

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

Cross Plains Review

"Cross Plains' Oldest Business Institution"

"A Caring Community"

THURSDAY, August 6, 2009



Rich in Agriculture
Abundant in Wildlife
Mast head designed by Deborah Lowitzer

100th YEAR

CROSS PLAINS, CALLAHAN COUNTY, TEXAS 76443

NUMBER 21

City Council Meeting Highlighted by 2008-09 Annual Audit Report Suggested Board of Adjustment Members Possible "Cluster Training" Locally

By Kim Watson
Special Writer

A regular meeting of the Cross Plains City Council was held on Tuesday, July 14.

The meeting commenced with the council approving the police and judge's reports as well as the previous meetings minutes.

Cameron Gulley, City Auditor, met with the council to go over the 2008/2009 Annual Audit Report. Mr. Gulley went over the report in quick detail. Mr. Gulley commented that although the City has managed to stay solvent he wanted to commend the council for re-instituting a City property tax in order to keep the city moving in a positive direction. He also commented that now that the City has re-established a tax, they will become eligible for grant for the water and wastewater infrastructure, noting that they were not even eligible to apply before. After lengthy discussion Bob Kirkham moved to accept the audit as presented.

Ken Martin, City Engineer, met with the council to advise them that the plans for the pivot system are ready and they can begin taking bids for the system as soon as the council is ready. He noted that a set of the plans has been sent to the TCEQ for their approval. By general consent the council agreed to begin taking bids for the system and to open bids at the next regular council meeting.

Debbie informed the council that she is working with TEEX to provide "Cluster Training" for the Water and Wastewater classes needed for the maintenance personnel's certification. She explained that the classes would be held in Cross Plains at no cost to the City and that the City would actually save the cost of motel, travel, meals, etc. by not having to send their employees to other cities for training. It would also bring other people to Cross Plains who would need to stay in our motel, eat at our restaurants and possibly buy gas while here to attend these "Cluster Training" meetings. All council members agreed that it would be a benefit to hold the training in Cross Plains and for Debbie to pursue setting up the classes.

By general consent the council asked Debbie to begin having the maintenance department fill out car logs for their vehicles so that when trading in or selling a vehicle, the dealership or individual can see the history of the maintenance of the vehicle and could possibly raise the value.

Kerry Mann, Planning Commission Chairman, met with the council to present names for possible candidates for the Board of Adjustment. The Board of Adjustment is put in place for the purpose of holding appeal hearings for zoning and code violators. Their cases would be presented before this appointed group. Kerry presented the

following names for consideration and commented that he has contacted each candidate and all are willing to serve if so appointed: Karen Lenz as a City representative, Kerry Mann for the Planning Commission rep., Connie Kirkham, Greg Turner, and Charles Chesshir. Mr. Mann asked that Mayor Purvis appoint the members with the council's approval. Therefore, Mayor Purvis appointed the names recommended and Jerry Casle moved to approve the appointment, Bob Kirkham seconded and motion carried with Karen Lenz abstaining from voting.

Discussion was held concerning the possibility of the City purchasing and stockpiling the flu vaccine for its employees. By general consent the council declined to participate.

Motion was made and passed to pay the city's bills.

Council members went into executive session for the discussion of land purchase. Upon return, no motions were made.

All members of the council were present along with the following employees: Debbie Gosnell, Don Gosnell, and Teresa Kennedy.

Members of the public were Kerry Mann, Terry Franklin, Era Lee Hanke, Ken Martin, City Engineer, Cameron Gully, City Auditor, and Kimberlee Watson.

Cross Plains Community Health Center Celebrates National Health Center Week 2009 Mini Health Fair Planned for Friday, August 14th

The Cross Plains Community Health Center is the place for easy access to quality care for people in our community. The local center is joining with the rest of over 1,200 Community Health Centers in the United States to kick off National Health Center Week 2009, which extends from August 9 through August 15th.

