soil from the erosive forces of water and wind. Maintaining ground cover at a minimum of 40% is necessary for reducing losses of water, sediments and nutrients from the system and for maintaining effective cycling of water and nutrients.

So does that mean that grazing is bad? Of course not. It is an integral part of an ecosystem (the components of a grazing land ecosystem are soil, climate, plants, microbes and animals). The trick is in maintaining a balance between optimizing animal consumption and preserving plant vigor. The land manager must be vigilant in observing trends in range health.

Range monitoring techniques are available and will be discussed in the next edition. For additional information, contact your County Extension Office or visit the Sutton County Extension website at <http://sutton-co.tamu.edu>.

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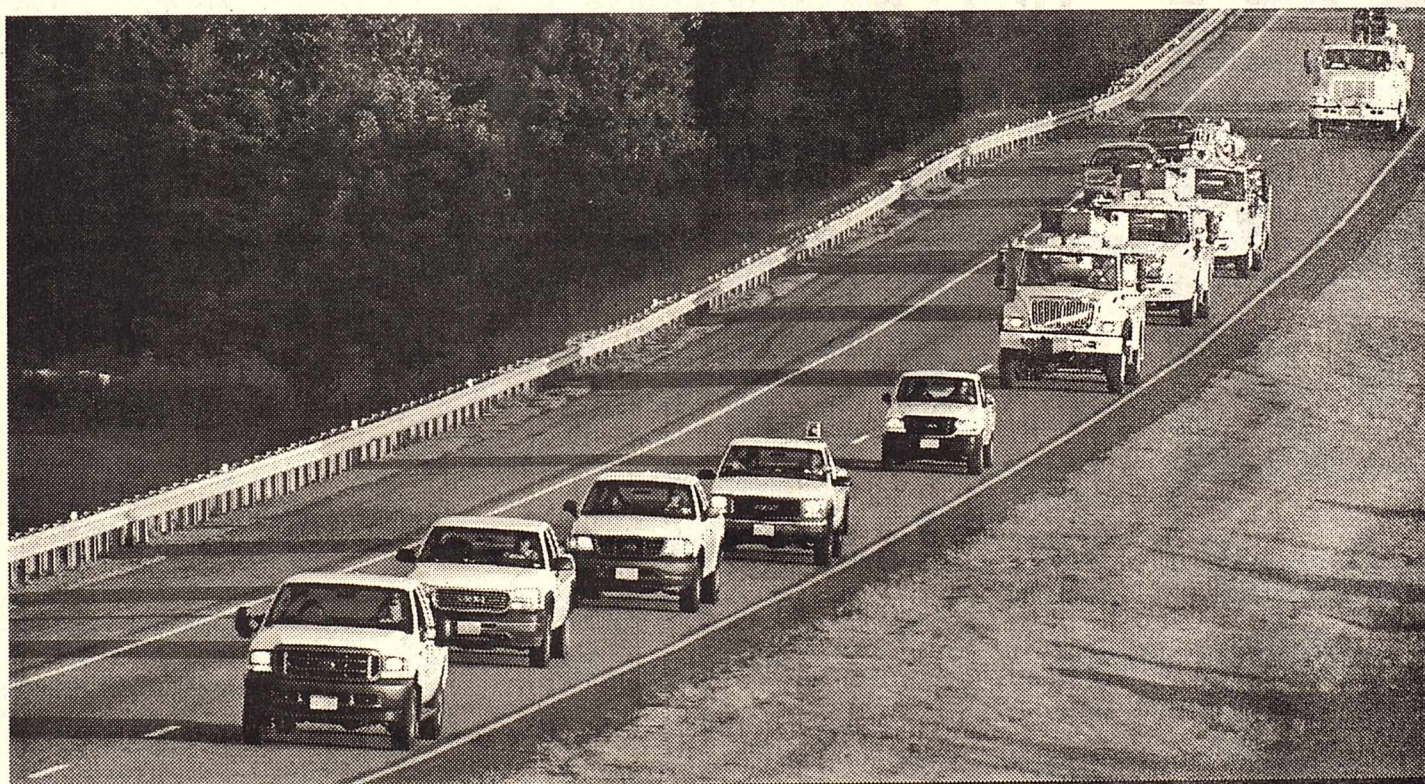
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Non-emergency utility work in our home communities may slow down for a time while we contribute resources to this staggering task. We ask for your patience and understanding. We are inspired by the AEP Texas employees and contractors who have been willing to put their own lives on hold to join the relief effort. We thank all of the area businesses and organizations who have provided us with all types of assistance. And we thank the families of our workers who have taken on the added burdens of life while their loved ones are away. The dedication and sacrifice of these workers and their families make us proud to say,
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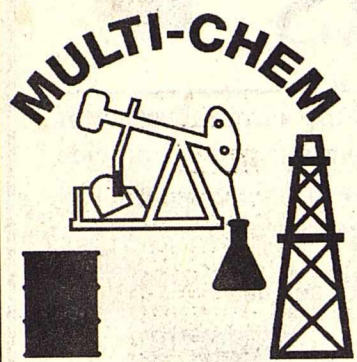
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Monarchs from page 1

