



Rich in Agriculture
Abundant in Wildlife

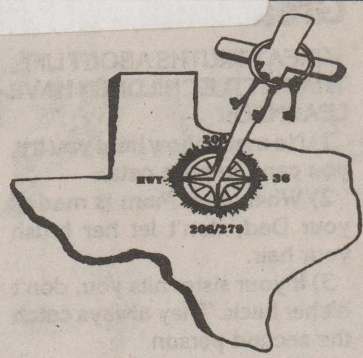
Masthead Designed by Deborah Lowitzer

Cross Plains Review

"Cross Plains' Oldest Business Institution"

"A Caring Community"

THURSDAY, January 8, 2004



Keys to our Past,
Present and Future
Hinge on the Cross

95TH YEAR

CROSS PLAINS, CALLAHAN COUNTY, TEXAS 76443

PRICE 50¢

NUMBER 42

DOWN HOME

EDITOR'S NOTE: Here are some tips on how to be happy. Skip Johnson handed me this to read and it has some great suggestions. Always remember that happiness is a choice—you must be willing to choose it. Also, if you don't have the Lord in your life, chances are you are not a happy camper. Check out this and see what you think! **Vanda Anderson**

"How to Be Happy"

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

No one can go back and make a brand new start. Anyone can start from now and make a brand new ending. God didn't promise days without pain, laughter without sorrow, sun without rain, but He did promise strength for the day, comfort for the tears, and light for the way.

Disappointments are like road bumps, they slow you down a bit but you enjoy the smooth road afterwards. Don't stay on the bumps too long. Move on!

When you feel down because you didn't get what you want, just sit tight and be happy, because God has thought of something better to give you.

When something happens to you, good or bad, consider what it means. There's a purpose to life's events, to teach you how to laugh more or not to cry too hard.

You can't make someone love you, all you can do is be someone who can be loved, the rest is up to the person to realize your worth. It's better to lose your pride to the one you love, than to lose the one you love because of pride.

We spend too much time looking for the right person to love or finding fault with those we already love, when instead we should be perfecting the love we give.

Never abandon an old friend. You will never find one who can take his/her place. Friendship is like wine, it gets better as it grows older.

Cross Plains Roping Club to Meet Monday, January 12th

The Cross Plains Roping Club will meet Monday, January 12, at 7:00 p.m. at the local roping arena.

The club will be electing new officers. Anyone interested is welcome to attend.

Subscribe To
**The Cross
Plains Review**

Local Food Drive Proves Successful with the Assistance of Many Area Participants

Our food drive was a tremendous success in December. Thanks to the Elementary Students who collected 910 pounds of food; to the many deer hunters who donated venison; to the Garden Club who gave food in lieu of gifts to each other; to Village Market for the collection box placed in the store; to the local churches for

their donations; to the many individuals who shared; and to the faithful workers without whom we could not operate!

The collection box will remain at Village Market for your additional donations.

All your help and donations are greatly appreciated.

Submitted by
Judy Porter
Director of Cross Plains Food Pantry

Callahan County Is Now Categorized as Metropolitan Area—See How Determined

When does a country town become part of the big city? In some cases, it's up to the U.S. Office of Management and Budget (OMB).

In June 2003, the OMB announced new standards for the geographic boundaries of the nation's metropolitan areas OMB designated 49 new Metropolitan Statistical Areas in the nation, bringing the total to 370. Based on 2002 population figures, Texas has two of the nation's 10 largest metros: Dallas-Fort Worth-Arlington and Houston-Baytown-Sugarland.

OMB also announced it had created two new types of statistical areas. Micropolitan Statistical Areas, which are smaller than metropolitan areas, and Combined Statistical Areas (CSAs), which are groups of micropolitan and metropolitan areas that are linked based partly on their common commuting work force.

Under the new system, Texas has 66 CSAs, made up of 25 micropolitan areas and 41 micropolitan areas. Metropolitan Statistical Areas have at least one urban area with 50,000 or more residents. Micropolitan Statistical Areas have at least one urban area of 10,000 to 50,000 people, according to OMB.

"The new standards will be in effect for the next 10 years, so there is a great deal of interest in how the changes may affect federal funds to state and local governments," said Ginger Lowry, a Comptroller's office research analyst.

Geographical boundary changes could increase or reduce the amount of federal funding an area receives. San Jacinto County is one example.

"San Jacinto County has received numerous grants from the U.S. Forest Service designed

to help disadvantaged counties that were not in an urban area," said Troy Glasson, a Comptroller research analyst. "After the OMB changes, the county may no longer be eligible for benefits because it has been added to the Houston metro area."

Lowry said that when state and local officials forecast federal reimbursements, they must determine how much money is available and from which sources and if they are eligible for funding under OMB's new definitions. Transportation funding is an example.

"In Texas, state highway and public transit fiscal analysts must match urban and rural areas to pots of federal funds based on particular reimbursement formulas," said Charlie Sullivan, a Texas Department of Transportation (TxDOT) planner.

"The Texas Department of Transportation has worked with the Federal Highway Administration and the Federal Transit Administration to make small adjustments to urbanized area boundary definitions so TxDOT could use its allocated federal funds more efficiently," Sullivan said.

When a city or county gets a new designation, it also may affect the amount of federal housing funding an area receives.

"When OMB expanded the boundaries of some of Texas' metropolitan areas, Marshall, for example, became a distinct Micropolitan Statistical Area, and it could lose federal housing dollars unless it is grandfathered," said Jeff Vistein, assistant manager of the Community Development Block Program at the state's Office of Rural Community Affairs.

Shane Deel files for County Attorney

Candidate filing for the Republican Primary Election ended on Friday, January 2, according to Republican County Chairwoman Pat Chrane, with one candidate filing for the office of County Attorney.

Joel "Shane" Deel, 31, filed for the Republican Primary Election set for Tuesday, March 9, 2004.

Deel filed for the County Attorney post on Friday, December 5. Deel has resided in the state 31 years, 10 months and in Callahan County 31 years and 10 months. He resides at 740 Race Street in Baird and lists an occupation as an attorney.

Also filing for re-election as the Republican Party County Chairwoman was Pat Chrane. Chrane, 61, has resided in the state 54 years and in Callahan County 44 years. She lists her address as 12001 FM 1178, Abilene. Chrane is a homemaker.

Early voting for the Republican Primary Election will begin February 23 and end on March 5.

Republican Party Chairwoman Pat Chrane said the Republican Primary Election voting locations will take place at the same locations as the Democratic Party's Primary Election.

Community Shower to be Hosted for Local Couple on January 17th

Mike and Ruby Roberts and their three daughters, Christina, Valerie and Evita, lost their belongings in a house fire December 13th. A Community Shower has been planned for Saturday, January 17th, at the home of Cliff and Connie Kirkham, 20235 FM 2707 in Cross Plains from 6:30 to 8:00 p.m.

Selections will be at

Higginbotham's, Johnson's Dry Goods and Bryan's Variety. Suggestions for needed items include: kitchen towels, Tupperware, mixing bowls, baking pans, canister set (black or white), kitchen knives, curtains, bath towels (light or dark blue), bath mats (light or dark blue), bed set (king size), bed set (full size) and crib sheets. The little girls' size clothing are

7, 6X and 3T, if you would like to help in that way.

A Love Fund also remains open at Texas Heritage Bank.

If you would like to help with refreshments, etc., please call (254) 725-6500.

Cross Plains has always been "A Caring Community" so please share your blessings with this young family during their time of crisis.

Project Pride to Meet Tuesday, January 13th

Project Pride will hold their regular monthly business meeting on Tuesday, January 13, at 6 p.m. at the Cross Plains Public Library. Projects planned for the new year will be reviewed. The public is invited.

Two more candidates file for Democratic Primary ballot

Callahan County Democrat Party Chairman Jon Hardwick reported candidate filing for the Tuesday, March 9, 2004 Democratic Primary Election ended with two more candidates filing before the Friday, January 2 deadline.

Filing for the office of County Attorney was incumbent Allen Wright and filing for re-election as the County Constable in Precinct #4 was William Young.

Wright, 52, filed for re-election as County Attorney on Friday, December 19. Wright has resided in the state 31 years and in Callahan County for 14 years. He resides at 6000 County Road 203 in Clyde.

Young, 68, has resided in the state 68 years and in Callahan County 16 years. He lists an address of P.O. Box 428, Cross Plains.

Democratic Party County Chairman Hardwick said the County Democratic Committee will be meeting on Tuesday, January 20 to determine the voting locations for the Primary Election. The early voting for the Primary Election will be held from February 23 through March 5.

Annual Girl Scout Cookie Sale Starts January 9th

What you've all been waiting for has finally arrived - the annual Girl Scout cookie sale! Girls of the Heart of Texas Council will start taking orders for your favorite cookies starting on January 9. The cookies freeze well, so order lots of your favorite kind - Thin Mints? Samoas? They're all great!

Customers have a choice of eight varieties. As always there are the favorites: Thin Mints, Samoas, Do-Si-Dos (peanut butter sandwich), Tagalongs (peanut butter covered in chocolate), and Trefoils (the plain shortbread cookie). In addition, there are

Paint and Palette Club Will Meet Thursday, Jan. 15

The Paint and Palette Club will meet Thursday, January 15, at 2 p.m. at the Multi-Purpose Center on N.E. 1st Street in Cross Plains.

