

## Playwright discusses beginnings and endings with Institute March 7

by Tim Fleischer  
Editor-in-Chief

Playwright Horton Foote did not want to be a writer. As a boy growing up in the rural Texas during the Depression, Foote had dreams of becoming an actor.

During his lecture, *Things Have Ends and Beginnings* at the Institute for the Humanities at Salado March 7, Foote discussed the beginning of his career as a playwright, which coincided with the end of his career as an actor.

Foote's father, who owned a store in the small Texas town of Wharton, sold some property to give his son \$3,000 to attend drama school in Pasadena, California, "which was as close to Gomorrah as anything we knew back then," Foote said with a chuckle.

In drama school, Foote took speech classes be-

cause everyone told him he would have to drop his "terrible" accent. "Evidently, the lessons worked," Foote said. "When I would go home for the summer, my brother charged his friends 10 cents each to listen to me talk."

From drama school, Foote went on to join an acting company. While doing improvisation, Foote was told to think about writing.

"So, I wrote plays, casting myself in the lead roles," Foote said. *Texas Town* received good reviews by the *New York Times*, "except the critic suggested I stop acting and stick with writing...which I eventually did."

After working on plays in which language was secondary to dance and movement, Foote would discover that "I was a storyteller and my best

weapon was language."

During his long career, Horton Foote has won many awards for his Southern tales, such as *Tender Mercies* and *The Trip to Bountiful*. Famous actors from Lillian Gish, Gregory Peck and Marlon Brando to Robert Duval have had roles in his plays for the screen and the theater.

Foote's roots as a storyteller go back to his youth, when he would work afternoons and weekends at his father's store. "It was the Depression," Foote said. "There was little time for trade, but a lot of time for talk. And talk they did."

Old men would sit around the store "recalling the virtues and vices of absent friends," Foote said. "None of them told a shared story the same way. I was enthralled with the tellings and re-tellings of stories."

Not just the stories and



Horton Foote answers questions as Dr. Harry Wilmer looks on at the Institute for the Humanities at Salado.

storytellers find their way into Foote's plays, but also the sights, sounds and smells of the South are meshed in Foote's plays.

Foote recalls the sounds of the neighborhood of his youth: "The Methodist and Baptist Churches singing hymns on Wednesday nights, intermingled with jazz music from the Negro clubs and the radio from the house next door. Returning to my childhood home, I find that the surrounding flats have been

leveled, the Methodist church has moved two miles to a shopping center and the Baptist Church has air-conditioning—the windows are always closed tight, not a sound gets out."

Foote remembers those sounds and shares them with us through his plays, so that the South of his childhood does not have to end.

The South can have a new beginning each time a story is told.

## Small schools should be the example, not be eliminated

Small schools still have the qualities that a lot of large districts are trying to recapture and massive consolidation is not the answer to Texas' education woes according to the community and rural schools associations representing more than 900 school districts which have only one high school.

"Before Texas considers wholesale consolidation, we need to look at the potential financial devastation that could result in rural areas," Don Rogers, executive director of the Texas Association of Community Schools (TACS) said. "Redrawing district maps is projected to save the state \$225 million in the Management Audit of Public Schools, but statistics indicate that savings

would cost the state 10,892 jobs, including 4,092 teaching positions in the rural areas of Texas."

"Consolidation could spell the end of some communities where the school is the primary employer and the focus of civic activity. The traditional small school district in Texas is increasingly viewed as a primary source of community pride and identity, and the family-like environment found in most small schools is unique and something to be cherished," said Bruceville-Eddy ISD superintendent, Jim Payne, who is president of the Texas Association of Rural Schools (TARS). The State Auditor's office suggests that shutting down 300-400 school districts by 1997 could save \$642 mil-

ion, but that is less than 10 percent of the cost of education in 1993 dollars.

Comparing the eleventh grade TAAS results of all school districts by district size, you find the best results were obtained by districts with ADA's of 499 and under. The second highest group had an ADA of 500-999, "said Sam May Sinton ISD superintendent and president of TACS. "The fourth highest group was the 1000-1599 ADA Overall, rural districts had a 70.77 passing rate on TAAS, which compared favorably with the major suburban schools who had a passing rate of 71.6 percent.

"Drop out rates are significantly lower in small schools and the three lowest rates were held by ADA districts under 500, ADA

of 500-999 districts and ADA of 1000-1599 districts," May said. "And the 12 Successful Schools recognized by the Texas Successful Schools Award System (TSSAS) program, 11 of these were classified as AAA or smaller."

Nancy McNeal, superintendent in East Bernard ISA, said, "When we lose the personal touch, the parental involvement and support, the community support and the "ownership" elements (in small districts), our children suffer. Just look at the serious problems found in large schools... You will not find those problems here. small schools continue to provide a high quality education with the personal touch. It would be self-destructive to eliminate Texas small schools."

## GOP Women host seminar here March 15

Members of Chisholm Trail Republican Women's Organization will host a seminar for other Republicans from Senatorial district 26 in Salado on March 15 in Allen Meeting Hall.

Registration will begin at 9:30 a.m. with the program beginning at 9:50 a.m. to conclude shortly after noon. A no-host lunch will follow at the Stagecoach Inn.

For more information or to make reservations call 947-5331 or 947-5880.

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## Of Mice and Men

rated PG-13

starring John Malkovich, Gary Sinise, Casey Siemaszko, Sherilyn Fenn and John Terry

Our rating: \*\*\*\*\*

by Tim Fleischer  
Editor-in-Chief

Gary Sinise's direction of John Steinbeck's moving Depression-era tale makes *Of Mice and Men* one of the best movies of the year. Unfortunately, the critics at the Academy must have been asleep when this movie came out. Having seen *Scent of a Woman*, *The Crying Game*, *Unforgiven*, and *A Few Good Men*, I can state that *Of Mice and Men* is as worthy of a nomination as the aforementioned.

Sinise was not only ignored by the Academy for his direction, but also for his supporting role as George. Malkovich should be alongside Nicholson, Pacino, and Robert Downey, Jr., for Best Actor. His portrayal of Lenny is endearing and not-at-all condescending or cynical. His characterization of the simple farm worker is on-beam and honest to the original work, quite unique in an industry where everyone has their own creative slant on a character.

Simply, this is one of the best movies of the year, regardless what the stuffed shirts at the Academy think.