though Texas," said Quinn, "but what's really exciting is that we're now getting reports of thousands of monarchs as far west as Midland and Odessa. Donna Kelly reported an estimated 20,000 monarchs at a pecan orchard about 30 miles southeast of Midland on Oct. 1. When large numbers of monarchs are reported outside of the core of the Central Flyway, which indicates the butterflies are having a really good year."

The number and distribution of monarchs flying south through Texas appear to confirm predictions by Chip Taylor of the Monarch Watch program based at the University of Kansas that this winter's monarch population "may even exceed the long term average."

Early last week the bulk of the monarchs were still north of the Red River. But Quinn believes the recent cold front "should accelerate their movement on down and give us a better indication of this year's population size."

An ultralight airplane decorated as a monarch butterfly is currently tracking the monarch's migration through Texas. The plane crew (nick-named Papalotzin, Aztec for "royal butterfly") started their journey in southeastern Canada and will end up at the butterfly sanctuaries in central Mexico. The objective of pilot and tracking crew is to increase awareness of the challenges that the monarchs face throughout their astonishing journey to Mexico and back.

The next three weeks represent the last opportunity to assess the migration size before the butterflies all move into Mexico. Scientists are urging the public to help assess the strength of the monarch migration through Texas by reporting when and where double-digit or greater numbers of monarchs are seen this month. Scientists are this year asking people to please not report sightings of individual butterflies, but instead to focus on reporting larger monarch groups. Monarch group sightings may be reported to Quinn by e-mail (Mike.Quinn@tpwd.state.tx.us), or by phone at (512) 912-7059.



Baked goods sold with a smile;

SMS groovy girls raise money for Red Cross

(Not in picture order) Emilce Hernandez, Cory Humphrey, Morgan Vyvlecka, Callie Humphrey, Rachel Isenhour, Whitney Hernandez, Melissa Freeman, Kelsey and Alyssa Favila made the most of a day off from school, selling baked goods to raise money to be donated to the Red Cross for victims of Hurricanes Katrina and Rita. The Sonora Middle School students started early, catching the Monday morning traffic on their way to work, and were sold out by 9:30 a.m. The group raised \$306 with their efforts.

Mars As Big As the Full Moon?

STARGAZER column for week of Oct. 10-15, 2005

A recent report circulating on the Internet claimed that Aug. 27 Mars was to have come closer to Earth than it has in thousands of years. The report was old news pertaining to Mars' 2003 visit. The red planet is making another close visit, coming closest Oct. 29, but more on that next time.

The report also stated that Mars would look as big as a full Moon. Now wouldn't that be a sight? Yet read carefully it is accurate. It is true that Mars, when viewed through a telescope, can appear as large as a full Moon viewed with naked eyes.

