



Trip duPerier
Shawn Morrison
Sissy Ten Eyck

601 Main Street • Bandera, Texas
(830) 796-3018



1. Medina: 12 acres with 600 feet of Medina River frontage....



2. Medina: 76 acres with large home, feels like your own private sanctuary...



3. Bandera/Medina area: 100 acres at the end of a county road...



4. Medina: 88 acres with gorgeous rock home with incredible views....

Bandera County Real Estate Guide
June 23 - July 6

A Special Supplement of:

The Bandera Bulletin

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2
3
2
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4

REAL ESTATE GUIDE INDEX

Bandera Real Estate.....	4
Boyle Realty.....	3
DuPerier Texas Land Man.....	3
Gullott Realty.....	2
Johnston Company Real Estate.....	4
Pipe Creek Realty.....	4
Silver Saddle Real Estate.....	4

The Bandera Bulletin

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manage

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Gav Guilott

We have several

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The Bandera Bulletin

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\$39 outside Texas, inside the U.S.
\$60 outside the U.S.

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\$18 students only

12 MONTHS

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\$45 outside Bandera County, inside Texas
\$52 outside Texas, inside the U.S.

NAME _____

ADDRESS _____

PHONE NO. _____

CITY, STATE, ZIP _____

AMOUNT ENCLOSED: _____

Credit card #: _____

Exp. Date: _____ Type: _____



Trip duPerier
Shawn Morrison
Sissy Ten Eyck
601 Main Street

Ranches for Sale in the Hill Country and South Texas

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rock home overlooking the water. Good lot.
\$875,000.

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Over 250 Cars, Trucks, Vans and Sport Utility Vehicles
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\$2000 MINIMUM*
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TO THE PUBLIC**
EVERY MAKE & MODEL AVAILABLE



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per month



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SLOW CREDIT? NO CREDIT?**

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We are concerned about your current payoff... When we make a deal we will pay off your trade, no matter what you owe.
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**HURRY IN
FOR
BEST SELECTION**

**FRIDAY
JUNE 25
9AM-8PM**

**SATURDAY
JUNE 26
9AM-6PM**

**MONDAY
JUNE 28
9AM-8PM**

3 DAYS ONLY AT THIS ONE LOCATION...

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MOTORS**



**550 Benson Drive
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(830) 257-6121 or (800) 410-5391**

*Bank Approval Required On All Credit Applications. Black #J4D1041A, 2000 Chevy Prism, Purchase price \$4,300, \$39 down payment, \$4,261 financed for 72 months @ 4.9% apr. is \$69.00 per month. Subject to prior sale. Customer responsible for tax, title, license and fees.

NOTICE TO PUBLIC

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3 DAYS ONLY

Over 250 Cars, Trucks, Vans and Sport Utility Vehicles
Will Be

**FORCIBLY DISPOSED OF
TO THE PUBLIC**
EVERY MAKE & MODEL AVAILABLE

PUSH, PULL OR TOW!
\$2000 MINIMUM*
FOR YOUR TRADE!



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**CREDIT APPLICATION
CAN'T BE REFUSED
BANK LENDERS**

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WHOLESALE**

PAY \$39 DOWN*
AND TAKE ON THE PAYMENTS FROM THE BANK
with Payments as low as...
\$69* per month

BANKRUPTCY! REPO!
SLOW TO PAY!
WE WANT FOR EVERYONE IF YOU ARE A RECIPIENT OF THIS FLYER YOUR APPLICATION CANNOT BE REFUSED
We will accept cashless money for your trade.

**HURRY IN
FOR
BEST SELECTION** **FRIDAY
JUNE 25
9AM-8PM** **SATURDAY
JUNE 26
9AM-8PM** **MONDAY
JUNE 28
9AM-8PM**

3 DAYS ONLY AT THIS ONE LOCATION...
CECIL ATKISSON **cecil** **550 Benson Drive**
MOTORS **Kerrville, TX 78028**
(830) 257-6121 or (800) 410-5391

*Down Payment Required. Cash or Credit Application. \$2000 Minimum. \$2000 Down Payment. \$4.99 per month. \$4.99 per month. Subject to prior sale. Customer responsible for tax, title, license and fees.

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**PAYMENTS
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\$69*
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HURRY IN FOR BEST SELECTION!!!

We will pay off your current payments, no matter what you owe*

3 GIANT DAYS ONLY!!!

**FRIDAY
JUNE 25
9AM-8PM**

**SATURDAY
JUNE 26
9AM-8PM**

**MONDAY
JUNE 28
9AM-8PM**

THE LOCATION OF THIS UNPRECEDENTED EVENT...

CECIL ATKISSON MOTORS



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JUN 23 2004	2004
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GIRLS' 7-16
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BY VAN HEUSEN® &
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10-pc Set
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FRIDAY
JUNE 25



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**FRI., SAT. & SUN.
ALL DAY SAVINGS**



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• In hosiery department • Reg. 12.00-14.00



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55-70% off original prices

Extra 25% off all day Friday and after 12 Noon Saturday



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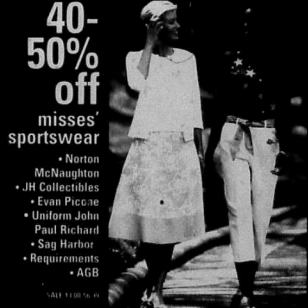
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today's woman summer sportswear

By Designers
Originals
• Brings
• Kim Rogers

SALE 11:00-10:00



30% off

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Misses' Pettites' & Today's Woman
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• R & M • Dorby
• Jessica Howard
• Karin Stevens
• Plaza South
• AGB • Ultra
• Sag Harbor
• Top 100-10.00
SALE 11:00-10:00
Selection varies by store.

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• Rachel Nicole elevated
style 12000000
• Rachel Nicole
• R & M Richards
• Ultra Jacket dress
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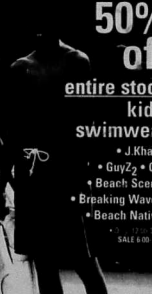
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stock

50% off

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stock

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entire stock
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4-20
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OUR PROMISE TO YOU Sometimes due to circumstances beyond our control,
advertised merchandise fails to arrive in our stores on schedule. When that
occurs, we will fill your order at the earliest opportunity based on availability.
However, we must receive your order within the advertised selling period.
Not all items in all stores.
Selection varies by store. Available at participating stores.

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50% off
ALL SANDWICHED YOUTH & ADULT
SPORT SHIRTS •
SALE 11.00 TO 16.00

40% off
ALL MEN'S T-SHIRT & SCOTT SPORT SHIRTS
SALE 20.00 TO 28.00



40% off
ALL MEN'S SANDWICHED ADULT CASUAL
SHORT SLEEVE T-SHIRT AND YOUTH SPORT SHIRTS
SALE 19.00



14.99 ALL MEN'S
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19.99 ALL HUGO BOSS
COMFORT FIT
YOUTH SHIRTS



24.99 HUGO BOSS COMFORT FIT
YOUTH CASUAL PANTS

29.99 HUGO BOSS COMFORT FIT
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35-60% off Savings for the Home



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ALL SIZES



60% off QUEEN SETS
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39.99 HUGO BOSS SLACK
YOUTH SET



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BATH TOWELS
SALE 7.00 TO 8.00



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SALE ENDS JUNE 27, 2004
OUR PROMISE TO YOU: Sometimes due to circumstances beyond our control,
advertised merchandise fails to arrive in our stores on schedule. When that
occurs, we will fill your order at the earliest opportunity based on availability.
However, we must receive your order within the advertised selling period.
Not all items in all stores.
Selection varies by store. Available at participating stores.

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The Bandera Bulletin

VOL. 59, NO. 52 WEDNESDAY, June 30, 2004 75 CENTS
 THE COWBOY CAPITAL OF THE WORLD HOMETOWN NEWSPAPER OF O.D. HILTON

FYI
DINOSAUR GEORGE
 As part of the 2004 Summer Reading Program, the Krimsky Library of Bandera County will host Dinosaur George on Friday, July 2 at 10:30 a.m.
RIBBON CUTTING
 There will be a ribbon cutting Thursday at 5:30 p.m. at Bandera Martial Arts Academy at 616 Hwy. 16 So. in Bandera Village Shopping Center. Call 830-796-9855.
BANDERA WRITERS GROUP MEETING
 Bandera Writers Group meets Wednesday, July 7 at 5:30 p.m. in the new Helping Hand conference room at the end of 12th Street. The topic for the meeting is Writing Workshops, Seminars, and Contests Accessible to Bandera Writers in The Near Future. Six members will report the results of their research into upcoming book, literary and writing events geographically proximate to Bandera or within Internet range. Also there will be a chance to see the new video version of How I Got To Bandera by Cal E. Co. Productions.
LUMC VBS
 Lakshmi United Methodist Church will hold Vacation Bible School July 12-16, from 9 a.m. until noon. Classes are for children 3-years-old through 8th grade. Call the church at 751-0424 or Lisa Schneider at 518-4222.
BBA WILL NOT MEET
 Bandera Business Association will not have a meeting in July or August. Next meeting will be Thursday, Sept. 2 at 5:30 p.m. at Silver Sage Senior Center. Call 796-9107.
WPOA FUNDRAISER
 Waterfront Property Owners Association Property Rights & the Tax Base in Bandera & Medina Counties. There will be a live and silent auction with great prizes and The Radio Flyer Band on July 10 at the Lakshmi Civic Center from 7 p.m. - midnight. Tickets: \$10 individual, \$15 couple, \$150 table. See: mwpoa.com or email: wpoa@hotmail.com
 Send news items to: banderabulletin.com Copy and photo deadline is 5 p.m. Friday
THANK A VETERAN AND A SERVICEMAN EVERY DAY
Q's & Bandera Bulletin
 PO Box 697 • 126 Hwy. 16 S. Bandera, TX 78003-0697
 (830) 796-3715 • (830) 796-4883 fax
 www.banderabulletin.com

Good-bye, Bernice



Bernice Bates with County Judge Richard Evans as he proclaimed it Bernice Bates Day on June 24. After 20 years as a clerk, her last day of work for the county is Wednesday, June 30. Commissioner-Vet Cox (right) is also pictured.

County Clerk has her day
 Bernice Bates, County Clerk, has had a long and successful career in the County Clerk's office. After 20 years of service, she is retiring on Wednesday, June 30. Bates was promoted to County Clerk in 1984 and has been a dedicated public servant ever since. She has worked for several County Clerks, including the late Judge Richard Evans, who proclaimed June 24 as Bernice Bates Day. Bates is being succeeded by Commissioner-Vet Cox.

Soldier back to work on the Fourth of July



Private Gary Barrett, after being assigned to Fort Benning in June 2003, is back in Bandera.

Private Gary Barrett, after being assigned to Fort Benning in June 2003, is back in Bandera. Barrett was in Bandera visiting his mother, Cheryl Barrett, and sister, Lisa Gaines, and trying to catch up with as many friends as he could last week. When his break is over, he will head back to Fort Benning. Barrett was in Afghanistan for 18 months, from August 2001 to through May 2003. He worked for the 1st Cavalry Division and did several missions in an effort to root out terrorism. He says his experience in the military has given him new perspective.