Watch it and see if you don't agree.

### Our rating system

\* A dog \*\* A dog with spots \*\*\* Reaches mediocrity  
\*\*\*\* Better than many \*\*\*\*\* One of the best

## Texas Senate Bill 20 is bad law

Texas Senate Bill 20, has caused considerable stir in Salado and around the State - and rightfully so. It is a proposal, submitted by Mike Moncrief (D-Ft. Worth) that would, if passed, set up a Texas Education Agency (TEA) monitored series of Sex Education courses that would be taught in the public schools. It is a bill that is currently sitting in the Senate Education Committee and chances are that's where it will die thanks to many thousands of letters that have poured in to Austin over the past few weeks decrying the measure.

Word from the education committee chairman's office - that's Senator Bill Ratliff (R-Mt. Pleasant) - is that the planned course of study to introduce sex education to kids from kindergarten through the senior year will probably not be called up for consideration by the upper house.

A great deal of information has been passed around in opposition to the bill - some of it very misleading - but none-the-less alerting citizens to the potential problems associated with such a program. And despite the fact that

### Off the Record

by Ken Clapp



the course of study would be voluntary (parents could excuse their kids from attending - according to Ratliff's office - it is still an opening wedge that could drift off into areas most parents would object to or should!)

The planned legislation should be killed in committee. Failing in that this column has been assured by Representative Layton Black (D-Goldthwaite) who is our man in the House - that he and his fellow bi-partisan and conservative coalition members will see to its demise, if it gets to them.

Suggest - if you are interested - you write Black and also Jeff Wentworth who is supposed to represent us in the Senate and urge them to deep-six this further intrusion into the lives of our most susceptible of all citizens - the school age child.

Two observations - for what they are worth. First - if we want to oppose some measure before Leg-

islature or Congress - lets do it with facts and not inaccurate information as has been the case with SB 20.

Second - lets also try as parents to teach the things parents should be teaching in the home and that includes sex education. If we keep failing in the home and for that matter many times in our churches - we are going to lose this generation of future citizens who look upon TV and their peers as teachers and role models for a life style that could lead them down the path to mental and physical destruction.

### Tilting At Windmills

An old campaign friend - now a representative from Houston - has taken on an impossible task and we wonder why! Ron Wilson, Democratic office holder from the 131st District of Houston, and a hard working supporter of former Governor Dolph Briscoe has introduced a bill in the House that would, if passed, take the operating control of the Alamo away from the Daughters of the Republic of Texas and give it to the

See Record, page 16

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The Tri-County Texas Democratic Women donated *Southern Daughter*, the biography of Margret Mitchell, author of *Gone With The Wind*, to the Salado Public Library. Pictured above are (from left) Smmi Sparks, treasurer; Aliceanne Wallace, president; Kathy Hector, librarian; Billy Street-Fuller and Miriam Oliver, fundraising chair.

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## Tri-County Demo Women meet every month since its formation in 1991

The Tri-County Texas Democratic Women was formally organized in January of 1991 in response to the growing political interest expressed by mainstream women in the Bell, Coryell and Lampasas area.

The Tri-County Democratic Women (TDW) promotes the increased politi-

cal activity and influence of Democratic women in Texas politics and government. While the membership reflects diverse groups of women -- young, old, all colors, professional women, homemakers, and retirees -- a common goal is shared -- that of supporting the Democratic party

and the involvement of women in the political process.

The membership continues to grow and is currently the largest chapter of the Texas Democratic Women, the state organization. It meets monthly on the 3rd Saturday of the month.



Main St. and Thomas Arnold By appointment 947-5242 Salado

## Sami Shows March 13-14

Spring is just around the corner and so is the Sami Arts & Crafts Spring Affaire! The show will be held March 13-14 at the Bell County Expo Center. Admission for adults is \$2.50 and the ticket is good for both days.

Shoppers will find Spring fashions for themselves as well as their homes. Rose King of Houston will show and sell her

Spring collection of fashions and accessories.

For the home, there will be Victorian, Contemporary, Country and Southwest styles of floral arrangements, wreaths and baskets, ceramics and handmade woodcrafts.

In addition, there will be jewelry, bird houses, stuffed dolls, pigs, bunnies and other creatures, woodcrafts, famerd prints and original paintings.

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## Eagles sink Ducks

After being rained out of their game last Tuesday, the Salado Eagles baseball team traveled to Taylor last Friday to blow away the J.V. Ducks.

All starting Salado batsmen collected at least one hit on the night. The team registered 15 on the night.

The Eagles started quickly, exploding for 11 runs in the first two innings. They scored 2 in the first and 9 in the second. Brandon McGregor, Jereme Fischer, Bubba Moore, Scot Sloan, and Andre Voelter produced hits in the big second inning.

Eagle pitcher Jereme Fischer allowed 5 runs in the bottom of the second. He was not loose when he took the mound and issued three walks and hit a batter, and allowed a double. This left the score at 11-5.

Salado came right back with 2 more runs in the top of the third. After an out was recorded, Richard Berumen started things with a walk. He stole second and scored on a single by Bubba Moore. Moore was thrown out at second trying to stretch his single.

The next Eagle batter, Richard Jackson kept things going with a single.

He moved over on error and scored on a double by Jason Hosch.

The Eagles sealed the victory with another big inning in the fourth. Salado scored 4 more runs as McGregor, Chris Jackson, Berumen, Richard Jackson, and Voelter collected base hits in the inning.

Taylor scored 2 unearned runs in the bottom of the fourth, but it was not near enough as the game was called because of the 10 run rule after five innings. The final score was 17-7.

Brandon McGregor and Richard Jackson went 3 for 3 on the night as Andrew Voelter and Bubba Moore collected two hits each.

Jereme Fischer picked up the win on the mound for Salado. He pitched 4 innings and allowed 2 hits. He struck out 7. Richard Jackson pitched the last inning for the Eagles and struck out 3.

The J.V. Eagles did not fair as well against Taylor. They lost for the first time this year. By a score of 15-2. William Culp and Shawn Easley were the only ones to register base hits for the J.V.

## Boy golfers finish 2nd at Salado Invitational

The Salado boys golf team finished second at the Salado Invitational March 1. Danny Light was the low scorer with a 77, Mark Thompson shot 78, Monte Sands 88, Cortney Renfro 93, and Zack Sands 98 for a team total of 336.

