

Salado Village Voice

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SWSC asks customers to cut back on watering

Salado Water Supply Corporation is asking its customers to be water conscious, as the area gets drier.

The state mandated Drought Contingency Plan went into effect automatically June 1, as that date is the trigger point that initiates Stage 1 of the plan.

The plan has five stages ranging from number one-mild conditions to number five-emergency conditions.

“At current time we are within four days of reaching Stage 2 of the plan, which starts to put mandatory limitations on outside watering,” SWSC Manager Ricky Preston said last week.

“With an effort to reduce outside water usage by those customers who irrigate, landscape, wash patios or driveways and wash vehicles, we will be able to avoid further stag-

es of the plan,” he said.

Stage 1 one is a voluntary effort to allow customers to cut back outside water use on their own to avoid advanced stages of the plan.

Stage 2 is triggered when a well pump runtime is more than 70 percent more than 14 consecutive days or there is a loss of capacity of 20 percent for more than 14 consecutive days.

Stage 3 is triggered when a well pump runtime is more than 80 percent for more than 14 consecutive days or a pumping loss of 30 percent or more for more than 14 consecutive days. At this stage specific reduction requirements such as specific watering time and days go into mandatory effect.

Stage 4 is triggered by a well pump runtime of 90 percent for more than 14 days or loss of well pump-

ing capacity of 40 percent for more than 14 consecutive days. At this critical stage, outside watering is limited to one day per week.

Stage 5, which is the emergency stage, is triggered by a well pump runtime of 95 percent for more than 14 consecutive days or a loss of pump capacity of 50 percent for more than 14 consecutive days. In this stage no outside watering of any kind is allowed at any time.

All water supply systems in Texas were mandated to adopt a Drought Contingency Plan and have it approved by the state by the year 2000. Since this time Salado WSC has reached only as high as Stage 3 two times, the last time being 2006.

For a complete copy of the plan or answers to any questions please call the Salado WSC 947-5425.

Locals are Firefighters of Year

The Swift Water Rescue Team members of the Salado Volunteer Fire Department were named the 2007 Firefighters of the Year by the Bell County Fire Chief’s Association.

The following firefighters made up the Salado Fire Department Swift Water Team from 2007: Shane Berrier, Kenneth Wigley, William Cline, Ted Morris, A. J. Lopez, Mike Meritt, Al Califano, Willem Van De Plas.

On three occasions in the month of June, 2007 the Salado Fire Department Swift Water Team was called upon to assist in the rescue of a total of seven personnel.

On June 10, 2007 the Salado Fire Department was dispatched to Chalk Ridge Park, below Stillhouse Lake for a person in the river. SFD arrived on scene to find a 20 year old male stranded in the swift



The Salado Volunteer Fire Department Swift Water Rescue Team members were named Firefighters of the Year by the Bell County Fire Chief’s Association.

moving river. Salado firefighters advanced rescue ropes and lifejackets to the victim and safely got him to shore.

On June 23, 2007 Salado firefighters were again dispatched to Chalk Ridge Park for victims in the river. SFD arrived on the scene to find three victims stranded in the swift river. A 15 year old female had been swept down the river. A Fort Hood soldier had jumped in the river

to assist in getting the female to shore and he was swept away as well. The two managed to grab hold of some trees in the river. At that time a third person tried to get to the victims and became stranded as well. On SFD arrival they found the two victims in the trees and the third person stranded in the river. One victim was quickly rescued. Salado firefighters assisted by

SEE FIREFIGHTERS, PAGE 12A



Uncle Sam turned heads this past Independence Day when he was spotted in downtown Salado. Behind the mask is Command Sergeant Major Don Felt, who owns Salado Cigars with his wife Angie. CSM Felt started wearing the Uncle Sam suit in Holland to the General’s Fourth of July party and would greet the guest as they arrive. He wore it in Iraq with 1/9 Cav’s Fourth of July celebration and organizational day. When Felt was deployed for the second time to Iraq, Uncle Sam went around FOB Warhorse wishing all the soldiers a happy 4th of July and passing out cards that were made by grade school kids. The picture from last deployment was in the Times magazine. He loves wearing it and representing what Uncle Sam stands for. With 25 years in the military, CSM Felt has not only represented what Uncle Sam stands for, but defended Uncle Sam and all Americans.



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INSIDE	
CALENDAR OF EVENTS	2B
CLASSIFIEDS	1C
FORUM	2A
OFF THE RECORD	2A
SHOPPING MAP	4B

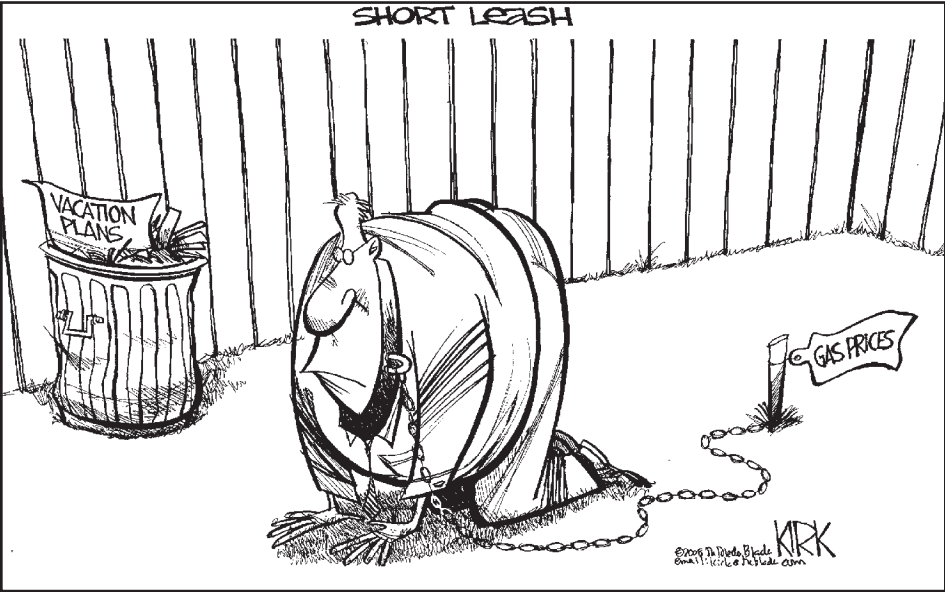
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FORUM

An Open Exchange of Ideas



John McCain: Let Them Eat Honor

The price of everything, not just driving, is going up in the era of \$130-a-barrel oil, but our presidential candidates have a hopelessly thumbless grasp of pocket-book politics.

Their mutual slogan could be “Let them eat abstractions.” Barack Obama famously couldn’t connect with working-class voters in the primaries, offering them an airy diet of hope and change. John McCain rose on his personal honor, which is why on energy he’s fumbling away the GOP’s best domestic political opening in years.

For a politician whose forte has never been domestic policy, McCain has a peculiar taste for complex, verging on unworkable, regulatory schemes -- from campaign-finance reform, to comprehensive immigration reform, to a cap-and-trade system limiting carbon emissions.

The attraction for McCain of these plans isn’t their intricacies, but their symbolism. Campaign-finance reform demonstrated his incorruptibility; comprehensive immigration reform his belief in an America open to all comers; cap-and-trade his commitment to fight global warming.

These positions were all the more alluring in that they placed McCain in opposition to what he considered the loose ethics, nativism and head-in-the-sand denial of global warming of his own party. They marked him as a bold reformer refusing to compromise himself: Here I stand, I can do no other.

If this is all very admirable, it’s not a good fit for the public mood when rising energy prices mean that the average worker’s wages are falling. For many families, this is a crisis. Besides a summer holiday from the federal gas tax that would save the average family an estimated \$30 this summer, McCain’s signature energy initiative -- cap-and-trade -- would increase energy prices.

Live by the gesture, die by the gesture.

Rich Lowry



From there, his position on energy only gets messier. He opposes drilling in the Arctic National Wildlife Refuge, another position undertaken largely for reasons of self-image -- as the Teddy Roosevelt-style conservationist defending the country’s big open spaces.

At a town-hall meeting in Philadelphia, McCain said he could no sooner drill in ANWR than in the Grand Canyon. This is like comparing a roadside flea market to the Metropolitan Museum of Art. Five million people a year visit the Grand Canyon, whereas 1,000 visit ANWR. Why would anyone want to go? It’s a frozen wasteland during the winter and a mosquito-infested bog during the summer.

McCain calls energy independence a national-security issue, but rules out obtaining here in the U.S. more of the most efficient form of energy readily available. By his own logic, the national-security candidate is putting aesthetic considerations -- the sheer unsightliness of drilling, even though most people will never see it -- over security.

The dirty secret is that, as a believer that global warming is a dangerous crisis, McCain should want gas prices to be high. Obama has been more forthright about this, saying that current prices may make for a “more efficient energy policy,” although he would have preferred a more “gradual adjustment” in gas prices. In other words, slow-motion pain at the pump.

The McCain campaign tried to pounce on this, but how can you attack someone for positions you share?

Rich Lowry is editor of the National Review.(c) 2008 by King Features Synd., Inc.

GOPers “weasel” around McCain-Feingold statute that limits campaign donations

The most recent squabble, between our “gloves-on, gloves-off” candidates for President, deals with raising money for the general election campaign.

Barack Obama initially indicated he would sign up for the presidential election spending cap - \$84.1 million. The federal campaign fund is “authorized” by “checkoff” on taxpayers annual income tax return.

John McCain indicated he would also sign the public financing “spending cap” agreement. However last month Obama changed his mind and GOPhows were heard from “sea to shining sea.” Obama decided his internet fund raising scheme would produce more “walking around” money for the expensive general election - so he opted out of the program.

Obama’s campaign predicted he would rack up an additional \$200 million prior to the November 4 election, compared to the \$84.1 million that McCain will receive from the government.

The Democratic nominee-in-waiting had collected \$297 million “primary” dollars, compared to McCain’s \$119 million.

WEASEL TIME IS UPON US

Republicans can stop fretting about having to wage a “poor boy” campaign, without the necessary wherewithal to combat the flow of money pouring into the Obama camp. Why? Because McBush supporters have uncovered an “additional” source of funds that could easily exceed the money raised by their “527-groupies.”

Incidentally, the number “527” refers to a “sneaky” section of the federal tax code that permits unlimited spending on “issues” (not candidates).

The subterfuge becomes clear when “issues” and “candidates” become “one and the same!”

POLITICAL “EL DORADO”

The McCain campaign has discovered a new “El Dorado” that is even more lucrative than 527’s legendary city of (political) gold, and happily (for them) this bonanza circumvents the new federal campaign finance law - which was authored by McCain, and Russ Feingold (D-Wisconsin).

This inspired sort of “weaseling” will allow the Republican Governor’s Conference to spend “unlimited dollars” to promote GOP heads of state. The new campaign law also permits groups like the RGC to spend unlimited funds urging their party loyalists (via electronic and print ads, paid surrogates, etc) to vote “straight tickets” which directly assists good old John McCain. The spending possibilities are infinite.

UNLIMITED GIVING POSSIBLE

Our elected pooh-bahs can talk all day about the need to “cap” campaign spending. But that’s just a **pile of mule-muffins**, because by funneling money through questionable private national and State groups, there’s really no limit on the amount deep-pocketed individuals can pony-up to support candidates of their choice.

Feeling sorry for a political candidate who moans constantly about not having enough campaign money is a little like holding a “pity party” for the nut who shoots his parents and then asks the judge for mercy - because he’s an orphan!

* * * *

HOW LOW CAN YOU GO?

Two week’s ago this column mentioned (in-passing) that poll numbers collected in a recent Gallup survey, concerning both houses of our stum-

Off the Record by Ken Clapp



bling Congress, were dismal. Several readers asked about specific stats - so we revisited our notes and found that **only 12 percent of Americans polled, had expressed confidence in our elected representatives in Congress** - which was the lowest level ever recorded, about any unit of our government, since Gallup began collecting opinions in 1973.

Fact is - we couldn’t find lower numbers anywhere, going all the way back to our “Founding Father’s” time.

GOP VIEWPOINTS

In the course of our research, we came across two “interesting” Republican points of view concerning the low ratings of the 435 members of the House and Senate.

Seven year veteran representative Tom Davis (R-Virginia) didn’t mince words: **“If we were dog food - they’d take us off the shelf.” Wow - that’s saying it like it is without the usual political shadings and obfuscation.** Davis is one elected official who apparently believes the “handwriting on the wall” since he’s decided to retire.

He served five successful years (1998-2002) as chairman of the National Republican Congressional Committee - **the group charged with getting GOPers elected to the House.**

Rep. Tom Cole, an Okie Republican took over Davis’ job at NRCC and offered a puzzling analysis, as to why his party is held in such low public esteem: **“Sometimes we sound too much like Eeyore.”**

Readers may remember that Eeyore was the sad little donkey in Winnie-the-Pooh books. The connecting link between “Eeyore” and the GOP situation is hazy and may be just another **example of pol-speak that relates to recent public approval numbers - reckon?**

Cole did follow up by noting that Democratic leadership had much to do with the low ratings currently enjoyed by Congress.

* * * *

PERRY AXES APPOINTEE

We “Headlined” Austin’s loopless city manager last week, and this week we’ve discovered another Capital City newsmaker - Fred (Shad) Rowe, a Dallas investor and Chairman of the Texas Pension Review Board. They “watchdog” the State’s 400 public retirement systems.

Rowe told reporters recently that some of Texas’ pension funds were mismanaged. He pointed out “careless” investing in commodities, private equity and other alternatives to stocks and bonds.

Governor Perry then fired Rowe, and the accompanying press release noted that appointees should “Put the interest of the State first and not pursue their own agendas.”

Old Shad fired back at the Governor by noting he’d been on the pension board since 1997, and personally active in the investment business long enough to have credibility in knowing what to say! **He also told reporters that he had no agenda, just candor, and State pensioners and taxpayers deserved exactly that - uncomplicated and refreshing “candor.”**

SO WHAT REALLY HAPPENED?

We have to wonder - what’s really behind Perry’s decision to fire Pension Board Chairman Rowe for pointing out deficiencies in the State’s pension systems.

This matter needs a little more investigation - perhaps by some enterprising (non partisan) reporter.