Telescopes (and binoculars) magnify things, making them look nearer and larger, and usually enabling us to see more features and details. That's why my birder wife often has a pair of binoculars around her neck--

so those lovely birds will look nearer and can be more easily identified and enjoyed.

Oct. 29 Mars and Earth will pass within 43 million miles. The Moon, being 239,000 miles away, is 180 times closer than Mars will be. Thus magnifying Mars 180 times will make it appear as near as the Moon. And since Mars is twice the diameter of the Moon we only have to magnify it 90 times to make it appear the same size as the Moon seen without magnification.

But apparent size isn't the whole story. Even when a telescope makes Mars look as large as a naked-eye full Moon, the image won't be as clear as that of the Moon. Increasing a telescope's power generally reduces image resolution (sharpness) so that as the object grows larger, it becomes fuzzier.

Perhaps you've seen small telescopes advertised as magnifying 500-power (500X) or more. While misleading, this is technically not false advertising. A telescope's power is changed by changing the eyepiece, thus most come with more than one eyepiece. The stronger the eyepiece, the more the magnification. With a strong enough eyepiece even a 2-inch telescope can magnify 500X, but the image will be so blurry that it will be virtually useless.

There's a rule of thumb for determining a telescope's maximum useful power: multiply its diameter (in inches) by 50. Thus a 2-inch telescope, under good viewing conditions, can produce satisfactory images up to about 100X. Increasing the power beyond that seriously deteriorates image quality.

Next time, more on Mars' upcoming close approach.

Sky Calendar.

• Oct. 10 Mon.: The Moon is at 1st quarter.

• 17 Mon.: The full Moon, called the Hunter's Moon (being the full Moon following the Harvest Moon), produces a barely noticeable partial eclipse of the Moon at dawn.

• 18 Tue. evening: The Moon rises soon after sunset followed 1/2 hour later by Mars, then the two travel across the sky together all night.

• 19 Wed.-evening: The Moon is below Mars and just below the Pleiades star cluster, although the Moon's glare will make it difficult seeing the cluster without binoculars.

• 24 Mon.: The Moon is at 3rd quarter.

• 25 Tue. morning: The Moon is above Saturn in the east.

Naked-eye Planets. (The Sun, Moon and planets rise in the east and set in the west due to Earth's west-to-east rotation.)

• Mercury sets less than an hour after the Sun.

• Venus, the "evening star," is low in the west for 2 hours after sunset.

• Mars rises as Venus sets, moves across the sky all night, and is high in the west at dawn. * Saturn, up by 2 a.m., is in the east in the morning.

Stargazer appears every other week. Paul Derrick is an amateur astronomer who lives in Waco. Contact him at 918 N. 30th, Waco, 76707, (254) 753-6920 or paulderrickwaco@aol.com. See the Stargazer Web site at stargazerpaul.com.

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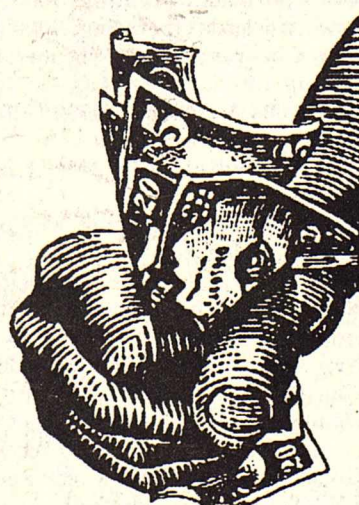
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Public Notice

Notice is hereby given that Sutton County is now accepting applications for three (3) full time positions. The positions consist of one **maintenance** position for the Road and Bridge Department, one **maintenance** position for the Cemetery/Park and one **maintenance** position for the Library/Ambulance building. Sutton County provides full-time employees with health/dental insurance, retirement benefits and paid vacation/sick leave.

The Sutton County Justice of the Peace is accepting applications for a **part-time court clerk** position. Applicant must have excellent clerical, phone communication and typing skills. Knowledge of Word Perfect and Quattro Pro required. No phone calls please.