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First fundraiser tasty time



Photos by Christine Sullivan. A Longhorn on the spit was cooked the old-fashioned way and served up in friendly fashion later at the first fundraiser for the Ranchers and Landowners, a wild game dinner, at the Park on the river in Bandera.

Young man drowns in Medina Lake

An 18-year-old San Antonio man is dead after drowning in Medina Lake on Friday afternoon, according to Bandera County Sheriff's reports. A San Antonio High School student, Jay Kotark, was pronounced dead around 3 p.m. after his body was recovered by divers. Kotark and four of his friends may have affected by high winds, MacMillan said, but added there is no current at Public Beach Park. All five of the youth could swim and attempted to help Kotark out of the water, but feared they would drown if they attempted to bring him in. He was about 100 feet from shore. None of the four had flotation devices when Kotark began to have a hard time swimming. His friends returned to the area where he drowned with a floating lawn chair, but by then it was too late. The youth were most likely had no treps to gain entry to the private park, MacMillan added.

Parking changes again

Business owners had objected to what they called overkill parking from the 11th Street Cowboy Bar interfering with their normal operations, including loading and unloading of items such as antiques. The street took on a "dead appearance," according to one business owner. See PARKING, Page 2A.

RAYMOND JAMES
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The Bandera Bulletin NEWS

Main Street Hair Studio

We Are Now Open At Our New Location!
602 Hwy. 16 S. in Bandera Village
796-3366
Tues-Fri 10-5 (After 5 by App.) • Sat 10-2 • Walk-In Welcome

REMEMBER WITH FLOWERS

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Flowers and Gifts
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Joe W. McMullan
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Is a proud sponsor of Celebrate Bandera 151. If you would like to join the growing list of sponsors call Genie Strickland at 796-4447 or go to celebratebandera.com

July 1-5
25-50% SALE
Selected Merchandise

- ★ Shoes ★ Sports
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Rotating Mystery Rack 50% Off!
Come in today to see!

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301 Main
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9:30-5:30 Mon-Sat



Rainwater Harvesting!

Learn how to harvest the rain in a three-hour class presented by Save the Rain, Inc., a local nonprofit.

Saturday, July 10, 9am - 12pm
202 Twelfth St. (Old Jail), Bandera, TX

\$25 per person
Call to register • 210-422-0046

- Rainwater is pure!
- Rainwater is yours to catch!

"Rain harvesting for people who use water."
Hosted by Bandera Co. River Authority & GWD

BATES

FROM PAGE 1A

done a great job," Evans said. "Please don't quit. We're not going to let you go."

Evans said when he first became County Judge that he was perplexed and Bates helped him along, only "whispering in his ear" when he made mistakes.

Bates also had a special good-bye at the Silage Feed Corral on Sunday. She served as Deputy County Clerk from 1984-86, was elected County and District Clerk from 1991-96 and was County Clerk from 1992-2004. She had dealings with almost constant change in the law handed down by the state legislature and increased demands as a result of population growth were the most challenging aspect

BARRETT

FROM PAGE 1A

a teacher. "It's unlikely, he will re-nominate after four years, he said, but he's adjusted well."

"It's great to be home, but it's a different world," he said. "You get used to it over time."

Barrett has weathered 120-degree heat in Afghanistan, but Texas summers are a different

PARKING

FROM PAGE 1A

Clark passes torch to Pallaske

because those driving by the area did not understand it was a no parking zone.

Parallel parking on the side where County Depot is located will be Monday through Friday from 8 a.m. to 5 p.m. On the Street and Chicken Charlie's side of the street, there will be angled parking with a vehicle line. Law enforcement officers will have some leeway in determining what is a traffic obstruction. Council voted unanimously for the ordinance.

In another item, the issue of the whether or not those who live in the Bandera City limits must be connected to city utilities resulted in a need for further study. City Administrator Gene Forester and City Director of Public Works Mike Cardenas agreed to determine the number of residences and buildings that use city water and sewage lines. Funds possibly be applied on those living at a residence at 411 Ponce.

After several years on the Bandera City Council, council member Don Clark elected not to run. Assuming his seat on the council was most Pallaske. The two men met briefly at City Hall prior to the last meeting. Clark thanked all those who have supported him throughout the years. He was unable to attend the June meeting due to a prior commitment.

Subdivision gets first OK

By PHILIP BLANETTE
MANAGING EDITOR

A 530-acre subdivision on Hwy. 16 just south of the city of Bandera received preliminary approval at the Bandera County Commissioners meeting on June 24.

Don Apovilo and John Mark Martin said the 156-house development, which would have its own water system, private roads and would have acceleration and deceleration lanes for those coming from going. It would also include commercial development. Developers propose, several tanks, which would be located

out of the flood plain. "All regional environmental studies have been done," Apovilo added.

It will be called Panther Ridge of Bandera (Mahn Ranch). Feather Wilson will serve as the group's consulting geological engineer for the development, which would provide residents with river access. It would be done in three phases, but is still subject to additional county approval.

Ad Richardson, who said he had owned land across the from the proposed development for 19 years, said he had only learned of the proposal a day before the county meeting.

Richardson said, "I'm not happy with it," Richardson said. He called it a detrimental use of the property that would create traffic problems. Tracts would be about two acres in size. Richardson, who said he is opposed to development in general, said the tracts should be bigger.

He and Mrs. Dennis McQueen, of San Antonio announce the engagement of their son, Stephen Dennis McQueen to Heather Diane Draper, daughter of Beth Martinez and Mike Donovan, of Bandera. They were engaged May 1 and will announce a wedding date at a later time.

by her hired at a cost of roughly \$500 to research the county's authority to draw up safety regulations for Malibu Lake.

County Treasurer Kay Welch, who also heads the county's law control unit, said the group was still missing members from Bandera County EMS and the Sheriff's Department, but received a recent safety meeting was successful.

County Judge Evans said a Texas Department of Transportation in the Pipe Creek area on June 22 was encouraging and that Bandera County stands to benefit from \$17.8 million worth of scheduled improvements.

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Wicks. "A model he was awarded in recognition of his work during Operation Enduring Freedom IV has the same motto. On the back of the gold coin, it states, 'If courage conducts operations in COA Afghanistan, to destroy Al Qaeda, Taliban and other hostile forces in order to deny them ability to operate and establish sanctuary within Afghanistan.'"

On the front of the coin, it states, "Did not fail." The same could be said for firefighters on the day they signed the Declaration of Independence.

could eventually affect those who use septic tanks. Septic systems could be forced to tie with the city's sewer system. Several council members said that might be in favor of making allowances for those who might have to tie into the system. Cardenas said the fee was \$1,000 at the June meeting.

Bill Bryce was elected Mayor Pro-Tem at the Bandera City Council meeting. He will serve as Mayor until April 2005 in the absence of Mayor Dennis Griffin.

At their June 17 meeting, council also elected Linda James and Harvey Rabb, Jr. to the Economic Development Council.

Headlines • City to advertise for (leaded) well drilling contract. The well is to be drilled on the site of a 400' well, a new well will be located on a two-acre site in

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Crisis Center to mark 20 years
 Hill Country Crisis Council is having a Summer Night Jubilee on Saturday, July 10, from 6:30-10 p.m. It will include a barbecue, dance with Arkey Blue, a silent and live auction. The celebration will be at the Farm Country Club, Suite 115, 2828, Bandera. County tickets are \$15 per person. The event is to celebrate HCC's 20 years of service to the Hill Country. Tickets are available at 429 Washington St. in Kerrville & 1211 Cherry St. in Bandera. Call 830-257-7008, ext. 28.

Ms. Rheta's School of Dance

Interested in Acting?
 Do you feel the stage beckoning?
 Do people accuse you of being a ham?
Here's the camp you've been looking for!
 Bob Straus will teach students how to interact voice, body & imagination. It will include theatre games, improvisation, short scenes to develop talent & discipline. Ages Kindergarten through adult.

Enroll Today! 830-460-4604

Enroll now for summer dance and cheerleading camps.

BYSO SOCCER REGISTRATION
 July 7th - 10am - 2pm
 Bandera Fire Department

Registration fee \$55 per player.
 Fee includes Fall Uniform, Insurance & Awards.

Players born on or before Jan 1, 2004 are eligible to register.

Boys 1 and Above - All Male League Teams

Registration forms & fees must be received by July 17th for Children to be included in the Draft.

Boys Middle School 4-6pm
 Bandera Middle School - Everyone is welcome!

New Players Please Sign Up Your Birth Certificate
 Any Questions Call:
 Margie Shout of (360) 688-9546

Invest despite uncertainty

One thing remains certain when investing: uncertainty. It's what makes investing so difficult. It's why the long-term performance of equity markets has historically been a steady upward trend, short-term direction is always unpredictable. Amid all this, many investors are asking: How can I make the most of this uncertainty?

Stay balanced. Build a well-diversified portfolio where different sectors will complement each other and may not always move in the same direction at the same time. It should comprise cash equivalents, bonds, equities, and real estate and tangibles. Your Financial Advisor will help you determine how much weighting to give each category and how to

sub-allocate within each given asset class. Time horizon and risk tolerance are key factors. However, risk tolerance is not a static number. It can change over time. As an investor, you may realize that you don't quite have the stomach for stock market volatility, though you don't want to miss the gains. In this case, a more conservative approach may be warranted.

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mentally toward a more appropriate investment mix. Not everyone can withstand extreme stock market volatility, and shouldn't have to. A well-diversified portfolio generally helps to offset market volatility and can put investors on the path toward achieving financial goals.

Count cash - liquidity is key. In the event of a market downturn, investors should determine how long they could go without selling stocks, considering income, pension, Social Security, and cash on hand. This exercise can help bring the market's short-term swings back into perspective and help re-focus long-term goals.

Keep a diary. Consider keeping an investing journal. Record your thoughts, feelings, and decisions. This can help you stay focused and avoid emotional decisions.

Many investors sometimes suffer from selective memory. They may remember those times when the market was up and down, but forget that they had that same thought many other times. By keeping a diary, investors can see how often their instincts may be wrong.

Take advice from a financial coach. People have advisors for various aspects of their life, whether religion, athletics, tax, or legal. Why not have a financial coach? In one of the most difficult activities many ever undertake, seek out advice for coaching through the ups and downs of the emotional investing roller coaster and remain focused on long-term goals.

Just a thought: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness; that to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed; that whenever any form of government becomes destructive to these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles, and organizing its powers in such form, as to them shall seem most likely to effect their safety and happiness. And for the support of this declaration, we mutually pledge to each other our lives, our fortunes, and our sacred honor."

Ship-n-Shoppee ribbon cutting

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1207

Gathered around the corner of Ship-n-Shoppee, the Bandera County Chamber of Commerce Ambassadors welcome the newest member, Theresa and Francisco Hoyas have many needs that can be accommodated with a single shopping trip - from office supplies to car detailing services. They are located at 1207 Cedar St. and are open Monday through Saturday, 10am-4pm. Call 796-4838 for more information.

June 1st Opening:
 Wednesday, June 1st
 10-11am Goodies for VA LCC
 11-12am Storytelling
 Lakshmi Library
 12-1pm AA
 1-2pm Seniors Quilting
 2-3pm Low-impact Exercise
 3-4pm Senior Soccer
 Lakshmi Civic Center (LCC)

Heavy rains, go away by Saturday

The rain pounded last night and I heard the emergency services were out all night coping with PR. 27. The rain was a stack or washed off the ground. It was soaked, perfect for flooding. Given those piles of brush that need burning, but not a good time to go for a drive in the rain.