That’s -30-

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Social Security: Finding fixes for the flood

By Ed Feulner

A torrent often begins with a trickle -- and so it is with entitlement spending. The flood of retirees that could overwhelm Social Security, Medicare and Medicaid has started slowly, but it's underway.

Last October Kathleen Casey-Kirschling, a 61-year-old teacher born in 1946 (supposedly the first baby-boomer born), became the first baby-boomer to file for Social Security benefits.

Her filing generated media attention. She completed the process at the National Press Club, then told reporters she looked forward to her benefits. "I'm thrilled to think that after all these years that I'm getting paid back the money that I put in," she said.

Plenty of people have retired since Casey-Kirschling's 15 minutes in the spotlight. And plenty more will retire today, next week and next year. Some 10,000 Americans each day will become eligible for Social Security benefits over the next 20 years. The only question is: How our government will pay for this?

Let's start with what we can't afford to do raise taxes or run up debt to cover the shortfall.

Recently Rep. Paul Ryan, a Republican budget-hawk from Wisconsin, asked the Congressional Budget Office to determine how much Washington would need to increase marginal tax rates to pay for entitlement spending over the coming decades. The answer was sobering.

The CBO says marginal tax rates for every bracket -- along with corporate tax rates -- would have to more than double. Doing so, the CBO determined, "would significantly reduce economic activity and create serious problems with tax avoidance and tax evasion." Simply put, the CBO warned, such rates "would probably not be economically feasible."

If our government tries to borrow money to pay for entitlements, the CBO says, we'll run up unsustainable debt by 2050. In short, we'd destroy our nation's economy. Income would stop growing and, by the late 2040s, actually start to contract.

We can't let that hap-

pen. To preserve Social Security and our economy, we need a three-pronged approach.

First, it's time to start raising the retirement age.

Social Security started in 1935, and at that time slightly more than half of workers lived to reach the retirement age of 65. These days, though, life spans are much longer. Our government needs to encourage people to work longer or, at least, not tap their benefits at age 62. The best way to increase the retirement age would be to increase it over time (say two months per year until it reaches, say 68) and then index it for longevity after that.

Next, lawmakers should ensure that Social Security and other entitlements only go to those who need help. Bill Gates, for example, recently stepped down from Microsoft. In 10 years, this multi-billionaire can start collecting Social Security and Medicare. That's absurd. Reducing payments to wealthy seniors would leave more available for lower income retirees.

Finally, our government needs to shore up Social Security with personal retirement accounts.

The concept is simple, and would work similarly to an IRA or 401(k). All workers would be able to invest a small percentage of their Social Security taxes in an account that they would own. The money would go into a few simple, low-cost investments that would grow over time, just as other retirement plans do. These accounts would not replace employer-sponsored retirement plans, but increase the ability of Social Security to pay benefits to them.

In 1940, Ida May Fuller received the first monthly retirement check sent by the Social Security Administration. The program served her well; she paid in a total of \$24.75 and collected \$22,888.92 from Social Security over 35 years.

That sort of math simply doesn't add up anymore. Our country needs fundamental entitlement reform. And quickly -- before the growing tide of retirees overwhelms our budget.

Ed Feulner is president of The Heritage Foundation (heritage.org).



In taking aim at credit-card fees, Congress shoots consumers in the foot

By James Terry

Americans hold nearly \$1 trillion in credit-card debt, according to data just released by the Federal Reserve. Now Congress wants to make that burden even heavier. Some misguided lawmakers are pushing legislation that would saddle consumers with fees that retailers don't want to pay.

Under the deceptively named "Credit Card Fair Fee Act," Congress would effectively fix the rates that merchants pay to accept credit cards. That'd be good news for retailers. But it would be disastrous for consumers, who could see the fees on everything from their credit cards to their checking accounts rise.

To see why congressional intervention would harm consumers, it's important to understand how credit- and debit-card transactions work.

When you swipe a card at the local store, the storeowner typically keeps just over 98 percent of the purchase price. The remaining 2 percent goes from the retailer's bank to the bank that issued your card, or perhaps your local bank or credit union. It's called an "interchange fee."

Why do retailers accept this cost?

For starters, credit card transactions are guaranteed and secure. Storeowners don't have to worry about a consumer's check bouncing, extending credit, or having huge sums of cash on hand.

Credit cards also reduce labor costs. Clerks don't have to waste time counting change or tabulating receipts. Transaction records are automatically stored on a computer system, making accounting a breeze.

And credit cards are popular with consumers. About 40 percent of all transactions are conducted using plastic.

Despite all the advantages of credit cards, storeowners would obviously prefer to avoid that 2 percent fee. So they've decid-

ed to put pressure on Congress to lower their costs.

Specifically, they've lobbied the government to give them a special anti-trust exemption. If such a law were passed, all the retailers could form a massive cartel.

Payment systems and retailers would be forced to negotiate for 90 days over interchange fees. If they did not come to an agreement, retailers could then collectively boycott an entire credit card network. In other words, consumers would be denied the ability to pay with their preferred method.

Retailers claim such "negotiation" is necessary to lower prices for shoppers, who supposedly pay higher prices at the checkout counter to offset interchange fees.

But that's a misleading argument. In truth, if retailers collude to negotiate lower interchange fees, consumers won't see any savings. Instead, retailers will simply pocket the difference.

Just look at what's happened in other countries. Australia recently capped interchange fees, just as the current congressional proposal would effectively do. The cap had no discernible impact on prices paid by consumers.

Not only would shoppers miss any savings, they could also be saddled with higher fees and lose some great perks.

With retailers getting a free ride courtesy of Uncle Sam, card-issuing banks would need to recoup their losses elsewhere -- by either raising fees on credit-card owners or ditching carrots like frequent-flyer rewards. Shoppers could say goodbye to no-annual-fee cards.

That's exactly what happened in Australia. Consumers there now pay extra fees at the register when they use a card.

Ordinary banking customers would also suffer. Do you have a free checking account? If so, there's a

good chance that it's partly subsidized by interchange fees on debit cards.

Banks make money on free checking accounts by pairing them with debit cards. If politicians render that arrangement unprofitable, banks will simply stop offering free checking. And you'd have to pay the bank to maintain an account.

Seniors and others who receive state benefits would suffer at the hands of this proposal too. More than a million people nationwide receive their Social Security and other benefits on prepaid cards. If retailers decide to boycott plastic, these vulnerable consumers would be unable to purchase necessary items like groceries or medication.

This measure would also hurt those without bank accounts. At low-wage jobs, it's increasingly popular for employers to issue paychecks on prepaid debit cards. These "payroll cards" provide enormous benefits. They eliminate hefty check-cashing fees, reduce the need to carry cash, and offer employees the ability to make purchases just about anywhere.

It's understandable that Congress wants to help Americans in debt. But our politicians have completely misdiagnosed the problem -- which isn't credit card companies, but people living beyond their means. Giving retailers more money through regulation of interchange fees won't solve this.

Allowing retailers to form a cartel is special-interest politics at its worst. And shifting fees from merchants to consumers will do nothing but drive shoppers further into debt. Simply put, there's nothing fair about the Credit Card Fair Fee Act.

James Terry is the Chief Public Advocate of the Consumers Rights League, a non-profit, non-partisan, educational organization dedicated to preserving consumer choice in the marketplace.

Choosing a VEEP



Jim Hightower

The nation's political pundits have spent months trying to tell us who would be the presidential nominees. From the Iowa caucuses forward, however, these Beltway Prognosticators were proven mostly wrong. But that is not stopping them from now turning to the next major political question facing America: Who will be the vice-presidential nominees?

Back in the 1930s, Vice President John Nance Garner described the office as "not worth a bucket of warm piss." Since then though, the Number Two has shown an ability to be the de facto Number One. For example, the present incumbent, Buckshot Cheney, not only chose himself to be the VP after serving as head of George W's search committee, but he even asserts that his office is not a part of the executive, legislative, or judicial branches -- the vice presidency, he claims, is it's own branch of government!

So pundits are on the prowl, trying to be the first to uncover the next Dan Quayle. There are obvious suggestions, such as Mr. Huckabee. But, does a McHuck ticket really sing? Probably not harmoniously. What about governors? The problem there is the "Who Test." Names like Pawlenty, Sanford, Crist, and Daniels have been run up the flagpole, only to be met with a chorus of "Who?" Or Sonny Perdue -- is he the chicken guy or a governor?

On the Democratic side, I suggest a woman VP. No, not that woman -- the one who has most impressed me is Michelle Obama -- savvy, levelheaded, eloquent. "Obama-Obama in 08" has a lyrical ring to it.

Better yet, let's have a national lottery. Anyone who can comb their own hair pretty much meets the qualifications for VP. Besides, here's a chance for just a regular American to get a seat at the table. That's more likely to improve the national political dynamic that anyone the pundits can name.

For information on Jim Hightower's work -- and to subscribe to his award-winning monthly newsletter, The Hightower Lowdown, visit www.jimhightower.com.

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Pay attention to parent's investment strategies

If your parents are getting older, you may have to assist them in various aspects of daily life - one of which may be their investment strategies. And by being "proactive," you may be able to make things much easier for Mom and Dad in their retirement years.

One of the best things you can do for your parents is to find out if they are investing in a way that's appropriate for their situation. When many people get older, they tend to get more financially conservative, choosing investments that offer significant preservation of principal, such as certificates of deposit (CDs) and U.S. Treasury securities. And of course, this is understandable, because your parents, like many people at their stage of life, probably don't want to take too many financial risks. And yet, by "taking no chances" with their money, they could actually be taking on more risk than they think.

Why? Because by investing too conserva-

Financial Focus

by Allen Mantonona



tively, they might not be able to afford the lifestyle they've chosen, given the importance of two factors: longevity and inflation.

Let's consider longevity first. The average 65-year-old man is expected to live 16.5 more years, while the average 65-year-old woman has 19.1 more years of life expectancy, according to the Social Security Administration. And these figures, as noted, are averages, which means that half of all men and half of all women can expect to live longer than 81.5 years and 84.1 years, respectively.

Consequently, your parents could easily spend two or three decades in retirement. And if they're investing predominantly in fixed-income vehicles, their returns may not even keep up with inflation.

For example, suppose your parents' total cost of living is currently \$80,000 per year. If inflation were to average three percent annually over the next 20 years, your parents would then need more than \$144,000 per year just to maintain the same standard of living that they enjoy today.

So, given the possibility of a long retirement combined with the cumulative effects of inflation, your parents will likely need at least some growth potential in their investment portfolio. A reasonable percentage of quality stocks may be able to provide them with that potential, but their mix of investments really depends on their individual needs, lifestyle choices and risk tolerance.

Here's one other investment-related question you

may want to raise with your parents: How much should they take out each year from their 401(k) and IRA? It's essential that they neither withdraw so much that they deplete their accounts nor so little that they can't afford the things they enjoy. Yet, because the ideal withdrawal rate depends on several factors - investment mix, risk tolerance, life expectancy, other sources of income - it's not always easy to determine the appropriate amount.

You might not have the expertise to help your parents address these two issues - choosing the right investments during their retirement years and taking out the right amounts from their 401(k) and IRA. And that's why you may want to encourage your parents to work with a professional financial advisor, if they don't already have one. At their stage of life, they really need to make the right moves with their money - so do all you can to help. You'll be glad you made the effort.





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Jump-start your home's heart

Buying and Selling

By Ryan Hodge

As a seller in the current real estate climate (or any market, for that matter), you know that your home's features must stand out against those of the competition. First you need to understand what buyers are looking for, and then you must decide how much money and elbow grease to invest to make

those wishes come true. History shows that the kitchen is the best place to make your impression, and it can be done for less than a king's ransom. Got old linoleum, vinyl or chipped tiles on your kitchen floor? You can install laminate that looks like new tile, stone or wood for just \$1 to \$5 per square foot!

You can show off your flooring with updated light fixtures. Under-cabinet lighting is easily installed, and a gorgeous overhead light will brighten things up for less than \$100.

A coat of fresh paint and some new hardware are very reasonable ways to go if you want your old cabinets to impress new homeowners, and chipped appliances can be re-named to their original luster. It may cost just a few hundred dollars, but you'd be well advised to hire a professional for this kind of refinishing.

For more budget-wise suggestions, ask a real estate agent to do a "walk through" of your home before the first potential buyers come through that front door!

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Supporting Healthy Lifestyles for Texas' Youth

Summer in Texas is now in full bloom. Unfortunately, many children will spend their free time not on swings at playgrounds but in front of televisions at home, consuming hours of programming full of advertisements for unhealthy foods. Others will spend time on the Internet instead of playing outside with their friends. This lack of physical activity among our youth is contributing to an American healthcare crisis: childhood obesity. We must work together to reduce the harmful influence that inactivity can have on our kids, and promote healthy living that is vital to their long-term well-being.

Texas ranks sixth nationally in the percentage of obese youth (ages 10 – 17), and many of these children are at risk of significant health problems, including Type 2 Diabetes. Since 1990, the number of children diagnosed with Type 2 diabetes in our country has jumped 15-fold. This is extremely troubling because diabetic children face lifelong medical problems.

Fortunately, a number of broadcasters and corporations are taking steps to foster healthy and active lifestyles. They are demonstrating that they are willing to be part of the solution.

The Walt Disney Company is phasing out the use of its characters in

Capitol Comment

Kay Bailey Hutchison
U.S. Senator



promotions that market unhealthy products, and it is developing shows that demonstrate the benefits of exercising and eating well. Nickelodeon, one of the national networks for youth, has an initiative called "Let's Just Play," which inspires young viewers to be more active. On the network's annual "Worldwide Day of Play," it suspends programming for a block of time so kids can go outside and run around. I hope that Texas parents will help me support the continuation and expansion of these efforts.

Broadcasters in our state are also creating initiatives that nurture wholesome living. Many of these endeavors are community-based and address physical, nutritional, and mental health.

This is a good start, but there is much more that can be done to curb the epidemic of childhood obesity. We can help shape the content of the shows our children listen to and watch by encouraging media companies, broadcasters, and marketers to air responsible programs and advertisements.

Finally, a foundation for healthy habits must be reinforced at home. In the 2008 Farm Bill, I created an elementary school pilot program that invites parents to become involved in nutritional education along with their children. This initiative is modeled after the very successful Coordinated Approach to Child Health (CATCH) Program which helped significantly reduce the number of overweight fifth graders in El Paso.