A picture fall foliage tour of New England will be presented and discussed by Betty Beggs. "The colors were lovely and continuous around the historical places. Painting inspirations

should be awakened," Beggs remarked. She noted that 31 people enjoyed the trip to New England with her.

Everyone is asked to bring their favorite snack. Drinks will be furnished by the club.

For more information, please call (254) 725-7235. Visitors are encouraged to attend.

Former Resident Has His First Book Published

By **Vanda Anderson**
Editor

Billy Watson joins the ranks of locally known people who have written a book. He referred to this as his "long-awaited Watson novel". Billy's book is entitled "Here Lies a Golfer" and is published and ready for purchase. You may visit the following websites for further information: www.xlibris.com/HereLiesAGolfer.htm

or www.xlibris.com/Watson.htm. You can order direct from the publisher at: www.xlibris.com/Bookstore or have your bookstore (Borders or Barnes and Noble) order a copy for you from Xlibris. If you would like an autographed copy send check for \$18.69 plus \$4.00 shipping (\$22.69) to: Billy Watson, 2026 Richmond Drive, Richmond, TX 77469. No C.O.D.'s and allow 2-3 weeks delivery. Bobbie Hinkle provided this information and I'm sure friends of Billy and Carol Ann (Needham) will want to read "Here Lies a Golfer". We wonder if this might have a comical flair to it. I guess we will just have to read it and see!!!!

or www.xlibris.com/Watson.htm. You can order direct from the publisher at: www.xlibris.com/Bookstore or have your bookstore (Borders or Barnes and Noble) order a copy for you from Xlibris. If you would like an autographed copy send check for \$18.69 plus \$4.00 shipping (\$22.69) to: Billy Watson, 2026 Richmond Drive, Richmond, TX 77469. No C.O.D.'s and allow 2-3 weeks delivery. Bobbie Hinkle provided this information and I'm sure friends of Billy and Carol Ann (Needham) will want to read "Here Lies a Golfer". We wonder if this might have a comical flair to it. I guess we will just have to read it and see!!!!

Texas Heritage Bank
"We're Proud of Our Local Heritage"

MEMBER **FDIC**

Presents:
"What's Inside"

Birthday List	Page 5
Book Review	Page 5
Cemetery Updates	Page 5
Church Directory	Page 2
Classified Ads	Page 6-7
Cottonwood News	Page 3
Courthouse News	Page 2
DPS Report	Page 2
Library News	Page 3
Obits	Page 2
Quips, Clips & Comments	Page 3
Stock Show	Page 4
Student Review	Page 4

See Cookies Page 3

Great truths of Life through the ages

GREAT TRUTHS ABOUT LIFE THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandma's lap.

GREAT TRUTHS ABOUT LIFE, THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing Jell-O to a tree.
- 2) Winkles don't hurt.
- 3) Families are like fudge... mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its

ground.

- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the joy.

GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers, but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

THE FOUR STAGES OF LIFE:

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.

OBITUARIES

Geneva Yvonne "Jean" Muston

Geneva Yvonne "Jean" Muston, 73, of Abilene, passed away Wednesday, December 31, 2003, in a local hospital.

Funeral services were held at 2 p.m. Friday, January 2, 2004, in the Elliott-Hamil Chapel of Memories, 542 Hickory, with Brother Rocky Burrow officiating. Burial was in Elmwood Memorial Park.

Jean was born March 31, 1930 in Tye, Texas and graduated from Hawley High School. She was a lifetime resident of the Abilene-Hawley-Hodges area, coming to Abilene in 1948. She married John Ben Muston on April 17, 1949. She was a homemaker and a member of Crescent Heights Baptist Church, the Rebecca Sunday School Class, and a member of TOPS since 1965.

She was preceded in death by her parents, L.E. and Jennie (Wilson) Harp, a son, Joseph Samuel Muston (1994), Her husband, Ben (1996) and three brothers.

Survivors include two sons, Robert Clinton Muston and James Lynn Muston, both of Abilene; daughter-in-law, Linda Muston of San Antonio; two brothers, J.B. Harp of Abilene and Deverl Harp of Cross Plains; brother-in-law, L.A. Muston of Abilene; two sisters, Betty Britton of Hodges and Peggy Bolick of Hickory, North Carolina; granddaughter, Carrie and husband, John; and a great-grandson, John.

Memorials may be made to Hendrick Hospice Care, P.O. Box 1922, Abilene, Texas 79604.

Jerry L. Wood, Sr.

Jerry L. Wood, Sr., 69, of Sonora, passed away Monday, December 29, 2003, at Hendrick Medical Center in Abilene.

Graveside services were held at 2 p.m. Thursday, January 1, in the Pioneer Cemetery under the direction of Higginbotham Funeral Home of Cross Plains.

Jerry was born April 21, 1934, in Post, Texas, the son of Lewis P. and Tennessee Stanley Wood. He married Nelda Joy Weiss on February 29, 1996, in Hope, Arkansas. He worked in management in the grocery store industry for most of his life and was manager of Village Market in Cross Plains for several years. He was a member of Living Water Ministries.

Survivors include his wife, Nelda Joy Wood, of Sonora; three sons, Jerry Lee Wood, Jr. Hamby, James Wood of Abilene and Jason Wood of Hawley; a daughter, Christy Goodman of Clyde; step-sons, Kevin Weiss of Sonora and Chuck Weiss of Azle; step-daughter, Beverly Graves of Arlington; three sisters, Mary Byrd of Dennison, Sharon Morris of Post and Jean Talley of Snyder; 14 grandchildren and four great-grandchildren.

COURTHOUSE NEWS

COUNTY COURT
Roger Corn, presiding

Misdemeanor Filings

Ronald R. Sims, public intoxication.

Misdemeanor Minutes

Karin Webb, plea of guilty to driving while intoxicated (DWI), 2 year probation, \$400 fine, \$243 court costs.

Ricky Ballard, motion to dismiss motion to revoke probation granted.

Payton Davis, order extending probation granted.

Alfredo Garcia, motion to withdraw as surety and application for warrant granted.

Samuel Mulgetta, motion of affidavit of surety to surrender bond granted.

Russell Chris Jones, motion of affidavit of surety to surrender bond granted.

Colby J. Smith, motion to withdraw as surety and application for warrant granted.

Charles O. Harvey, motion to withdraw as surety and application for warrant granted.

Charles Thomas Chaney, motion and affidavit of surety for warrant granted.

Michael P. Forbess, motion to dismiss to possession of marijuana granted, defendant convicted in another case.

Jeffrey W. Jowdry, plea of guilty to DWI, 3 days in jail, \$500 fine, \$243 court costs.

42nd DISTRICT COURT
John Weeks, presiding

Civil Filings

Bettye Jane Estes Serrano and Octavio Augusto Serrano, divorce.

The State of Texas vs. David C. Self, et ux, et al, petition for condemnation.

The State of Texas vs. Ronda Rae Womack et vir, et al, petition for condemnation.

Civil Minutes

Esther Ann Blinn and Mark James Blinn, divorce granted.

CROSS PLAINS REVIEW

(USPS 138-660)
DON Tabor, PUBLISHER
VANDA CREECH, EDITOR
CROSS PLAINS REVIEW


MEMBER
TA
2003
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ASSOCIATION

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Cross Plains Review
Deadlines
Ads Noon on Tuesday
Articles Noon on Monday



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& 1 Order of Breadsticks
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CHURCH DIRECTORY

BELIEVER'S FELLOWSHIP
Inner-denominational-Evangelical EAST HIGHWAY 36
SUNDAY WEDNESDAY

9:30 a.m. Sunday School 7:00 p.m. Christian Youth Activities
10:45 a.m. Morning Service THURSDAY
6:00 p.m. Evening Service 7:00 p.m. Midweek Service

PASTOR: J. D. FRY (325) 646-7647
Last Sunday of the month singing. Come one-Come all.
Chips, Dips, Sandwiches

UNITED PENTECOSTAL CHURCH
209 S.W. Hwy 36 CROSS PLAINS

Welcomes You!

Sunday School 9:30 a.m.
Sun. 6:30 p.m. Worship & Word *** Wed. 7:00 p.m. Bible Study
"An Apostolic Church"

PASTOR, Phillip R. Schaefer (254) 725-7140

Living Water Ministries Fellowship
Full Gospel ~ Non-Denominational ~ Apostolic
Restoring And Equipping The Saints

Sunday 10 am * Monday Prayer 7pm * Wednesday 6:30 pm
Pastors: Max Evans & Colleen Anderson
Praise & Worship: Glenda Evans & Jamile Lipe
Youth Pastor: Linda Fortune

For Information Call (254) 725-4884

Union Center Baptist Church

"Service to God Through Service to Man"

Sunday School 10:00 a.m. Worship Service 11:00 a.m.
Wednesday Bible Study 7:00 p.m.

5 miles north of Rising Star - 1/2 mile east of Hwy 183 on CR 292

Jerry Eckhart, Pastor (254) 643-1027

COTTONWOOD BAPTIST CHURCH

Sunday School.....9:45 A.M.
Morning Worship.....11:00 A.M.
Evening Service.....6:00 P.M.
Wednesday Bible Study & Prayer Time.....7:00

Matt McGowen, Pastor (254) 725-4599
Church (254) 725-6266

Friendly Church Bible Teaching

ROWDEN BAPTIST CHURCH
Hwy. 36 at Rowden - 12 Miles West of Cross Plains

SUNDAY MORNING WORSHIP.....11:00 A.M.