I just hope it rains out a financial coach. People have advisors for various aspects of their life, whether religion, athletics, tax, or legal. Why not have a financial coach? In one of the most difficult activities many ever undertake, seek out advice for coaching through the ups and downs of the emotional investing roller coaster and remain focused on long-term goals.

Just a thought: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness; that to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed; that whenever any form of government becomes destructive to these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles, and organizing its powers in such form, as to them shall seem most likely to effect their safety and happiness. And for the support of this declaration, we mutually pledge to each other our lives, our fortunes, and our sacred honor."

1-3pm American Legion Bingo
 Kerrville VA Hospital
 3-4pm Low-impact Exercise
 4-5pm Senior Soccer
 Lakshmi Civic Center (LCC)
 5-6pm AA
 6-7pm Seniors Quilting
 7-8pm Low-impact Exercise
 8-9pm Senior Soccer
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Above & Beyond

Volunteers are needed to help, there is a decorating, publicizing, and a great teacher. So come one come all, every one can learn, join in, Square dance, was a Friday activity when I was a kid. While the volunteers, bobby sox, and a ponytail. My mom believed in dressing for every occasion. With a bounce and a giggle, we'd dance, twirl, and had some great fun. To me, it's a family thing, give it a try.

"Be sure to leave your families" for the American Legion Post #1015 at the Kerrville VA Hospital, on Wednesday, June 30, at the Civic Center between 11am and 11pm. The volunteers from the post will pick them up on their way to play bingo with the vets, a favorite among the vets. The volunteers all gather at the Park and Ride before picking them up to head up the road. To be there from 11:30 p.m. - 1:00 a.m. Low-impact Exercise & Senior Soccer. The July 4 Independence Day Celebration will be on July 4. The Phad will be at 10 am and shortly after, Barboree beef with all the trimmings will fill up plates, delicious desserts made by the Ladies Auxiliary will be so late to keep our taste buds, great music and dance to the colors, raffles, silent auction, and a great prize. Lakshmi's style! Support all the great works of the American Legion while having a great time. Another Great opportunity for young people is the Lakshmi

Let's remember:
 Josh Nolan - getting ready to go
 Rita Wite - R. Hecker's mom, it
 Jim Colley - heart attack
 Tami DeBelle - 11
 Lakshmi's style! Support all the great works of the American Legion while having a great time. Another Great opportunity for young people is the Lakshmi

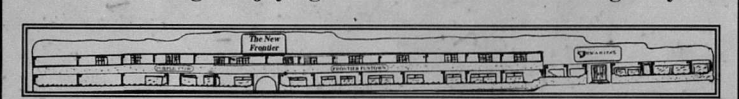
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Medina Lake All-Stars Fun

Invited to Medina Lake All-Stars from left to right: Misty Rymmer, Velvet Vargas, and their friend Kelly from Thousand Trails had a good time on the moonwalk at Thousand Trails. Call Tony Ocasio 830-751-2521 to get your program involved.

A Thought For The Week

By John M. Grimes

The Lakshmi Youth Soccer Program will continue registration this Saturday at the Lakshmi Civic Center. One of the group's main organizers, Tony Ocasio, said boys and girls are welcome. Age categories range from Under 6 to Under 16 with groupings every two years. Cost is \$55 for the season, and \$45 for the second kid, Ocasio said. Fees will cover uniforms, insurance and trophies. Each player will be awarded a trophy.

There will also be art classes at the registration time. Practice will start sometime in August and will continue into the fall. Sept. 6 has been penciled in as Opening Day. Soccer matches will be played in Lakshmi, Boerne and Bandera. There will be made to provide travel for those participants whose parents may not be able to take them. Games will be on Saturdays. Call Neil Gengen 830-612-2381 or Tony Ocasio 830-751-2521 for details.

Though many are already in place, coaches and referees also call to volunteer.

For example, someone mailed a letter to Mark Twain, addressed "The Lord knows where" and got a reply, "He does." And this brings up an important realization. God, the creator of heaven and earth, needs no numbers to identify His children of the past and present. The program of Lakshmi Youth Soccer is a great time for parents, priests, rabbis, leaders and anyone of any faith as well as you and your family are known to Him as persons. He knows who you are and where you are, and what you are doing. Much joy is in living to Him when He is desired accessibility and approachability in personal daily needs.

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Kids can still sign up for Lakehills soccer

Invited to Medina Lake All-Stars from left to right: Misty Rymmer, Velvet Vargas, and their friend Kelly from Thousand Trails had a good time on the moonwalk at Thousand Trails. Call Tony Ocasio 830-751-2521 to get your program involved.

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BHS Band Director to judge

Band Directors have many additional roles in music besides the half-time entertainment on Friday nights. In addition, students compete in contests in marching and concert


many as nine additional individual competitions that are provided for students by ATTSB and TMFA through regional, area, and state music competitions throughout a school year. After a director has accumulated a range of Division I ratings from group and individual competitions, the director has the opportunity to be selected for an honor competition.

BHS Band Director
Tim Howell was selected to judge honor bands for ATTSB area competition for Region 8 and was selected by TMEA Region 9 of Houston/Austin area to judge

Being Example

I invite you to read
Ephesians 4:25-5:2

PASTOR



Paul is writing a letter of example, encouragement, and acceptance to the people of the church. They were finding Christianity difficult to live out in their daily lives and were reverting back to

EVERETTE BOYCE

teachings.

While serving with Operation Mobilization in India in 1967, tuberculosis forced Doug Nichols into a sanitarium for several months. He did not speak the language, but he tried to give Christian literature to the other patients, doctors,

stand, but in weakness would fall back into bed. Doug heard him crying softly.

The next morning Doug realized what the man had been trying to do. He had been trying to get up and walk to the bathroom! The stench in their ward was awful.

Other patients yelled in protest. "Those Asians are never!"

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BY DAN WISE
SPECIAL CONTRIBUTOR

A nostalgic evening awaits some guests at the old Silver Spur Saloon. For others it will be a night of magic as the Silver Spur, like *Bringing Home the Bunch*, comes back to

life for one incredible night when Friends of the Western Trail pull out all the stops for their July 24 Western Gala.

Guests will be shuttled from the City Park to "the top of the

Friends of the Western Trail Gazette, a VIP pass to the reviewing stands during Celebrate Bandera and the Longhorn Cattle Drive and the Western Trail Kick-

Bandera lay just inside the "Comanche Barrier," which was a string of forts built by the U.S. Army on the Western Frontier to protect settlers from marauding Comanche, but their raids contin-

[illegible]

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Wade Strickland
10:00 • Wade Strickland
Wade Strickland

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Worship 10

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Wed. 7:30pm

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Min. S.S. 10 a.m.; Worship 11 a.m. & 6
p.m. Wed. 7 p.m.

CHURCH OF CHRIST Medina, 589-
2468 • Jim Harris, Minister, S.S. 9:30
a.m.; Worship 10:30 a.m., Wed. 7:00 p.m.

FLYING L
Flying L R
8194 James
9:30 a.m. W
meeting 5:30

MEDINA

Friday: 7:30 • Pastor
NATIONAL
ELI
ERS
pia 906-2416/2426
Min. S.S. 9:30 a.m.;
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Dustin Love and Bandera's Official Goodwill Ambassadors, the Friends of the Western Trail. Some stunning donor prizes have already been arranged: \$100,000 worth of truck accessories, a year's supply of Texas state and the YO Ranch, a private party with the Alamo Park Cattle Trio, one night's stay at the historic Fort Worth breakfast, dinner at the Hilton Palacio del Rio and much more. The Friends of the Western Trail was not just a group of members of the Friends of the Western Trail went out this week.

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 Sunday School 9:00 a.m. Wed.
 SS. 10 a.m.; Worship 11 a.m.; SS.
 10 a.m.; Sunday, 11 a.m.; Team Rock
 Band 11:30 a.m.; Praise 6:00 p.m.
 Youth 6:30 p.m.
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
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
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
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
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
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Cabernet



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
BV Napa Valley
Cabernet



\$15.19
750ml


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Though they started in Bandera City Park, the site of registration and a party after the event, Finn Rasmussen, Bob Click, Lamar Seale and Ben Nolen worked as Medina River Clean Up Volunteers in the area near Medina mostly



Susie Emmons (background) and the rest of the crew prepare to get in their craft in the water near Moffett Park.




(Above) Ben Nolen, in his Protect Texas Rivers shirt, ties up kayaks (right) and Finn Rasmussen and Bob Click prepare for fast waters.

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The Banderita Bulletin

WEDNESDAY, JUNE 30, 2004

COUNTY CONNECTIONS

WEDNESDAY, JUNE 30, 2009

Sydney Drew Timmons



Ethan and Brittany Timmons proudly announce the arrival of their daughter, Sidney Drew, born Wednesday, May 26, 2004. She weighed six pounds, 10 ounces, and was 19 1/4 inches long. Grandparents are Danny and Vicki Pendleton of Weatherford and Alton and Sharon Timmons of Pipe Creek. Great-grandparents are Clara Lee Timmons of Boerne and Guy B. Cole also of Boerne.

New Blair in the world



Justin and Heather Blair are proud to announce the birth of their third child. Lyndsay Nicole Blair was born May 26, 2004 at 4:26 p.m. She weighed 8 lbs., 2 oz. and was 20 1/2" long. She is welcomed by big sister Shelby and big brother Wyatt. Grandparents are Ed and Patsy Small of Pigeon Creek and the late Charles Blair. Great-Grandmothers are Mary Veatch of San Antonio and Lorene Blair of Albuquerque, N. M.

Chamber warns Bandera being targeted for scam

According to a Bandera County Chamber of Commerce press released, Texas is one of the many states having trouble with Texas-based marketing company Hometown Productions.

Cedar Park is just one of the many cities that have been hit by the fraudulent company which attempts to swindle people out of their money by using local chambers of commerce, as well as high-

Now, apparently Bandera County is being targeted.

In Cedar Park, the company has been calling Cedar Park Chamber of Commerce members by looking at last year's chamber map and asking people to renew at a discounted price. The company representative tells members that if they give their credit card over the phone,

"They were just so slippery and knew what they were doing," Cathy Collins of Stanbury & Associates said. "I'm just happy that Bill [Robinson of the Hills]

Country News called me the next morning and asked me about my ad. After realizing I had been scammed, I called my credit card company and cancelled the card before they could charge anything. "I was really lucky."

chamber map which is scheduled to be out in the next few months. In Fort Worth, the Better Business Bureau received 265 complaints against the company. The company also may operate under other names. Trish Moore, Executive Administrator of the Barbers County Chamber of Commerce says members should contact at 830-796-3044 if they are contacted by the group.

CCPAL Pet Parade Saturday

BY MARLENE HEVENOR

Our 8th annual Pet Parade will be Saturday, July 3rd this year and CCPAL has been asked to sponsor it for the third year in a row. The event will take place at the Bandera City Park.

Registration will start at 9 a.m. and with judging at 9:30 a.m. The parade itself will start at 10 a.m. whereupon the winners of



If you'd like to register your pet early, you can either call Carey Poe at 796-8343 or me at 510-6879.