By using the major influences in a child's life -- from parents, to teachers, to their favorite television characters -- we can help reverse childhood obesity. We can all be part of a national movement to cultivate positive lifestyles and good health that young Americans can carry into adulthood.

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Salado Legends features performers of all ages.

Salado Legends slates 16th season

Salado Legends, will begin it's 16th season on July 19, with subsequent performances on July 26 and Aug. 2. Tablerock's Goodnight Amphitheater is located on Royal Street in Salado, Texas.

History, legend and memories are brought to the stage in the epic musical-drama, Salado Legends, written by Salado playwright Jackie Mills. One of the original songs, "Be Careful What You Wish For," weaves the legends of the Tonkawa Indians, the dreams of the Spanish explorers and the hopes of the Scottish settlers into a panoramic tale. Salado Legends is the only outdoor musical-drama in Texas chosen by the Library of Congress to serve as a record of life in America at the end of the 19th century.

Actors, crew, composers, sponsors and helpers number over 150. They range in ages from 5 to 78 years-old and live all over Central Texas. Robert Pierce of Belton will play the lead role of Andrew McIver. Krista Ash of Belton, will play the lead role of Lucy McDougal. Stephanie Bielss of Temple plays Sadie Lou Chalk; Brian Sanderford from Belton will play Cam McDougal. Jim Woodul of

Killeen will appear in the role of Angus McDougal and Geneva Bamsch of Jarrell will appear in the role of Dora McDougal. Tony Blisard will play Malcom Ross and Jared Yost 6 year-old from Salado is playing Douglas McDougal. Taryn Kornegay from Salado, is cast as Emmaline McDougal for the first two performances and Morgan Bird of Salado will portray Emmaline for the August 2nd performance.

Dr. Howard Horton, who lives in Bartlett will appear for the 11th season as Sam Houston. Sara Sanderford of Belton will make her debut as "Texas." Erin Sanderford from Belton will play Bonnie Belle Posey. Jon McHaney from Dallas will play Tonweya and Andy Anderson, Chief Meteorologist from Channel 6, will play a Spanish explorer and a Civil War soldier.

Dinner reservations for the catered meal are required: \$8 for adult or child. Adult show tickets are \$17. Child (4-12) show tickets are \$5.

Tickets may be purchased in Salado at Fletcher's Antiques, First State Bank and Compass Bank. To charge tickets on line through TIX: www.tablerock.org

Sebti graduates BHS

Sara Sebti of Salado graduated Magna Cum Laude from Belton High School June 5 at the Bell Exp Center.

She was in the 10 percent of her class and was awarded two year-end accolades in French and Web Mastering.

She was also awarded a scholarship from the Belton Chapter of Texas Classroom Teachers Association. Sara will attend The University of Texas



Sara Sebti at Austin in the Honors Program in the College of Liberal Arts. Sara is the daughter of Lisa M. Volle and the granddaughter of Robert & Adva Volle from Salado.

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New show lineup at Planetarium

The new lineup of shows at the Mayborn Planetarium and Space Theater is now showing.

Friday and Saturday evenings feature the large format film “Wired to Win: Surviving the Tour de France.” The show is a spellbinding ride chronicling the legendary Tour de France bike race. It seamlessly melds state-of-the-art computer animation of the human brain with the first-ever giant screen film footage of this grueling athletic event, thus bringing together the excitement of world-class sport and the frontiers of science. Show time is 7 p.m.

Following at 8 p.m. is the return of the popular planetarium show “Search for Life in the Universe.” Narrated by Leonard Nimoy of “Star Trek” fame, the show explores the chances life might exist elsewhere in the universe, based on what we know about how life began on Earth, and how we might be able to find that life.

This fascinating journey from the edge of the mysterious to the realm of reality lets the audience eavesdrop on signals from space, delve into emerging solar systems and learn how scientists and amateur astronomers explain mysterious cosmic phenom-

ena. Filled with many images from NASA and the Hubble Space Telescope, the film will captivate the audience as the Mayborn’s 60-foot dome takes on the appearance of the galaxies, nebulae and views of the cosmos that will expand the imagination and let you engage in one of the greatest quests of all time.

The all-digital Laser-dome laser light shows begin with “Laser Pop” at 9 p.m. This 30-minute musical feast is an indoor fireworks display of its own with bright colors and unique abstract imagery set to some of today’s biggest songs from today’s hottest artists. Then at 9:45 p.m. it’s “Laser Rock.” This laser light show features hits from the Red Hot Chili Peppers, OK Go, Nickelback, U2, the Foo Fighters and many others. The lineup concludes with “Laser Hip Hop” at 10:30 p.m. Hits from Kanye West, the Black-Eyed Peas, Lloyd and Timbaland highlight this unique show.

The child-friendly Saturday matinee kicks off at 1 p.m. with “In My Backyard.” Children’s entertainer Fred Penner leads a lighthearted exploration of things large and small from the colors of the rainbow to the counting of ladybugs on a rose. Families with

children age seven and under investigate the night sky, the names of the planets, reasons for the seasons and shooting stars all from the safety and comfort of the backyard.

At 2 p.m. Cowboy poet and humorist Baxter Black narrates a variety of mythological stories, Native American starlore and other tales in “Cowboy Astronomer.” Known for his commentary on National Public Radio’s “Morning Edition,” or TV performances and NBC’s “Tonight Show,” Black is a first-rate storyteller. He shares how blue stars are hotter than red stars by the chili pepper ratings beneath them. He’ll point out the Andromeda Galaxy by hitting a first-base foul out of the park of the “Great Baseball Diamond in the Sky.” Also along the way, the audience learns about young stars, supernovae and what various cultures called the Pleiades.

The audience will also be rapt with two Native American star tales: the Fisher story about the cruel chieftain holding the birds of summer captive and the Devil’s Tower tale about the Seven Indian Maidens and the Bear. Other attractions include the Anasazi pictographs of the 1054 supernova and Sirius rising

over Wyoming’s Medicine Wheel.

The show will make audiences laugh and tug at their heart strings — all the while teaching about the universe and humanity’s relationship with the stars.

“Dinosaurs: Giants of Patagonia” airs at 3 p.m. The documentary-style film focuses on the history, the evolution and extinction of dinosaurs while providing a unique opportunity to get a true experience of the incredible size and strength of these creatures that roamed the Earth 65 million years ago. The audience gets a first-hand look at the lives of these two superb creatures with never-before-seen computer-generated footage.

The matinee ends on a musical note with the laser show “Space Laser” featuring some of the best known space and science fiction-themed pop songs by artists such as Will Smith, the B-52s and “Weird” Al Yankovich. Also showing is “How Lasers Work” — nine-minute piece on how lasers work, how they are created and their applications in medicine and technology.

A complete show schedule and show descriptions can be found online at www.starsatnight.org or by calling 254-526-1800.

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Catcher Justin Schiller was named to the First Team on both the Texas Sports Writers Association and the Texas State Coaches Association 2A All State Teams.



Eagles outfielder Seth Collins was named to the First Team Sports Writers Association All State squad. He was also named to the Third Team Texas Coaches Association All State squad.



Johnny Nix was named to the Second Team as Shortstop on both the Texas Sports Writers Association and the Texas Coaches Association All State Teams.



Third baseman Matt Fritsch was named to the Second Team of the Texas Coaches Association 2A All State Team.

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Jack Oliver was awarded the Melvin Jones Fellowship during the June 24 Salado Lions Club banquet. The Melvin Jones Fellowship is the highest honor awarded by Lions Club International and represents humanitarian qualities such as generosity, compassion, and concern for the less fortunate.

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**Salado Volunteer Fire Department
Report for Month of June 2008**

DATE	TIME	TYPE
6/1	12:36 A.M.	Medical assist, assist EMS crew
6/1	3:17 A.M.	Medical assist, assist EMS crew
6/1	9:14 A.M.	Fire in mobile prop. used as a fixed struc., other
6/2	6:58 P.M.	Medical assist, assist EMS crew
6/2	7:02 P.M.	Outside rubbish fire, other
6/3	10:14 A.M.	Medical assist, assist EMS crew
6/3	1:45 P.M.	Rescue, emergency medical call (EMS) call, other
6/3	7:35 P.M.	Good intent call, other
6/4	1:29 P.M.	Medical assist, assist EMS crew
6/5	1:35 P.M.	Medical assist, assist EMS crew
6/5	2:16 P.M.	Medical assist, assist EMS crew
6/5	2:33 P.M.	Medical assist, assist EMS crew
6/5	6:36 P.M.	Brush, or brush and grass mixture fire
6/5	7:33 P.M.	Extrication of victim(s) from machinery
6/5	11:36 P.M.	Medical assist, assist EMS crew
6/6	10:54 A.M.	Good intent call, other
6/6	11:13 A.M.	Vehicle accident with injuries
6/6	10:09 P.M.	Malicious, mischievous false call, other
6/6	5:52 P.M.	Natural vegetation fire, other
6/7	7:54 A.M.	Motor vehicle accident with injuries
6/7	12:38 P.M.	Rescue, emergency medical call (EMS) call, other
6/7	7:19 P.M.	Vehicle accident with injuries
6/8	2:46 P.M.	Medical assist, assist EMS crew
6/9	6:44 P.M.	Medical assist, assist EMS crew
6/10	1:03 P.M.	Grass fire
6/10	3:45 P.M.	Medical assist, assist EMS crew
6/11	2:04 P.M.	Medical assist, assist EMS crew
6/11	2:58 P.M.	Medical assist, assist EMS crew
6/12	3:01 A.M.	Motor vehicle accident with no injuries
6/12	1:38 P.M.	Medical assist, assist EMS crew
6/13	9:46 A.M.	Public service assistance, other
6/13	12:50 P.M.	Medical assist, assist EMS crew
6/13	6:40 P.M.	Medical assist, assist EMS crew
6/14	11:01 A.M.	Good intent call, other
6/14	3:58 P.M.	Medical assist, assist EMS crew
6/15	4:30 P.M.	Medical assist, assist EMS crew
6/16	2:27 P.M.	Medical assist, assist EMS crew
6/17	2:55 P.M.	Grass fire
6/17	8:36 P.M.	Medical assist, assist EMS crew
6/18	8:54 P.M.	Medical assist, assist EMS crew
6/19	9:31 P.M.	Medical assist, assist EMS crew
6/20	10:57 A.M.	Medical assist, assist EMS crew
6/20	11:02 A.M.	Gas leak (natural gas or LPG)
6/21	12:40 P.M.	Rescue or EMS standby
6/21	12:56 P.M.	Rescue, emergency medical call (EMS) call, other
6/21	6:46 P.M.	Building fire
6/21	7:08 P.M.	Medical assist, assist EMS crew
6/23	12:06 P.M.	Vehicle accident with injuries
6/23	4:56 P.M.	Medical assist, assist EMS crew
6/23	5:27 P.M.	Medical assist, assist EMS crew
6/24	3:42 P.M.	Dispatched & canceled en route
6/24	6:54 P.M.	Medical assist, assist EMS crew
6/25	8:57 P.M.	Good intent call, other
6/27	1:16 P.M.	Vehicle accident with injuries
6/27	9:11 P.M.	Passenger vehicle fire
6/28	12:15 A.M.	Medical assist, assist EMS crew
6/28	5:39 P.M.	Mobile property (vehicle) fire, other
6/28	8:26 P.M.	Assist invalid
6/28	9:23 P.M.	Medical assist, assist EMS crew
6/29	2:30 A.M.	Building fire
6/29	8:33 A.M.	Medical assist, assist EMS crew
6/29	10:42 A.M.	Medical assist, assist EMS crew
6/30	4:53 A.M.	Medical assist, assist EMS crew
6/30	8:15 P.M.	Medical assist, assist EMS crew

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Fourth annual melodrama plays at Salado Silver Spur

The Silver Spur Theatre's Fourth Annual Melodrama, "Perry's Hatter is up the Creek" was greeted with a chorus of Boos from the audience assembled at the local theatre last week and the writer and director Gary D. Askins couldn't have been more pleased. "This is what live theatre is supposed to be all about," he said, "I love it that our village and theatre guests are so involved in this year's show." It helps to understand this apparent contradiction when we were informed that house manager and Foley artist, Ben Milligan, had urged the crowd to boo, hiss and otherwise audibly participate in this almost traditional melodrama that plays each weekend through August 23. "I would like to point out that the jeers turned to cheers by the end of the play," added Grainger Esch, owner of Salado's only indoor theatre and heroic star of the show. "I think this show is one of the best Gary's written and our cast has, as usual, taken it to it's maximum level of serious silliness." he concluded.

Artist of the month Denise Nichols work on display

Denise Nichols, is the Salado Village Artist, Artist for the months of July and August.

Denise Nichols began painting portraits professionally at the age of seventeen. In the 1970s, after studying with John Z. Thomas at TCU, landscape, still life, and life drawing became her interests. She also studied painting and life drawing at Laguna Gloria Art School in the 1980s.

She has studied with pastel artist Lorenzo Chavez of Oregon, the late Walter McCowan, Jo Anna Arnett of Santa Fe, New Mexico, Judi Betts, Bill Zaner of Boerne, and numerous other artists. In 2007, she had the privilege of studying under Gregg Kreutz from the Art Student's League. A week later her workshop with Zaner included demonstrating plein air in Big Bend. Recently, Denise has been accepted in two national competitions.

In 2004 she was awarded Best of Show, First and Second Place in pastel by the Salado Village Art League: in 2007, Second Place in pastel. Also in 2007, she received the Peoples Choice Award at the Tejas Art Festival.

She now works in pastels, oils, water media, and collage. She maintains D.K.'s Art Studio in Rockdale, Texas, where she teaches abstract design and color (all media) and in pastel. Denise's work has been promoted as "Art which stirs the senses."

Visit local banks and the library to view Nichols work on display.



Snidely (Kevin C. Carr) has Miss Goody (Rebekah Grayson) in his clutches as Tex (Grainger Esh) comes to save her.