Pastor: Carl Mauldin
Come Worship With Us!

NIMROD BAPTIST CHURCH

Sunday School.....10:00 A.M.
Sunday Morning Worship.....11:00 A.M.
Sunday Evening Worship.....6:00 P.M.

Bill Armstrong - Pastor

Rehab 2004 Internet auction site is now open

The annual Internet auction of merchandise and services donated by friends and businesses of the West Texas Rehabilitation Center is underway and will be taking bids through midnight on January 17, 2004. The Rehab web site is located at www.WestTexasRehab.org. This year more than 350 items in 18 categories with a value in excess of \$325,000 are featured on the web site. All of the items will also be on display at the

Abilene Civic Center on January 17th as part of Rehab 2004. Blue Cross Blue Shield of Texas is an auction partner with the Rehab.

Visit the website to place your bid and to learn more about the West Texas Rehabilitation Center and its services. All proceeds from Rehab 2004 benefit the West Texas Rehab Center.

For more information please call Dan Huggins at (325) 793-3508.

DPS spotlights missing persons

The Department of Public Safety has released a new Top 10 poster for its Project FINDME, which highlights 10 missing persons whose cases indicate the possibility of foul play. Project FINDME is spearheaded by the DPS Special Crimes Service and its Missing Persons Clearinghouse.

"The faces on this poster are crying out for justice. We believe that someone, somewhere, has information that could help investigators with information that could solve these disappearances," said Col. Thomas A. Davis Jr., director of the DPS. "The families of these missing people want and deserve closure and if someone is responsible for their disappearance, they need to be punished."

Anyone with information is asked to call the nearest DPS Special Crimes office or the Missing Persons Clearinghouse at 1-800-346-3243. A \$1,000 reward is offered for the arrest and in-

dictment of anyone criminally involved in the disappearance of one of the missing persons featured in the bulletin.

The Project FINDME list can be found on the DPS website at <http://www.txdps.state.tx.us/mpch/>. Media representatives who want to find out more about individual cases should contact the local investigating agency for more details on the case.

DPS believes that Project FINDME may be the first project of its kind in the country to target missing persons in this format.

The Missing Persons Clearinghouse was established by the Texas Legislature in 1985. It serves as a database for law enforcement and the public on missing persons, including disability, endangered, involuntary, juvenile and catastrophe-related disappearances. The Clearinghouse also serves as a central repository for unidentified deceased and living persons.

Cross Plains
Review
2
January 8, 2004

Callahan County DPS Report

Calls received by the Callahan County Department of Public Safety from December 28, 2003 through January 3, 2004 include:

- Cases Investigated**
Warnings—184
Complaints—166
DWI—3
Driving While License Invalid—2
Fugitive Arrest—Public Order Crime—1
Disregard for Police Officer—1

Vehicle Accidents
There were two vehicle accidents investigated during this time span.

People Arrested On Outstanding Warrants
There were 50 outstanding warrants issued for a total of \$14,301.00 collected.

**First Baptist
Welcomes You!
Worship with us!**

Sunday School
9:45 am
Worship Services
11:00 am
Evening Services
7:00 pm

First Baptist Church
Ronnie B. White, Pastor
3rd & Main, Cross Plains, TX 725-7629

**Look Backward
In Thanksgiving, And Forward
In Hope**

FIRST UNITED METHODIST CHURCH
Van Service Available - Call (254) 725-7694
N. Main (Hwy. 206)
Cross Plains, Texas
Sunday School - 9:30 a.m.
Worship - 10:45 a.m.
Rev. C. Michael Redd, Pastor
Sunday's Sermon

"This Great Cloud Of Witnesses"

IT PAYS TO ADVERTISE

CALL (254) 725-6111
116 S. E. 1st Street, Cross Plains, TX

LIBRARY NOTES



Well, we (that being the library folks) sure had a wonderful vacation. Now we're ready to begin a new year (can you believe 2004).

We're wishing for all Cross Plains folks a beautiful, productive new year. Let that include visits to see us at the library in Texas. We hope to see you here, adults and children. Visit our children's programs.

Join our "Friends of the Li-

brary". Get involved. You'll be glad you did. And so will we!

Library Notes

December 29-31 Statistics	
Circulation:	
Books	39
Interlibrary Loan	1
Total	40
Donations - Books	
Arlene Stephenson	

Addiction Research Still Seeking Validation

For decades now the scientific community has been trying to pin a label on addiction, saying that it is a family disease passed on through genes causing a neurological disorder. Today, that research continues after hundreds of millions of dollars have failed to prove the theory, which is largely backed by the fields of pharmacology and psychiatry that continue to reap the financial rewards regardless of results.

In announcements for new funding opportunities for research earlier this month, the National Institute of Drug Abuse (NIDA) says that "Scientists believe the disorders arise from multiple genes exerting small effects, gene-by-gene interactions, gene-by-environment interactions, and a host of environmental factors and risk behaviors. However, there has been limited success in reliably identifying specific susceptibility genes for drug abuse," and "...the genetic variants underlying increased susceptibility to this disease are unknown."

This is merely a continuation of a pattern of unproven theories designed to make drug addiction into some complex disease that justifies the inadequacies of mainstream addiction treatment. The fact is that if you read any of the studies regarding addiction as a disease or some neurological disorder, the findings always

use words like *may* or *suggest*, but never conclusively prove anything. It is a scam pulling the wool over the eyes of Americans that continues to subdue society under the latest anti-depressant or anti-psychotic drug and raise the cost of healthcare and insurance.

There is an alternative approach that is simple and proven effective for ending drug addiction called the Narconon program. Narconon uses the drug-free rehabilitation methodology of L. Ron Hubbard, who spent decades researching the effects of drugs and how to remedy the problem. Narconon uses a sauna detoxification program to rid an individual's body of drug residues, which cause physical cravings and are the primary cause for relapse. This is followed by a series of life skills courses that help the individual to confront, control and communicate and enables the former addict to overcome his addiction much easier.

Thousands of former addicts are now living healthy, productive drug-free lives because of Narconon, most of whom had tried traditional medical approaches first only to find no results.

To find out more information or to get help for a loved one in need contact Narconon Arrowhead today at 1-800-468-6933 or log on to www.stopaddiction.com.

Cookies

thing although Girl Scouting is much, much more than just cookies. Cookies are a means to local programs, increased skills, leadership development and purchase of maintenance equipment." "Mrs. Cate cited proof that the cookie sale leads to success. "Markita Andrews turned her cookie selling experience into a professional marketing career for a leading food products company. In her 'cookie' career, she sold over 60,000 boxes of Girl Scout cookies. She uses the skills she learned selling cookies every day in her life." Just some of the skills that girls learn at this time of year are problem-solving, setting objectives, planning, managing time wisely, flexibility and prioritizing.

Life skills for a lifetime!

Girls selling Girl Scout cookies can learn a lesson in community service. Over the years, many Girl Scout troops have given customers an opportunity to purchase cookies to be given to local charities as part of a troop's community service project. Often, troops will also donate part of their troop commission to a particular charity.

So, when you open a box of Girl Scout cookies, remember it's not only a delicious treat; it's also chock-full of the hopes, dreams and aspirations of all the girls in this area. To order cookies, you may contact the Girl Scout service center at 325-646-1516 or 800-346-3215.

To get your name on the Birthday Column, send your name and date of birth to *The Cross Plains Review*, P.O. Box 519, Cross Plains, Texas 76443. There is no charge for this service. To delete a name due to death or other reason send name and birth date (Month and Day) or Call (254) 725-6111.

BREAKTHRU

By Bob Pipes
Cross Plains Church of Christ
433 N. Main
(254) 725-6117



When the Israelites reached the Promised Land of Canaan about two years after leaving the clutches of Pharaoh, the stage was set for them to move in and possess the land. A leader from each of the twelve tribes of Israel was chosen to "spy out the land." Numbers 13:1. Ten of those spies returned saying that it was impossible for them to conquer the land, two of them said that with God's help, it would not be a problem. The difference was **faith and lack of faith**. The punishment for the ten and all the others that crouched in cowardliness was to wander in the wilderness for 38 more years—a total of 40—and to die there.

Just as it was for them, so is it for us—"where faith ends, the wilderness begins." Don't wander in "the wilderness," rather experience "the Promised Land"—by faith!

We encourage you to share with us in all the times of Bible study and worship as we meet together. We really do care about you!

Sunday Morning Bible Class...9:45a.m. Sunday Evening Worship...6:00p.m.
Sunday Morning Worship...10:45a.m. Wed. Evening Bible Study...7:00p.m.
Friends & Neighbors Caring In Jesus

COTTONWOOD NEWS

By WALLACE BENNETT

Well the 2003 Holidays are over and most visitors have gone back home and Cottonwood Valley citizens are settling down, making plans and expecting great things for a new year.

The list of visitors, most of them coming home to Cottonwood for the holidays, include: Shirley Byrd of Keller, visiting with sisters Mary Weaver, Billie Kelley, Dena Nickerson, Wanda Hammel, and twin brother Herman Weaver; Teri Brown and Gilbert Ibarra of Houston, visited Teri's mother, Beverly Brown.