San Marcos High School won the tournament with a team total of 309. Three other Salado golfers competed as medalists. They were Justin Hodge, Rudy Kelley and Tony Mashburn.

The next boys tournament will be held March 11

at Lake Travis.

The Salado girls will host a tournament March 12 at Leon Valley in Belton. Playing for the girls team this year are Kelli Hood, Marie Grigsby, Bertha Berumen, Marissa Lindley and Nora Nelson.

## Good relations depend on communication

by Steven Ervin  
Salado ISD Supt.

Good human relations within the work environment depends upon good communication. We all assume that we are effective communicators. The fact, that although 50-70 percent of our time at work is spent communicating, most people are deficient in appropriate communication skills.

What are the barriers to good communication?

\*Varied interpretation of what has been spoken...The way individuals interpret a message depends upon life experiences. Since each individual has had a variety of experiences, we interpret the same message in different ways.

\*Poor Listeners...Too often, listeners hear what they want to hear and not what is spoken. At other times we make judge-

ments about the speaker before s/he has had a chance to express her/his thoughts.

\*Poor speaking skills...Talking too fast or too slowly, failure to use appropriate voice tone and inflection, poor eye contact.

\*Wordiness...We all love to hear ourselves talk, and sometimes incorrectly assume that others hold our words in the same high esteem.

First and foremost, good communication is hard work. It takes effort, practice, good understanding and more practice. The following tips will help you communicate better in your everyday life.

1. The most effective form of communication is face to face. It is the most direct, honest, open and sincere - traits basic to good communication.

2. Select your words carefully, and think before

you speak. You need to understand what it is you are trying to communicate before you can be effective in your purpose for communicating.

3. Keep your message simple.

4. Be an attentive listener.

5. Give and seek feedback as to what is said. Open-ended questions that require more than a "yes" or "no" answer promote an exchange of thoughts and ideas, and let you know if the listener understands what you intended.

6. Look for opportunities to commend your fellow communicators on their insights, viewpoints or thoughts. People like to communicate with people who make them feel good about themselves, even though they may not have totally compatible viewpoints.

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# Auxiliary to meet March 11

Members of the Salado Chamber of Commerce Auxiliary will meet March 11 at the Stagecoach Club. Registration and social time will begin at 9:30 a.m. with the program at 10 a.m.

The speaker will be Jim Pringle of Salado who will present "A History of Pace Park".

W.A. Pace Memorial Park is another one of Salado's "treasures". It is a five acre tract located in the northwest corner of a 100 acre tract set aside by Col. E.S.C. Robertson on Oct. 16, 1859 to be sold to benefit Salado College.

The original owner were John T. Flint and W.M.H. Stinnett. Later Stinnett sold his share of the property to W.A. Davis. Davis sold the five acres to W.A. Pace on May 21, 1888. Pace's heirs, John Pace and Mrs. John Hodge, offered the property to the citizens of Salado for use as a park. The land was ac-



Anna Thompson presents a check from the Ladies Auxiliary to Jackie Mills on behalf of the Tablerock Festival. The Auxiliary donates to many activities and groups in Salado.

cepted on April 29, 1946 and the park was named "W.A. Pace Memorial Park."

Those wishing to learn more about the park and its history are encouraged to come to attend.

Membership in the Auxiliary is open to all interested women in the Salado area. Dues are \$5

per year and are payable now. Newcomers and visitors are welcomed to all the meetings. The Auxiliary boasts the largest membership of any organization other than the Churches in Salado. Don't try to call or visit women in Salado on Thursday morning because they have all "gone to Auxiliary"!

## Elementary honor rolls released

Students on the Thomas Arnold Elementary School Honor Roll for the fifth sixth week are:

### Third Grade

All A's Brown, Whitney; Fleck, Megan; Guajardo, Mario; Jacobson, Echo; Kirk John; Marley, Stephanie; Martinez, Nicole; Moon, Sarah; Quirk, Lindsay; Raley, Adria; Tsosie, Mandy; Biesterfeld, Linda; Blair, Tiffany; Gonzales, Aaron; Grimm, Jeremy; Jordon, Jesse; Rader, Randi; Reichert, Dillon; Sides, Nahtanha; Simonton, Misti; Simpson, Candace and Von Gonten, Matthew.

A-B's - Burson, Megan; Camp, Craig; Carlson, Frank; Cawhon, Matt; Lopez, Julie; McRae, David; Roberts, Nathan; Silvers, Sam; Torres, Alex; Everett, Carrie, Hanson, Andrew; Tubbs, Randy.

### Fourth Grade

All A's - Barbour, Amy; Buchanan, Hope; Butler, James; Lopez, Cindy; Melton, Cody; Niquette, Stephanie; Schreiner, Tessa; Stowell, Matthew; Trost, Rebecca; Wilson, Becky; McDaniel, Lacy; Madison, Michael; Blodgett, Stacy; Chaparala, Sabrina; Dachs, Gregory; Hennig, Garlen; Hileman, Warren; Joiner, Jennifer; Kelley, Ashley; Teer, Jon;

Daniel, Sam; Lee Lara; Nelson, Matt; Pipes, Donny; Punchard, Jennifer, and Rosanky, Micki  
A&B's - Holloway, Paul; Klumb, Krissy; Page, Sheena; Brooks, Ben, Cospers, Crystal; Holton Casandra, Souter, Kyle; Urquiza, Christine; Carpenter Leann; McHaney Jonathan and Powell, Jamie

### Fifth Grade

All A's - Anderson, Kendall; Claburn Amber; Gamble Michael; Hodge, Diedra; Holloway, Sarah; Jackson, Nikole; Quick, Veronica; Brown, Zachary; Cameron, Blake; Long, Nick; Lucas, Paul; Quirk, Lauren; Thomason, Elena; VonGonten, Deanna; Whitt, Larry; Barbour Will; Buchanan, Sarah, Conlee, Franky; Mackie, Anna Kate; Marley, Scott; Tillman, Michelle and Tsosie, Jennifer.

A&B's - Fleck, Matthew; Hutton, Trey; Robbins, Jonathan, Smith, Colt; Szaran, Erich; Warrick Tracy; Fraire, Vincente, Hill, Nichole; Ray, Sarah; Simpson, Brooke; Teer, Paige; Aquilar, Claudia, Edmondson, Sallie; Hood, Kyle; Jiminez, Laura; Lenis, Jennifer; Oldham Rory and Smith, Troy.