Cross Plains Community Health Center is a health care home for part of the 18 million people in America who call a community health center their health care home. As a health care home, the community health center provides care far beyond simply treating a cold, cough, or sore throat. Cross Plains Community Health Center is thankful to be able to provide a wide range of services to their family of patients.

Among those services provided one will find prevention of disease, treatment of accidents such as lacerations and sprains, well woman exams, childhood wellness exams, and vaccinations.

Also, our center can offer a Licensed Professional Counselor Donna Ringhoffer, for those patients who benefit from such healthcare. Approximately 20 patients in our community are served each year.

As we are all aware of the layoffs and cutbacks due to the economic downturn, the number of patients that we see is highly likely to increase in the coming months. Fortunately Cross Plains Community Health Center will

be there as a healthcare safety net for those who no longer have insurance, or cannot afford to go to their routine medical provider.

At Cross Plains Community Health Center, that is why our slogan is "No insurance? No Problem!" The reason that we can have this slogan is simple. Because of the fee structure for our services, our health center patients charges are derived from an income-based sliding fee scale, that is determined by government standards. As part of our mission, no one is turned away, regardless of insurance status or ability to pay. Thus the slogan, "No insurance? No problem!"

A Mini Health Fair will be held Friday, August 14th from 10 a.m. until 12:30 p.m. noon at the Cross Plains Senior Citizens' Center.

"Everyone should have the choice of a Community Health Center as their health care home," said Susan Jones, CEO of Cross Plains Community Health Center. "We provide high-quality services that emphasizes primary care and wellness so that families can stay healthy and out of hospitals. National Health Center Week is a time to spread the message that we need to invest in an accessible and affordable community health system that can reduce disparities, improve health and achieve cost savings."

National Health Center Week 2009 is being marked by health fairs, media events, and visits by local, state and national leaders to health centers in their

communities. A distinct focus on two distinct segment of need in our population will occur on Health Care for the Homeless day, Wednesday, August 12, and Farmworker Health Day which will be observed on Thursday, August 13.

Spotlighting community health centers comes at a very appropriate in our economic history. The American Recovery or Reinvestment Act (ARRA), or the federal economic stimulus bill, has made increased access to care possible. Due to the so-called Increased Demand for Services, grants, health centers will be able to provide a greater quantity of quality care to an additional 2.1 million patients over the next two years, including Cross Plains Community Health Center in Texas.

In the long-term picture, health centers are envisioned as a major part of the solution for providing care to the 60 million people in the United States who are, according to a report by the National Association of Community Health Centers (NACHC) medically disenfranchised.

ACCESS for ALL AMERICA, is a health center plan whose goal is preserving, strengthening, and expanding health centers. Ultimately, the medically underserved will have access to the provision of medical care that is not only available, but is affordable and of the highest quality.

Searching for Old School Buildings

The Cross Plains Area Genealogy Society is searching for old school building photos for our next post card/note card series.

Do you have a photo of an early school building you can share with the group? If so you can drop

it off at the Library. And be sure to pick up a package of note cards or post cards while you are there. The sale of the cards benefits the genealogy section of the Library.

Join us for our meetings at the library on the 1st and 3rd Mondays of the month at 1 p.m.

Open Your Heart—Open Your Mind—SMILE Foreign Exchange Students Need Hosts

Face The World Foundation (FTW) is a nonprofit educational and cultural exchange organization based in the San Francisco Bay area. Since 1980, FTW has promoted global learning and exchange by offering opportunities for international high school students to experience life in the U.S.

The goal of cultural exchange program is to provide students, host families, schools and communities with a quality experience that will not only enhance personal growth, but also will establish lasting friendships.

Face The World Foundation is designated by the U.S. Department of State to sponsor students on a J-1 visa. We are also endorsed by the Council on Standards for International Educational Travel (CSIET). Face The World's programs are designed to provide excellent educational opportunities and an intensive cross-cultural experience to select international students that will expand their normal scope of world understanding.