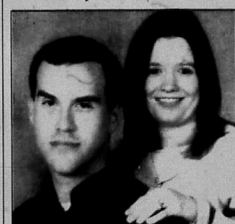
Our featured pet this week is Diamond. Diamond is a pretty little kitten approximately three months of age. She has a very sweet personality but because she was found hiding from some dogs, she has indicated that dogs will most likely never become her closest friends. She is scheduled to be spayed the last week in June at which time she'll be available for adoption. If you'd like more information about Diamond, please call 510-6879.

If you'd like to learn more about our many other adoptable pets, please go to one of our two websites which are

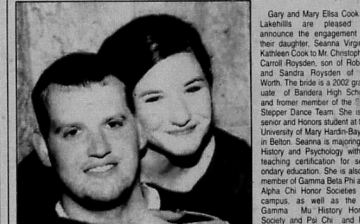
www.ccpal.petfinder.org or www.ccpal.net.

Remember, when you adopt one of our pets, you automatically qualify for two months of free pet insurance.

Jones, Dowell wed



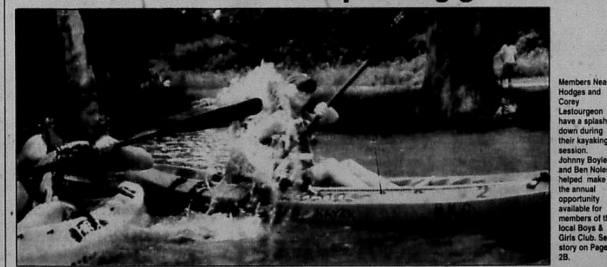
Christina Anne Jones of Springdale, Ark., and Jon Ceen Dowell of Fayetteville, Ark., were married June 26, at Whitney Mountain Church in Garfield, Ark. The bride is the daughter of Edwin and Dena Jones of Springdale, Ark. and the granddaughter of the late G.H. and Estley Jones and the late Alden Struabling and Betty Jo Easterling. She has a bachelor's degree from the University of Arkansas in Fayetteville and is an 8th grade math teacher at Silem Springs in Fayetteville. The groom is the son of Jon and Jelenne Dowell of Silem Springs. He is a grandson of Clint Dowell of Bandera, the late Geneva Dowell, Lurline Davenport of Bandera and the late Jack Edward Davenport. He has a bachelor's degree and master's degree, both from the University of Arkansas, in Geology.

Cook to wed Roysden July 24

Gary and Mary Elise Cook of Lakeland are pleased to announce the engagement of their daughter, Seanna Virginia Gamble, to Mr. Christopher R. Worth. The bride is a 2002 graduate of St. Charles High School and Sandra Royseyn of Ft. Worth. The bride is a 2002 graduate of St. Charles High School and former member of the "The Stepper Dance Team". She is a senior and Honors student at the University of North Texas located in Belton. Seanna is majoring in History and Psychology with an teaching certification for secondary education. She is a member of Gamma Beta Phi and Alpha Chi Honor Societies on campus. She is also a member of Gamma Beta Phi and Alpha Chi Honor Societies on campus. She is also a member of Gamma Beta Phi and Alpha Chi Honor Societies on campus.

The groom is a graduate of University High School and a 2003 graduate of Southern Methodist University in Georgetown. After a July 24 wedding at the Merrell Plantation in Round Rock, Texas

Inside: B&G Club has splashing good time



Members Neal Hodges and Corey Lestourgeon have a splash-down during their kayaking session. Johnny Boyle and Ben Nolen helped make the annual opportunity available for members of the local Boys & Girls Club. See story on Page 28.

Diamond, Pet of the Week, will be available for adoption.

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Friday, JUNE 25



Automotive & Motor Vehicle Guide

A WEEKLY SUPPLEMENT TO THE BOERNE STAR AND THE BANDERA BULLETIN

2001 Chrysler Sebring Sedan

Hard Bargains
By Neal White
Motor News Media Corporation

With summer heating up, now may be the perfect time to trade in, trade up or even add another vehicle to meet the family's transportation needs. One vehicle worthy of consideration is the 2001 Chrysler Sebring sedan.

Redesigned for the 2001 model year, the Sebring coupe and convertible lineup was expanded in add the sedan, which in previous model years had been sold by Chrysler under the Cirrus nameplate. Built on Chrysler's cab-forward architecture to create maximum interior space and cargo room (16 cubic feet of trunk room available), the midsize, front-wheel drive sedan is available in two trim lines—LX and LXI.

LXI models are powered by a 2.7-liter dual overhead Cam V-6 engine (200 hp/193 lbs-ft. torque), while the base engine for LX models is a 2.4-liter I-4 (150 hp/167 lbs-ft. torque). Both powerplants are mated to a four-speed automatic transmission (an AutoStick transmission was

available), and both use regular 87 octane unleaded gasoline. With a 108-inch wheelbase, standard safety features in the 2001 Chrysler Sebring sedan include multi-stage front airbags, available side airbag curtain, rear center lap/shoulder belt, LATCH child seat safety anchors and front head restraints.

Standard comfort features in the LX include air conditioning, AM/FM stereo cassette player, tilt steering column, power windows, customer programmable locks, power outside mirrors, power trunk release, center front armrest console with two storage bins, 60/40 split-folding rear seat, dual visor vanity mirrors, speed control, rear window defroster, intermittent wipers, 15-inch wheels and headlamp off delay.

LXI models add the V-6 engine, 16-inch aluminum wheels, fog lamps, eight-way power driver seat, leather-trimmed seats, remote keyless entry, trip computer including compass and outside temperature readings, stereo with CD player, and illuminated visor vanity mirrors. All 2001 Chrysler Sebring sedan

models were built at DaimlerChrysler's Sterling Heights Assembly Plant in Michigan.

Published monthly in nine regional editions across the country, the National Automobile Dealers Association (NADA) Official Used Car Guide is a handy reference tool to determine an approximate value for a vehicle depending on the condition and mileage. The retail price listed is the base value by specific model and trim level, with average mileage usually about 15,000 per year.

Consumers can expect to pay more for models with less than average mileage and/or better than average condition. Likewise, a model will be worth less than guide value when a vehicle has high mileage, extensive wear, minor body damage or needs mechanical attention.

The NADA Official Used Car Guide bases mileage ranges on averages from information received from the automotive



marketplace. The information used in this column was derived from the February 2004 Midwest Edition of the NADA Official Used Car Guide. For 2001 models, average mileage ranges from 45,001-50,000.

The NADA guide lists the average retail price for the 2001 Chrysler Sebring sedan as: LX (I-4) \$8,750; LX (V-6), \$9,150; LXI \$10,775.

As with all pre-owned vehicles, expect the average retail price to increase if vehicles are equipped with extra features like: alu-

minum alloy wheels (standard on LXI) (\$225), CD player (standard on LXI) (\$125), leather seats (standard on LXI) (\$400), power sunroof (\$575), theft recovery system (\$100).

Most new vehicle dealers will check to see if a vehicle received in trade has any outstanding recall notices. Whether purchasing from a dealership or private party, always have a mechanic inspect the vehicle prior to signing an agreement.

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Friday, JUNE 25



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available), and both use regular 87 octane unleaded gasoline. With a 108-inch wheelbase, standard safety features in the 2001 Chrysler Sebring sedan include multi-stage front airbags, available side airbag curtain, rear center lap/shoulder belt, LATCH child-seat safety anchors, and front head restraints.

Standard comfort features in the LX include air conditioning, AM/FM stereo, cassette player, tilt steering column, power windows, customer programmable locks, power outside mirrors, power trunk release, center front armrest console with two storage bins, 60/40 split-folding rear seat, dual visor vanity mirrors, speed control, rear window defroster, intermittent wipers, 15-inch wheels and headlamp off delay. LXi models add the V-6 engine, 16-inch aluminum wheels, fog lamps, eight-way power driver seat, leather-trimmed seats, remote keyless entry, trip computer including compass and outside temperature readings, stereo with CD player, and illuminated visor vanity mirrors. All 2001 Chrysler Sebring sedan

models were built at DaimlerChrysler's Sterling Heights Assembly Plant in Michigan. Published monthly in nine regional editions across the country, the National Automobile Dealers Association (NADA) Official Used Car Guide is a handy reference tool to determine an approximate value for a vehicle depending on the condition and mileage. The retail price listed is the base value by specific model and trim level, with average mileage, usually about 15,000 per year. Consumers can expect to pay more for models with less than average mileage and/or better than average condition. Likewise, a model will be worth less than guide value when a vehicle has high mileage, extensive wear, minor body damage or needs mechanical attention. The NADA Official Used Car Guide bases mileage ranges on averages from information received from the automotive



marketplace. The information used in this column was derived from the February 2004 Midwest Edition of the NADA Official Used Car Guide. For 2001 models, average mileage ranges from 45,001-50,000. The NADA guide lists the average retail price for the 2001 Chrysler Sebring sedan as: LX (I-4) \$8,750; LX (V-6) \$9,150; LXi \$10,775.

As with all pre-owned vehicles, expect the average retail price to increase if vehicles are equipped with extra features like: aluminum alloy wheels (standard on LXi) (\$225), CD player (standard on LXi) (\$125), leather seats (standard on LXi) (\$400), power sunroof (\$575), theft recovery system (\$100). Most new vehicle dealers will check to see if a vehicle received in trade has any outstanding recall notices. Whether purchasing from a dealership or private party, always have a mechanic inspect the vehicle prior to signing an agreement.

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HORIZONS



INSIDE THIS ISSUE

- CAROLYN STRAUSS AND THE RAINBOW SENIOR CENTER
- BOOK REVIEWS
- RECIPES

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A Supplement to THE BURNETT STAR & BURNETT BULLETIN

JULY 2004

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Carolyn Strauss, driving force behind Rainbow Senior Center

By JESSICA SANDERS
Staff Writer

She swore off the restaurant business years ago, but Carolyn Strauss, director of the Rainbow Senior Center, still has meals on her mind.

From dietitian-approved lunches at the center to the extensive Meals on Wheels program, Strauss makes sure that seniors all over Kendall County are eating and living well. On average, 150 meals a day are served at the center and with Meals on Wheels, she said. The Rainbow Senior Center also provides meals for the Comfort Golden Age Home.

"We do everything homemade - homemade mashed potatoes, homemade biscuits," Strauss said. "My personal goal is to make this the best restaurant in Boone; it just happens to be for seniors."

Strauss' first experience with the restaurant field was in the East Texas town of Kent where she and a friend opened a small café called The Deep Hole. Her friend quit after only a week or two, but Strauss was stuck with the café because it was leased for a year in her name.

"It was like shock therapy," Strauss said. "It was the hardest year of my life, but I learned a lot."

Many of the skills she learned during that time, such as money management, have proven useful in her current job, Strauss said. "If there was any waste, it was coming out of my pocket," she said. "Now, I run the center the same way as the restaurant, comparing vendors to get the best food for the lowest price."

Strauss said she first got involved with the Rainbow Senior Center after she saw the positive effect Meals on Wheels had on her mother's life. Soon after, she became a Meals on Wheels volunteer for the Rainbow Center. After that, she was hooked.

"I found I was spending more and more time here," said Strauss, who mostly worked



Carolyn Strauss helps a resident into the Rainbow Senior Center van.

Photo by Jessica Sanders

in the kitchen. "The people just adopt new volunteers, it's a really easy place to spend your time."