Applications may be obtained at the auditors office, 224 E. Main, Sonora, Texas 76950, Monday thru Friday, 8 A.M. thru 5 P.M. Deadline to remit applications will be Friday, October 14, 2005. Sutton County is an Equal Opportunity Employer.

NOTICE TO CONTRACTORS OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS

Sealed proposals for contracts listed below will be received by TxDOT until the date(s) shown below, and then publicly read.

CONSTRUCTION/MAINTENANCE/BUILDING FACILITIES CONTRACT(S)

Dist/Div: San Angelo
Contract 0035-03-042 for **RETRACE PAVEMENT MARKINGS & REPLACE RAIS PAV MRKRS** in CONCHO County, etc will be opened on November 03, 2005 at 1:00 pm at the State Office.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or Dist/Div Offices listed below. If applicable, bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.dot.state.tx.us and from reproduction companies at the expense of the contractor. NPO: 18074

State Office
Constr./Maint. Division
200 E. Riverside Dr.
Austin, Texas 78704
Phone: 512-416-2540

Dist/Div Office(s)
San Angelo District
District Engineer
4502 Knickerbocker Rd.
San Angelo, Texas 76904
Phone: 325-944-1501

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.

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Treadmill, 2 baby high chairs, 2 boys Schwinn bicycles, girls (like new) bicycle, Dearborn gas heater, 2 tall wooden traditional bar stools, youth bed, Mahogany table and 6 chairs, maple trundle bed, twin bed set with oak headboard/frame \$89, Pentium computer w/printer & warranty \$300, Early American Love Seat, dining room sets, brown Jenny Len baby bed, baby walker, stroller, cream print chair, antique fireplace mantel, teal leather loveseat. Great selection fall clothing and jeans for whole family. **Lots more. Please call ahead before bringing in clothing or furniture. All must be in good condition. SECOND HAND ROSE 853-3736.**

Nabors Well Services Limited, an industry leader in oilfield services, is accepting applications for the following position in Ozona, TX:

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Attn: Trent

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Help Wanted: Must be 18 years old and have current driver's license, CDL not required. Call **Adkins Septic Services, LLC.** Call 387-3154.

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Looking for day porter and assistant maintenance person. Must have own transportation, and some hand tools. Apply in person for the full-time position at 511 Water Avenue, and bring Texas ID and Social Security Card. May call first before applying 325-387-2294.

Southwest Texas Electric Cooperative is accepting applications for the position of **lineman/line-man trainee**. Successful applicant must live in Ozona, have a high school education or equivalent and have or obtain a commercial drivers license within 90 days. Applicants need to call our headquarters in Eldorado, Texas at 1-800-643-3980 or 325-853-2544 to receive a job application form. Deadline for submitting applications is October 15, 2005. Southwest Texas Electric Cooperative is an equal opportunity employer.

Schleicher County Medical Center hiring Part-Time RN. Impressive Benefits package, 24-hour on-site daycare, state of the art equipment, education opportunities, flexible scheduling, competitive salary, paid time off, highly skilled team. Contact: Vicki Farmer, BS, RN, DON @ 325-853-2507 Ext. 129 or e-mail resume to: stacyj@scn2.net.

Part-time retail merchandiser for major greeting card company. If interested visit www.hiringedge.com and input job code 108592 when prompted. EOE.

Crockett County Care Center in Ozona is looking for CNA's for all shifts. Applicants must pass drug screen, physical, work steps and a criminal hx check. Presently 51 residents occupy facility. CCCC is an EOE. Mileage is included with employee benefits after 90 days. Personal time off begins accruing upon day of employment. Come by 103 N. Ave. H in Ozona. Ask for Vicki or Benny.