### Sixth Grade

All A's - Buckely Ryan; Evans, Hope; Grimm, Shellie; Hanson, Jeni; Hutton, Taylor; McGregor

Rachel; Schatte, Laura; Thompson, Kristin; Urquiza, Alberta; Wilson, Sommer; Whitely, Chrystal; Dillion, Shelly, Garcia, Annika; Gillespie, Ryan; Punchard, Katie; Whitacre, Nicole.

A&B's - Krueger, Stacy; McRae, Fiora; Weddell, Mark; Wiley, Sarah, Ricks, Sail; Camp, Dusty; Curry, Raina; Davidson, Brad; Lee, Josh; Michna, Chris; Moore, Katy; Phillips, Johnathan; Sides, Lataasha and Thompson, Jimmy.

## Four ways to ease tax time

With so much speculation going on about whether President Clinton's proposed tax legislation will ever see the light of day, it's easy to forget that you may still have some decisions to make about your 1992 taxes. If you haven't yet filed your tax return, the clock is ticking. However, it's not too late to make tax season and its impact on your wallet a little easier to take.



Mike Miller

### 1. Get Organized

Right now, you may be struggling to organize a year's worth of financial papers. It may be frustrating, but stick with it. By getting your records into shape before you meet with your tax preparer, you can save a lot of hassles and a lot of money, too. One professional tax preparation firm estimates that clients who arrive with their tax records neatly organized can pay up to 40 or 50% less on tax preparation fees than poorly organized taxpayers.

You may want to use last year's tax return as a checklist for your sources of income and deductions. In addition, if you bought or sold any investments in 1992, track down your trade confirmations. They will help you accurately determine cost basis, as well as identify specific lots of securities that you sold—both sticky tax preparation problems if you don't have accurate documentation.

### 2. Double Check Your Investment Income Statements

Nobody's perfect—even the financial institutions that pay you interest and dividends, so closely examine the statements on which your bank, brokerage firm and mutual fund reported the income you received in 1992. Left uncorrected, mistakes could result in a higher tax bill and a lot of hassles with the IRS.

### 3. Contribute to Your IRA or Self-Employed Retirement Plan

There may still be time for you to reduce your 1992 tax bill, too. You

have until April 15 to make a tax-deductible contribution to your IRA or a self-employed retirement plan, as long as you established the plan before the end of 1992. IRAs are available to individuals. Many self-employed retirement plans are open to self-employed workers or to workers who receive income from outside sources, such as consulting, freelance work or serving as a director of a company. A self-employed person may have both an IRA and KEOGH.

### 4. Don't Mistakenly Pay Taxes on Tax-Free Investments

It may sound obvious, but in the thick of tax preparation, you could overlook the fact that investment income from tax-free investments is just that. Interest earned on U.S. Treasury securities, for example, is exempt from all state and local income taxes. Interest generated from municipal bonds is federally tax-free and can be exempt from state and local taxes depending on your state of residence. (For some taxpayers, interest from municipal bonds may be subject to the alternative minimum tax.) To avoid mistakenly including tax-free investment interest with your other taxable income, take your time organizing your records and keep the documentation for tax-free and taxable investments separate.

Although few of us will probably ever look forward to tax time, we do have it in our power to make it more bearable. By getting organized and brushing up on our options, we may even come out ahead on April 15.

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# Elderly should be wary of sellers of health cure-alls

by Ilene C. Miller  
County Extension Agent

While most older adults are in good health, the incidence of chronic diseases does increase with age.

Promoters who sell useless and unproven health products rely on the ill and the older persons hopes to make their sale. Studies show that health frauds cost older people over \$10 billion a year. The total spent by all ages on health frauds is close to \$28 billion.

All fraudulent schemes rob people in three ways: their money, since the products have no effect; their hope, since there is no effect and thirdly their self-esteem, when they realize they have been "taken". However, older people may use denial to avoid both the loss of hope and the loss of self-esteem. Failing to recognize a fraudulent scheme can keep the elder at risk for further deception.

The American Council

on Science and Health has identified common methods used in the promotion of fraudulent health products:

\*Extraordinary promises - Quacks promise cures for all diseases, regardless of the nature or extent of the disease. They appear as friends and healers who have "the only chance" for older persons to regain good health.

\*The term "alternative" - Most frequently, promoters of questionable approaches describe themselves as "Alternative" healers or therapists. There may be testimonies from individuals, but promoters are not willing to subject their approach to acceptable scientific protocol.

\*Something for everyone - Ideally, quacks would like to convince even people who are well that they have health problems. If the problems are imaginary, then the non-existent conditions will be

easy to "cure". Charlatans encourage self-diagnosis, the use of phony diagnostic tests and compliance with regimens designed to prevent diseases as well as cure them.

\*Fantasy or science fiction - Charlatans frequently claim the ability to perform magic, call on supernatural powers and grant wishes. Often the older adult's religious beliefs are exploited. Examples include water obtained from special sources possessing miraculous healing properties.

Promoters of fraudulent health products frequently exploit popular misconception about health in order to sell their products. Scientific data may be misused or misinformation may be presented in a "scientific matter" to gain the confidence. Many promoters call themselves "doctors" or claim nonexistent degrees to add credibility.

Older adults need to be particularly aware of the many products that are being directed toward them by charlatans. Not only can hard earned and saved dollars be lost but some "cures" may cause health problems. Older adults should check with a known physician when doubt exists about a scientific sounding claim for a health product.



Don Lowe

## Local C-21 agent recognized as a top real estate agent in Heart of Texas

Don Lowe, sales associate with Century 21 Bill Bartlett was recognized in the top 21 agents in the Heart of Texas Brokers Council for fourth quarter 1992 during an awards banquet held January 26 in Waco according to Vance Albrecht, Century 21 district director. The award was based on total units closed.

Each quarter the Heart of Texas Brokers Council recognizes offices and agents for outstanding production based on gross closed commissions and overall performance.

As of Jan. 1, 1993 Century 21 Bill Bartlett is one of approximately 568 Century 21 offices in the seven-state division of Century 21 South Central States, Inc. National reorganization plans announced by the Century 21 Real Estate Corporation added the states of Kansas, Missouri and southern Illinois to Arkansas, Louisiana, Oklahoma and Texas to form the seven state division.