Strauss, who calls herself a former soccer mom, said volunteering allowed her to fill the empty days that came when her sons grew up and her husband was away.

"After my youngest son got his driver's license, I didn't know what to do with myself," she said. Strauss had volunteered at the Rainbow Center for several years when she decided to apply for the director position.

Dan Welsh, a Boerne resident and long-time volunteer at the center, said Strauss has always been very dedicated in her work for the Rainbow Center. He recalled a time when a nearby church donated their recreation hall to the center - as long as they could get volunteers to tear it down, they could keep all the materials for the expansion of their building.

He said Strauss came out and helped tear down the building, pull out nails and clean.

"The best thing that ever happened to the Rainbow Center is Carolyn taking the director's job," Welsh said. "She's been the driving force behind this building, since we were building it."

Myrtle Maytum, who has been visiting the center for many years, said Strauss does not just work for the Rainbow Center, she genuinely cares about the welfare of the community's seniors.

"She treats us all like we're her own grandmas and grandpas," Maytum said. "She spends all her time thinking up new ideas to keep us happy, she's full of jokes and fun."

Strauss said she comes to the center every morning and stays until after lunch. She can no longer drive, and said if there wasn't a Rainbow Center bus to pick her up and take her home, she would be unable to go anywhere.

Strauss said the staff encourages seniors to come to the center instead of having meals delivered because it allows them to stay active and make friends. However, for those who are truly homebound, a Meals on Wheels visit is often the highlight of their day.

"For most of them, the volunteers are the only people they see all day," said Strauss. "It's more than just a meal, it's a welfare check."

She recalls a time that a woman was found by volunteers and a neighbor after she had fallen getting out of the bathtub. Strauss said the woman had been waiting all morning for someone to help her. Another woman fell off her back porch and was found tangled in a garden hose. However, most Meals on Wheels recipients are not in trouble, just very lonely, she said.

Strauss' concern for the welfare of others is part of what makes her a great director, Welsh said. It is also what makes her so loved among the Rainbow Center community.

"She's very well liked," he said. "She is so nice to the seniors, as is her husband; he volunteers a lot of his services."

Strauss' husband, Gary, is a pilot for SBC Communications. They have been residents of Oak Oaks Ranch for the last 12 years. The couple's three sons and seven grandchildren live in the Dallas area.

Senior News Line Keep cool this summer

Seniors are especially susceptible to heat-related illnesses, and I'm sorry to say, to the some 360 heat-related deaths that occur each year. For one, they may be on drugs that cause problems with sweating, which is the body's natural cooling system. Also, seniors tend to have thinner skin, allowing for the sun's energy to penetrate more quickly and deeply into the body. And because of the slow-down in the third stimulus, many seniors do not drink enough water.

Here are some tips to help make summers for seniors safe and enjoyable.

1. Wear lightweight clothes that cover as much exposed skin as possible. This allows for air to circulate under the clothing while also protecting the skin from the sun's radiation. Also choose light colors, which reflect away some of the sun's energy. And ALWAYS wear a hat with a wide brim. And if you must be out in the midday sun, use an umbrella; it will provide cooling shade as well as a protective sun-cover.

2. Drink water. Carry it with you, and drink even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.

3. Eat small meals and eat more often. Avoid high-protein foods, which increase metabolic heat. Also DO NOT take salt tablets unless your doctor directs you to do so. Avoid or limit strenuous activity until the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m. If engaged in physical activities on warm days, be sure to take frequent breaks in a cool place.

4. On very hot days, stay in a cool indoor environment (your home, an office, library, movie theater) if possible. Most Important: If you feel ill with symptoms that include, but are not limited to, nausea, muscle cramps, fever, hot skin, breathing problems, etc., call 911 immediately.

Stomach stapling offers hope?

With such celebrity stomach-stapling graduates as Roseanne, NBC weatherman Al Roker and singer Carrie Wilson, a lot of people - including a growing number of seniors - see these procedures as their

own last hope for losing the excess poundage that inhibits the quality of their lives and also threatens to shorten their life expectancy. To that end, here are some facts that anyone considering this surgery should be aware of:

First, there are currently two types of weight-reduction gastric procedures: stomach stapling and intestinal bypass. In stomach stapling, staples or bands section off a pouch in the stomach, limiting how much food it can hold at one time. In the other approach, a partial bypass of the small intestine constricts the stomach area in which calories and nutrients are absorbed.

However, while people do lose weight after these surgeries because of the reduction in nutrient intake, they also risk the serious health effects of malnutrition, including developing beriberi, a potentially fatal deficiency disease rarely seen outside the famine-plagued areas of the Third World. Therefore, they need to be continually monitored for dietary deficiencies and kept on a strict supplement regimen.

Second, there have been reports of people overeating, either unwittingly or deliberately, which can cause a whole lot of trouble in the surgical sites, sometimes requiring going back in to correct the damage. Also, the surgery candidate should understand it could take more than two years for the post-op stabiliza-

tion to happen. Finally, these operations alone can be risky, especially for those who already have some of the complications of obesity, including cardiovascular problems. Type II diabetes or breathing complications.

Bottom Line: These surgical procedures can be helpful - even life saving - for the severely obese (1100 pounds or more weight for men, 800 pounds for women). Otherwise, medical authorities recommend going on a doctor-approved diet and exercise program and staying with it.

Write to: Malinda Charles in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or send e-mail to letters.kfs@hearst.com. (c) 2004 King Features Synd., Inc.

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<p>Recipe for Happiness: <i>Take two heaping cups of patience, one heart full of love, two hands of generosity, dash of laughter, one head full of understanding, sprinkle generously with kindness, add plenty of faith and mix well. Spread over a period of a lifetime. Serve everyone you meet.</i></p>				<p>1 Chicken Strips • Cream Gravy • Mashed Potatoes • Veggie Salad</p>	<p>2 Smothered Pork Chops • Baked Rice • Green Beans • Banana Split Cake</p>	<p>3 4th of July Celebration Ham</p>
<p>4 Happy 4th of July from the RSC!</p>	<p>5 CLOSED</p>	<p>6 • Oven Fried Steak/Gravy • Mashed Potatoes • Okra and Tomatoes</p>	<p>7 • King Ranch Chicken • Pinto Beans • Vegetable Salad • Cornbread</p>	<p>8 • Meatloaf • Brown Gravy • Macaroni & Cheese • Mixed Greens</p>	<p>9 • Fish Fillet • Tartar Sauce • Confetti Corn • Creamy Coleslaw • Hushpuppies</p>	<p>10</p>
<p>11</p>	<p>12 • Honey Baked Ham • Sweet Potatoes • Green Bean Casserole</p>	<p>13 • Swiss Steak • Tomato Gravy • Buttered Rice • Mixed Vegetables</p>	<p>14 • Chicken Parmesan • Spaghetti • Pasta Sauce • Italian Vegetables</p>	<p>15 • Roast Pork Loin • Parslied Potatoes • Calabacita GAC B-Days</p>	<p>16 • Enchiladas Beef/Chili • Ranch Beans • Vegetable Salad • Cornbread</p>	<p>17</p>
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<p>25</p>	<p>26 • Meatloaf • Brown Gravy • Mashed Potatoes • Harvard Vegetables</p>	<p>27 • Chicken Cordon Bleu • Wild Rice • Steamed Broccoli • Wheat Roll</p>	<p>28 • Schnitzel (pork cutlet) • German Potatoes • Seasoned Green Beans</p>	<p>29 • Salisbury Steak • Black-Eyed Peas • Cabbage • Cornbread</p>	<p>30 • Turkey and Dressing • Baked Yams • Green Pea Salad • RSC B-Days</p>	<p>31</p>

Recipes

Creamy Potato Salad

As familiar as this classic recipe may be, it is always welcome. For a variation, add one-quarter cup finely chopped smoked ham or two coarsely chopped hard-cooked eggs.

PREP: 20 minutes

COOK: 35 minutes

MAKES: 10 accompaniment servings

3 pounds all-purpose potatoes (9 medium), not peeled

1/2 cup mayonnaise

1/2 cup milk

2 tablespoons distilled white vinegar

2 tablespoons chopped green onion

1 teaspoon sugar

1 teaspoon salt

1/4 teaspoon coarsely ground black pepper

2 large stalks celery, thinly sliced

1. In 4-quart saucepan, combine potatoes and enough water to cover; heat to boiling over high heat. Reduce heat; cover and simmer until tender, 25 to 30 minutes. Drain.

When cool enough to handle, peel and cut potatoes into 3/4-inch cubes.

2. Meanwhile, prepare dressing: In large bowl, with wire whisk, mix mayonnaise, milk, vinegar, green onion, sugar, salt and pepper until blended. Add potatoes and celery to dressing; toss to coat. If not serving right away, cover and refrigerate up to 4 hours.

• Each serving: About 198 calories, 3 g protein, 27 g carbohydrate, 9 g total fat (2 g saturated), 8 mg cholesterol, 315 mg sodium.

Old-Fashioned Baked Beans

An heirloom recipe for not-too-sweet baked beans. This makes a big enough batch for a July 4th bash or a winter pot-luck party.

PREP: 15 minutes plus soaking beans

BAKE: 3 hours, 30 minutes to 4 hours

MAKES: about 41 cups or 14 accompaniment servings

2 packages (16 ounces each) dry navy (pea) beans, soaked and drained

7 1/2 cups water

4 slices bacon, cut into 1-inch pieces, or 4 ounces salt pork, finely chopped

2 medium onions, chopped

1/2 cup dark molasses

1/3 cup packed brown sugar, preferably dark

5 teaspoons salt

4 teaspoons dry mustard

Preheat oven to 350 F. In 8-quart Dutch oven, combine beans and water; heat to boiling over high heat. Cover and place in oven. Bake 1 hour. Stir in bacon, onions,

molasses, brown sugar, salt and dry mustard. Cover and bake, stirring occasionally, 1 hour. Remove cover and bake until thickened and soupy, 1 hour 30 minutes to 2 hours longer.

• Each serving: About 312 calories, 15 g protein, 54 g carbohydrate, 5 g total fat (2 g saturated), 4 mg cholesterol, 895 mg sodium.

Ginger-Grilled Chicken for a Crowd

When you have a crowd to feed at a backyard bash, try this honey-and-ginger party pleaser.

PREP: 10 minutes plus overnight to marinate

GRILL/BROIL: 35 minutes

MAKES: 12 main-dish servings

1 1/4 cups soy sauce

3/4 cup honey

1/4 cup fresh lemon juice

2 tablespoons vegetable oil

2 tablespoons minced, peeled fresh ginger

2 garlic cloves, crushed with garlic press

3 chickens (3 pounds each), each cut into quarters

1. In small bowl, combine soy sauce, honey, lemon juice, oil, ginger and garlic until well-blended. Divide chicken and marinade among three ziptight plastic bags.

turning to coat chicken. Seal bags, pressing out as much air as possible. Refrigerate chicken overnight to marinate.

2. Next day, prepare grill. Remove chicken from marinade; discard marinade. Arrange chicken on grill over medium heat and grill until golden brown, about 5 minutes per side. Arrange chicken around perimeter of grill (where it is cooler); cover and grill until juices run clear when thickest part of chicken is pierced with tip of knife, about 25 minutes longer.