Sonora ISD is accepting applications for a **Secondary English Teacher** and a **Secondary Art Teacher**. Applications will be accepted until these positions are filled and may be obtained by contacting the Superintendent's Office at 325-387-2545. For further information, contact Mr. Raul Chavarria, High School Principal, at 325-387-6533. EOE

For Rent

RV Spaces for Rent. Bills paid. Country living. \$250 per month. Call 387-2079 or 206-0369.

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Free Kitten: Ready for a good home. 6 weeks old. Call 387-3222.

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Found: 2 bird dogs at the 1-10 exit 404. Call 325-226-3946.

Help Wanted: Full time and part time. Apply at **Mr. D's**, 216 Hwy 277 N. from 10:00 a.m. to 5:00 p.m., Monday - Friday.

Chartwell Community Services is hiring **attendants**. Part-time positions for people to work in homes of elderly and disabled in Sonora. Flexible schedules. Must be 18 and have dependable transportation. Call 1-800-825-4499, ask for Judy.

Ranch Hand needed: Must be experienced in all areas of ranch work including livestock, fence and water maintenance, light welding, mechanical and custodial duties. Couple preferred. Nice house. All utilities and vehicle furnished. Salary negotiable based on qualifications. Long term opportunity for right person. Send resume to Box 772, Sonora, TX 76950 or Fax to 325-387-3842.

Hiring Commercial Drivers: Current Class A CDL w/Haz Mat/Tanker. Want great pay and cash incentives? No 24-hour call. Established Company looking to hire drivers. All applicants must pass drug/alcohol test. Please call Justin (432) 339-0540 or 800-523-5566 ext. 140.

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Best Value motel is hiring a **maid**. Must be available week-ends and weekdays. Apply at 1009 N. Crockett Ave. or call 387-2551.

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WANTED: Responsible party to take on small monthly payments on **High Definition Big Screen TV.** 1-800-398-3970

For Sale: **2003 Tahoe LT**, 59,000 miles. Call 226-0432.

For Sale

For Sale: last of our **Angora Nannies**, 3, 4, and 5 year olds. Approximately 370, will be bred to Earwood Billies on Oct. 10th, fall dip, grading report available, Finklea Ranch, 325-387-3059, Sonora, TX.

16' 2004 enclosed trailer, black with chrome, like new-\$4,000-325-656-9047 or 325-835-6009 after 6 pm.

For Sale: "84 diesel Mercedes good work car, approximately 40 mpg, \$1000, 387-6080.

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New Price Reductions!



817 E. 2nd St.
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This elegant, 3 bedroom, 2 bath home is beautifully landscaped and located in a quiet neighborhood.

Interior amenities include vaulted ceilings, 2-sided wood burning fireplace, and a large master suite with garden tub. Enjoy the shaded patio, nestled with palm trees, near the above ground pool.



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This spacious 2 bedroom, 1 bath, brick home features beautiful hardwood floors in the living room and is situated on a huge lot with abundant storage and lots of trees.

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Bob Caruthers

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Lot for Sale-Menard Street* House -Fixer upper-Tom Green & 4th* Small Acre Tracts west of Sonora* on Bloodworth Road-16 to 23 acres available. Tracts 3,6,7,(8 & 9) Val Verde County-Game Managed-6600 Acres Cabin at the end of road-345.00 per acre. Terrell County 3820 Acres available now-electric/water 8 miles south of Dryden

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For Sale
304 Plum
\$110,000

Fully remodeled with 2 bedrooms, 2 full baths, custom kitchen cabinets, refinished hardwood floors, new central heat/AC, fireplace, rock patio, covered porch, detached storage. Approximately 1465 sq. ft. on approx. 85' X 200' lot. Call Sharon Holman 325-387-7046.



Bobbie A. Smith Real Estate

(325)387-2728

For Sale



308 Cedar St.

Rock home on large tree shaded lot. Open space with AC/CH, tiled floors, tiled bath, equipped kitchen, double carport and large storage bldg. Home has vaulted ceilings and is easy care. Ideal for single person at affordable price.