Mark and Stephanie Wright of Denton, with their friends, Sarah Brickey and Shawn Harney from the Ft. Worth/Dallas Metroplex, visited parents, Scott and Jacque Childress, other relatives, and friends in the Cottonwood, Cross Plains area; Brittany Bennett of Los Angeles, California, visited with her parents, Phillip and Sheri Bennett, her brothers, other members of the Bennett family, and friends of the Cottonwood, Cross Plains area.

Visiting in the home of Bob and Lavonne Childress were Brett and Beverly Childress, from Crowley and Robert Childress with friend Jacque from Marble Falls.

Visiting in the homes of Wallace and Carol Bennett and Bryan and Debbie Bennett at various times over the holidays were Gregg and Evelyn Bennett of Lakewood, Co; with their son, Pvt. Jonathan Bennett of Ft. Benning, GA; Jeff and Mary Bennett of Alpine; John and Michelle Bennett, with children, Rhett, Ty and Mattie, from Arlington; and Ashley Bennett of Mansfield.

Cottonwood VFC Group Sets Annual Meeting

The Cottonwood Volunteer Fire Control Group will hold its annual General Meeting on January 15, 2004 at 7:00 p.m. at the Cottonwood Community Center. Purpose of the meeting will be to elect board members for year 2004. The Group will also report their progress and activities to Cottonwood citizens.

This is a very important meeting. All residents and property owners of the Cottonwood Valley are "general members" of the VFCG and are eligible to vote in

the election, but, are also expected to attend because of the direct benefits from this Group's volunteer work. If you don't believe that, drive through the parking lot of the Community Center and take a look at the blackened grass and ashes of burned trees that are visible around the Center and to the west, north and east of the Center.

It was the first response of the Cottonwood all Volunteer Fire Control Group that made the scene to save the life of the Center and the homes of a few families along Cottonwood Creek. The Cross Plains Volunteer Fire Dept. and the Precinct Commissioner's water truck also responded to the emergency and allowed the volunteers to get control of the fire. So, Cottonwood volunteer's ounce of prevention was worth more than a pound of cure and saved the day.

This organization needs, wants and seeks support from every citizen of the valley. Let's do it!

Cottonwood Baptist Church To Hold Work-Day

Saturday, January 15, 2004, is scheduled as a workday for members and friends of the Cottonwood Baptist congregation. The work session will begin about 10:00 a.m., according to Matt McGowen, pastor of the congregation, and will concentrate on finishing the walls and framing in preparation to pour concrete into the wall cavities.

Quilting Club Meetings

Don't forget the Quilting Club sessions scheduled for Thursday mornings of each week. In January, the club will meet to quilt and chat on January 8, 15, 22, and 29th. Lunch is served, so everyone is invited. If you can't sew or chat, bring your lunch to eat and watch the fun.

Recently I was walking through the Mall of Abilene and happen to see the local quilters' entry for the annual West Texas Rehab auction on display. It is a very unique, interesting with an intricate pattern. In the near future, I will describe the quilt and hopefully print a photo in this column. So, please "stay tuned" as they say on the radio.

THE SENIOR CITIZENS MENU

January 12 - 16

MONDAY - Teriyaki Chicken, Rice, Stir Fry Vegetables, Pudding, Bread, Milk
TUESDAY - Homemade Vegetable Beef Soup, Pimento Cheese Sandwich, Cobbler, Crackers, Milk
WEDNESDAY - Roast w/Gravy, Mashed Potatoes, Carrots, Cake, Bread, Milk
THURSDAY - Ham, Yam Patty, Tomatoes & Okra, Rosie Applesauce, Bread, Milk
FRIDAY - Taco Bowl, Salad, Mexican Corn, Ranch Style Beans, Gelatin, Milk



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QUIPS, CLIPS & COMMENTS

By KAY MOSLEY

Note: We should all remember the reasons behind our Christmas festivities and New Year's celebration—though we don't actually know the date of Jesus' birth, we have chosen December 25th as a date to celebrate the fact He was born.

"Clean-up—It's Time"

Here we are once again, faced with cleaning up our act; just one more time. It's the whole new beginning of the New Year. It seems to me that I could have a lot more joy if Christmas and New Year were in the spring and early summer. Then we could celebrate Jesus' birth in warm weather.

Mostly, I put it down to the simple fact that I never did like cold weather any way; may warmth prevail.

Did you make yourself a list of New Year's resolutions? You know, don't you, that is the only way to break something without having to pick up the glass afterward.

Seems to me that this time of

year is the most difficult to find something to do of value; to stay busy with. It is extraordinarily hard to stay focused even when you finally are fortunate enough to settle on a project on which to begin.

Last year I chose to refurbish our living room—you know the drill, slipcovers, new throw rugs and pillows; different curtains, sheers, etc. I turned a mostly pink and blue living room to yellow with touches of hunter green and blue overtones.

It has crossed my mind, this year to consider re-arranging the furniture in both bedrooms and the living room. I'm just waiting to broach the subject to Marvin till he's rested up from the general upheaval of the in and out with the Christmas tree, stacking packages under the tree, cleaning up the wrapping and ribbons, and distribution of all the gifts.

But I'm still gonna stand way back when the subject comes up! You know, you never can be TOO CAREFUL!

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Happy Birthday Ann!

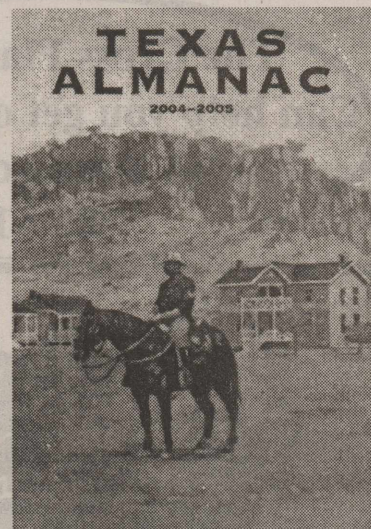
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C.P. STUDENT REVIEW

Junior High Girls Basketball Report

By Coach Becky Dillard

Cross Plains "B" Team vs Baird

December 8
 Cross Plains "B" Team vs Ranger
 Score: CP 27- Ranger 6
 Team scorers: Rose, Mathews, Gallaway and Biggs
 Cross Plains "A" Team vs Ranger
 Score: CP 13- Ranger 19
 Team scorers: Harris, Burhus, Cook, Augustine and Walker
December 15

Score: CP 8 - Baird 17
 Team scorers: Mathews, Gallaway, Biggs and Phillips
 Cross Plains "A" Team vs Baird
 Score: C.P. 7 Baird 27
 Team scorers: Harris, Schaefer and Walker.
 The next game for the girls was January 5 at Albany and January 8 Cross Plains will host the Junior High Basketball Tournament.

Junior Varsity Girls Basketball Update

J.V. Basketball Report
 Season record 5-2 (losses to DeLeon and Hico)
December 19
 Cross Plains vs May
 Cross Plains 4 12 22-30
 May 4 10 15-24
 Team scorers: Douglass, Vasquez, Scott, Callaway and Mosier
December 16
 Cross Plains vs San Saba
 Cross Plains 5 11 22-29
 San Saba 9 17 22-24
 Team scorers: Douglass, Vasquez, Scott, Rivard and Phillips

January 2
 Cross Plains vs Hico
 Cross Plains 2 8 16-18
 Hico 6 12 14-32
 Team scorers: Douglass, Scott, Hutton, Mosier, Rivard and Phillips
 In these three games the J.V. girls played with very aggressive teams. The girls tried to play a hard and fast pace game. Turnovers and many missed shots caused Cross Plains a tough struggle for these close games. Once again, the girls never gave up—GOOD WORK!
 Their next game will be January 9th against Baird.

Varsity Buffaloes Basketball Report

By Coach Wilcoxon

The Buffaloes dropped 3 of 4 games over the holidays. The Buffaloes lost to Brownwood JV 33-55, Meridian 30-57, and Hico 39-70. The Buffaloes beat Perrin-Whitt 50-45. The Buffaloes are now 6-12 on the season.
 The Buffaloes shot 29% on field goals and 41% on freethrows in the Brownwood JV game. Scoring for the Buffaloes was Gardner 9, Bennett 8, Williams 8, M. Allen 4, Dickson 3, and R. Allen 1. Rebounds were led by Dickson and M. Allen with 5 each.
 The Buffaloes shot 35% on field goals and had 36 rebounds in the Perrin-Whitt game. Scoring was M. Allen 13, Bennett 12, Williams 9, Goains 6, Dickson 4, R. Allen 4, and Gardner 2. Rebounds were led by M. Allen with 10. Dickson added 9. M. Allen led the team

with 6 steals.
 The Buffaloes shot 23% from the floor and 44% from the freethrow line in the Meridian game. The Buffs also had 30 turnovers. Scoring was Gardner 8, Williams 8, R. Allen 4, Bennett 4, Goains 4, Dickson 2. R. Allen led with 4 assists. M. Allen led rebounds with 8 and Gardner added 6.
 The Buffaloes showed vast improvement over last year against Hico. Last year the Buffaloes lost 99-38. This year the Buffs lost 39-70. They played their best basketball of the year in the 3rd quarter of this game. The Buffaloes outscored Hico 20-17 in the 3rd. Scoring was Williams 10, Bennett 8, M. Allen 6, Dickson 4, Goains 4, R. Allen 3, Gardner 2, and Watkins 2. Rebounds were led by Goains with 9. Bennett added 8.