They offer Semester and Academic Year programs for full-time study in an American high school to students between the ages of 15 and 18. Students

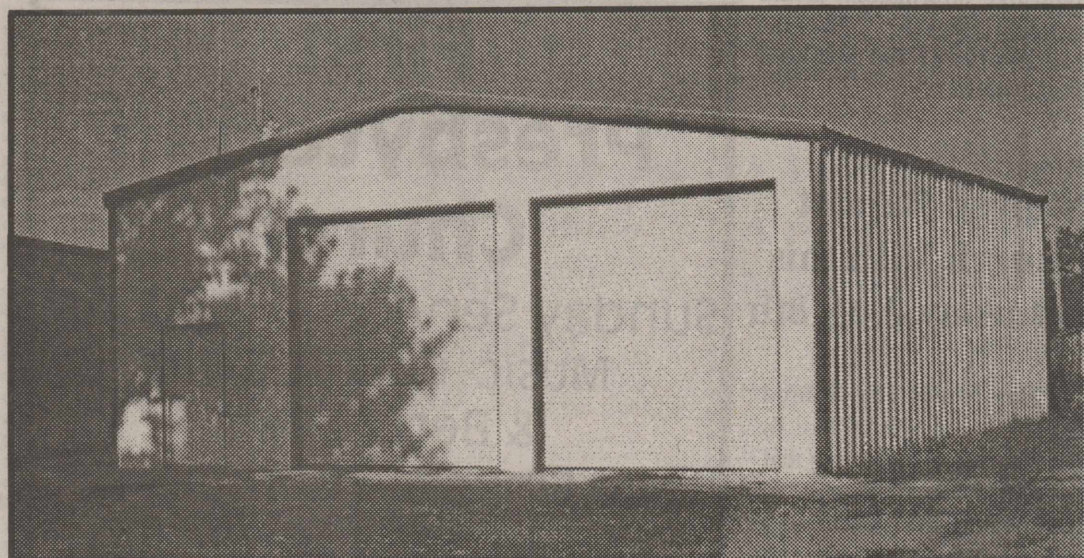
are placed in high schools across the country.

Each student lives with a carefully selected volunteer Host Family and is supported by the Community Representative assigned to that community. All students are provided with medical coverage, emergency assistance through our 24-hour Emergency Hotline, and direct communication with the overseas sponsor and natural family.

Our worldwide contacts, national field staff, and dedication to global education make us a leader in the field of student exchange. Both here and abroad, we are all contributing to the development and education of tomorrow's leaders.

If you or someone you know might be interested in hosting a student, please call your local Community Representatives Jake or Tosha Merryman at 254-725-4250 or register on the website www.facetheworld.org.

There are two young men currently in need of host families and would like to attend school at Cross Plains High School. Aziz of Germany is 16 years old and Joeran of Netherlands is 18 years old. Both young men are active in sports.



COTTONWOOD VOLUNTEER FIRE CONTROL UNIT FIREHOUSE— The exterior of the new firehouse is now complete, thanks to a successful fundraising process and hours of volunteer work. Fire Chief Joe Terstegge reminds firefighters of their upcoming meeting Monday, August 10th at 7:00 pm at the Firehouse. (Photo courtesy of Joe Terstegge.)

Cross Plains Junior High Cheerleader Bake Sale Scheduled for Next Friday, August 14th

The Cross Plains Junior High Cheerleaders will be holding a BAKE SALE Friday, August 14th, beginning at 9:00 a.m. at Texas Heritage Bank downtown.

The proceeds will benefit the Junior High Cheerleaders as the upcoming sport season approaches.

Come and support your cheerleaders and purchase some great baked goods! You are sure to find some tasty delight that you can't resist while you contribute to a worthy cause.

Grand Ole Oplin August Line-up

Special Speaker this Sunday at Gospel Mission

Sister Jane Harden will be ministering Sunday, August 9th at 10 a.m. at the Gospel Mission, 716 SE 1st Street, Cross Plains. She has been blessed with the spiritual gifts working in miracles, prophecy and tongues interpretation.