To broil in oven: Marinate chicken as in Step 1. Preheat broiler. Place chicken, skin side down, on rack in large broiling pan. (Chicken may have to be broiling in batches.) Place pan in broiler about 8 to 10 inches from heat source. Broil chicken until golden brown, about 20 minutes. Turn chicken skin side up; broil chicken, brushing occasionally with marinade, until juices run clear when thickest part of chicken is pierced with tip of knife, about 20 minutes longer.

Each serving: About 410 calories, 42 g protein, 10 g carbohydrate, 22 g total fat (6 g saturated), 132 mg cholesterol, 988 mg sodium.

You can now find Good Housekeeping cookware, bakeware and kitchen tools at Home Shopping Network (hsn.com) and other retailers.

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				<p>1 Chicken Strips • Cream Gravy • Mashed Potatoes • Veggie Salad</p>	<p>2 Smothered Pork Chops • Baked Rice • Green Beans • Banana Split Cake</p>	<p>3 4th of July Celebration Ham</p>
<p>4 Happy 4th of July from the RSC!</p>	<p>5 CLOSED</p>	<p>6 • Oven Fried Steak/Gravy • Mashed Potatoes • Okra and Tomatoes</p>	<p>7 • King Ranch Chicken • Pinto Beans • Vegetable Salad • Cornbread</p>	<p>8 • Meatloaf • Brown Gravy • Macaroni & Cheese • Mixed Greens</p>	<p>9 • Fish Fillet • Tartar Sauce • Confetti Corn • Creamy Coleslaw • Hushpuppies</p>	<p>10</p>
<p>11</p>	<p>12 • Honey Baked Ham • Sweet Potatoes • Green Bean Casserole</p>	<p>13 • Swiss Steak • Tomato Gravy • Buttered Rice • Mixed Vegetables</p>	<p>14 • Chicken Parmesan • Spaghetti • Pasta Sauce • Italian Vegetables</p>	<p>15 • Roast Pork Loin • Parslied Potatoes • Calabacita Salad • GAC B-Days</p>	<p>16 • Enchiladas Bee/Chili • Ranch Beans • Vegetable Salad • Cornbread</p>	<p>17</p>
<p>18</p>	<p>19 • Oven Fried Chicken • Mashed Potatoes • Cream Gravy • Carrots</p>	<p>20 • Salmon Croquette • Dill Sauce • Baked Hominy • Coleslaw</p>	<p>21 • Chopped Beef Steak w/grilled Onions • Navy Beans • Spinach • Cornbread</p>	<p>22 • Chicken Pot Pie • Calico Corn • Vegetable Salad • Wheat Roll</p>	<p>23 • BBQ Pork Chulet • Potato Salad • Baked Beans • Peach Cobbler</p>	<p>24</p>
<p>25</p>	<p>26 • Meatloaf • Brown Gravy • Mashed Potatoes • Harvard Vegetables</p>	<p>27 • Chicken Cordon Bleu • Wild Rice • Steamed Broccoli • Wheat Roll</p>	<p>28 • Schnitzel (pork cutlet) • German Potatoes • Seasoned Green Beans</p>	<p>29 • Salisbury Steak • Black-Eyed Peas • Cabbage Salad • Cornbread</p>	<p>30 • Turkey and Dressing • Baked Yams • Green Pea Salad • RSC B-Days</p>	<p>31</p>

Recipes

Creamy Potato Salad

As familiar as this classic recipe may be, it is always welcome. For a variation, add one-quarter cup finely chopped smoked ham or two coarsely chopped hard-cooked eggs.

PREP: 20 minutes
COOK: 35 minutes
MAKES: 10 accompaniment servings

3 pounds all-purpose potatoes (9 medium), not peeled
1/2 cup mayonnaise
1/2 cup milk
2 tablespoons distilled white vinegar
2 tablespoons chopped green onion
1 teaspoon sugar
1 teaspoon salt
1/4 teaspoon coarsely ground black pepper
2 large stalks celery, thinly sliced
1. In 4-quart saucepan, combine potatoes and enough water to cover; heat to boiling over high heat. Reduce heat, cover and simmer until tender, 25 to 30 minutes. Drain. When cool enough to handle, peel and cut potatoes into 1/4-inch cubes.
2. Meanwhile, prepare dressing: In large bowl, with wire whisk, mix mayonnaise, milk, vinegar, green onion, sugar, salt and pepper until blended. Add potatoes and celery to dressing; toss to coat. If not serving right away, cover and refrigerate up to 4 hours.

• Each serving: About 198 calories, 3 g fat, 27 g carbohydrate, 9 g total fat (2 g saturated), 8 mg cholesterol, 315 mg sodium.

Old-Fashioned Baked Beans

An heirloom recipe for ~~meat~~ sweet baked beans. This makes a big enough batch for a July 4th bash or a winter pot-luck party.

PREP: 15 minutes plus soaking beans
BAKE: 3 hours; 30 minutes to 4 hours
MAKES: about 41 cups or 14 accompaniment servings

2 packages (16 ounces each) dry navy (pea) beans, soaked and drained
7 1/2 cups water
4 slices bacon, cut into 1-inch pieces, or 4 ounces salt pork, finely chopped
2 medium onions, chopped
1/2 cup dark molasses
1/3 cup packed brown sugar, preferably dark
5 teaspoons salt
4 teaspoons dry mustard

Preheat oven to 350 F. In 8-quart Dutch oven, combine beans and water; heat to boiling over high heat. Cover and place in oven. Bake 1 hour. Stir in bacon, onions,

molasses, brown sugar, salt and dry mustard. Cover and bake, stirring occasionally, 1 hour. Remove cover and bake until thickened and salty, 1 hour 30 minutes to 2 hours longer.

• Each serving: About 312 calories, 15 g protein, 54 g carbohydrate, 5 g total fat (2 g saturated), 4 mg cholesterol, 895 mg sodium.

Ginger-Grilled Chicken for a Crowd

When you have a crowd to feed at a backyard bash, try this honey-and-ginger party platter.

PREP: 10 minutes plus overnight to marinate
GRILL/BROIL: 35 minutes
MAKES: 12 main-dish servings

1 1/4 cups soy sauce
3/4 cup honey
1/4 cup fresh lemon juice
2 tablespoons vegetable oil
2 tablespoons minced, peeled fresh ginger
2 garlic cloves, crushed with garlic press
3 chickens (1 pounds each), each cut into quarters

1. In small bowl, combine soy sauce, honey, lemon juice, oil, ginger and garlic until well blended. Divide chicken and marinade among three zip-top plastic bags,

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No estate tax doesn't mean no estate planning

(ARA) - Recent changes in tax laws have given many Americans greater assurance that their assets will go to their loved ones and not the government. While an estate may not be subjected to taxes, taxation isn't the primary problem.

The real concern is which family member is to receive which piece of property and will that decision be seen as fair and equal when there is more than one beneficiary? Do the children have equal abilities or experience to manage a property? Should they own property together or separately? Or are their needs served fairly by equal distributions and how do you really equalize? Do they live near the property or across the country? Which child received more financial help in their education and nurturing process? Which ones haven't been there yet? Would an equal distribution of the assets create additional tax problems for a very financially successful child?

You may think that estate planning doesn't apply to your situation because your assets total less than \$1.5 million — but there's more to it. While your personal assets may fall below the mark, it's important to consider joint property, insurance proceeds upon your death and other factors often forgotten as assets.

"People mistakenly think only the wealthy need estate planning," says Mike

Halloran, a director with the National Association of Estate Planners. "But you could be missing out on important benefits, alienate your children and not even realize it."

Halloran points to the \$1.5 million exemption as an example: If not dealt with properly, assets could be taxed as high as 42 percent, instead of zero percent, resulting in a large loss for your beneficiaries. Or the business Dad and Mom made successful being given to one child "because he works there" and the other child doesn't. Or worse yet, giving the business to all the children, but only one works there and the others are out of the area and can't contribute to the continued success of the business, but still share in the business.

Who is going to get Mom's engagement ring? Which boy gets the special old shotgun they both want? Yes, estate planning is a process and it needs the guidance of a trained, experienced professional to make it work properly. Look ahead to the future of your surviving spouse. If a husband's assets go to his wife upon his death, and any jointly held assets become hers as well, he may have a net worth that exceeds the tax break.

Without careful planning, you may not be able to leave your survivors with the security you wished. Your estate plan should



allow you to give what you want to whom you want to receive it, the way you want them to receive it and when you want them to receive it. Your estate plan should save every dollar, professional fee and court cost that is legally possible to save.

To begin the process, assemble and summarize all your financial data — personal financial statements, income tax returns, trust documents, life insurance information, etc. Next, begin to think about your goals and priorities. Do you need to provide

financial security for loved ones? Perhaps you must want to assure excess taxes and probate costs are avoided. Maybe you're most concerned about the smooth transfer of ownership of a business.

Once you have identified your top interests, you and your financial planner can develop the strategies that will form the basis of your estate plan. Remember, estate planning is an ongoing process. Take the time to periodically review your plan to assure that it still meets your goals.

To ensure the best choice for you and your family, enlist the services of an advisor, an estate planner. Among the professionals you should consider are a state certified estate planning attorney or estate planning specialist (EPLS), a certified public accountant (CPA), practicing in the estate planning area; a chartered life underwriter (CLU); a certified financial planner (CFP); a chartered financial consultant (ChFC); family asset protection planner (FAP).

These professionals can help guide you through the web of state and federal laws, as well as offer advice on planned giving and asset allocation. The National Association of Estate Planners and Councils (NAEPC) offers a list of members to help you find experts in your area. Visit their Web site at www.naepc.org or call toll-free at (866) 226-2224.

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There are many options retirees should be aware of, and relying on a trusted financial professional is imperative," adds Odemath. "With unbiased professional advice that includes sound financial planning in a consistent way and an effective mix of modern product solutions, retirees can live comfortably in retirement while maintaining the financial independence they desire."

As a result, Prudential Annuities is leading "Living in Retirement," a comprehensive outreach designed to raise awareness among retirees and soon-to-be-retirees about the importance of financial planning before and during retirement.

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For more information on retirement planning and annuities, visit www.prudential.com. For a complete list of the mistakes to avoid in retirement, go to www.prudential.com/retirement_mistakes.

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Recommended reading

"Cheap and Easy: A Cookbook for Girls on the Go" by Sandra Bark and Alexis Kanfer (Firelore Books, \$14)

Reviewed by Ealish Waddell

"Easy" is one of those cookbook words that can mean just about anything. Happily, the authors of "Cheap and Easy: A Cookbook for Girls on the Go" seem to really understand what "easy" means to the average Jane Doe standing in her kitchen staring at a half-empty pantry. This is a book geared toward young women who like good, healthy, interesting food but don't have the time, energy or money to spend hours preparing it... and simply need a break from too many regular dates with the delivery guy.

The ingredients stick to things that are equally easy to find, and the instructions rarely involve anything more complicated than a hearty sauté. It's a relatively slim volume, but there's nary a "What were they thinking?" dish in the bunch.