Callahan County Jr. Livestock Show

The Annual Callahan County Jr. Livestock Show will be held Thursday, January 15th-Saturday, January 17th at the Jr. Livestock Barn in Cross Plains. Starting time will be Thursday, January 15th, at 5:30 p.m., with the judging of the rabbits and poultry.
 Frankie Hyles, President of the Callahan County Jr. Livestock Association, said that entries are expected to number about 450 this year from the various FFA Chapters and 4-H Clubs in the County.
 Other officers of the association are Steven Mitchell as Vice President, Johnny Adkins as Treasurer and Karen Johnston as Secretary.
Superintendents for this year's show are:
 Beef Cattle Eddie Riley and Johnny Lee
 Market Swine Jackie Tennon
 Poultry & Rabbits Doug Johnston and Larry McIntire
 Sheep & Goats Steven Mitchell and Lesa Harris
 Judging of the rabbits and poultry will begin at 5:30 p.m. on Thursday, January 15th with Scott Anderson of Brownwood doing the judging. All participants must be checked in by 5:00 p.m. on

the 15th. Judging will begin at 8:00 a.m. on Friday, January 16th, with the Breeding Swine Show followed by the Market Barrow Show. Leslie Harris of Vernon will be judging the Swine Show.
 At 1:30 p.m., on Friday, January 16th, Kyle Eckert of San Angelo will start judging the Market Lambs followed by the Meat Goats and Boer Goat Shows.
 On the afternoon of the 16th from 3:00-6:00 p.m., all steers and heifers will be classified and weighed. Mr. Greg Gruben of Snyder will get the judging of the Beef Cattle underway at 8:30 a.m. on Saturday morning, January 17th with the heifer show. Mr. Gruben will also judge the steer show starting at 9:00 a.m.
 The Premium Sale will begin at 1:00 p.m. The Awards Presentation of all the trophies for the champion animals will be held prior to the premium sale auction.
 Announcer for the three day show will be Dick Vestal, Greg Gerngross, John Belcher and Doug Johnston.
 Officials of the show would like to invite everyone out for all or part of the show and support the young folks of Callahan County.

Windbreak tree orders deadline is February 5th

The Callahan Divide Soil & Water Conservation District is now taking orders for their Annual Windbreak Tree Program. Each year the District offers these trees to the general public on a first come first serve basis at a very inexpensive price. These windbreak trees come fresh from the Texas Forest Service Nursery out of Lubbock, Texas.
 This year's selection of available trees includes four varieties of evergreens. They are Afghanistan Pine, Eastern Red Cedar, Arizona Cypress, and Italian Stone Pine. These Evergreen Seedlings are being offered for \$2.00 each or \$50.00 for a box of 30.
 In addition to the Evergreens, several varieties of bare-rooted hardwood seedlings are being offered this year. The list includes Black Cherry, Bur Oak, Catalpa, Green Ash, Russian Olive, Shumard Oak, Aromatic Sumac, Sand Plum, Osage Orange, Nanking Cherry, Hackberry, Lacebark Elm, Desert Willow, Honeylocust, and Smooth Sumac. These hardwood seedlings are offered in bundles of 10 for \$10.00.
 We are also introducing four wildlife packets this year. Each

packet comes with four different species of trees. The packets include 25 of each type of tree. Available are packets for Deer, Squirrel, Quail and Pheasant, and Turkey. Contact the Natural Resources Conservation Service in Baird for information on which trees are included in a certain packet.
 Tree orders will be taken until February 5th, 2004 or until supplies run out, which ever comes first. The trees will be delivered to Baird on February 13, 2004. All orders are prepaid with a check or money order and delivery is guaranteed. These trees are delivered fresh from the Texas Forest Service Nursery on that date.

For more information on planning, planting and maintenance of windbreak trees or how to purchase these low cost seedlings contact the Natural Resources Conservation Service office in Baird, Texas at (325)854-1349 Ext 3. The office in Baird is located at 141 W. 4th - Ste. B. Order forms and information may also be obtained at the Albany, Texas NRCS office. The number is (325) 762-2552, Ext. 3

National population passes 290 million mark

The nation's population grew by 1.0 percent (2.8 million people) between July 1, 2002, and July 1, 2003, to 290.8 million, according to estimates released today by the U.S. Census Bureau.
 Among the nation's 10 fastest-growing states were four in the Rocky Mountains: Nevada (ranking first for the 17th consecutive year with a growth rate of 3.4 percent), Arizona (second), Idaho (fifth) and Utah (eighth). The remaining top 10 states were all coastal: Florida (third), Texas (fourth), Georgia (sixth), Delaware (seventh), California (ninth) and Hawaii (10th). States that moved into the top 10 this year were Delaware, California and Hawaii.
 Of the 10 fastest-growing states from 2002 to 2003, six were in the West and four in the South. The South now accounts for 36 percent of the nation's total population, with the West comprising 23 percent, the Midwest 22 percent and the Northeast 19 percent.
 California, Texas and Florida combined for 32 percent of the nation's numerical population increase between 2002 and 2003.
 California remained the most populous state in the nation with 35.5 million people in 2003. The second and third most populous states were Texas (22.1 million) and New York (19.2 million). There was only one change in the ranking of the 10 most populous states between 2002 and

2003, as Georgia (ninth) passed New Jersey (10th).
 — The nation's 10 most populous states accounted for 54 percent of the nation's population on July 1, 2003.
 — The 10 fastest-growing states accounted for 57 percent of the national growth from 2002 to 2003.
 — Of the 10 most populous states, three were in the Northeast, three in the Midwest, three in the South and one in the West.
 — While the South had the largest numerical increase in population among regions from 2002 to 2003 (1.3 million), the West recorded the fastest rate of growth (1.5 percent).
 — More than half (55 percent) of the nation's population growth between 2002 and 2003 resulted from natural increase, with the remaining 45 percent coming from net international migration.
 The population estimate for Puerto Rico for July 1, 2003, was 3.9 million, up about 19,000 since July 1, 2002. Puerto Rico's rate of increase was 0.5 percent.
 Included with the estimates were demographic components of change by state: births, deaths, net internal migration and net international migration.
 Editor's Note: The report can be accessed at <http://eire.census.gov/popest/data/states.php>.

SCHOOL MENU

JANUARY 12 - 16

BREAKFAST

MONDAY - Eggs, Bacon, Biscuit, Assorted Juice
TUESDAY - Waffle, Sausage, Assorted Juice
WEDNESDAY - Toaster Pastry, Yogurt, Assorted Juice
THURSDAY - Hot or Cold Cereal, Toast, Assorted Juice
FRIDAY - STOCK SHOW

LUNCH

MONDAY- Pizza, Salad, Corn, Pudding
TUESDAY- Chicken Nuggets w/ Gravy, Mashed Potatoes, Green Beans, Rolls, Honey
WEDNESDAY- Fiesta Salad (Chili Beans, Corn-Chips, Cheese, Rice, Salad), Pineapples
THURSDAY- Crispy Fish, Blackeyed Peas, Coleslaw, Combread, Peaches
FRIDAY- STOCK SHOW

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Scholarships can bring students one step closer to health professions

By Patti Patterson, M.D., vice president of rural and community health at the Texas Tech University Health Sciences Center
 Lisa Edwards remembers traveling almost half an hour from Earth, Texas to see a doctor in Littlefield or Muleshoe. "If you had to see a specialist, then you had to travel to Lubbock," said Edwards, a sophomore at Texas Tech University. "I do remember when we had a physical therapy clinic for a while, but it didn't last long."
 Edwards now hopes to return to her hometown as a health care professional. She is studying to become a physical therapist and says it is something she has always wanted to do. "My mom is a science teacher, and I've always enjoyed science. I always wanted to be a doctor or knew I would be some kind of health care professional."
 Lisa is one of many Texas Tech students awarded the Texas Tech Rural Health Education Scholarship. The support program assists undergraduate and graduate-level students at Texas Tech pursuing health care education.
 This program is geared to address the shortage of health professionals in rural West Texas by easing the expense of college for rural students. Edwards says

it is a partnership. "It's about partnering with other students going through the same situation. It has given me the opportunity to see what other students are doing as well."
 The scholarship amount for undergraduate students at Texas Tech University is \$2,500 per year for a maximum of four years, and is renewable providing the student maintains a 3.2 grade point average. The student must also demonstrate a commitment to rural health practice by participating in rural health-focused activities while enrolled at Texas Tech.
 Edwards says the scholarship program is a great way for rural students to gain an education that will enable them to go back to a rural community and make a difference. "It is a pretty neat idea that I can plan on going back home once I finish my studies. It's where I'm from and it's everything I like. Maybe I can go back and set up my own physical therapy clinic."
 The online competitive application process opens in early January. The deadline for submitting an application is March 15, 2004. If you would like information on the Texas Tech Rural Health Education Scholarship, contact Shannon Kirkland at (806) 743-1338 or visit the Web site at www.ttuhsce.edu/ruralhealth/studentprograms.