The hilarious cast is lead by the very funny Kevin C. Carr as the main villain Snidely H. Whiplash who is unwittingly assisted by Billy Bob McMuggle, a singing cowboy that only Tony Blackman could possibly portray. Miss Goody is a wonder of innocence as she is professionally performed and joyfully interpreted by Rebekah Grayson. Douglas Mackie, another local acting veteran, brings just the

right comedic touch to his role of Deputy Justin Time. Karen Ewton, a Salado teacher (when she's not on the Spur stage), once again steals several scenes with her shrewd observations and comedy one liners as Miss Katrina Love. Melissa Kemp brings her enthusiastic energy into the mix as Ms. Bertha Bovine. Tonkawa Tom, Great Chief of the Lost Tribe, is played by Tom Rolls, another Spuraldical Player, with

the kind of dignity usually reserved for a Marx Brothers movie. This entire ensemble is ably assisted and complemented by the piano stylings of Nelda Milligan, the Spur's resident musical genius, who not only scores the play but also the locally filmed twenty minute silent movie chase scenes which are sandwiched between the First and Second Acts.

"Perry's Hatter is up the Creek" continues its hilarious satiric look at life and contemporary culture in the Village of Salado, Texas, USA through the prism of an almost traditional melodrama. Come prepared to boo the villain, cheer for the heroes as they attempt to save the damsels in distress and protect the innocent villagers from the clutches of the evildoers (Director's note: guilty villagers will not be protected.) Performances are Fridays 7:30 pm, Saturdays 2 pm and 7:30 pm through August 23 at the Salado Silver Spur Theatre, 108 Royal Street. Tickets \$15-\$8. Student, senior, military & group discounts available. Call (254) 947-3456 or visit either saladocinema.org or saladosilverspur.com for more information and/or reservations.



Denise Nichols named Village Artist of the Month

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Salado Chamber of Commerce initiated National Roper Supply with a ribbon cutting July 2. At center Store Manager Bonnie Beers cuts the ribbon.

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Salado resident Allen Mantanona says he never wins anything. He can't make that claim anymore after winning this Toyota Tundra truck, fully customized, from Toyota of Killeen. His ticket was drawn during the annual Association of the United State Army banquet last week. He was all smiles driving his new truck to work the next morning.

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Samantha Sharp of Salado, was inducted into the Gamma Beta Phi Society at Howard Payne University this spring. Gamma Beta Phi is a national collegiate honor and service organization, and members are chosen for induction based on scholastic ranking. Samantha is a sophomore at Howard Payne University.

Firefighters

FROM PAGE 1A

Scott & White EMS and Bell County Sheriffs Officers managed to advance a life line and life vest to the other two but firefighters had to enter the water and work their way over to the two victims and assist them across the swift water to the bank.

On June 26, 2007 Salado firefighters were again called out for a water rescue. Salado was hit with heavy rain during the night and caused Salado Creek to flood out of its banks stranding several families in their homes. Firefighters were dispatched to a residence along Salado Creek to find three people stranded by rapidly rising water. Firefighters advanced to the house and assisted all three parties safely to dry land.

VanHoozer to play for UMHB



Sam VanHoozer is shown above with his coach Melvin Bates and his father Ken VanHoozer.

Salado High School graduate Sam VanHoozer will play baseball for the University of Mary Hardin Baylor next school year. He signed a letter of intent with the University on July 8 with his father Ken VanHoozer and his high school coach Melvin Bates alongside him.

He was 10-3 his senior year on the mound with an ERA of 2.23, pitching 72 innings and registering 82 strikeouts.

For his baseball career at Salado VanHoozer was 18-7, with an ERA of 2.56, pitching 142 innings and striking out 158 batters.

TOYOTA OF KILLEEN

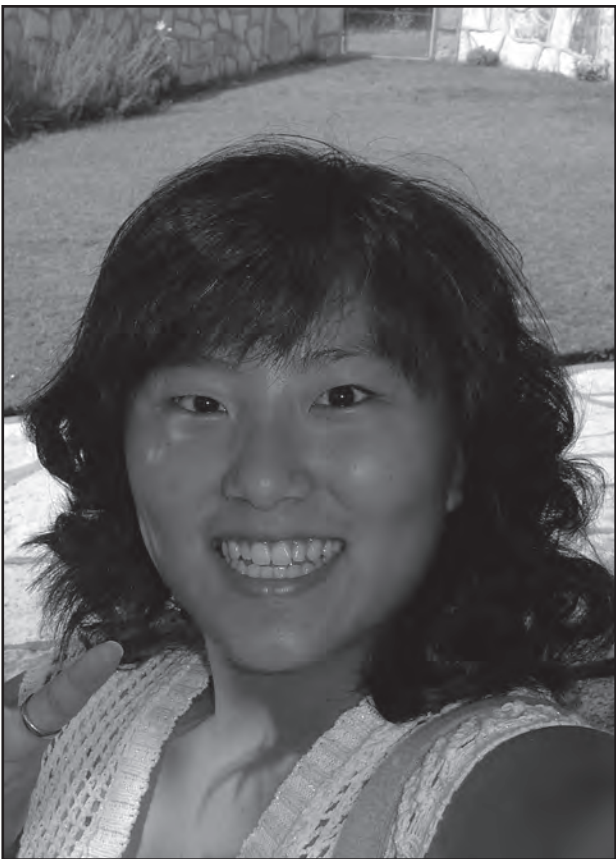
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Salado High School Senior Inhey Robinson is traveling to NASA's Johnson Space Center for a week long summer internship.

Robinson will intern at NASA Space Center

Inhey Robinson of Salado High School will travel to NASA's Johnson Space Center (JSC) in Houston, Texas, this summer to participate in a one-week summer internship.

Robinson is a senior at Salado High School.

Nominated by Troy Fraser she has been selected as one of 350 high school juniors from across Texas to be part of High School Aerospace Scholars (HAS). They have been working to complete ten Web-based assignments during the school year. They will apply what they have learned during the year, which will challenge them to work as part of a team to design a mission to Mars.

The weeklong experience at JSC includes a tour of JSC facilities and briefings by noted NASA employees including astronauts. These students and teammates will conclude their experience by presenting their proposal at a luncheon to their parents, members of the Texas Legislature, Houston Livestock Show and Rodeo, Rotary NASA, and JSC senior management.

The State of Texas, in partnership with JSC and the Texas educational community, developed HAS in 1999 to encourage more students to pursue studies and careers in science, technology, engineering and mathematics (STEM). More than 1500 students from across Texas have participated in the program since its inception.

With this program, NASA continues the Agency's tradition of investing in the nation's educational programs. It is directly tied to the Agen-

cy's major education goal of attracting and retaining students in STEM disciplines critical to NASA's future missions, which include missions returning to the moon, on to Mars and beyond.

For additional information, please visit their Web site at: <http://aerospace-scholars.jsc.nasa.gov>

Fiddler on the Roof, Jr. project of music camp

The Conservatory of Music at the University of Mary Hardin-Baylor will host a Summer Musical Camp during the week of July 14-19.

During this weeklong camp, 44 students will prepare for two performances of Fiddler on the Roof Jr. Each participant had to audition in May.

Performances of Fiddler on the Roof Jr. are scheduled July 19 at 2:30 and 7 p.m. in Hughes Recital Auditorium in Presser Hall at UMHB. Tickets are available for purchase starting July 14 in the Conservatory of Music office or at the door before both performances.

This camp will be di-

rected by Krista Eshbaugh, Sara Harris Baker and Kristy Easley. The Summer Musical Camp is partially funded by a grant provided by the E. Rhodes and Leona B. Carpenter Foundation.

The UMHB Conservatory of Music is a program of the College of Visual and Performing Arts of the University of Mary Hardin-Baylor. It provides quality music instruction for the young people of the Central Texas community. The Conservatory of Music is a member of the National Guild of Community Schools of Arts.

For information call 254-295-4686.

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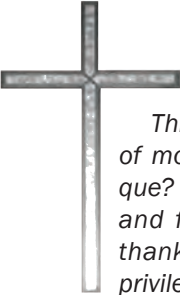
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This last weekend, did you think of more than fireworks and bar-be-que? Did your gatherings with family and friends include reflections of thanksgiving for all the rights and privileges with which God has blessed this nation? Did that awareness of the source of those blessings stir an inward revival in your heart? Did the occasion make you want to stand up a little more proudly for all the truths we hold dear? Just some things to think about.

Joe Keyes, Minister

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Evening Worship • 6 p.m.
Spanish Worship • 4 p.m.
Wednesday
Bible Classes • 6:30 p.m.

IH-35 at Blacksmith Rd.
947-5241 • www.saladochurchofchrist.org

Church

Goodnight-Basham nuptials held June 28

Tracey Basham of Arlington became the bride of Gary Goodnight of Arlington in a double ring ceremony June 28 at the Marty Leonard Chapel in Ft. Worth.

The bride is the daughter of John and Katy Meyers of Arlington.

The bridegroom is the son of Donald and Robbie Goodnight of Salado.

Chaplain Jim Dorsey officiated.

Matron of honor was Sarah Nail of Arlington, daughter of the bride. Bridesmaid was Hannah Nail of Arlington, daughter of the bride.



Gary Goodnight and Tracy Bashman wed June 28

Best man was Alan Goodnight of Salado, brother of the groom. Groomsman was Mark DePoy of Salado, brother-in-law of the groom.

Seating guests were Dacen and Cade DePoy of Salado, nephews of the groom and Trent Myers of Dallas, brother of the bride.

A reception followed at the Botanic Gardens Restaurant in Ft. Worth.

After a wedding trip to San Francisco the couple will reside in Arlington.

The bridegroom's parents hosted a rehearsal dinner June 27 at the Mi Cocina Restaurant in Ft. Worth.

St. Joseph's Episcopal Chapel
Holy Eucharist
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Sun. • 9:30 a.m.
Tues. • 9:30 a.m.



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Worship Schedule
Sunday School • 9:45 a.m. • Worship • 11 a.m.
Worship/Bible Study and Praise Kids Music • 6 p.m.
Wednesday
Pot Luck Meal 6:45 pm
Praise & Prayer • Missions for children • Satisfy for youth 7:15 p.m.



Main St. at the Creek
WEDNESDAY
Fellowship Meal 5:30 p.m.
Celebrate Recovery 6:00 p.m.
Youth Choir 6:00 p.m.
Kingdom Kids 6:15 p.m.
Prayer Meeting 6:15 p.m.
Youth Celebration 7:30 p.m.

SUNDAY
Contemporary Worship/Bible Study 9:00a.m.
Traditional Worship/Bible Study 10:30 a.m.
Evening Worship 6:00 p.m.
Youth G.A.B. 6:00 p.m.

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Salado Church of Christ Summer of prayer continues

The Wednesday summer speaker series continues this month at the Church of Christ. Each week, the speakers are proceeding through the various petitions that are a part of the Lord's Prayer as found in Matthew 6.

July 16, "Give Us This Day our Daily Bread" will be the subject addressed by Michael Weed, professor of New Testament and Ethics at the Austin Graduate School of Theology.

July 23, Stephen Johnson, professor of Bible at Abilene Christian University, will address "And Forgive Us Our Debts."

Closing out the month, Phil Ware, senior minister at the Southern Hills Church of Christ in Abilene, will speak on the phrase: "As We Forgive Our Debtors."

Services begin at 6:30 each Wednesday evening. The church is located at the corner of Blacksmith and Stagecoach Roads. Call 947-5241 for further information.

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and People

Prices celebrate 50th Anniversary

Mr. and Mrs. William E. (Bill) Price celebrated their 50th wedding anniversary June 27 in Salado where they have resided for 12 years, and are active members of Salado United Methodist Church and Rotary Club.

Bill married the former Mildred Anne Carhart on June 27, 1958 in San Diego, California where he was in the marines, and she was teaching school.

They moved to Houston, where all three sons were born. Bill graduated from the University of Houston before starting a 30 year career with General Motors. This took them to Grasse Pointe, Minnesota, Rockville, Maryland, Centerville, Ohio, and Kansas City, Kansas. The divisions he served were United Delco, Pontiac Motors, Frigidaire, and European and Asian joint ventures.



Mr. and Mrs. William E. (Bill) Price

They are the proud parents and grandparents of William Price Jr., wife Lori, granddaughters Darcy and Audrey of Austin; Fred Price and wife Stacy, grandsons Kyle and Bryan, and granddaughter

Stephanie of Maui; and Randall Price, wife Liz-grandson Brennan, granddaughter Tatum of Colorado Springs.

A Friday evening party was held at their home for out of town guests and rel-

atives. Dinner and dancing was held at Mill Creek Inn for family and friends who came from Wisconsin, California, Indiana, Pennsylvania, Arizona, Virginia, and Florida.

Tarleton Distinguished Students

The Distinguished Students list for the spring 2008 semester has been

released by Tarleton State University-Central Texas.

Distinguished Students include juniors and seniors who have a minimum 3.5 GPR with no grade lower than a C. All must be in good standing with the university.

Distinguished Students from Salado are: Margaritho Rodriquez and Bryan Serwatka. Both Salado students are majoring in Political Science.

Tarleton-Central Texas offers evening, weekend and online classes toward bachelor's and master's degrees and is located just off of Highway 190 at 1901 S. Clear Creek Road in Killeen. For more information, call (254) 519-5421 or log on to www.Tarleton.edu/CentralTexas.

Obituaries

Beckwith passes July 7

Lorraine Beckwith, 71, of Salado passed away July 7, 2008 in Temple, Texas.

A memorial service will be held at First Baptist Church in Salado July 10 at 4 p.m. with her longtime pastor, Gary DeSalvo officiating.

Beckwith was born in 1937 in Waite Park, Minnesota. She lived in Central Texas for the past 22 years and was a member of Temple Bible Church.

She is survived by her husband of 44 years, Phil Beckwith; her brother, Jimmy Schneider; her daughter, Allison Putney and husband Chris; her son, Mark Beckwith; and her three grandchildren: Sadie, Audrey, and Joseph Putney.

Memorial arrangements were handled by Broecker Funeral Home of Salado.

In lieu of flowers, donations may be made to Temple Bible Church Missions Fund or Grace Academy Classical School of Georgetown.



Lorraine Beckwith

Keep your tongue from evil and your lips from speaking lies.
Turn from evil and do good; seek peace and pursue it.