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Ol' Glory fund gets treated to popcorn cart funds



First National Bank President-CEO, Michael Hale, presented Delyse Jaeger a check from the proceeds collected at the FNB popcorn cart, to be added to the Ol' Glory Fund. This fund is set up for the maintenance and replacement of the American Flag that flies high on Eaton Hill, welcoming visitors and showing Sonora's American pride. If you would like to contribute to the Ol' Glory fund contact Delyse at the Chamber of Commerce office, 387-2880 or call the First National Bank at 387-3861.

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Sneak Preview - Sun. 10/16 ONLY (PG)	◆ TWO FOR THE MONEY (R)
DREAMER 5:00	1:00 3:50 6:45 9:40
◆ ELIZABETHTOWN (PG-13)	◆ IN HER SHOES (PG-13)
1:30 4:30 7:30 10:20	1:10 4:10 7:10 10:05
◆ THE FOG (PG-13)	THE GREATEST GAME EVER PLAYED (PG)
2:10 5:00 7:25 9:50	1:15 4:00 7:15 10:00
◆ A HISTORY OF VIOLENCE (R)	INTO THE BLUE 4:15 9:10 (PG-13)
1:50 4:20 7:00 9:20	SERENITY 2:00 5:05 7:45 10:25 (PG-13)
◆ DOMINO (R)	FLIGHT PLAN (PG-13)
1:55 4:50 7:40 10:30	1:20 4:05 6:50 9:15
◆ WAITING (R)	TIM BURTON'S CORPSE BRIDE (PG)
2:40 5:20 7:55 10:15	1:45 6:55
◆ THE WALLACE & GROMIT MOVIE (G)	JUST LIKE HEAVEN (PG-13)
2:05 4:40 7:05 9:30	2:20 4:55 7:20 9:45
◆ THE WALLACE & GROMIT MOVIE (G)	THE EXORCISM OF EMILY ROSE (PG-13)
2:30 5:10 7:35	9:55

Showtimes Valid 10/14 - 10/20/2005
() = Early showtimes valid Saturday and Sunday only.

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F.Y.I.

Band Booster Candles are IN!!! If you haven't received your candles by October 21, please call Lisa Galindo at 206-0187 or Maria C. Mesa at 206-0061.

Keep Sonora Beautiful meeting; 12:00 p.m.; Wed. Oct. 19th.

Adult Health EXPO, The Health and Wellness Center, Tuesday, October 18, 2005, 7:00 a.m. - 3:00 p.m. Free blood screening begins at 7:00 a.m. Persons must be fasting to qualify for Cholesterol and Blood Sugar screenings. PSA will also be available. Many other free or discounted health screening will be available.

Do Well, Be Well with Diabetes classes for people with type 2 diabetes Mondays at the Civic Center. To register call Kelly Thorp 387-3604. Classes are sponsored by the Texas Cooperative Extension Service.

Retirement & 401(K) Seminar, Sutton County Steakhouse, Thursday, October 20, 6:30 p.m. Please join us for a FREE seminar to review your options with your 401(K) to help you select the one that is best for you. This seminar will be very informative. Food provided with RSVP. RSVP by October 17 by calling 325-944-3830 or 800-736-6573.

Extreme Makeover, Spiritual Edition 2005 Annual Women's Conference will be held at Lighthouse Community Church, Saturday, October 22nd at 9:00 a.m. Advance reservations are recommended. Registration fee is \$20.00. For more information, contact Lighthouse Community Church at 325-387-9100, or Jane Rushing at 325-387-3625.

Sutton County Health Foundation Annual Fund Raiser "Fish Fry"; Sunday, October 23, 2005, after church on the Courthouse Square. A full meal, with dessert for a minimum donation of \$6! All proceeds will go to the Health Foundation account for the future of our hospital.

Annual Sonora Fall Festival 2005; Saturday, October 29, 2005; 10:00 a.m. - 5:00 p.m. Bronco Seniors Hamburgers, Prizes, games, music, giant slide and more; crowning of Mr. & Miss Fall Festival - 10:00 a.m.; Storybook character parade, starting in front of the courthouse - line-up 10:30 a.m. judging 11:00 a.m., prizes in every category.