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EARLY OUT ON THURSDAY JANUARY 15, 2004 AT 12:00 NOON BUSES WILL RUN AT 12:10

SCHOOL HOLIDAY ON FRIDAY JANUARY 16, 2004 FOR CALLAHAN COUNTY LIVESTOCK SHOW

CLASSES WILL RESUME AT REGULAR TIME ON MONDAY JANUARY 19, 2004

BOOK REVIEW

A Service of Cross Plains Public Library

Mike Blakely has done it again. His book **MOON MEDICINE** was published by Tor Forge in 2001 and I have had it for over a year. I finally opened it and couldn't put it down until I finished it. Blakely likes to write about American history by creating a character that has lived it. This book is the first of a planned trilogy focusing on the history of Adobe Walls, a rich history of Texas, the Llano Estacado and Palo Duro Canyon country.

To tell his story Blakely has created a genius born in France who is small and ugly and has to fight his way using his brilliant mind as a weapon. The moon is important because the hero's body lives by a lunar rather than solar cycle. During full moons he can't sleep and during the dark of the moon he sleeps for days. But he is a genius and learns so rapidly that he is bored by school and that gets him into a lot of trouble.

The book is told in the first person and I can hear it as an audio book. The hero is sent to boarding school in Paris where he learns to play the violin, sword fighting and mathematics. He is seduced by a maid at the school and defends her honor by killing the fencing instructor who raped her, steals a Stradivarius violin from his music teacher and escapes on an English sailing vessel as a stowaway to come to America. He was attracted to the U.S. by seeing a Catlin painting of a Comanche warrior that burned into his psyche and knew that his destiny was the wild west.

Landing at New Orleans, he jumps ship and works his way up the Mississippi to St. Louis where he hires out to the Bent St. Vrain traders. They have built Fort Bent are trading with the Indians. He travels with their supply train to Ft. Bent and on to Taos, where he falls in love with a Mexican

woman betrothed to another. Like many on the frontier, he changes his name because he is afraid the French authorities are looking to arrest him and return him to face murder charges. On the ocean voyage he devoured a book on magic and practices sleight of hand tricks which continually gets him out of trouble. One trick he read about was how to appear to catch a pistol ball in his hand or teeth. He later uses this trick to save himself from the Comanches. He is determined to develop trade with them when all others say it is impossible. He builds Fort Adobe and accomplishes his goal through a bunch of hair raising episodes.

Blakely gives you a history lesson about the west interacting with the major characters of history; Charles and William Bent, Ceran St. Vrain, Jim Bridger, Joe Meek, Lucas Murray, Lucien Maxwell, Peg Leg Smith, Broken hand Thomas Fitzpatrick, Dick Wooten and the most famous, Kit Carson. Blakely commented at the Cowboy Symposium that his next book in the trilogy focuses primarily on Carson. It is about finished and I am looking forward to reading it. Blakely also loves to write about horses. They dominate the Comanche culture and hero has a one-eyed gelding that saves his life several times.

MOON MEDICINE is a powerful story of a fascinating genius that will capture your imagination in a way that will make you appreciate the lunar cycles in a whole new way.

(These comments are those of the writer only and do not reflect the opinions of the board of the Friends of the Library.) Comments can be sent by E-mail to CAR926@aol.com. (b.bird)

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TDH continues successful rabies fight through bait drop program

A decade of feeding hungry coyotes and gray foxes in the dead of winter may not have kept these wild animals fat and happy, but it certainly has caused the incidence of canine and gray fox rabies to plummet.

In 1995, the Texas Department of Health (TDH) began the Oral Rabies Vaccination Program (ORVP). The plan was to create zones of vaccinated coyotes and gray foxes to first stop the spread of the rabies virus and then eliminate canine and gray fox rabies.

Now, with stacks of favorable statistics at hand, TDH is again set to airdrop bait food filled with oral rabies vaccine over portions of South, Central and West Texas. In early January, about 2.7 million baits will drop from four specially-equipped airplanes flying across 47 counties. The first flight takes off Jan. 6, weather permitting, from the Zapata County Airport in South Texas. The second portion of the drop will begin about Jan. 15 from the Kimble County Airport in Junction, and the final phase will fly from the Pecos County Airport in Fort Stockton beginning about Jan. 22.

TDH initiated the program in South Texas where canine rabies in coyotes and domestic dogs had reached epidemic proportions and threatened to invade San Antonio and other major population areas. The next year, an air drop began in West-Central Texas where an epidemic of gray fox rabies had been occurring since 1988.

"The Oral Rabies Vaccination Program continues to show excellent results," said TDH veterinarian Tom Sidwa, ORVP director. "Look at the data: No human cases of rabies in either area since the vaccine airdrop began. No animal cases of either canine or gray fox rabies outside the original zones since the program's beginning. No canine strain of rabies at all in Texas since 2001 and a significant drop in the number of gray fox rabies cases."

The number of canine rabies

cases in South Texas declined from a high of 142 cases when the program began in 1995 to one in 2001 and none since then. Gray fox cases are down as well from an all-time high of 265 cases in 1994 to 61 in 2003 through October.

Appealing to specialized tastes, the customized baits offer a treat of fish meal to coyotes and dog food containing molasses and vanilla flavoring to gray foxes. Each bait contains 2 milliliters of oral rabies vaccine.

"The vaccine inside the bait cannot cause rabies in people or animals," Sidwa said.

Because baits contain a biological agent and are less likely to be eaten by wildlife if people have touched them, they should not be handled. Each brown bait, which measures 1 1/4 by 1 1/4, by 3/4 inches, is marked with a TDH toll free number, 1-877-722-6725, that people may call for information.

Sidwa emphasized that owners of domestic animals need to get their pets vaccinated against rabies by a veterinarian as required by law. A domestic animal's rabies vaccination can be safely given even if the animal recently ate an oral rabies vaccine bait, he said.

- Counties in the 2004 South Texas vaccine distribution area are: Brooks, Cameron, Dimmit, Duval, Hidalgo, Jim Hogg, Kenedy, La Salle, Maverick, Starr, Webb, Willacy, Zapata and Zavala.

- Counties in the 2004 West-Central Texas vaccine distribution area are: Bandera, Brewster, Brown, Callahan, Coke, Coleman, Crane, Crockett, Edwards, Gillespie, Glasscock, Howard, Kerr, Kimble, Kinney, Mason, Maverick, McCulloch, Menard, Midland, Mills, Mitchell, Nolan, Pecos, Reagan, Real, Runnels, San Saba, Sterling, Taylor, Terrell, Upton, Uvalde, Val Verde and Zavala.

(Maverick and Zavala counties are included in both distribution areas.)

Veterans Benefits and Health Care Seminar in Brownwood

All veterans, their family members, and friends are invited to attend a **Veterans Benefits and Health Care Seminar** on Saturday, January 24, at 10 a.m. at the Adams Street Community Center, 510 E. Adams Street, Brownwood.

Representatives from the Waco VA Regional Office, the Central Texas Veterans Health Care System, and veterans service

organizations will discuss veterans benefits and medical services, and assist with questions and claims.

Veterans who would like to discuss the status of their claims should contact Billy Murphey, Brown County Veterans Service Officer, at (325) 646-0335 by January 20, to arrange for an interview.

A Local Couple's Grandson Completes Marine Basic Training

December 23, 2003 (FHTNC)—Marine Corps Pfc. Jarred W. Robertson, grandson of Mr. and Mrs. Wesley G. Duke of Cross Plains, recently completed 12 weeks of basic training at Marine Corps Recruit Depot, San Diego designed to challenge new Marine recruits both physically and mentally.

Robertson and fellow recruits began their training at 5 a.m., by running three miles and performing calisthenics. In addition to the physical conditioning program, Robertson spent numerous hours in classroom and field assignments which included learning first aid, uniform regulations, combat water survival, marksmanship, hand-to-hand combat

and assorted weapons training. They performed close order drill and operated as a small infantry unit during field training.

Robertson and other recruits also received instruction on the Marine Corps' values—honor, courage and commitment, and what the words mean in guiding personal and professional conduct.

Robertson and fellow recruits ended the training phase with The Crucible, a 54-hour, team evolution culminating in an emotional ceremony in which recruits are presented the Marine Corps Emblem, and addressed as "Marines" for the first time in their careers.

Robertson is a 2000 graduate of Northwest High School of Justin.

Carrillo says it's high time for a Texas energy plan

By Victor G. Carrillo
Chairman, Texas Railroad Commission

While current energy headlines talk about rising natural gas prices, instability and terror in the Middle East, regional blackouts, and dwindling domestic oil production - there is also a potential bright side. Technological advances allow us to find and extract more oil and gas while minimizing environmental concerns, and alternative energy sources, including renewables - such as wind, biomass, and hydrogen fuel cells - are emerging with costs that make them more competitive with more conventional energy sources. At the beginning of the 21st Century, we are embarking on the start of a transition from a petroleum-based energy supply to the next generation of energy.

Texas is, as it always has been, at the forefront of a changing and dynamic energy economy. Texas provides one fifth of the nation's domestic oil production, and one fourth of the nation's natural gas. Many of the technological advances in finding and producing the world's oil and gas resources were developed and tested on Texas soil. We are well positioned to help decrease America's dependence on unstable sources of oil and poised to keep energy related jobs and technologies right here in the Lone Star State.

Our families and schools also depend on a healthy energy industry. Domestic oil and gas exploration and production means jobs, and Texas schools and universities depend on energy-related royalty revenue as well as property and severance taxes to educate our children.