Pslam 34: 13,14



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Salado Church of Christ

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"Father, Hear the Prayer We Offer"*



July 16

July 23

July 30

"Give Us This Day Our Daily Bread" Michael Weed (Austin)
"And Forgive Us Our Debts" Stephen Johnson (Abilene)
"As We Forgive Our Debtors" Phil Ware (Abilene)

August 6

August 13

August 20

"And Lead Us Not Into Temptation" Randy Daughery (Belton)
"But Deliver Us From The Evil One" Randy Daw (Greenville)
"Thine is the Kingdom, Power, Glory" Carson Stephens (Bastrop)

Service begins 6:30 p.m. each Wednesday evening



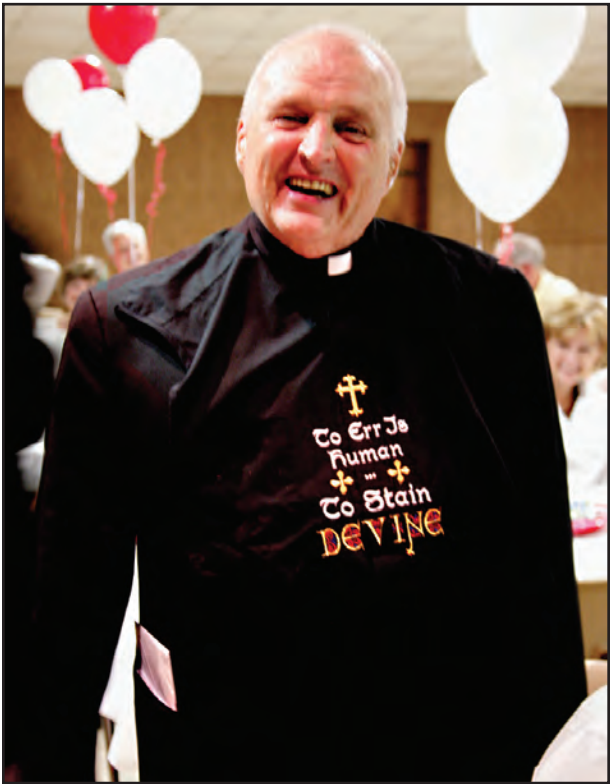
July 26 - July 30
6:00 PM - 8:15 PM
Grace Baptist Church
5798 FM 2484
Salado, TX 76571

Father Davis honored in Temple

On June 30, Father Charles Davis of St. Stephen Catholic Church in Salado, was honored with a dinner and appreciation ceremony at the Knights of Columbus Hall in Temple.

The Master of Ceremonies was Dave Broecker who welcomed the crowd, presented Father Davis with mementos, and introduced the speakers.

A capacity crowd rep-



Father Charles Davis retires to Georgetown

resenting the many communities in Central Texas, where he has been a pastor welcomed him and shared their love and appreciation. Several priests, deacons, and nuns were in attendance as well as his own sister, Jean Runde, still living in Iowa where they were raised.

Father Charles has been getting acquainted with his new home at the Pope John Paul Retirement Center in Georgetown. He will have his own little house and share meals with the other retired priests, most of whom are old friends he has worked with through the years. He will still be working a few days a week as Chaplain at Holy Trinity High School in Temple. Having been an educator and working with students much of his life, this will be a joy for him.

He is looking forward to reading, writing, traveling and will substitute for parish priests when the need arises in the Austin diocese.

Father Davis has been a part of the Salado Community, participating in the Community Thanksgiving Programs at both the Baptist and Methodist Churches and helping put up U.S. flags in the community for the Rotary Club and sharing as chaplain along with Rev. Dale Gore. Father Davis supported Salado Family Relief Fund drives and Friends Feeding Friends etc. He worked with the Pastors of the churches in Salado.

Father Charles was involved in the purchase of the original land and getting St. Stephen Mission and Parish started in 1988-89 and as he is leaving, he has once again, been part of purchasing a new plot of land for what is hoped to be a new church in the future. "He will certainly be missed by St. Stephen Parishioner, but will be leaving a fine legacy here in Salado," reports Bobbie Riehse.

Vacation Bible Schools in July

Grace Baptist Church will present 'Sonworld Adventure Park' Vacation Bible School July 26- July 30 from 6 p.m.- 8:15 p.m. at Grace Baptist Church located at 5798 FM 2484.

Salado Church of Christ will hold a Super Saturday Vacation Bible School 9 a.m.- 2 p.m. July 19 in the Salado Church of Christ Activity Center.

Children from 4 years to those who have completed the 5th grade are invited to attend the fun filled day entitled "Time Machine Travels Through the Bible." Time machine 'destinations' will include David, Moses, Jacob and Esau, Shadrach, Meschach and Abednego. The day will be filled with crafts and games to fit the theme. Lunch and a snack will be provided.

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Salado Village Guide

Shopping Map
Pages 4-5B
Calendar of Events
Page 2B

Section B Salado Village Voice July 10, 2008

8 Pages Shopping, Dining, Overnight, Events

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Inn on the Creek hosts wine pairing dinner

By TIM FLEISCHER
EDITOR-IN-CHIEF

It's a fine line between wine lover and wine snob.

A wine lover knows about the wine he uncorks and shares with family and friends.

A wine snob knows about the where the cork of the bottle comes from, the regional weather of the home of the grapes and whether the winemaker was having a bad day when he put the grapes in great wooden casks. And, to make matters worse, he makes sure you know he knows.

Thanks to Jane A. Nickles, a self-admitted wine "geek" and the wine instructor at the Texas Culinary Academy, and Will Lowrey, owner of Inn on the Creek, about two dozen folks became wine lovers during a four-course wine pairing dinner June 28 at Inn on the Creek.



Bubbly goes with everything, according to Jane A. Nickles, wine instructor at the Texas Culinary Institute.

Nickles guided the dinner guests, who first gathered in the private quarters of Lowrey and his partner Dr. Chris Spradley to view sculptures and paintings from local galleries such as Prielop Fine Art Gallery and Southern Image Art Gallery, while being served appetizers and a sparkling white Italian wine by Epiphany, who was adorned in Bellarri jewelry from Gregory's and a dress from Christy's of Salado.

The appetizer course was Savory Cheesecake and Cheese Puffs paired with Bisol Prosecco de Valdobriadene Brut 2006. After dinner guests had a chance to sample the lemony sparkling wine, Nickles gave a brief informative talk about what makes a wine special and how to pair wines with foods.

"Bubbly goes with

everything," according to Nickles, "It glides over your tongue, makes the world seem brighter, quenches your thirst, refreshes your palate and leads you back for another bite of food."

Giving her "30 Second Wine Geek" lesson, Nickles said that the four words to keep in mind to describe the fruitiness of any sparkling white wine are these: "Lemon, lime, green apples, apricot."

During the second course, a Panzanella Italian Bread Salad paired with Michele Chiarlo Barbera d'Asti, guests learned how to appreciate wine using their senses of sight, smell and finally taste. They also learned that when pairing highly acid foods, such as tomatoes and balsamic vinegar which are used in the bread salad, with a wine, the wine should also be

highly acidic. "You need to start with a wine with its own zing of acidity," according to Nickles, "as the salad will make the wine taste less acidic, softer and smoother."

The main course, a seared beef tenderloin stuffed with kalamata olives, a mushroom risotto and grilled asparagus and carrots, was created by Denice Woods, an instructor at the Texas Culinary Institute in Austin, and Cynthia Apichino, who graduated cum laude from the Culinary Institute.

It was paired with Poggio Moreno Morellina di Scansano, "a medium-bodied red wine with some richly intense flavors, just a hint of earthy overtones," Nickles said, adding that it "gives this dish the perfect bed to rest in all night."

The dessert course paired Chocolate Mousse with Rosa Regale Brachetto d'Acqui 2006. The Chocolate Mousse was served in "cups" of dark chocolate and accented by raspberries. Nickles described chocolate as something very difficult to pair with wine, because it is "sometimes very sweet, sometimes a bit bitter and has butter fat, all of which are known as 'wine killers.'" She chose the Brachetto d'Acqui for its "uncanny affinity for the flavor of chocolate."

Nickles spoke about the wines with an ease, a knowledge and a sense of humor developed over years of her love affair with wines.

She is the author of the book "WineSpeak 101," regular wine columnist for Eat and Drink Austin Magazine, and wine writer for the website "The Texas Wine and Food Gourmet".

Her signature seminar, "WineSpeak 101," has been named a "Best Bet" by the Austin-American Statesman and has been presented over 100 times.

In March of 2007, Jane received a grant from the Wine and Food Foundation of Texas to further her research and writing on food and wine pairing.

Afterward, when Lowrey asked the dinner guests if they would like future wine pairing dinners, he was roundly applauded. And perhaps even bussed by newly-exuberant wine lovers.

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2008 Calendar of Events for Salado

JULY 4-AUG. 23

Salado Silver Spur Melodrama IV: "Perry's Hatter is Up the Creek." Performances are 7:30 p.m. Friday and Saturday evenings and 2 p.m. Saturday

matinees. Come boo the villain and cheer the hero as the Spuraldical Players once again bring an original play and silent movie to the stage and screen of the Salado Silver Spur Theater. Click on

www.saladosilverspur.com for more information.

JULY 10

Salado Chamber of Commerce Ladies Auxiliary meeting, 9:30 a.m. social, 10:30 a.m. business meeting, Salado Civic Center.

JULY 10

Teen Computer Class at Salado Public Library, 6:30-7:30 p.m. Publisher Basics.

JULY 11

Salado Lil' Eagles Football parents meeting at 7 p.m. at the Salado Civic Center. Practices will begin in August for players ages 7-12. For more information call Nikole Hill 512-633-4536, Dena Wales, 947-5621 or Linda Thoreson 947-9454.

JULY 14

Salado Democrats, 6 p.m., Salado Civic Center. Any interested Democrats are invited to attend.

JULY 14

Salado Masonic Lodge stated meeting, 7:30 p.m. at the Lodge located on Church St. behind First State Bank. Officer installation will be open to visitors.

JULY 14-17

Football Camp 1, 8:30-10:30 a.m., \$50, Incoming seventh through ninth graders. Call 947-6977 or email jeff.cheatham@saladoisd.org.

JULY 14-17

Football Camp 2, 1-3 p.m. \$50, Incoming third through sixth graders. Call 947-6977 or email jeff.cheatham@saladoisd.org.

JULY 14-17

Junior cheerleader camp, 9 a.m.-noon. Incoming kindergarten through sixth graders. \$50. Call 947-6900, ext. 2211 or email kimberly.boaz@saladoisd.org.

JULY 15

Salado Rotary Club luncheon meeting, 11 a.m., Stagecoach Inn Restaurant.

JULY 16

Noon Book Review at the Library.

JULY 17

Village of Salado Board of Aldermen meeting, 6:30 p.m., 301 N. Stagecoach Rd. Meeting is open to the public. Agenda posted 72 hours prior to meeting.

JULY 17

Summer Book Talks and Poetry Readings at the Library, various readers. 7-7:50 p.m. Everyone is

invited.

JULY 19, 26, AUG. 2

16th Annual production of Salado Legends – Tablerock Festival of Salado, Inc. Dinner at 7:15 p.m. - \$8 Adult or Child (catered meal is optional, reservations required) Theater at 8:15 p.m. \$17 Adult \$5 Child. Texas' favorite outdoor musical drama with cast & crew of over 150! Where history, legend and memories meet to weave the legends of the Tonkawa Indians, the dreams of Spanish explorers and the hopes of the Scottish settlers into a panoramic tale. Information: 254-947-9205 or www.tablerock.org. E-mail: tablerock1@aol.com.

JULY 21

Salado Independent School District Board of Trustees meeting, 6 p.m., Salado Civic Center. Meeting is open to the public.

JULY 22

Salado Rotary Club luncheon meeting, 11 a.m., Stagecoach Inn Restaurant.

JULY 23

Salado Lions Club, 11 a.m. Salado Civic Center.

JULY 26

First State Bank Home Loan, all you want to know about reverse mortgage 10 a.m.-noon RSVP 888-231-8840

Central Texas Area Museum Membership Tea, 3-5 p.m. in the CTAM Scots' Halls of the Clans, 423 S. Main St. An introduction of the current executive board members.

JULY 28-31

Volleyball Camp 1, 9 a.m.-noon. \$50. Incoming sixth through eighth graders. Call 947-6900, ext. 1304 or email bree.holz-gonzales@saladoisd.org.

JULY 28-31

Volleyball Camp 2, 1:30-4:30 p.m. \$50. Incoming ninth graders. Call 947-6900, ext. 1304 or email bree.holz-gonzales@saladoisd.org.

JULY 29

Salado Rotary Club luncheon meeting, 11 a.m., Stagecoach Inn Restaurant.

JULY 31

Teen Computer Class at Salado Public Library, 6:30-7:30 p.m. Internet security.

AUGUST 2-3

45th Annual Salado Art Fair, Pace Park.

AUGUST 4-6

Oil/pastel workshop by

Jerry Hunsinger, sponsored by Salado Village Artists. Cost is \$160 for members, \$180 for non-members. E-mail vhspaint@aol.com for information/reservation.

AUGUST 5

National Night Out, fall social for Mill Creek Community Association, Details to be announced.

AUGUST 14

Teen Computer Class at Salado Public Library, 6:30-7:30 p.m. Internet etiquette: Myspace Myths and Realities.

AUGUST 20

Noon Book Review at Salado Public Library.

AUGUST 21

Summer Book Talks and Poetry Readings at Salado Public Library, various readers. 7-7:50 p.m.

AUGUST 23

Salado Athletic Booster Club Annual Reverse Raffle. Salado High School. Max Heiner is Chairperson, 254-947-1192.

SEPTEMBER 4-6

Fall Frolic Shop Hop at A Sewing Basket, 560 N. Main St., Call 947-5423.

SEPTEMBER 16

Village of Salado Daughters of the Republic of Texas, luncheon meeting, 1:30 p.m. Ambrosia Tea Room on Main Street.

SEPTEMBER 18-20

The First Annual Fall Presentation of Tablerock's Repertory Theater of Salado. The Horton Foote Society, under the direction of Dr. Marion Castleberry, will present works of Horton Foote and other Southwest writers. Showtimes at 7:30 p.m. Tickets are \$15. Call 254-947-9205 for information.