Included are updated versions of old favorites (mini-omelets, French onion soup) as well as new, thoughtful combinations of flavors (apple-barbecue chicken, peachy gingerbread, Asian, Middle Eastern and other multi-cuisine flavors) are sprinkled here and there, reflecting the worldly tastes of many a modern gal, but the dishes contain ingredients common and friendly enough that you might

even induce that meat-and-potatoes-level of yours to give them a try. Whether it's hot chocolate and chat tea mixers or a cool, fiery mango lassi, a vegetarian Bombay Mary or vodka-spiked watermelon lemonade, there's something here to munch nearly any thirst without having to stick up on seven different kinds of triple sec.

And despite the title, the recipes are equally suited for hungry guys too — though they may not get as much out of the book's cute teen-magazine style illustrations.

The Great Influenza: The Epic Story of the Deadliest Plague in History by John M. Barry (Viking, \$29.95)

Reviewed by Larry Cox

No disease — before or since — even remotely resembles the influenza epidemic that struck in 1918. It was horrifying. Victims turned dark blue from lack of oxygen, suffered crippling aches and bled from their eyes. The epidemic claimed more people in 24 weeks than AIDS has killed in 24 years, and more lives in a year than the Black Death of the Middle Ages took in a century. At least 100 million people eventually died. In "The Great Influenza: The Epic Story of the Deadliest Plague in History," historian John M. Barry reveals

that the 1918 influenza pandemic probably began in Kansas as when sick farm animals spread a new virus to soldiers on leave from Fort Riley. The soldiers carried the virus back to camp, and from there it quickly moved throughout the country and eventually to Europe.

As the virus continued to mutate, it quickly became the deadliest influenza ever known. Bodies piled up in homes with no one to bury them, and governments throughout the world were crippled.

One of the true heroes during this ordeal was William James, a Harvard medical professor. James placed himself in the path of the epidemic so that he and other researchers could identify it and, perhaps, find some means to control it. The research James and his colleagues conducted during this critical time led to some of the most important scientific advances of the century.

Barry has written a frightening, cautionary book that is meticulously researched and especially relevant today, when new infectious diseases seem to surface on an almost daily basis. "The Great Influenza" is a history lesson reporting at its very best and will stand as the definitive account of this terrifying period.

Books reviewed in this column are available at your local bookstore.

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Trivia Test

1. GEOGRAPHY: Off which continent would you find the Falkland Islands?

2. THEATRE: Prospero is shipwrecked with his daughter Miranda in which play by William Shakespeare?

3. MEASUREMENTS: What does a unit called a foot-candle measure?

4. LANGUAGE: What is a levanter?

5. MYTHOLOGY: Which Greek goddess' area of responsibility was grain?

6. RELIGION: In the Jewish religion, what is Rosh Hashanah a celebration of?

7. THE HUMAN BODY: What is the main function of Vitamin D?

8. GENERAL KNOWLEDGE: What is the least frequently used letter of the alphabet?

9. LITERATURE: Which South American author wrote "One Hundred Years of Solitude"?

10. ASTRONOMY: What is nadir?

Answers on Page 3.

Are you getting the most out of your retirement

(ARA) - As people work toward retirement, many look forward to having the time to pursue new interests, travel, or just spend time with their grand children. Part of enjoying retirement, though, is having enough money to know your needs, and even some of your wants, are covered.

Although many retirees have spent their working lives building up a comfortable nest egg, a recent survey by Prudential Financial, Inc. found that six in 10 are trying to live on their Social Security and pension benefits while keeping their retirement savings intact.

"Even though people have saved money preparing for retirement, they are reluctant to spend it during their retirement years," says David Odemath, president of Prudential Annuities, the domestic annuity arm of Prudential Financial, Inc. The survey showed that these retirees feel becoming a burden to their families or outliving their savings. Retirees would rather cut expenses than risk eating into their savings. "Today's retirees have worked hard all their lives and they shouldn't have to make sacrifices in retirement," adds Odemath.

Along with announcing the research results, Prudential has identified five ways retirees should avoid.

1. Not planning for life and death decisions — Retirees often fail to address

what happens if they die or become incapacitated. This mistake affects not only what happens to them personally, but also to their assets. To avoid unpleasant consequences, make a will so that you decide how your assets will be distributed at death, prepare a health-care directive appointing someone to make health care decisions if you are incapacitated, and give someone you trust a power of attorney to make financial decisions for you. Consult your attorney for specific guidance on these and related issues.

2. Choosing the wrong assets for income — It may be better to use taxable investments first, allowing assets in tax-qualified retirement accounts to continue growing tax deferred. This also allows retirees to capitalize on lower tax rates for long-term capital gains rather than the higher rates on ordinary income.

3. Choosing the wrong payout/income options — This is a common trap. These decisions will determine how long retirement income lasts, its size and whether it passes on to survivors after the retiree's death. This is a complex decision with huge impact; it is best to get the advice of a financial professional to help sort through the options.

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professionals through Continuing Education courses, and the general public, in client seminars, Prudential is helping to provide retirees with the knowledge and tools they need to make educated decisions during such an important time in life.

"Helping retirees grow and protect their wealth during retirement is our main focus," concludes Odenath. "By providing them with sound financial choices, we hope to help them secure a comfortable tomorrow."

For more information on retirement planning and annuities, visit www.prudential.com or call 1-800-PRUDENTIAL. For a complete list of the mistakes to avoid in retirement, go to www.prudential.com/retirement/mistakes.

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Recommended reading

"Cheap and Easy: A Cookbook for Girls on the Go"
by Sandra Bark and Alexis Kanfer
(Fireside Books, \$14)

Reviewed by Elisha Waddell

"Easy" is one of those cookbook words that can mean just about anything. Happily, the authors of "Cheap and Easy: A Cookbook for Girls on the Go" seem to really understand what "easy" means to the average Jane Doe standing in her kitchen staring at a half-empty pantry.

This is a book geared toward young women who like good, healthy, interesting food but don't have the time, energy or money to spend hours preparing it ... and simply need a break from too many regular dates with the delivery guy.

The ingredients stick to things that are usually easy to find, and the instructions rarely involve anything more complicated than a hearty sauté. It's a relatively slim volume, but there's a lot of "What were they thinking?" dish in the bunch.

Included are updated versions of old favorites (mini-ouglers, French onion soup as well as new, thoughtful combinations of flavors (apple-barbecue chicken, peachy gingerbread). Asian, Middle Eastern and other world-cuisine flavors are sprinkled here and there, reflecting the worldly tastes of many a modern gal, but the dishes contain ingredients common and friendly enough that you might

even induce that meat-and-potatoes pal of yours to give them a try. Whether it's hot chocolate and chai tea mixes or a cool, frosty mango lassi, a vegetarian Bloody Mary or vodka-spiked watermelon lemonade, there's something here to quench nearly any thirst without having to stock up on seven different kinds of triple sec.

And despite the title, the recipes are equally suited for hungry guys too — though they may not get as much out of the book's cute teen-magazine style illustrations.

The Great Influenza: The Epic Story of the Deadliest Plague in History
Reviewed by Larry Cox
(Viking, \$29.95)

No disease — before or since — even remotely resembles the influenza epidemic that struck in 1918. It was horrifying. Victims turned dark blue from lack of oxygen, suffered crippling aches and bled from their eyes. The epidemic claimed more people in 24 weeks than AIDS has killed in 24 years, and more lives in a year than the Black Death of the Middle Ages took in a century. At least 100 million people eventually died.

In "The Great Influenza: The Epic Story of the Deadliest Plague in History," historian John M. Barry reveals

that the 1918 influenza pandemic probably began in Kansas when sick farm animals spread a new virus to soldiers on leave from Fort Riley. The soldiers carried the virus back to camp, and from there it quickly moved throughout the country and eventually to Europe.

As the virus continued to mutate, it quickly became the deadliest influenza ever known. Bodies piled up in homes with no one to bury them, and governments throughout the world were crippled.

One of the true heroes during this medical war was William James, a Harvard medical professor. James placed himself in the path of the epidemic so that he and other researchers could identify it and, perhaps, find some means to control it. The research James and his colleagues conducted during this critical time led to some of the most important scientific advances of the century.

Barry has written a frightening, cautionary book that is meticulously researched and especially relevant today, when new infectious diseases seem to surface on an almost daily basis. "The Great Influenza" is history. It's gripping at its very best and will stand as the definitive account of this terrifying period.

Books reviewed in this column are available at your local bookstore.

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Trivia Test

1. GEOGRAPHY: Of which continent would you find the Falkland Islands?

2. THEATRE: Prospero is shipwrecked with his daughter Miranda in which play by William Shakespeare?

3. MEASUREMENTS: What does a unit called a foot-candle measure?

4. LANGUAGE: What is a leviathan?

5. MYTHOLOGY: Which Greek goddess' area of responsibility was grain?

6. RELIGION: In the Jewish religion, what is Rosh Hashanah a celebration of?

7. THE HUMAN BODY: What is the main function of Vitamin D?

8. GENERAL KNOWLEDGE: What is the least-frequently used letter of the alphabet?

9. LITERATURE: Which South American author wrote "One Hundred Years of Solitude"?

10. ASTRONOMY: What is nadir? Answers on Page 3.

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To your good health

Miswired heart can prove fatal

DEAR DR. DONOHUE: My precious daughter passed away at the age of 14 from a cardiac arrest due to the long QT syndrome. She was misdiagnosed as having a seizure disorder at age 5. She had an arrest at 8 years of age, and they still informed us that it was seizures. The last time it happened, she was taken by ambulance to the hospital and was diagnosed with this syndrome. Brain damage had been done. She was brought home with a trach and a feeding tube. Three years later she went home to Heaven. I would like to get across to people that they ought to be very aggressive with stubborn doctors when symptoms don't add up and demand further tests, like a simple ECG. -- M.B.

ANSWER: The long QT syndrome is a heart condition that can be present from birth. Symptoms often do not appear until the child is older, and then they are frequently misdiagnosed. Fainting, for instance, is often the diagnosis given when a child passes out, but this syndrome involves much more than a simple faint. Seizure is another common misdiagnosis, as was the case with your daughter.

An ECG, a simple test, can provide the evidence for this problem.

With the long QT syndrome, the heart develops such an abnormal beat that it cannot deliver blood to the brain and body. Unless a normal beat is quickly restored, death follows. When the syndrome is recognized for what it really is, the situation can be corrected with medicines that suppress the abnormal heart rhythms and the resulting complete stoppage of blood pumping. Sometimes a pacemaker or an implanted defibrillator is the treatment of choice.

At times, the long QT syndrome comes on later in life. Then, it is not present from birth. Certain drugs can be responsible for this. This acquired QT syndrome is also treatable.

What can I say about the loss of your daughter? I have no words that will comfort you.

The pamphlet on abnormal heartbeats discusses the more common causes of heart-beat abnormalities, like atrial fibrillation. Readers can order a copy by writing: Dr. Donohue -- No. 107W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.50 U.S./\$6.50 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: A question for

you about walking briskly 1 or 2 miles a day: Is it best to walk before or after meals, or doesn't it make any difference? -- C.S.

ANSWER: How large is the meal?

If you are eating a large meal, it's better to walk before eating. Blood is diverted to the digestive tract when food hits the stomach. If you ask your body to provide blood for digestion and blood for exercising muscles, it can't do it.

If you are speaking about a light meal, then you can walk before or after -- whichever fits your fancy.

DEAR DR. DONOHUE: I am a 76-year-old woman and have had amnesia. Pap smears for the past 25 years. Nothing was ever found on them. Can I stop having these smears done? The examination has always been painful for me. -- B.D.