To stay ahead of the curve and enhance our energy industry, Texas must take stock of our assets and position in the global energy market. We must do whatever we can to ensure that Texas, the number one energy consumer in the United States, has sufficient energy to fuel its economy. That's why Governor

Rick Perry has launched the development of a state energy plan with an executive order creating the Texas Energy Planning Council.

The Council's work will strengthen the Texas economy and our energy industry by finding ways to reduce America's dependence on foreign oil and energy sources, and promoting practical energy conservation and renewable energy sources.

Governor Perry will soon assemble a group of visionary thinkers—key legislators, policymakers, industry representatives, academia, and others—to begin formulating a Texas Energy Plan. As chairman of the Texas Railroad Commission, the state's energy agency, I will chair the effort. The Energy Planning Council will focus on enhancing production of domestic oil and gas but will also explore diversifying our portfolio of energy supplies via renewable energy sources, liquefied natural gas, clean coal technologies, revisiting lessons learned about use of nuclear energy, and emphasizing practical energy conservation.

With one of the biggest and most robust alternative energy markets in the world, Texas has great opportunities to expand wind power, biomass, and fuel cell development. And as importantly, we must ensure the jobs and opportunities stemming from these new and developing energy sources are rooted in Texas, the world's greatest energy state.

The Texas Energy Plan will examine state and federal laws and policies which encourage domestic energy production and work to remove obstacles to energy independence, as well as new technologies and tactics to encourage Texas energy production and energy independence.

Creating a Texas Energy Plan will help strengthen the Texas economy and job creation, improve funding for Texas schools and other priorities, and ensure that Texas remains a world-leader in energy and energy technology for generations to come.

5 - Cross Plains Review January 8, 2004

CROSS PLAINS CEMETERY ASSOCIATION REPORT FOR THE MONTH OF OCTOBER 2003

Donations & Earnings	
J.M. McMillan Family	\$ 300.00
I/M Ed & Pearl Petty by Jerry & Cindy Belew	100.00
Scott Odom Family	50.00
I/M Hubert & Sis Belew by Jerry & Cindy Belew	100.00
I/M Franzell Odom by Joyce Odom, Ralph Trevey Nancy Palmer & Ivon Odom	90.00
Interest Added To Acct.	.42

TOTAL \$740.42

Grave Opening Permits

Higginbotham Funeral Home GOP for Ruth Clark	\$ 75.00
Higginbotham Funeral Home GOP for Maurine Russell	75.00
Davis-Morris Funeral Home GOP for Adams	75.00

TOTAL \$225.00

CROSS PLAINS CEMETERY ASSOCIATION REPORT FOR THE MONTH OF NOVEMBER 2003

Donations & Earnings	
Collis Eager	\$ 100.00
M/M T.W. Thackerson	50.00
I/M Sterling Odom by Nancy Palmer	25.00
I/M W. Cole Tillotson by Helen Tillotson	100.00
Interest Added To Acct.	.36

TOTAL \$275.36

Grave Opening Permits

Plot for Homer Turner	\$ 75.00
Plot for Edgar	75.00
2 Plots for Freeman, I25A, I25B	150.00

TOTAL \$ 300.00

Happy Birthday!

JANUARY 10

Russell Barnes
Karan Wise
Ricky Wayne Waddell
Ellen Brown
Lila Payne
Eddie Edington
J.T. Isbell

Mrs. Exal D. McMillian

Charles Pippins
Johnny Illingworth
Le'Ann Jordan
John Roberts
Linda Chandler
Crystal Nelson
Ileen Smith
Jessica Childers
Eula Blake
Todd Watson
Sam Fleming, Jr.
Aaron Phillips
Michael Curry
Earl Mosley

JANUARY 11

Staci LeAnn (Weiss) Mayo
Mrs. B.F. Hutchins
Terry Dewbre
Barbara Johnson
W. A. Watson
Benjamin Worley
Mrs. Charley Havens
Jeff Brown
Naomi McCowen

JANUARY 15

David Strickland
Gary Childers
Starr Appleton
Mrs. Jackie Pancake
Regina (Gary) Fleming
Mrs. Vernon Donaway
Velma Byers
Monty Richards
A.C. Gains
Marian Reed
Jody Don Gosnell
Alisa Hail
Thomas Bush

JANUARY 12

Fred Flippin
Particia (Driskill) Musick
Mike Walters
Keri Mabelle Bowman
Angie Sanders

JANUARY 13

Barbara (Clark) Robinson
Sylvia Graham
Cindy Sue Payne
Kenneth E. Dobbins
Edith Adkins
Mrs. Albert Lee
Randy Dillard
Cecilia Smoot
John Terrell Gardner

JANUARY 16

Laurie Lavender
Mrs. Raymond Young
Trivina Newman
Barbara Havener
Betty Randell
Amber Parker

JANUARY 14

Lorissa Gressett

To get your name on the Birthday Column, send your name and date of birth to
The Cross Plains Review,
P.O. Box 519, Cross Plains, TX 76443.
There is no charge for this service.

To delete a name due to death or other reason send name and birth date
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Call (254) 725- 6111.

Robert E. McCool Attorney at Law

Law Offices at:
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(325) 854-1016

Any business, group or individual who would like to be included on the Signature Page for holidays, special occasions and athletic tributes may do so by calling the **Cross Plains Review (254) 725-6111**. The cost is \$3.00 each run and there is usually 12 or less per year. This is a great, inexpensive way to advertise and support community events.

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GARAGE SALE - NO ONE BEFORE 8 A.M., Saturday, January 10th, 124 South Ave A. Baby bedding, bassinet, misc. baby items, 2 sets of bunkbeds, sofa and love seat, car stereo speakers, toys, clothes, movies, various household items, and various kitchen items. 42-11c

LOST

REWARD OFFERED - NEW Digital Camera (With Family Christmas Photos) lost Saturday, Dec. 27, around 7:45 p.m., between Ave E and 9th Street, Cross Plains, going South toward cemetery (on Ave E), call collect 903-451-4634 or 254-725-7150. 41-21c

WANTED

PASTURE LEASE WANTED - Need at least 100 acres for a few cows, call Vanda Anderson, 254-725-6111. 31fc

ANNOUNCEMENTS

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FOR SALE - blue building located next to Skinny's, call 254-725-6480. 41-41c
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CARD OF THANKS

To whom it may concern:
To all organizations and individual friends we would like to thank each and everyone of you that had a helping hand in making our holiday season so great! God Bless each and every one of you.

Ludie and L.C. Barkemeyer
P.S. Ludie is now in Rising Star Nursing Center. 411 S. Miller Street, Rising Star, TX 76471

MISCELLANEOUS

REWARD OFFERED - For information on person or persons who vandalized the entrance gate of Rusty and Debbie Reed's property north of town on County Road 421 New Year's Eve night. 254-725-7363. 42-21c

AUTO FOR SALE

1/2 TON 2003 CHEVY SILVERADO -.6 cyl, Regular Cab, auto, standard package w/ towing, 18,000 miles, Forest Green, \$16,500 Negotiable. Contact 254-643-3823. 42-41c

PUBLIC NOTICE

NOTICE OF APPLICATION FOR OIL AND GAS WASTE DISPOSAL WELL PERMIT

MKS Consulting Corporation is applying to the Railroad Commission of Texas for a permit to dispose of produced salt water or other oil and gas waste by well injection into a porous formation that is productive of oil or gas.

The applicant proposes to dispose of produced salt water, oil and gas waste into the Strawn Sand Formation.

J. Sanders #3 Lease, Well Number 22290. The proposed disposal well is located 9 miles in a SW direction from the town of Cottonwood in the Callahan County Regular Field, in Callahan County, Texas. The waste water will be injected into strata in the subsurface depth interval from 2396 feet to 2398 feet.

LEGAL AUTHORITY: Chapter 27 of the Texas Water Code, as amended, Title 3 of the Texas Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

Requests for a public hearing from persons who can show they are adversely affected or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Environmental Services Section, Oil and Gas Division, Railroad Commission of Texas, P.O. Box 12967, Capitol Station, Austin, Texas 78711 (Telephone 512/463-6792).

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Start the New Year with a healthy heart

This year, it's going to be different. How many times have you said that to yourself at the beginning of a new year? This year, you'll lose 10 pounds. You'll eat right and exercise more. You'll start running again. You'll skip dessert. This year, it will be different.

Well, this year can be different. All you need is a personal goal, commitment to that goal, and encouragement along the way. Why not start with your cholesterol?

High cholesterol is one of the four major risk factors for developing heart disease. Around half of American adults have high cholesterol. Like high blood pressure, obesity and smoking, however, it is a risk that is largely preventable and can often be controlled. There are no visible warning signs or symptoms - the only way to find out if you have high cholesterol is by having a blood test. And by lowering your cholesterol levels, you can reduce your risk of cardiovascular disease.

The Cholesterol Low Down is the American Heart Association's free national educational initiative sponsored by Pfizer Inc. Since the program began in 1998, more than 83,000 people have enrolled and received support and guidance while trying to lower their cholesterol.

The online program provides basic information on high cholesterol, including a comprehensive guide and biannual newsletter, and free cholesterol-management tools and heart-healthy recipes. It also provides a plan of action and checklist for your physician. This year's goal for The Cholesterol Low Down is to teach families what they can do to prevent or manage heart disease.