OCTOBER 2-4

The First Annual Fall Presentation of Tablerock's Repertory Theater of Salado. Showtimes at 7:30 p.m. Tickets are \$15. Call 254-947-9205 for information.

OCTOBER 7

Saladobration, the annual fund raiser for the Public Arts League of Salado (PALS); 6:30 p.m., Creekside at Inn on the Creek.

OCTOBER 10-11

Christmas in October at Salado Civic Center.

OCTOBER 11

Salado Fine Art Gallery

Night, 5-9 p.m.

OCTOBER 11-12

Salado's Chocolate & Art Festival Expressions of good taste. Chocolate & wine tasting, chocolate demonstrations, sampling and gallery tour. Sunday Chocolate Champagne Brunch. Contact the Salado Tourism Dept. 254-947-8634 or salado_tourims@vvm.com

OCTOBER 11-12

A Christmas Carol and Fright Trail auditions. 3 p.m. at Tablerock.

OCTOBER 15

Community prayer breakfast, 7-8:30 a.m., Salado United Methodist Church, Royal Street, Sponsored by Salado Area Republican Women.

OCTOBER 21

Village of Salado Daughters of the Republic of Texas, luncheon meeting, 1:30 p.m. Ambrosia Tea Room on Main Street.

OCTOBER 22-24

Mixed media workshop by VeAnne Stowell, sponsored by Salado Village Artists. Cost is \$160 for members, \$180 for non-members. E-mail vhspaint@aol.com for reservations.

OCTOBER 25

Salado Area Republican Women's Fine China Luncheon. Longhorn Room of Stagecoach Inn. 11 a.m. - 1 p.m. 939-7085.

OCTOBER 25-26

Tablerock's Fright Trail, 7:30-10 p.m. Relive the great horror classics and expect the unexpected along the enchanted trail. Admission is \$5 for adults, \$3 for children (12 and under).

NOVEMBER 3

Salado Historical Society Fall Chili Supper and Membership Drive, 6:30 p.m. Noted Texas vocalist, poet and songwriter Jeff Gore will provide entertainment.

NOVEMBER 8-9

Gathering of the Scottish Clans.

DECEMBER 5-7

Salado Historical Society Annual Tour of Homes. Tickets \$14 in advance, \$15 days of tour.

DECEMBER 5-7 & 12-14

Annual Salado Christmas Stroll.

DECEMBER 5-6, 12-13

16th Annual production of A Christmas Carol at Tablerock Festival of Salado, Inc. 7 p.m. \$10 Adults \$5 Student \$3 Child (12 & under). Call 947-9205 or www.tablerock.org.

DECEMBER 11

Christmas Party for Mill Creek Community Association. Details to be announced.

The Salado Village Voice Calendar of Events is also available on our Website when you are unable to get a printed copy. Visit: www.saladovillagevoice.com.

To have your event listed here, email information to news@saladovillage.com



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Declarer makes a key play

Contract Bridge

By Steve Becker

This deal occurred in a 12-table duplicate game. The final contract at every table was three notrump played by South, which in itself is a rare occurrence. However, only one declarer made three notrump, even though the contract could not be defeated with correct play. All the others went down one.

The opening lead was uniformly a low heart. At 11 tables, the lead was ducked to East's queen, and a heart continuation went to dummy's ace, after which the club jack was finessed. West took his king and cashed three heart tricks to put a quick end to the proceedings.

At the only table where the contract was made, declarer played dummy's ace of hearts at trick one and next tried the club finesse. West won with the king, but the defenders were now helpless.

If West cashed the K-J of hearts, dropping East's queen, South's ten would

become a trick. Alternatively, if West returned a low heart to East's queen, he would be unable to regain the lead to run the rest of the suit. In practice, West chose the latter course, after which declarer had no trouble scoring nine tricks.

How could South know that putting up the ace on the opening lead was the winning play? The answer is simple enough. He reasoned that if the hearts were divided 4-3, nothing could be gained by ducking the heart at trick one. The only pertinent question, therefore, was whether the duck would gain or lose against a 5-2 division.

Since West would not

South dealer.
East-West vulnerable.

NORTH			
♠	K Q 7 3		
♥	A 5		
♦	Q 8		
♣	J 10 8 4 2		
WEST		EAST	
♠	10 5 2	♠	J 9 8 4
♥	K J 8 4 3	♥	Q 9
♦	J 5 2	♦	K 10 7 6 3
♣	K 6	♣	7 3
SOUTH			
♠	A 6		
♥	10 7 6 2		
♦	A 9 4		
♣	A Q 9 5		

The bidding:
South West North East
1 ♠ Pass 1 ♠ Pass
1 NT Pass 3 ♣ Pass
3 NT
Opening lead — four of hearts.

lead a low heart from K-Q-J-x-x -- he would lead the king in that case -- it followed that East had at least one of the missing honors. Rising with the ace was therefore certain to block the heart suit if West had five of them, making the ace the proper play at trick one.

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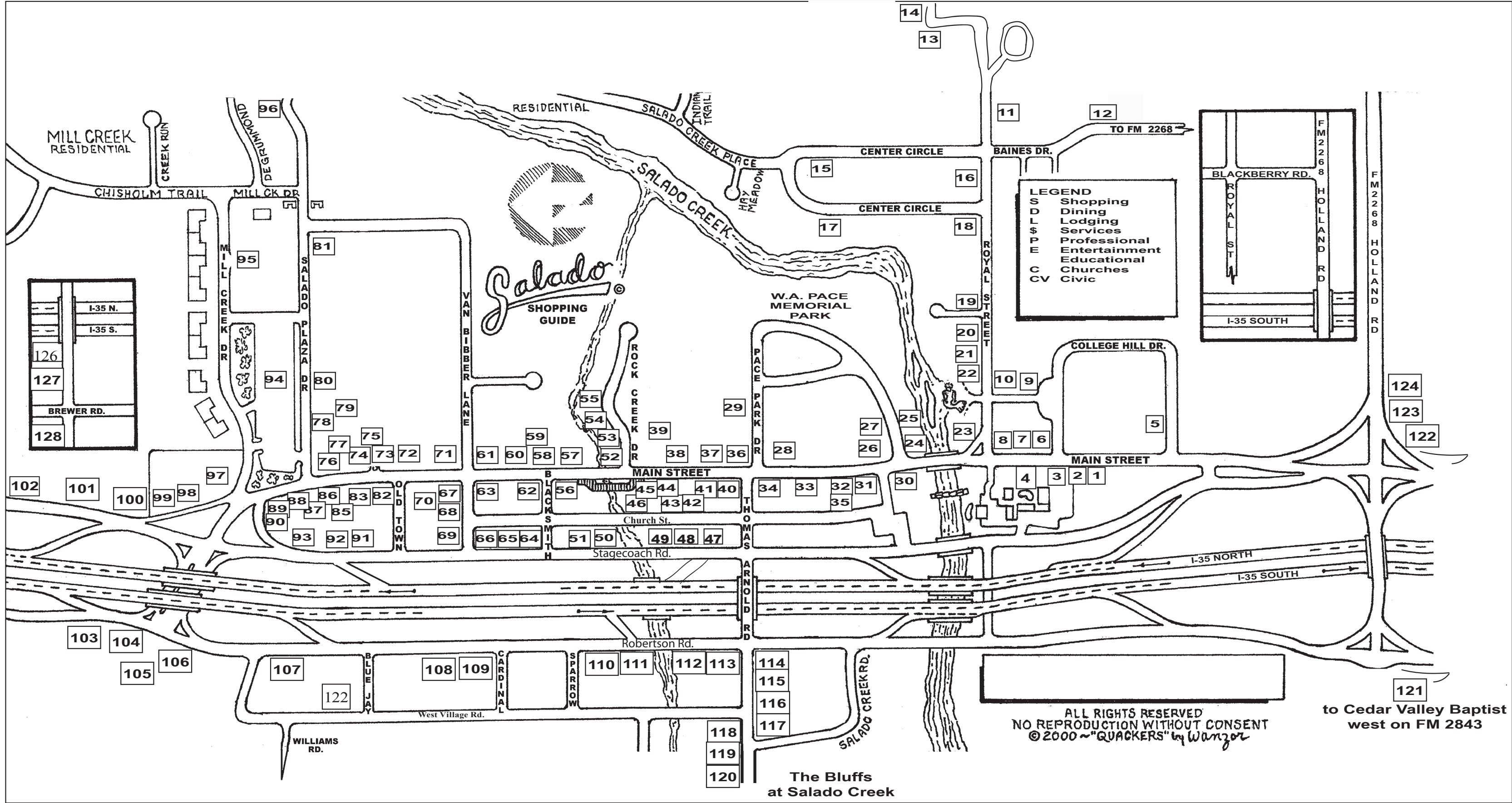
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4. Stagecoach Inn 254/947-5111 D.L	24. Leigh's Necessities and Floral Creations 254/947-0128 S, \$	43. Organically Salado (inside Southern Comforts) 254/947-1868 S	64. The Village of Salado 254/947-5060 CV	87. Century 21 Bill Bartlett Real Estate 254/947-5050 D	121. Cedar Valley Baptist Church 254/947-0148 C
5. Stone Creek Settlements 254/947-9099 L	26. CREEKSIDE CENTER Prellop Fine Art Gallery 254/947-3930 S Susan Marie's 254/947-5239 S	44. Salado Haus 254/947-8237 CV	65. Salado Creek Antiques 254/947-1800 S	88. Subway 254/947-1111 \$	122. Broecker Funeral Home 254/947-0066 \$
6. Central Texas Area Museum 254/947-5232 E	30. First Baptist Church 254/947-5465 C	47. Compass Church 254/947-7181 D	66. A Serenity Spa 254/947-8633 \$	89. The Personal Wealth Coach 254/947-9993 S	124. St. Stephen Catholic Church 254/947-8037 C
8. SHADY VILLA Gregory's 254/947-5703 S Sweet Nut Things 254/947-8088 S	32. THE VERANDA First Texas Brokerage 254/947-5577 \$ First State Bank 254/947-5852 \$	48. Roy T's Old Salado Bakery 254/947-8023 S	70. STAGESTOP RETAIL CENTER Angelic Herbs 254/947-1909 S A Sewing Basket 254/947-5241 CV	92. Merle Norman Cosmetics 254/947-8636 S	126. Tranquil Gardens R.V. Park 254/947-5192 L
11. Tablerock Amphitheater 254/947-9205 E	34. FIRST CENTRE at 40 N. Main First Community Title 254/947-8480 \$ Farmers Insurance 254/947-0995 \$ Zbrank Agency	49. All State Insurance - Bryant 254/947-8961 CV	71. SALADO CIVIC CENTER Salado Civic Center 254/947-8300 CV Chamber of Commerce 254/947-5040 CV Historical Society 254/947-5479 E	93. First Salado, A Horizon Bank 254/947-2225 P	127. Grace Baptist Church of Salado 254/947-5917 C
13. Salado United Methodist Church 254/624-1008 CV	35. Salado Masonic Lodge #296 254/947-0561 CV Christy's of Salado 254/947-0027 L	50. Salado Fire Department 254/947-5241 CV	73. CARRIAGE PLACE SQUARE Salado Tanning & Fitness 254/947-5814 \$	96. Mill Creek Golf & Country Club 254/947-5144 D.L 97. Salado Public Library 254/947-9191 E 98. Salado Cleaners 254/947-7299 \$	Not shown on map The Event Center at Tenroc Ranch 2 miles west of I-35 on Thomas Arnold Rd. 512/947-9218 \$
17. Inn on the Creek B&B 254/947-5554 D.L	36. Linda Rountree Pritchard-Egg 254/947-4263 P	51. Salado Church of Christ 254/947-5241 CV	74. ARCHANGEL ON MAIN Salado Wine Seller 254/947-8011 S	102. Robertsons Hams 254/947-5562 S 104. Fairway Golf Carts 254/947-4065 S 108. Scissors Hair and Nails 254/947-9001 \$ 111. Super 8 Motel 254/947-5000 L	Looking Good - A Family Salon 20400 S. IH 35, Exit 280 Cruise One 254-947-4007 \$ 254/947-8090 \$
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19. Old Salado Springs Guest Lodging 254/947-5933 L	39. The Range at the Barton House 254/947-3828 D	53. Splendors of Salado 254/947-3630 S	81. Salado Sawmill 254/947-0137 S		
20. Springhouse Antiques 254-947-0747 S	40. Family Dentistry Dr. Douglas B. Willingham 254/947-5242 P	54. Charlotte's of Salado 254/947-0240 S	82. OLD TOWN SALADO		
21. Indian Arts & Rocks 254-947-0460 S		55. Rock Creek 254/947-0240 S			
		56. The Colony Griffith Fine Art 254/947-3177 S			
		57. Salado Realty 254-947-9700			
		58. SALADO CIVIC SQUARE Joe Read State Farm Agency 254/947-3599 \$ Properties by Larry Sands 254/947-5580 \$			
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King Crossword

ACROSS

1

Howl at the moon

4

Wheat bundle

9

Wintertime ailment

12

Raw rock

13

Greeting

14

Rowboat propeller

15

Wisconsin city

17

Sister

18

"What Kind of Fool -?"

19

Disagreeing

21

Become communicative

24

Transmit

25

- good deed

26

Got a glimpse of

28

Don't just toss away

31

Piece of work

33

Grumpy companion

35

Bed-frame part

36

Righthand page

38

Small barrel

40

Altar constellation

41

Stow cargo

43

Impish one

45

Clark Kent's newspaper

47

Moose's cousin

48

Ring around

1

the collar?

49

Wisconsin city

54

Listener

55

Prophets

56

Past

57

Gorilla

58

Islamic God

59

Church seating

6

landing site

6

Right angle

7

Pseudonym

8

"Old Folks at Home" composer

9

Wisconsin city

10

Praise highly

11

Coffee shop vessels

16

Darker than beige

20

Individuals

21

Smell

22

Vatican VIP

23

Wisconsin city

27

Stir-fry pan

29

Poet

28

Teasdale

30

And others (Lat.)

32

Ollie's partner

34

Brains

37

Black Sea port

39

Overshoe

42

Lucy's pal

44

Firmament

45

Entreaty

46

Bound

50

Moray, e.g.

51

Space

52

Time of your life?