Friends of Historic Sonora Main Street Program "Trick or Treating", Monday, October 31, 2005, at 10:00 a.m.-12:00 p.m.; Downtown Sonora. Dress up and get goodies at local businesses. If you need more information please call the Friends of Historic Sonora Main Street Program at 325-387-2248 or come by 232 Main Street, suite 101.

November 12th - 39th Annual Sutton County Game Dinner - Sutton County Civic Center, Sonora, Texas - 6:00 p.m. - FMI - Sonora Chamber of Commerce 325/387-2880

Girling Health Care Inc., will hold a flu Clinic November 16, from 9:30 a.m. - 1:00 p.m. at Dr. Johnson's, 301 Hudspeth. you must be at least 18 years of age. The cost is free to Medicaid and Medicare Part B recipient. There is a \$12 fee for all others. Please contact Stacy Kuhlman, Director, at 325-949-1108 for all questions.

1st Six Weeks Honor Roll All A's

Freshmen

Kaitlyn Henderson, John Duke Hudson, Steely Ingham, Savannah Leonard, Maria Moreno, Pecos Roberts, Ricardo Rodriguez, Yolanda Sanchez, Monica Traylor, Derek VanWinkle

Sophomores

J.T. Downing, Emily Earwood, Heather Hughes, Laura Martin, Chelsea Martinez, Kari Nicholas, Marcus Perez, Lauran Schaefer, Heather Smith

Juniors

Amanda Berry, Jacob Ibarra

Seniors

Desirae Boldt, Emble Smith, Nash Traylor, Warren Wallace

A's & B's

Freshmen

Samantha Adkins, Dora Araujo, Michael Bernal, Ivan Chavez, Jason Crites, Isabel Hernandez, Clint Hudson, Loren Isenhour, Maria Leos, Senida Martinez, Dalila Ozuna, Steven Pacheco, Christy Perez, Mikael Samaniego-Lira, Eneida Silva, Vickie Torres, Azeneth Villanueva

Sophomores

Zenon Acosta, Danielle Castro, Kaci Chavarria, Michael Chavez, Dalton Dover, Nicky Escalante, Edward Garcia, Kayla Garcia, Shaylynn Kresta, Jose Lugo, Kimble Luna, Zadrian McGee, Colton Moore, Whitney Perez, Fidel Rios, Danielle Rodriguez, Felicia Rodriguez, Elbe Samaniego, Tyler Stewart, Kyla Turney, Kelsey Watkins

Juniors

Andrew Barnes, Austin Castaneda, Amanda Castilleja, Chelsey Daniels, Dustin Duhon, Alyse Edmondson, Kayla Fields, Chasady Garcia, Pedro Gloria, Jennifer Gonzales, Martinez Gonzalez, Evan Gulley, Marc Hernandez, Alexandria Kenney, Meghan Krieg, Steven Lozano, Crystal Marshall, Brandy Neff, Justin Northcott, Alexie Ortiz, Cody Perez, Mackenzie Perez, Caleb Ramos, Stacy Sanchez, Delma Tovar, Victoria Tovar, Travis Valliant, McKenzie Watkins

Seniors

Carlos Aparicio, Chantel Arispe, Houston Baker, Hilton Bloodworth, Felicia Castillo, Alisha Covey, Swade Draper, Jesse Galvan, Filemon Garza, Jillian Gulley, Marisol Gutierrez, Hillary Lawson, Josh Lindsey, Ty Love, Julia Lugo, Christina Martinez, Mason Martinez, Maricela Moreno, Erin Newton, Anabel Perez, Chelsey Pruitt, Trent Reiner, Vanessa Salazar, Christine Sanchez, Uriel Santana, Angel Silva, Lauren Smith, Roland Solis, Jack Turney, Julie Villanueva, Sandra Yorba