## PNB Salado installs ATM

Peoples National Bank - Salado this past week completed installation of new equipment to provide additional banking convenience to bank customers, Salado residents and visitors.

Now in operations is the Pulse Automatic Teller machine, a cash dispensing machine designed to offer a source for immediate access to funds. This electronic banking system offers cash access 7 days a week, 24-hours a day. The local bank's ATM is connected to the Pulse, Plus and Cirrus networks.


The Pulse network is composed of 5,600 ATM locations in Texas, Oklahoma, Louisiana, Arkansas, New Mexico and Colorado. The Plus & Cirrus networks are worldwide with over 80,000 ATM sites. There are over 70 million ATM network cardholders that have access to these locations.

The Peoples National Bank Pulse ATM location on the outside porch at 700 N. Main may be utilized by Discover, Visa, Mastercard and American Express cardholders.

Peoples National Bank Customers may have access to their account with a Pulse card. This service is available at 4 easy locations in Belton, Salado and 2 in Temple with no fee.

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To reduce time spent in the kitchen, the Last Minute Cook suggests stopping by the deli department of your grocery store. With some innovative "add on" ideas, tuna salad becomes a gourmet treat instead of the old standby Mom packed in your school lunch box.

"A basic deli staple like tuna salad serves as a terrific base for delicious snacks or light meals, especially when you don't have a lot of time," says George Bay, a Cordon Bleu Chef and a last minute cook himself. "A little head start from the grocery store and a few simple ingredients will allow you time to enjoy a special meal — and the new season too."

Try these Last Minute Cook dishes using deli tuna salad for seafood taste with a twist. Each recipe has been developed and tested by George Bay.

### Quick Tuna Nicoise

**Start with:** tuna salad  
**Add:** chopped: tomatoes, black olives, green peppers and capers  
**Season with:** lemon juice

**Serve on:** a bed of greens with a cold green bean salad and toasted Bays English Muffins

### Tuscan Tuna Salad

**Start with:** tuna salad  
**Add:** sun dried tomatoes (chopped) and Parmesan cheese  
**Season with:** Balsamic vinegar  
**Garnish with:** toasted pine nuts  
**Serve with:** a light pasta salad or sliced tomatoes with basil

When you have a little more time and want to try another sensational seafood dish, try this delicious crab creation with:

### Bays Crab Muffin Melt (6 Servings)

1/2 pound crab surimi or fresh crab  
 1 tablespoon sweet red pepper, diced  
 1 tablespoon green pepper, diced  
 1/2 cup mayonnaise  
 1 teaspoon Worcestershire sauce  
 5 drops Tabasco sauce  
 salt and pepper to taste  
 6 Bays English Muffins, split and lightly toasted  
 3/4 cup guacamole (fresh or frozen)  
 2 cups Cheddar cheese, shredded

In a mixing bowl, flake surimi (or crab). Add peppers, mayonnaise, Worcestershire sauce, Tabasco and seasonings. Mix well and refrigerate until ready to use.

Place toasted muffin halves on sheet pan. Divide guacamole evenly among halves. Top each with an equal amount of crab mixture. Sprinkle with cheese. Broil for 2-3 minutes, until cheese melts.

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# JV tracksters win Troy meet

The Salado Eagles Junior Varsity track team took first place in the JV division of the Troy Relays March 6, accumulating 181 points.

The following scored points for the team:  
 440 Meter Relay: 1st place  
 1600 M Relay: 1st  
 Discus: Jessie Finger, 1st; Nathan Daniel, 2nd.  
 Shotput: Jerry Soto, 1st; Jessie Finger, 3rd, Nathan Daniel, 4th.  
 High Jump: Bob Curb, 2nd.  
 Pole Vault: William Culp, 2nd.

Long Jump: Jason Hosch, 4th.  
 Triple Jump: Shawn McRea, 2nd; William Culp, 4th, Mike McKinney, 5th.  
 100 Meter Dash: Jason Hosch, 2nd; Garrett Henning, 3rd.  
 200 Meter Dash: Jason Hosch, 1st; Garrett Henning, 2nd.  
 800 Meter Run: Jerome Peoples, 1st; Chris Frieden, 5th.  
 Mile Run: Chris Frieden, 6th.  
 300 hurdles: William Culp, 1st.

400 Meters: Shawn McRea, 2nd; Mike McKinney, 3rd.  
 Varsity Eagles who placed at the Troy Relays are the following:  
 Long Jump: Jereme Fischer, 1st.  
 Pole Vault: Rudy Kelley, 4th.  
 Shot: Harry Juergens, 3rd.  
 High Jump: Bubba Moore, 2nd; Ben Daniel, 4th.  
 400 Meters: Rudy Kelley, 4th.  
 100 Meter: Jereme Fischer, 3rd.  
 200 Meter: Jereme Fischer, 3rd.

# Abused children suffer PTSD

For some children, living through abuse and neglect is like growing up in a war zone.

"Some traumatized children develop post traumatic stress disorder (PTSD), a diagnosis most often associated with combat veterans," said Dr. Bruce Perry, associate professor and vice chairman of psychiatry at Baylor College of Medicine in Houston.

Perry studies PTSD in adult combat veterans and in children as director of the PTSD programs at Houston Veterans Affairs Medical Center and as chief of psychiatry at Texas Children's Hospital.

PTSD, an anxiety disorder which may develop after experiencing a stressful or traumatic event, can also affect rape, violence and burn victims and flood and earthquake survivors.

Only recently have psychiatrists begun to consider PTSD as a diagnosis

for traumatized children, and Perry cautions that not all abused children will develop the disorder.

In addition, they often have higher than normal heart and breathing rates, disturbed sleep and nightmares, mild high blood pressure and increased muscle tone.

"These children's bodies operate at a low-level fear stage most of the time," he said. These characteristics are similar to those of adult PTSD victims.

Perry, one of a few researchers studying the effects of child abuse on the brain, feels this behavior is a result of changes in the brain brought on by traumatic events.

"Traumatic experiences, particularly before age three, have great potential for causing long-term changes in the brain," Perry said. "Brain development is influenced when a child is exposed to too much stress hormone.

Stress systems in the brain become "sensitized," causing the symptoms of PTSD.