What is cholesterol?

Cholesterol is made by the liver but also supplied in the diet through animal products. Although cholesterol is needed to form nerves and certain hormones, our bodies make enough cholesterol to accomplish this - we don't need additional dietary cholesterol found in meats, poultry, fish and dairy products.

What's so dangerous about high cholesterol?

When there is too much cholesterol in the blood, it builds up in the walls of the arteries and forms plaques. Over time, this build-up narrows the arteries, which can reduce blood flow to the heart. If blood clots form at these narrowings, they can completely cut off the blood supply to the heart, resulting in a heart attack.

What can you do?
Cholesterol levels are impacted by different factors. A diet high in saturated (i.e. animal) fat can lead to high cholesterol. Being overweight and physically inactive can also affect cholesterol. So can smoking.

The American Heart Association recommends that everyone age 20 years and older should have their cholesterol levels measured at least once every five years. A lipoprotein profile is a comprehensive blood test that can give information on your total cholesterol level, your LDL ("bad") cholesterol level, your HDL ("good") cholesterol level and triglycerides.

To enroll in The Cholesterol Low Down, log onto our website at www.americanheart.org/cld.

This year, make a difference. What Can Lower High Cholesterol? Start with what you eat. Eating the right foods can help. These quick tips are a good place to start.

Less Saturated Fats. Cut back on foods high in saturated (i.e.

animal) fats. Substitute non-fat milks and low-fat dairy products for whole milk and cheese.

More Healthy Oils. Use canola or olive oil. These oils help you to control your total cholesterol much better than butter, shortening and stick margarine. Avoid coconut or palm oils. Instead of mayonnaise, use non-fat yogurt (1/2 cup), fresh herbs (teaspoon) and a dash of soy sauce.

More Fiber. Eat whole-grain breads and whole-grain cereals. Try to eat five servings of fruit and vegetables a day. Eat a variety of fruits. They are sources of important vitamins and minerals, like potassium, which may be good for you.

Eat a lot of vegetables, especially the brightly colored ones. Steam them, or eat them raw.

Less meat. Select lean cuts of red meat. Cut or drain fat from ground meat and remove skin from chicken. Substitute dishes such as brown rice and beans for meat. Eat lean sources of protein, such as skinless turkey breast, egg whites and fish. Eat fish and skinless chicken instead of red meats like ground beef or steak.

More Exercise. Get in motion. Check with your doctor first. Find out what is right for you. Go for a walk. Take the stairs. Dance. Exercise a minimum of 30 minutes a day, most days of the week.

Medication, if needed. Medication can help you control your cholesterol. Ask your doctor if you need to take medication to help lower your number.

The American Heart Association is the largest community-based voluntary health organization fighting heart disease, stroke and other cardiovascular diseases. These diseases devastate millions of people of all ages and claim nearly 950,000 lives a year.

Medical Costs Reach 1.2 Trillion in 2002

The nation's health care and social assistance sector registered an 8 percent increase in revenues last year for a total of \$1.2 trillion, up from \$1.1 trillion in 2001, the U.S. Census Bureau said today.

Health care and social assistance (both employer and nonemployer firms) include hospitals, physicians' offices, child and youth services, and services for the elderly and persons with disabilities.

The report, 2002 Service Annual Survey: Health Care and Social Assistance Services, shows hospital (employer firms) revenues reached \$507 billion in 2002, an increase of 10 percent from 2001. (See Figure A.)

The major sources of payments to hospitals in 2002 were private insurance at \$188 billion, up 11 percent; Medicare at \$163 billion, up 10 percent; and Medicaid, \$61 billion, up 8 percent. (See Figure B for distribution of payments to hospitals.) Revenues of physicians' offices (employer firms) reached \$236 billion in 2002, an increase of 8 percent.

Major sources of revenues for physicians' offices were private insurance (\$115 billion, up 9 percent), Medicare (\$57 billion, up 8 percent), and Medicaid (\$17 billion, up 13 percent). (See Figure C for distribution of revenues of physicians' offices.)

Estimates contain sampling and nonsampling errors. To keep the identity of individual firms confidential, some estimates may be suppressed. Users who make their own estimates, based on the survey estimates, should cite the U.S. Census Bureau as the source of the original estimates only. See <<http://www.census.gov/econ/www/servmenu.html>> for measures of sampling variability and other survey information.

Editor's Note: The information can be accessed at <<http://www.census.gov/econ/www/servmenu.html>>.

Note: To see the above Figures A, B, and C, go to <http://www.census.gov/Press-Release/www/releases/archives/service_industries/001620.html>.

8 - Cross Plains Review January 8, 2004



TRACEE CARLISLE & EDDIE NEAL GUNTER
...plan June 4, 2004 wedding in Baird

Tracee Carlisle to wed Eddie Neal Gunter June 4

Mr. and Mrs. Melvin Carlisle of Rio Rancho, New Mexico are proud to announce the engagement of their daughter, Tracee to Eddie Neal Gunter. Eddie Neal is the son of Terry and Dianne Alexander and Carlton Gunter all of Baird. The bride elect is the granddaughter of Leona Bell of Rio Rancho, New Mexico and the late Joe and Cora Carlisle of Baird. Tracee is the niece of Ouida Walker and the late Weldon Walker.

Tracee is a graduate of the University of Oklahoma and received a degree in Interna-

tional Politics and minor in French. She is employed by the Atlanta and Vicinity Street Map in Atlanta, Georgia.

The prospective bridegroom is the grandson of Eddie and Dorothy Petty of Cross Plains and James and Modell Crawford of Abilene and the late Neal Gunter. Eddie Neal is a graduate of Baird High School. He is employed by a grocery chain as meat market manager in Atlanta, Georgia.

A June 4, 2004 wedding is planned in Baird and the couple will reside in Atlanta, Georgia.

WHEN RENEWING YOUR SUBSCRIPTION TO THE CROSS PLAINS REVIEW PLEASE BRING THE RENEWAL CARD SENT TO YOU IN THE MAIL THANK YOU

Wear Red in February for the Women in your life

On February 6, 2004, we want Texas to see red.

During the month of February, the American Heart Association is launching its national Go Red for Women campaign to raise awareness of heart disease as the number one killer of women. February 6, 2004 is National Wear Red Day for Women, and people across the country will wear red to demonstrate their commitment to fighting this killer.

Some of us still think of heart disease as a man's disease. But, almost half of all American women will die from either heart disease or stroke - that's one of every two women and an estimated 500,000 lives each year.

The facts might surprise you. There are 8 million American women currently living with heart disease. Heart attacks kill six times as many women as breast cancer. Although many women still perceive cancer to be their greatest health threat, twice as many women will die of heart disease than from all types of cancer, including breast cancer. In fact, heart disease kills more women under 45 than any other single disease.

This February, companies around Texas and across the country will be participating in their own National Wear Red Day campaign by allowing employees to wear red attire and jeans on February 6. Employees can "buy" the right to wear jeans for just \$5, and all proceeds will go to the American Heart Association. The money raised through this new initiative will support critical life-saving research and education

programs to help stop this killer of women.

More than 260,000 women die each year from heart attacks. The warning signs of a heart attack for women can be markedly different than those for men. According to a recent study conducted by the American Heart Association, unusual fatigue and sleeplessness are two potential early warning signs for women. In fact, in our research, we found that 95 percent of women in the study who suffered cardiac arrest had experienced unusual fatigue or sleeplessness up to a month before the heart attack. This finding indicates the possibility that acting on early symptoms could help prevent a heart attack.

Although most people would name chest pain as one of the leading symptoms of a heart attack, the study found that 43 percent of the women never reported any discomfort in their chest. Other early warning signs for women may be shortness of breath, indigestion and unexplained anxiety.

Go Red for Women is not just another campaign - it's an emotional and passionate call to action. Too many women are living with heart disease - and far too many women are dying from heart disease. Through increased awareness, we can make a difference in the health and lives of women. We can empower women to take charge of their health and make lifestyle changes to help prevent and manage cardiovascular disease.

When you put on that red dress or red shirt or red pin in February, think of all the women

you know. Think of the impact of heart disease on women and their families. Think of what you can do to join the battle against women's number one killer.

To learn more about women and heart disease, visit our website at www.americanheart.org. Companies interested in participating in National Wear Red Day for Women can call 1-888-MY-HEART.

Brady Land Bank Federal Land Credit Association Merges with the FLBA

COLEMAN, Texas—The Brady Land Bank Federal Land Credit Association (FLCA) has merged with the Federal Land Bank Association (FLBA) of Texas, effective Jan. 1, 2004. Stockholders of the two cooperative lending associations approved the merger Nov. 24, 2003. The larger combined FLCA will be headquartered in Coleman and continue with the name the FLBA of Texas, FLCA.

"This merger is good for our customers because it expands our territory and provides enhanced benefits to the stockholders of each constituent association," said James Isenhour, the FLBA of Texas' chief executive officer. "We do business in an area that's great for agriculture and wildlife. The counties we serve are right in the heart of Texas, providing ranching, farming and recreational opportunities unique to this area."

The newly merged association has nearly 2,700 loans outstanding totaling about \$250 million. Offices are located in Brady, Brownwood, Coleman, Comanche, Haskell and San Angelo. The association provides real estate, rural housing and agribusiness mortgage financing in 20 counties in West Texas and the Hill Country.

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