ANSWER: Different advisory groups have different guidelines on the age at which a woman can safely stop having Pap smears.

One group says that a woman can stop having the test done at age 65 if her previous three tests have been normal and if no suspicious findings were seen in the prior 10 years. The chances that such a woman would ever have cervical cancer are remote.

A different group abides by the above but uses the age of 69 as the time when no more testing need be done.

A third expert panel sets the age for stopping at 75.

You are at an age when even the most stringent guidelines would let you stop the test. Talk with your doctor. He or she might have a good reason for wanting the test continued.

Readers who would like more information on Pap smears and cervical cancer can order the pamphlet on those topics by writing: Dr. Donohue -- No. 1102W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.50 U.S./\$6.50 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

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Miswired heart can prove fatal

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3. Bandera/Medina area: 100 acres
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4. Medina: 88 acres with gorgeous rock
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Bandera County Real Estate Guide

June 23 - July 6

A Special Supplement of:

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U
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3
0
2
0
0
4

REAL ESTATE GUIDE INDEX

Bandera Real Estate.....	4
Boyle Realty.....	3
DuPerier Texas Land Man.....	3
Guilott Realty.....	2
Johnston Company Real Estate.....	4
Pipe Creek Realty.....	4
Silver Saddle Real Estate.....	4

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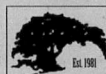
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

REAL ESTATE GUIDE INDEX

Bandera Real Estate.....	4
Boyle Realty.....	3
DuPerier Texas Land Man.....	3
Guilott Realty.....	2
Johnston Company Real Estate.....	4
Pipe Creek Realty.....	4
Silver Saddle Real Estate.....	4



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Gav Guilott

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contacts available

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with us!

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- ↳ \$90 outside the U.S.

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Ranches for Sale in the Hill Country and South Texas

Medina - 12 acres on the river, 2 wells, 2 septic, deep swimming hole. \$187,500. [Photo 1](#)

Bander/Medina - 100 acres at the end of a county road. Ranch style home with 3 bed, 2 bath, tile floors, rock fireplace & updated kitchen. Hill with valleys on both sides, ponds, pole barn & more. \$485,000. [Photo 3](#)

Pipe Creek - 317 acres both sides of Red Bluff Creek. Building sites with great views. Numerous small dams, sycamore trees, fields. Frontage on Hwy 16 & Hwy 46 make this ranch a tremendous asset. Owner may divide into 3-4 tracts. \$2-200,000

Bandera/Medina - \$4,700/Acre - 34 acres. \$4,900 Medina schools. County road, great building sites.

Bandera 60 acres on private lake, Cicso to Bandera, Medina and Kerrville. Game fenced and paved road frontage. Nice rock home on over 3,000 SF. Great fishing in the lake. Airstrip, hanger/barn with apartment. \$1,200,000.

Utopia - 97 acres on the Sabinal River. Nice rock home overlooking the water Good land. \$875,000.

Medina - 76 acres, great views, lots of highway frontage, nice home on top of hill. \$425,000. [Photo 2](#)

Medina - 88 acres, Wonderful 3400 SF new ranch home 3-3 1/2bolls! Incredible views \$899,000. Owner will consider selling house and 20 acres for \$525,000. [Photo 4](#)

Bandera - 270 acres, large 2000 sq lake, target ranch home, beautiful views, grass airstrip, loaded with game. **CONTRACT** \$5 million.

Tarpley - 2100 acres, Texas Mt. Ranch. Game preserve, paved airstrip, farmhouse, fields, springs, 11 tanks and great views

Medina - 7 acres with home, views. \$129,500.
Call Ed at 589-2226.



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COUNTRY HOME on 3+ acres near Bandera. 3-2-2 brick with patio porch, inground pool, deck, big trees & great view. \$200,000.

EXTRADNE 3-2 Custom home in Pipe Creek on 3 acres. 2 story with loft & fireplace. \$159,000.

BANDERA CREEK 13 acres fronting the creek & 4-2 rock ranch home. 1,500 sq. ft. metal shop, carport & much more. \$200,000. Close to town.

CUSTOM FEATURES 3-2-2 home with oak floors, beautiful SOLID wood porches, SW2 & more. On 10+ acres in Pipe Creek. \$189,000.

ROCK & CEDAR custom 3-2-2 on 5.5 acres off FM 1263. Rock fireplace, multi-level, 20x30 bonus room. Great view & many trees. \$149,500.

HIDDEN IN THE TREES on 5 lush acres. 3-2 custom. 2,200+ sq. ft. with skylights, gourmet kitchen, high ceilings & more. Sheep, pond, cattle, & easy country mile. \$229,900.

FAMILY HOME! Large 4+ acre home. Open floor plan with many features. On an acre of with 1,500 sq. ft. workshop/garage. Floor for R/R. \$240,000.

5 LEVEL ACRES all fenced & lots of trees. For R/R, home, large workshop, hot tub, decks, 21 guest house and more. \$155,000.

11+ PRETTY ACRES CONTRACT. Well, dry, cabin, nice trees.

100 ACRES - Old Pipe Creek homestead, 2 wells, seasonal creek, gentle land. \$5,000 plus.

MEDINA RIVER RANCH in Pipe Creek. 4-2 home with big oaks & pretty fence. Access to river park. \$99,000.

MUSTANG CROSSING 3+ acres with well. Excellent view. CONTRACT. Lots of trees. \$30,000.

14 ACRES. FINEST VIEW. 2+ Trees, views, gentle land. CONTRACT. \$25,800.

5 LEVEL & pretty acres with trees at River Bluff Ranch. 3-2 home that needs some TLC. \$75,000.

10 ACRES of PH 37 with great views, trees & small spring. \$44,500.

WALK TO THE POOL & clubhouse from 3+ acres with nice 3-2-2 home. Horses OK. \$14,500.

5 acres off PRHT with extra nice 3-2 Pipe Creek home. Trees and view. \$122,500.

2 COMERCIAL ACRES. Great building Hwy 16, Super on contract. \$200,000.

24+ ACRES of level land & rolling oak covered pasture. 5-2 two story ranch home, barn, ground pool, gardens & more. \$308,000.

The Johnston Company Real Estate

Gary Johnston
Broker, CRE, BBA • Call 800-768-0001
Roberta Scroggins
Agent, Scroggins



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16 Acres with beautiful, 3/2 manufactured home. Long range views, Turley area.
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JUST LISTED 10+ Acres in the heart of town.

UNDER CONTRACT
3/2 home, paved area, \$90,000

+ 300 Acres!!
First Time the Market in 3 Generations!!
An Old Family Ranch. The perfect half acre.

SOLD
Two wells, creek, 100+ acre, 1/2 mile, 1900-acre hill. Fireplace waiting for serious reconstruction/renovation. Excellent game, deer, turkey, hog, quail, dove. \$1,035 plus. Possible owner carry.



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Ranch - Recreational - Residential

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LAND

MEDINA LAKE 1/2 ACRE AND LARGER "WOODED" LOTS with swimming, electricity, owners' private boat ramp to lake. Owner's restrictions. Restrictions: \$50,000 per lot.

79 ACRES, PIPE CREEK. Country road, frontage, level, cedar cleared. Medina River front park. \$120,000.

1.5+ ACRES FRONTING CO. next to Bandera City limits. City water, sewerage, electric. Telephone. \$40,000.

2.74 ACRES BOUNDING MEDINA RIVER PIPE CREEK. Cedar cleared, electricity, frontage. \$45,000.

1.75 ACRES PIPE CREEK, huge oak, cedar, cleared. Medina River frontage. Electricity to adjacent corner financing. \$22,000.

12.7 TREE COVERED ACRES. Views, electricity, privacy. Country road frontage. \$150,000.

4.8 ACRES PIPE CREEK. Fronting paved country road. Good soil, grasses. Medina River access. Nice oaks. \$36,000.

3.9 ACRES, views, numerous hardwoods, beautiful two oaks, no restrictions. \$20,000.

5 ACRES MUSTANG CROSSING. Pipe Creek. Horse friendly, riding trails, river front lake, restrictions. \$34,900.

18.01 ACRES BOUNDING TRAILS, river front lake, restrictions. \$34,900 plus.

HOMES

Beautiful new home on 10+ Acres. Fabulous view, 3,000 sq. ft. upper level, 212 sq. ft. office, could be a 3rd. 4 car lift, 2 car garage. New 5 Stall barn. Only 3.5 miles from Bandera off Hwy. 16 S. \$195,000. 1 additional acre available.

308/204 Doublebridge. Freepace. 2 decks. Medina Lake Front Park. Owner financing. \$69,500. 1,408 SQ. FT. 2+ Palm Brick home on 2.19 acres. Lake View Estates. Freepace, private lot, property owners lake front park, level ramp, back levels courts. \$730,000. 1700 Sq. Ft. 3-2 Palm Harbor, freepace, 2 decks. Medina Riverfront park, open floor plan. Pipe Creek. \$72,500.

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LAND

6.5 ACRES in Castle Lake Ranch. Port of hill with incredible view. \$18,000 possible owner financing.

4.2 ACRES in Castle Lake Ranch. 16 Pipe Creek. Well, electric, bad middle. Owner financing. \$29,500.

10.8 ACRES BOUNDING 100+ acres of beautiful & wooded area. Electricity and cleared building site, view for miles from hill. Country acreage. \$3,700 plus.

56.5 ACRES AC REEBY FENCES, 442.5 5. TAMPLE VEGANAS. Bandera Creek. 200+ acres, 1/2 mile, 1900-acre hill. 200+ acres fenced, well, septic, 3-2 SW \$340,000. 24 ACRES. 1/2 mile, 1900-acre hill. 200+ acres fenced, well, septic, 3-2 SW \$340,000. 24 ACRES. 1/2 mile, 1900-acre hill. 200+ acres fenced, well, septic, 3-2 SW \$340,000.

47+ AC. END OF THE ROAD PRIVACY. Cleared, fenced, air exempt, well, land use, electric. Great hill, view with a view. Only 8 miles N.W. of Bandera. \$3,500 price.

COMMERCIAL

Legendary Cabaret Dance Hall. 12,800 square feet on 2 city blocks. Terrific sound system, new stage, fully equipped kitchen, all furnishings. Ready to go! \$450,000.

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Mila Taulti, Agent

Bill Hearn, Agent

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8884 Hwy 16 South

Pipe Creek, TX 78063

- Homes - Land - Ranches - Commercial - Waterfront -

- 95 acres in Goat Hill Estates, great restrictions - has water, septic to be installed, blocks from lake, has boat launch and park area. \$19,900.
- Commercial 2.5 Acres on visible curve, Hwy 16 cleared and ready to go. \$165,000. Owner finance.
- Fair Oaks - 3 bedroom 3.5 bath with loft overlooking great room. 2767 sq. ft. \$259,900.
- 6 Lots across from Thousand Trail entrance on main paved road. \$8,000. Owner finance.
- Upscale Neighborhood 9.5 acres. Bulverde. \$74,000.
- 1604 & New-Gilbeau, 3/2 with hot tub and deck. Close to everything in SA. \$93,000.
- 50 acres in Castrovilla area with nice ranch and great soil. \$2,500 per acre.

"If you're lookin' for a place to bed down or plan to settle up and move on, call us!"

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End of roll 1 of 2

Continued on next roll.

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