53

Present

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Weekly SUDOKU

by Linda Thistle

	7		2		6	8		
		4	5				9	
3				1				4
9					2	4		6
		3	9				5	
	8			3		7		
	6				8			1
4		8	7				6	
1				9		2		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Improve your health safely

LIFESTYLE AND WELLNESS

By Kevin McCauley



Today, there seems to be a movement in America toward having Lifestyle Coaches. There are numerous Lifestyle Coaches that have a wide gamut of professional names and just as many specialties. One of my goals as a Wellness and Lifestyle Coach is to help people with their long-term health. This approach not only improves people's quantity of life, but their quality of life as well. For example, I really believe we get WAY too hung up on age. Baseball great Satchel Paige said this about age, "Age is a question of mind over matter. If you don't mind, it doesn't matter" and "How old would you be if you didn't know how old you are?" Satchel Paige actually pitched in Major League Baseball game at the age of 60.

In America there are too many people that look like they are fifty who are thirty, too many people who move like they are sixty who are only forty. This just doesn't have to be. I have had a high percentage of my clients say something like this, "I can't believe how bad of shape I am in; I feel and look horrible. What happened?" I used to believe it was a combination of two things: 1. my client was not being honest about how much their lifestyle had changed in the past 20 years, and 2. the lack of resistance training had slowed their metabolism and worsened their body composition make-up. Though these two reasons might be correct, the truth might actually be that they really had not changed their lifestyle. Let me explain.

To create an environment for long term health we need to stay away from the daily lifestyle choices that destroy our metabolism. Unfortunately, some people seem to destroy their metabolisms before they are through with their adolescence (yes, it can be reversed, but it takes WORK). Others seem to ride their "good genetics" into their mid-30s to early-40s. Truth be told, some people can LOOK like they are getting away with "drinking beer and eating pizza" every day and still have an abdominal area that looks like a six pack. But once they have damaged their metabolisms they will put weight on by the truck-load for no apparent reason unless they realize that their new found health concerns are a metabolism issue, not an excessive calorie issue. You see, if it takes decades to destroy your metabolism, it is going to take some (huge understatement) work/time to heal it. Cutting calories (or dieting), which usually means reducing nutrient intake as well, will not be beneficial but extremely detrimental.

Here is a list of different components, variables within each, and a comment about each, that must be watched to keep our health optimal.

Component: Nutrition
Variables: quality of food; frequency of meals and snacks; combinations of carbohydrates, proteins, and fat; supplementation; water

intake.

Comment: Keeping your metabolism "fired-up" by consuming quality frequent meals with proper macro-nutrient combinations may be the best way to look 40 at age 60. If you don't want to be well, or age well, don't make an effort with your nutritional regimen. This component is a must; your body will not and cannot be fooled.

Component: Sleep
Variables: quality; quantity.

Comment: Full recuperation, restoration, recovery and repair of your physical and mental faculties come only from consistent nights of quality sleep. Our being awake using synthetic light is a relatively new phenomena, so try to follow the rising and setting of the sun as closely as possible for your sleep patterns.

Component: Toxins
Variables: (In order from worst to least toxic)

1. Illicit drugs and narcotics
2. Tobacco/nicotine
3. Alcohol
4. Artificial Sweeteners
5. Refined sugars
6. Additives
7. Caffeinated beverages
8. Over-the-counter medications
9. Prescription medications

Comment: Each of these toxins has side-effects that will damage your metabolism, thereby accelerating the aging process. Though the goal is to taper-off and avoid all toxins; prescription drugs must only be tapered-off/avoided with the guidance of your doctor.

Component: Exercise
Variables: resistance training; cardio-respiratory; aerobic.

Comment: In America, the majority of us are over-fat and under-muscle. A proper resistance training program has little to no risk, but reaps great benefits. There is no reason a properly trained 60 year old cannot move as well as his or her grandchild. Resistance, cardio-respiratory, and aerobic training should never be hard on the joints.

These are just four components of your life that if improved on a daily basis can benefit your quality and quantity of life. Long-term benefits are not always seen or felt the next day, just in the same way our poor lifestyle habits that destroy our metabolism are not seen or felt the next day. The truth is though, if you make better choices now, you will have a better life later.

Kevin is a Lifestyle and Wellness Coach/Certified Clinical Nutritionist in Salado. He is the owner/operator of Progressive Wellness Services, a Total Wellness Company. Kevin helps families instill positive lifestyle habits into their lives, including: proper nutrition, smart exercise and understanding hormonal responses. If you have any questions please e-mail Kevin at youbewell@earthlink.net or call him at 947-8304.

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Answer

Weekly SUDOKU

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Solution time: 21 mins.

Answers

King Crossword

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Summer programs successful

By Karen Kinnison

Well, it was standing room only for the infamous “Chicken Dog!” The kids were treated to some awe-some juggling, a talking bird, and two adorable dogs. I was right there sitting on the floor with the rest of the kids. Kudos to Miss Emmy for an excellent Summer Reading Program. The Teen Summer Reading Program Kick-Off was a huge success and now the teens are staying busy checking out the new graphic novels and attending teen computer classes.

Let me also remind you of several adult events:

At the Noon Book Review on July 16, Betsy Tyson will review “Girls Like Us” by Sheila Weller, a history of the rise of the three most influential female song writers of our generation. And, this month’s Poetry Reading is on July 17 at 7 p.m. with Patsy Sanford of Salado and guest poet from Austin.

New books by some of our favorite authors are coming to the shelves this week:

“Chasing Darkness: An Elvis Cole Novel” by Robert Crais: Elvis Cole is back and when a suspect Elvis defended is found with evidence of multiple murders, Cole is blamed for freeing a killer.

“Moscow Rules” by Daniel Silva: Gabriel Allon is back in this 11th Silva novel. The death of a journalist leads Allon to Russia, where he finds that in spy-craft, even he has something to learn. He’s playing by Moscow rules now.

“Swan Peak: A Dave Robicheaux Novel” by James Lee Burke: Much loved Louisiana lawman Dave Robicheaux is back and this time in the Montana mountains where Dave and his former partner, Cleve Purcel, find trouble. Burke challenges us with his complex moral protagonists and enthralls us with his lush writing style. You don’t read Burke’s books—you breathe them, smell them and taste them.

“Beijing Coma” by Ma Jian: The epic new novel from one of the most courageous voices in Chinese literature. A student activist from 1989’s Tiananmen Square emerges from a coma into the China that is preparing to enter the new millennium. This book is banned in China.

“My Sister, My Love: The Intimate Story of Skyler Rampike” by Joyce Carol Oates: A decade ago the Rampikes were destroyed by the murder of Skyler’s six year old ice-skating champion sister, Bliss, and the media scrutiny that fol-

Check It Out



News & Notes from
Salado Public Library

lowed. Part investigation, elegy and expose of upper middle class suburbia, the incomparable Oates once again mines the depths of contemporary culture.

“Apples and Oranges: My Brother and Me, Lost and Found” by Marie Brenner: To discover a brother she hardly knew, Brenner tries to care for her ailing, alpha-male brother and face the faults and follies of their relationship.

“Hopes and Dreams: The Story of Barack Obama” by Steve Dougherty: The first biographical portrait of this key political figure. This authoritative new biography provides much needed perspective on a man certain to play an important role in America’s future.

That’s it for this week folks. Hope you all had a happy and safe fourth of July.

Now summer is coming on for real.

“We must be free not because we claim freedom, but because we practice it.” - William Faulkner

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Two-wheeling in the mountains

by
Tumbleweed
Smith



It's something I've wanted to do for a long time: ride my bicycle through some Texas mountains. My son Kevin had been wanting to do it for sometime, too.

We decided to do it, finally, after years of just talking about it. And we decided to do it on my birthday.

On the way to the mountain country, we stopped at Peyton's Bikes in Midland and picked up some equipment for the trip. I bought a nifty mirror for my handlebars, some bike shorts and a pair of riding gloves.

We decided to make a family vacation out of it. On the afternoon before the ride, six of us checked into the Maverick Inn in Alpine. We swam, relaxed, had a delicious meal and later that eve-

ning looked at the stars through powerful telescopes at the McDonald observatory.

The next morning was my birthday. We drove to Fort Davis, unloaded our bikes, climbed on them and headed for Alpine, 26 miles away. My 17-year old grandson Jackson was with us. When I left a little after 8 a.m., I was a little apprehensive, since I had not done anything like this before. A few years ago, the three of us rode bikes about 15 miles through Fort Worth's Forest Park. Most of that was on level ground. The highway

was fairly level as we left Fort Davis, then there is a slight rise. I thought it would be a struggle, but it was easier than I expected. The more miles we rode, the more confident I became.

The favorite thing I like to do on my bike is coast. When we got to the steep downhill grades, I breezed down them. On one I was going so fast my new mirror fell off and I ran over it. I stopped, cleaned up the mess and got back on my bike. We stopped briefly to drink water and lather up with sunblock.

The worst part was the sun and the wind. The best part was we kept going. There was no shade and the ground was level the last few miles. It was just a matter of keeping the legs moving. When we hit the Alpine city limits, we rode on sidewalks back to the motel.

Happy Birthday.

The ride took just under three hours. It was not a race, just a ride. We took lots of photos along the way. We celebrated with chocolate cake. We swam. We had a delicious meal. Went to see the Zohan movie. Laughed.

The next day we got up early, drove to Marfa and prepared our bikes for another 26 mile ride back to Alpine. Jackson decided not to ride a second day, but Kevin's wife Jill joined us. She is super athletic and is in great physical shape. She could have ridden circles around us, but she stayed with us. We took more pictures on the second day. The hills didn't seem too severe and the flat stretches seemed easy to maneuver. What was most amazing was I didn't seem tired after either ride. When my son and I started planning our ride, I spent a few weeks taking a spin course at a local exercise center. The teacher was rough on us as we pedaled on the stationary bikes.

The two 26 mile rides were a piece of cake compared to a spin class.

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\$595,021: 575 Lonesome Dove, Salado. Formerly a train depot, this home has been renovated to include a large living, dining, kitchen area that overlooks a negative edge pool, all on 16 acres.



\$589,500: 13870 Krause Rd., Holland. 3 BR 3 BA Texas style ranch home on over 50 acres, with creek & a pond. Custom features & modern kitchen in this rustic country home.



\$470,700: 1741 Trails End, Salado. 3 BR home on 3.42 acres with Willingham Creek frontage. Eco-friendly & low utilities. Metal workshop. Screen porch overlooks inground pool.



\$438,700: 13391 Cedar Valley Rd., Salado. 4 BR home on 21.4 acres in Salado ISD. Bonus room & one BR upstairs. Workshop, barn & building. Fenced acreage.



\$399,700: 1201 Ambrose Dr., Salado. This 4 BR, 2.5 BA home has many features, including crown molding throughout. 2 car garage plus golf cart garage.



\$335,021: 700 Ashley Court, Salado. Walk to downtown Salado. Beautifully landscaped yard with large oak trees in front. 3 BR, 2.5 BA & a study.



\$309,000: 10289 Brewer Rd., Salado. Updated 3 BR home on 10 acres in Salado ISD. Custom stone fireplace, limestone countertops & etched concrete patios.



\$299,521: 101 Tallwood Circle, Salado. Beautiful 4 BR, 2.5 BA home near the golf course! Soaring ceilings. Nice covered patio & large backyard. Oversized garage.



\$275,021: 1607 Old Mill Rd., Salado. In the heart of Mill Creek. 3 BR, 2.5 BA home with 3 living areas. Hardwood floors. Sunroom overlooks landscaped back yard.



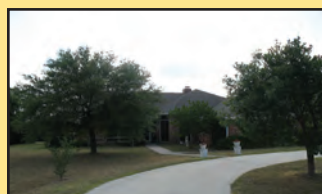
\$234,021: 1592 Hidden Springs, Salado. 3 BR, 2 BA, plus office on 2 acres close to the entrance in Hidden Springs. Granite countertops in kitchen.



\$224,721: 2409 Smith Bluff, Salado. 4 BR 2 BA home on corner lot in Mill Creek. Split bedrooms. Master suite. Deck allows for easy entertaining.



\$228,021: 8221 Mountain Dr., Salado. 3 BR, 2 BA home in Woods of Salado with windows along back wall to view wildlife on 2.3 wooded acres. 20 x 30 workshop.



\$218,721: 494 Quail Ridge, Salado. Private setting on 5 acres in Black Coach Ranch. 3 BR, 2 BA, 2 dining room home in a lovely neighborhood. Workshop in back yard.



\$205,921: 324 O.W. Lowrey, Salado. Great curb appeal with this 3 BR, 2 BA Garden Home. Beautiful architectural detail inside & out. Convenient to golf course.



\$189,700: 825 Park Dr. #6, Salado. Beautiful view of Mill Creek! Master BR, living, dining & kitchen on main level, 3 BR's, full bath/half bath & large storage room downstairs.

Area Land & Ranch listings

- **Mill Creek lots:** \$29,000 - \$99,000
- **Winner's Circle lots:** Starting at \$50,000
- **Hidden Springs lots:** \$53,500 - \$74,900
- **Creeks of Salado:** Estate-sized lots
- **Heritage:** 1.75 acre lot \$59,500

- 7.1 acres on FM 2410 in Harker Heights, commercial.
- 10 or more acres 3 mi. W of Temple airport on Hwy. 36.
- 19 acres on Hwy. 95, Temple.
- 53 acres on I-35 in Belton, all utilities.

- 71.8 acres, near Academy, on Hwy 95.
- 76 acres south of Salado, lovely views.
- 81 acres near Academy, pond, well located.
- 89 acres, large trees, pond. Lovely setting.
- 99 acres & 119 acres adjoining, Edge of Temple.
- 105 acres, excellent location, Salado schools.
- 175 acres, wooded, deer, 15 mi. W. Temple.
- 215 acres I-35, Salado, many possibilities.
- 550 acres, live creek, home, barns, well priced. U/C

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For a maintenance worker for the Village of Salado for the months of July and August. Assistance with Pace Park maintenance, misc. road repairs, mowing, etc. \$8.50/hr, 20 hrs/wk For more information please contact Dianna at 947-5060.