Blood pressure medication, such as clonidine, has proven effective for the physical reactions of these children, but Perry adds that a nurturing environment is more important than any drug.

"These children's brains have developed perfectly to survive in the violent, unpredictable world in which they were raised. However, that development makes it hard for them to cope and adapt in a healthy environment," he said.

Perry feels many inner city problems--violence, substance abuse and school dropout rates are related to early developmental experiences.

"To develop effective treatments, we need more research. We need to listen, learn and understand how traumatic events have changed their lives," Perry said.

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## Following new food pyramid helps control levels of fat

by Ilene C. Miller  
Country Ext. Agent

In 1992, the United States Department of Agriculture released a new representation of the healthy American diet. The Food Guide Pyramid is an outline of what foods to eat each day. But it goes further in that it visually represents what amounts of different foods should comprise the diet. It also emphasizes the fact that, while fats, oils and sweets may be included in the diet, they should be used sparingly.

The Pyramid tells us that starchy foods such as breads, cereals, rice and pasta, represented as the base of the Pyramid, should make up the bulk of the diet. The next level of the Pyramid shows plant foods, vegetables and fruits. As the Pyramid nar-

rows, dairy products and meat, poultry, fish and other protein foods are represented. At the tip of the Pyramid and in the smallest section are the fats, oils and sweets.

But how can the Pyramid be interpreted in making everyday food choices. The Pyramid is different from previous food group recommendations in that it shows a range of servings for each food group: 6-11 servings for grains; 3-5 servings for vegetables; 2-4 servings for fruit; 2-3 servings for meats and 2-3 servings for milk products.

At first this may seem confusing, but the range takes into consideration that different individuals need different amounts of food and calories depending on various factors such as age, sex, physical size

and activity level. Almost everyone should have lowest number of servings in each range.

This minimum number of servings will provide about 1,600 calories, that is when low-to moderate fat foods are selected and the level of added fats in the diet is low. This number of calories is about right for many sedentary women and some older adults. eating the highest number of serving in each group will provide about 2,800 calories, too many for most individuals except teenage boys and very active men or athletes.

Another crucial concept to understand when using the Pyramid recommendation is serving or portion size. A serving is not the number of times food is eaten per day, but rather a specific amount of food.

For Example; one serving of grain is one-half cup of pasta or one slice of bread; a vegetable serving is one-half cup cooked vegetable or 1 cup raw greens; a fruit serving is one smallish piece or three-fourths cup juice; a milk serving is one (8 ounce) cup of milk; a meat serving is only three ounces (piece about the size of a deck of cards).

Each of the food groups provides some but not all the nutrients needed. That's why it's important to eat foods from each of the groups. The Pyramid goes beyond the food groups to help put the Dietary Guidelines into action. for more information on using the Pyramid and on controlling the level of fat in your diet, contact the Bell County Extension office at 933-5305 or 1-800-460-2355 Ext. 5305.

## Cinderella played March 20-21 by Waco Symphony

The Waco Symphony Association will present CINDERELLA, featuring the Fort Worth ballet and the Waco Symphony Orchestra, in 2 performances 8 p.m. March 20 and 2 p.m. March 21.

The performances will be held in Waco Hall on the Baylor campus. The orchestra will be conducted by Music Director Stephen Heyde.

This is the first time the CINDERELLA ballet has been presented in Waco. CINDERELLA has been performed by the Fort Worth Ballet for the past several years and is under the artistic direction of Paul Majia. The Fort Worth Ballet has developed a national reputation as a classical ballet company of the highest caliber and performs regularly throughout Texas and tours frequently to national and international engagements. The music is composed by Sergei Prokofiev and, because of its extreme difficulty, the orchestra will have 15 hours of rehearsal instead of the normal twelve hours.

The sets are extravagant and many measurements are required by the Fort Worth Ballet technical crew to insure that the sets would be able to fit onto the Waco Hall stage. Over 100 children will be utilized in the production. These children ages 4-15 will portray ladybugs, fireflies, butterflies, dragonflies and a variety of flowers and plants.

Tickets are available at the Waco Symphony office, 600 Austin Ave. in St. Charles Place and at the First National Bank's 2 locations. Ticket prices are \$22, \$17 and \$12. The First National Bank of Central Texas is the concert sponsor, with additional support from Target Stores.

## ESP to meet

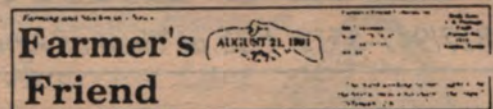
E.S.P. will meet 10 a.m. Mar. 15 in the Fellowship Hall of the First Baptist Church. Everyone 55 plus in the Salado area is invited.

The guest speaker will be Ret. Col. Ralph Gauer, Military Affairs Analyst for KWTX, TV 10.

Games and fellowship, and a covered dish lunch will be served at noon.

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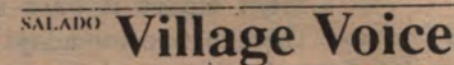
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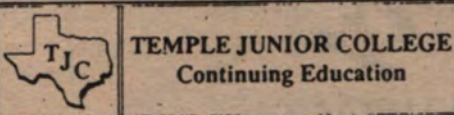
FOCUS Are The 90s A Flashback of The 60s? Page 8 9



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# CHURCH

## Burge passes away

Mrs. Hazel Yvonne Burge, age 70, died March 3, 1993 in Belton. She was formerly of Salado.

Graveside service, at Salado City Cemetery, was held March 5 with Rev. Mike Bergman officiating.

Hazel Burge was born July 18, 1922 in Justin, Texas the daughter of Virgil A. and Ruth Miller White. She married Lawrence Burge June 3, 1942 in Dallas. When she moved to Salado, she joined the First Baptist Church of Salado where she taught Sunday School. She remained a member until her death. Mrs. Burge was also the former owner of the Cross & Crown Christian Book Store in Salado.

Survivors include her husband Lawrence Burge of Salado, son Larry Wayne Burge of Alexandria, Virginia, 3 daughters Ruthann Rollins, Dallas, Shelley Wilson, Temple, Yvonne Burge, Frisco.

She is also survived by 2 brothers, Miller White of Dallas and Bill White of Caddo Mills, 7 grandchildren and a great-grandchild.