Garage, Auction & Estate Sales

Estate Sale July 10-12 Salado Exit 286 West on 2484 to Ridgewood Dr. follow signs. Rainbow vaccum \$500, Refrigerator \$125, white cabinets, computer desk, table and 4 chairs \$300 and lots more . Cash only. 070308p

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Bank Repo 2001 Chevy C1500 156,000 miles. Call David 947-5852 0619tfnb

'87 Ford Ranger 4x4 extended cab. Detachable face plate AM/FM CD. Engine at 30,000 miles, Transmission less than 200. \$3,000 Call David 534-1315, leave message. 0605tfnb

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Basset puppies, AKC 6 weeks old vaccinated. Tricolor, mahogany & white. Males and Females \$275-\$325 947-3143 or 254-718-1349 0710-0731p

Business Opportunity

Beautiful Salado coffee-shop/cafe Newly remodeled. Great sales growth, very profitable \$115,000. Call Bill Holtzclaw 254-466-6390 for information.

Personals

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Susan Marie's Ladies Boutique needs help this Summer. Saturdays only, 10-5:30. Apply at store on Main St. 0605tfnb

Heights Home Health Now Hiring attendants to care for the elderly and disabled in their homes. For more information call 254-953-4702 0405tfnb

Homes wanted

Homes For Sale

House for Sale or Lease. Salado ISD on 1 acre, 2 BR, 2 BA, office with fireplace, living room with cathedral ceiling, large back deck. Available Aug. 1. Lease \$900 mo. water included. For Sale \$125,000. Call 254-780-7119 or 254-718-8754 or 254-780-7118 070308tfnb

Home for Sale by owner 2200 Chisholm Trail 3BR/2BA -254-718-8685 5/22tfnb

Gorgeous Home with a view! 4 BR, 3 BA beautiful tile floors. The living room, kitchen and dining have a view of the countryside through large windows on back of home. Patio is covered with large area for entertaining. Brick with stone accents make this home come alive \$339,500. Century 21 Bill Bartlett 947-5050 0306tfn

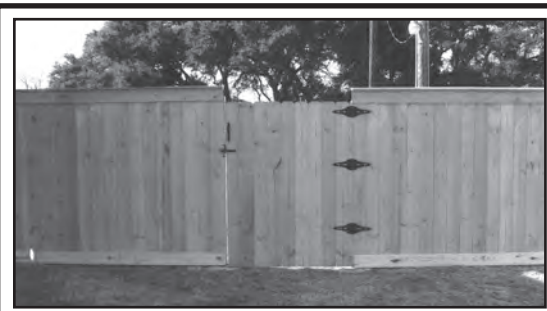
Light bright and airy! 3 living areas, 3 large BR's, corner lot \$129,900s Call Salado Realty 254-947-9700. 0508tfnf

Conveniently located close to Salado High School. 4 BR home on 2.15 acres. Large trees shade the front and back yards. Nice Master Suite with separate shower/tub and double vanity. Large secondary bedrooms. Open kitchen with updated granite counter tops. Wonderful bonus room with additional bedroom separate from other rooms. Easy access to I-35. \$364,700 Century 21 Bill Bartlett 947-5050

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Smith Branch Creek, a seasonal creek, borders this wooded lot with a beautiful home. Freshly painted with new appliances and carpet, this home is move-in ready \$157,800. Call Salado Realty 254-947-9700
5/10tfnf

A fantastic setting with large live oaks and a Texas -style 4 BR 3 BA home on 2.99 acres. stone and wood accents, granite countertops, guest suite with full bath. \$359,800. Call Salado Realty 254-947-9700
7/3tfn

6 acres of rolling hills 3200 SF Workshop with 4 overhead doors, Austin Stone 3 BR, 2 BA home. \$248,800. Call Salado Realty 254-947-9700
5/31tfnf

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molding and fireplace in living room. Master has vaulted ceiling , split floor plan offers privacy. Plenty of cabinet and countertop space in kitchen, Kraftmaid cabinets throughout. Sprinkler system, nicely landscaped and fenced yard. Convenient to golf course. \$205,921 Century 21 Bill Bartlett 947-5050
41907tfnf

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An Elegant Spanish Villa featuring central vac system, intercom, hardwood floors, spacious master suite, wood beams, stone pillars, tankless water heaters, granite counters, security system. \$539,900. Call First Texas Brokerage at 254-947-5577
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3BR 2 BA home in nice wooded lot. Recently updated tile and kitchen cabinets. Dining and living area are open wiht easy access to break-fast room and kitchen. Large deck at front of home with covered deck in back Nice trees in front and back yards \$169,500 Century 21 Bill Bartlett 947-5050

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Home on 9.10 acres fronting the Willingham Creek in Hidden Springs. Heavily wooded acreage creates a private setting. 3 BR, 3 full baths, 2 half baths. Beautiful beam

vaulted ceiling in living area. Up to three horses are allowed. \$498,700 Century 21 Bill Bartlett 947-5050

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Senior News Line

Vacations Promote Healthy Heart

BY MATILDA CHARLES

If you hope to get in a short vacation before the end of summer, there’s still time. And if you’re like me, the idea of an inexpensive getaway is most appealing. To avoid driving long distances (and incurring all that expense for gas), I’ve decided to spend a long weekend camping out at a national park.

Besides, a short time away is easier to justify when even Harvard University says that vacations are good for us, and that those of us who get away are less likely to develop heart disease.

Do you have a senior park pass? These are lifetime passes to national parks for U.S. citizens age 62 and over. The only place to get a pass is at a park. Some of the benefits include free admission for you and a few others in your car, and a 50 percent discount for you only on expanded amenities such as camping and swimming.

The old Golden Age

Passports for park admittance have been discontinued, and the replacement is called America the Beautiful -- National Parks and Federal Recreational Lands Pass. Cost is \$10 each. Have a photo ID handy when you buy one.

As I was preparing for my short vacation, a handy booklet caught my eye at the Harvard Health Publications Web site: “10-Minute Consult -- Healthy Travel.” It’s full of helpful tips on preparing to travel, but the most important concern being prepared with all medications you take and others that might be needed, such as laxatives and antacids.

The same Web site carries low-cost special reports that can be purchased on a wide range of topics such as high blood pressure, Alzheimer’s disease, home safety, osteoporosis and nutrition. Check www.health.harvard.edu and click on Special Reports for the whole list of topics. Or call 1-888-386-7220 for customer service.

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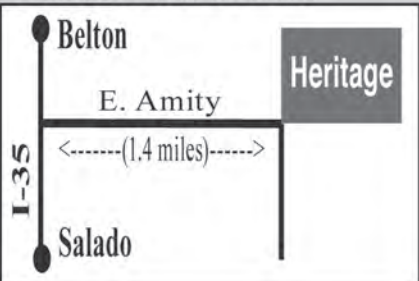


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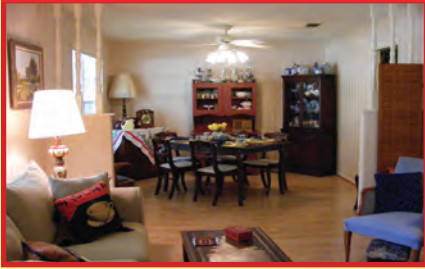
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EarthTalk addresses pet safe pesticides and increased rate of autism

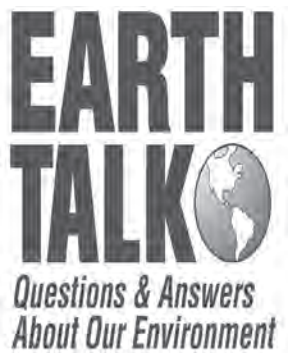
Dear EarthTalk: What green-friendly lawn and garden pesticides are available today? I'm particularly interested in options that won't harm my cats.

-- Nancy Blanchard, via e-mail

Pesticides have greatly boosted agricultural yields over the last half century, so it is no wonder, given the commercial availability of many of these synthetic chemicals, that American homeowners

apply 100 million pounds of the stuff each year to make their own gardens grow bigger and faster, too.

But the downside of using such chemicals is that they can poison people and pets as well as backyard wildlife: "Common insecticide ingredients such as 2,4-dichlorophenoxyacetic acid (2,4-D), atrazine and dicamba have been shown to harm mouse embryos at times equivalent to the first week after



conception in humans," says Erica Glasener of The Green Guide. Due to such revelations, home gardeners are fast discovering the benefits of avoiding chemicals in favor of natural, less toxic alternatives.

But before thinking about applying pesticides, gardeners can design (or re-design) their gardens to make the most of native plants that have evolved over eons to thrive in local conditions without synthetic aid or lots of water. Choosing native plants appropriate to your elevation, soil type, drainage and sun exposure will naturally repel many common pests and also reduce the propagation of invasive exotic species.

Similarly, embedding your plants in healthy soil replete with beneficial insects and worms

can also help reduce the need for pesticides. Laura Moran of Mainstreet.com suggests that home gardeners compost their vegetable food waste—which is chock full of nutrients that plants love—and mix it into existing soil to give the garden a healthy boost. "Aside from stimulating healthy root development," she writes, "the addition of rich compost also improves soil texture, aeration and water retention." It also provides a nice home, she says, for the beneficial bugs that are destroyed along with the bad ones by chemical pesticides.

If pesticides are necessary, there are a handful of organic varieties available. *Bacillus thuringiensis* ("Bt") is a naturally occurring bacterium that is lethal to most leaf-eating caterpillars on trees, shrubs, flowers and vegetables. According to gardening writer Jeff Ball, it is harmless to all other insects, animals and humans. It comes in a powder form for use as a dust, or, when diluted with water, as a spray. Organic chemists have formulated varieties of Bt to kill mosquitoes or potato beetles as well.

To control slugs in an environmentally friendly manner, The Green Guide's Glasener suggests recycling the black cell packs that vegetables and annuals are sold in, and placing them (empty) upside down near the base of plants. "Each morning, check the containers for pests, and if you find any, simply throw the container away with the pests inside," she says. Another easy slug control method is to use hollowed out grapefruit rinds in a similar manner around the base of plants, disposing of them if they turn up any slugs.

CONTINUED ON PAGE 7C

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Pet owners may already be familiar with insecticidal soaps used to control fleas. Some of these soaps can also be used in the garden to repel insects. For more information, consult a local nursery specializing in organic methods and native plants. Find one near you via the free online Native Plants Nursery Directory.

CONTACTS: The Green Guide, www.thegreenguide.com; Main-Street.com, www.main-street.com; Native Plants Nursery Directory, www.plantnative.org/national_nursery_dir_main.htm.

Dear EarthTalk: What's going on with all the cases of autism cropping up and no one seems to know why? It stands to reason it must be something (or some things) environmental, yet every study allegedly turns up no conclusion? What are the possible causes?

-- Jessica W., Austin, TX

No doubt about it, autism rates have skyrocketed in the U.S. and beyond in recent years. According to the Centers for Disease Control and Prevention, the disease affects one in every 150 children born today in the U.S., up from one in 500 as recently as just 10 years ago. It's become the fastest-growing developmental disability—more prevalent than childhood cancer, juvenile diabetes and pediatric AIDS combined—and it continues to grow at a rate of 10 to 17 percent per year.

While researchers think there is a genetic component to autism, they also believe environmental factors are playing a role in its recent increase. Environmental mercury and other heavy metal exposure, contaminated water, pesticides, a greater reliance on antibiotics—and even extensive television viewing by very young children—may be factors in mounting autism rates. Researchers at the American Academy of Pediatrics and other institutes have also identified flame retardants as possible cul-

prits. Vaccines containing the mercury preservative thimerosal (now mostly removed from the market) have long been blamed for causing autism, but scientific links are inconclusive. In lieu of a smoking gun, a more complex picture of autism's environmental causes is now emerging.

Some researchers are focusing on the role of food in a young child's development. Many autistic children suffer from digestive diseases or have genetic dispositions rendering them unable to naturally rid their bodies of toxins. As such, exposure to heavy metals, pesticides, contaminated water and even processed food could have a devastating cumulative effect, some researchers think. According to Brian MacFabe, a researcher at the University of Western Ontario who has studied autism triggers in rats, simple changes such as removing wheat and dairy from the diet could potentially bring about improvements.

Groups such as the nonprofit Healthy Child Healthy World say it's about time researchers are looking at environmental factors. "Whatever triggered this current autism epidemic...autistic kids clearly need extra protection from further environmental assault," the group writes on its blog. They advise parents to be vigilant about the industrial cleaners used in school buildings and the pesticides sprayed on playing fields, where kids spend 25 to 30 hours per week. They and other groups are also looking at the role of untested chemicals in common cleaning products: phthalates, glycol ethers and other known toxins.

Others wonder if a collective "nature deficit disorder" among children plays a factor in rising autism rates. Outdoor exposure has long been associated with healthier cognitive functioning in children, with reduction in Attention Deficit Disor-

der symptoms and greater emotional capacity. But new findings suggest it could impact autism, too. Last year, Cornell University researchers found higher rates of autism in counties where more households subscribed to cable and children under the age of three regularly watched TV. The Amish, with almost no exposure to TV, have little evidence of autism, notes the study.

CONTACTS: CDC Autism Information Center, www.cdc.gov/

ncbddd/autism; Healthy Child Healthy World, www.healthychild.org.

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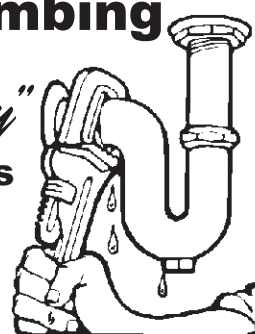
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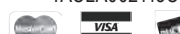
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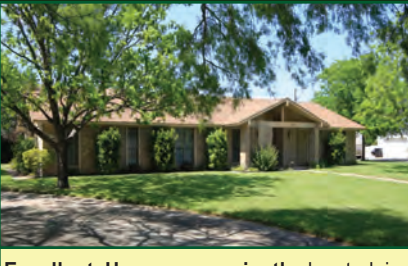


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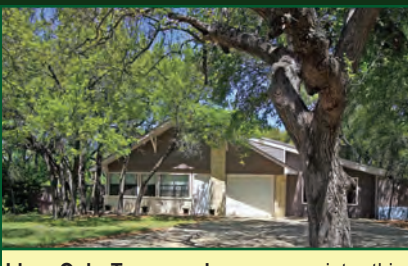
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