The family requests that memorials be made to the building fund of the First Baptist Church of Salado P.O. Box 156 Salado, TX 76571.

Harper-Talasek Funeral Home of Salado was in charge of arrangements.

## Hoedowners meet

The Hoedowners Square Dance Club will host an Open House 7:30 p.m. Mar. 9 and Mar. 16 at Slims Barn, at 301 S. Amy Lane, in Harker Heights.

Lessons will be offered for anyone who would like to learn to square dance or for those wanting to brush up on their technique.

Slim Herrington will be instructor-caller. For more information call 698-63-6373 or 699-6161.



Ashleigh Michelle and father Michael Grams  
**Ashleigh Michelle Arrives**

Tricia Grigsby and Michael Grams proudly announce the arrival of their daughter, Ashleigh Michelle.

Ashleigh was born February 6, 1993 at Kings Daughters Hospital in

Temple. She weighed 9 lbs. 7 oz. and was 21 inches long.

Ashleigh is welcomed by her grandparents Bill Grigsby of Salado, Carolyn Wallace of Belton, Hilda Grams of Reagan and Walter Grams of Temple.

## Graham reunion here

Descendents of early Bell County settler, Enos Rush Buckner Graham, met recently in Salado for a family reunion.

Those attending were; Mr. and Mrs. Onnie Graham of Breckenridge, Thelma Graham Denning of Gustine, Mr. and Mrs. R.L. Peters, Delbert Peters and sons, Darrell and Wayne, and Susan Peters Simeck and son, Chris, all of Rogers, Mr. and Mrs. Tim Brown, Mr. and Mrs. Tom Brown and Alexis Smith all of Salado, Gladys Peters of Temple, and Mr. and Mrs. Robert Peters Smith and sons, Robert and Michael, all of Rowlett, David Merritt of Austin and Mr. and Mrs. Roy Merritt of Winnipeg, Manitoba, Canada.

Rush Graham migrated to Bell County in 1853, coming with his family from Mississippi in ox drawn wagons. Graham married Mary Minerva Eubanks Chumley in Bell County on May 5, 1878.

Five children were born to this couple. They were Jackson Graham, Robert Graham, Eliza Graham Dickenson, Ellen Roxy Graham Peters, and William Graham. The Graham family moved to Ralls in 1915 where they were cotton farmers. Mary Graham died August 20, 1918. Rush Graham died March 26, 1934. Both were buried in the Old Emma Cemetery near Ralls. Those attending this reunion are all descendents of Robert Graham and Ellen Roxy Graham Peters.

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Early Service 9 a.m.  
Sunday School 10 a.m.  
Worship Service 11 a.m.  
Everyone is Welcome  
Information 817/947-5482

### FIRST BAPTIST CHURCH OF SALADO SUNDAY

Bible Study 9:40 a.m.  
Worship 8:30 & 10:50  
Evening 7 p.m.  
Youth Primetime 5 p.m.

### WEDNESDAY

Family Supper 5:45 pm  
Prayer Service 6:30 pm  
3rd Mon: ESP  
1st Fri: Parents Night Out  
Main St. at the Creek  
947-5465

### St. Stephen Catholic Church

5:30 p.m. Saturday Eucharist  
8:30 a.m. Sunday Eucharist  
11 a.m. Sunday Mass

On Holland Rd. south of Salado  
**947-8037**

### SALADO CHURCH OF CHRIST

Sunday  
Bible Class 9 a.m.  
Regular worship 10 a.m.  
Evening worship 6 p.m.  
Wednesday  
Bible Classes 7:30 p.m. (all ages)

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 Experienced/References

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Need Four Bedrooms? Check out this large 4 bedroom, 3-1/2 bath beauty with a living room and a family room, a formal dining room and a breakfast area in the well-appointed kitchen, huge master suite with tub and shower, and closets to spare. Price reduced to sell at \$159,500.

Looking for a Bargain? We have one hidden away on a truly secluded lot in Mill Creek. The home has 3 nice-sized bedrooms, 2 baths, single living area with fireplace and vaulted ceiling, pullman kitchen with all the built-ins. All brick construction with enormous patio garden area, 12X20 workshop and fenced yard complete the picture. \$117,000.

We have been asked to assist in leasing the commercial space in Salado Plaza. Call us about the reasonable rates & for a personal tour of the spaces available.

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May I Have Your Attention? If you have ever considered Selling your home but did not know what it would bring in this active market, may we have the opportunity to do a Market Analysis on your home at NO expense to YOU? Call TODAY!!!

Properties by Larry Sands



Selling Historic Salado

**N. Main St. Salado 947-5580**

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Bill Bartlett



3 BR, 2 BA home in Mill Creek in walking distance from Pro Shop. Large kitchen with many built-ins. Very neat & clean. \$139,000.

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Very nice 4 BR, 2 BA. Large fenced yard with nice trees and landscaping. Perfect for large family. \$2,500 for new carpet. \$87,500.

Pick your own wallpaper and carpet. 4 BR or 3 BR and an office. Still under construction. \$97,000.

3 BR, 2-1/2 BA brick home on nice wooded lot in Mill Creek. \$114,800.

Spacious 4 BR, 3 BA home nestled among live oaks on 4 acres. Wet bar, well, garden spot, zoned heating and air, satellite and more! \$168,500.

3 BR, 4 BA larger home on 50 acres fronting Lampasas River near Belton. \$249,000.

Fish from the front porch of nice home on the bank of the Lampasas River. Located on 60 acres between Belton and Salado. \$250,000.

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- 12.68 acres FM 2484, \$36,000.
- 10 acres on Shanklin Road, \$4,200/acre.
- Three 5 acre tracts in Settlements, \$23,000-25,000 each.
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- 4.9 acres I-35, Temple, \$100,000.
- 3 to 10 acres near Salado, restricted, owner finance.
- 2.89 acres just off FM 2484 across from Woods of Salado, \$10,000.
- Lot in Woods of Salado on Scenic Lakeview Dr., \$12,900.

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947-5714

Melanie Kirchmeier

947-9077

Don Lowe

947-9947

Sue Perkins

947-9141



# SHS Honor Rolls

Students listed on the Salado ISD honor roll for the fifth six weeks are:

**All A Honor Roll**  
**7th Grade** - Alcozer, Dan A.; Barbour, Richard K.; Cawthon, Kristin E.; Dodge, Courtney R.; Fuhs, Christina G.; Gamble, Julie, M. Hodge; Claude B.; Hodge, Ryan.; Hunter, James T.; Johnston, James B.; Kirk, David E.; Owen, Lindsay E.; Preston, Amber L.; Sartor, Howard R.; Woolard, John R.

**8th Grade** - Frazier, Chris D.; Long, Rachael, A.; Morris, Sandra A.; Urquize, Carolina.

**9th grade** - Alcozer, Jacqueline S.; Anderson, Kyle L.; Donner, John N.; Dunlap, David M.; Johnson, Kelsey N.; Lindley, Marissa E.

**10th Grade** - Boyd, William S.; Cabaniss, Brent M.; Claburn, Kimberly D.; Hodge, Justin A.; Hunter, Laurelyn; Johnson, Ian M.; Mashburn, Joseph A.  
**11th Grade** - Adamson, John W.; Brown, Karie M.; Daniel, Benjamin J.; Jackson, Richard A.; Mullins, Erica, J.; Wesson, Hunter C.

**12th Grade** - Cabaniss, Angie, L.; Dunlap, Sharon E.; Fuhs, Cara L.; Lenis, Allen S.

**A&B Honor Roll**  
**7th Grade** - Brown, Joshua, K.; Daniel, Anna L.; Daniel, Christine O.; Fiebig, Matthew P.; Lenis, Michelle A.; Lindley, Stephen M.; Mashburn, Daniel P.; Michalewicz, Marris R.; Morgan, Amanda L.; Scully, Marisa S.; Smith, Adam C.; Williams, April M.

**8th Grade** - Allen, Alisa A.; Boyd, Elizabeth A.

Brown, McKenzie D.; Buckley, Roger L.; Collins, Amanda S.; Dunnahoo, Anndra D.; Fisher, Adrienne M.; Fowler, Jason A.; Holland, George A.; Kite, Cassie R.; Lopez, Eric D.; McGregor, Joseph L.; Morris, Ryan J.; Oats, Karen L.; Powers, Timothy M.; Puckett, Carrie A.; Whitacre, Kyle C.

**9th Grade** - Adams, Jay C.; Cawthon, Scott B.; Culp, Jr., William E.; Grigsby, Marie A.; Hood, Kelli J.; Keeney, Kristi R.; Lara, Sophia G.; Martinez, Michelle; Michna, Vincent W.; Peoples, Jerome T.; Soto, Jose M.; Whitley, Kelly J.; Wiley, Crystal R.

**10th Grade** - Carroll, Brian C.; Collins, Rebecca L.; Curb Robert L.; Engleking, Ricky G.; Hall, April J.; Jackson, Amy C.; Lopez, Tamacia M.; Michna, Valorie K.; Mitcham, Lisa J.; Oborski, Kristof L.; Ray, Annalea.; Thompson, Mark A.; Williams, Jesse Q.

**11th Grade** - Aguilar, Barbara; Baldwin, Aaron N.; Berumen, Richard C.; Dunlap, Steven G.; Dunnahoo, Diana R.; Duzich, Christopher J.; Gillespie, Amie R.; Gilpin, Jason K.; Hill, Jennifer A.; Hrometz, Amy L.; Light, Danny R.; McHaney, Jennifer M.; McKinney, Michael W.; McQueen, Holly A.; Puckett, Steven B.; Sands, Monty A.; Tubbs, Marcus E.; Wasik, Deborah A.; Wilson, William J.

**12 Grade** - Berumen, Yolanda C.; Bush, Teresa C.; Cospers, Jenny E.; Dunlap, Ryon L.; Fischer, Jeremy S.; Goodnight, Stephanie M.; Herring, Sharon R.; Hill, Daniel L.; Renfro Cortney, W.; Van Noord, Candice A.

# Achoo! Allergy season is back

People who suffer from seasonal allergies do not need to be told when the allergy season starts. Their sneezing, itching and congestion tell them.

"Some people suffer almost year round from such allergies because they live in temperate climates where the pollen count remains high most of the time," said Dr. David P. Huston of Baylor College of Medicine in Houston.

In temperate areas, tree pollens usually are heavy in March, succeeded in the coming months by other pollens. January and February are relatively irritant-free for many areas.

"Air pollution compounds the problem," Huston said. "Chemicals and smoke can definitely aggravate allergy symptoms." Some people are afflicted with perennial allergies in addition to

seasonal allergies.

These are the people allergic to things which, unlike a specific pollen, are present in their environments year-round, Huston said.

Many people are allergic to the dander of animals they keep in their homes.

Others have what is commonly called a dust allergy but is actually a reaction to contaminants found in dust. Roaches and mites contribute heavily to this.

Molds are also common causes of allergic reactions. Air conditioning systems and air ducts frequently harbor these allergy villains.

"Avoidance is clearly the best of all alternatives," Huston said, "but we have to be realistic. Avoidance is not always possible."

Over-the-counter relief is available for allergies that cause runny noses,

itchy eyes and congestion. Those most commonly used are antihistamines, but they can cause drowsiness.

Prescription drugs, including antihistamines that do not cause drowsiness, are available through physicians.

"Allergy shots are not necessarily the first line of therapy," Huston said. "The shots do help some people, but they should be reserved for patients whose allergy symptoms cannot be adequately controlled in other ways."

Allergies and allergy-like reactions can result from conditions other than pollens and perennial irritants. Foods, for example, can be a source of allergies, and some dyes and other substances can cause allergic-like reactions.

Careful screening by allergists can help people pinpoint the causes of their suffering, Huston said.

## Record

FROM Page 2

nearly broke Parks and Wildlife Commission! The Daughters are some kind of upset and it's hard to fault them. They work hard to keep the Alamo going - at no cost to the State and with great love for the historic shrine. No telling what the State would do to the landmark if they got their less than efficient hands on it. Doubt if this ever really happens. We have seen the Daughters in action before and they are like PTA moms - you just don't want to get on the wrong side of them when they get rolling. Wilson is known as the

father of the Texas lottery which took him ten years to pass. Proves his patience but he will have to be like Job if he thinks the Daughters will ever give up the Alamo. Too bad to see him on the wrong side

of such a foolhardy issue. He is otherwise a decent, hardworking legislator. Wonder what is behind this sudden flight of lunacy?

That's -30-

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