Sister Harden will also be preaching Sunday, August 23rd at 10 a.m.

Pastor Michael Ingram invites everyone to come and enjoy the word of God delivered by this gifted woman.

The Grand Ole Oplin is proud to announce our band line-up for the month of August. Starting off the month, on August 7th Muddy Creek will be joining us playing all you favorite dancing tunes, on August 14th Country Classics will be playing all your old country favorites, on August 21st Herman Hearn and the Yellowjackets will be entertaining us all, and on August 28th Muddy Creek will be returning to play some more of your favorite country dancing tunes.

The Grand Ole Oplin is hosted by the Oplin

Community Center and is located at the intersections of F.M. 604 So. and F.M. 2926. Our dances start each Friday evening at 7:30 p.m. and end at 10:30 p.m., admission is still only \$4.00 per person. Everyone is invited to bring a snack to be enjoyed by all during the band's break. Alcohol and smoking is not allowed at any of our functions. For more information log on to www.grandoleoplin.com.

So gather the family and all of your friends and come on out to the Grand Ole Oplin for an evening of good music, good friends, and a real good time.

Texas Heritage Bank
We're Proud of Our Local Heritage

Member FDIC LOCAL FINANCING LENDER

Presents: "What's Inside"

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CHURCH DIRECTORY

CORNERSTONE BIBLE CHURCH

832 Ave. E Cross Plains, TX

Pastor:
Walter Pope

Sunday Morning Bible Study...10:00 AM
Morning Worship...11:00 AM
Evening Worship...6:00 PM
Wednesday Night Bible Study...6:00 PM



Our Church Is A House Of Prayer

UNITED PENTECOSTAL CHURCH

209 S.W. Hwy 36 CROSS PLAINS, TX

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

COTTONWOOD BAPTIST CHURCH

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

Matt McGowen, Pastor (254) 725-4599

Church (254) 725-6266

Friendly Church

Bible Teaching

Brushy Creek Cowboy Church

112 W. Travis in Putnam

Pastor: Sam Stone

Sunday Morning Worship...10:30 AM
Wednesday Worship...7:00 PM

CROSS PLAINS COWBOY CHURCH

Join Us On Sunday at 10:30 a.m.
Wednesday nights at 7:00 p.m.
16075 CR 459 Cross Plains, Texas

Pastor: LEN SMITH

For Information

Call 254-725-6446 or 325-518-5514

COME AS YOU ARE!



Triple Cross Cowboy Church

Every Sunday at 10:30 am

Services held at 21272 State Hwy 279, Cross Plains
(CJS Ranch, on the left just past the 279/206 split)

Al Taylor, Preacher

Phone: 254-725-7522

Cell Phone: 325-370-6680



Pioneer Baptist Church

Pastor:
Rufus Wilson
254-725-4589

Sunday School...10:00 am
Sunday Morning Worship...11:00 am
Sunday Evening Worship...6:00 p.m.
Wednesday Prayer Service...7:00 p.m.

Music Director: Barbara Jo Medley 254-725-4589

Living Water Ministries Fellowship

Restoring And Equipping The Saints

Sunday...10:00 am Wednesday...7:00 pm

Pastor Max Evans

For Information Call (254) 725-7418

Rowden Baptist Church

Pastor: Wayne Lenz
Music: Karen Lenz & Diane Woods

Bible Study...10:00 am
Sunday Morning Worship...11:00 am

2990 Highway 36 at Rowden 12 Miles West of Cross Plains

GOSPEL MISSION

716 1st Street Full Gospel

Sunday Morning Worship

10:00 a.m.

Michael Ingram, Pastor

Cross Plains Review

Can Order
Self-Inking and Regular Rubber Stamps
116 S.E. 1st Street, Cross Plains
Call Us At 254-725-6111

OBITUARY

Lewis M. Slate

Graveside service for Lewis M. Slate, age 87, of Lake Brownwood, was held at 2 p.m. Thursday, July 30, in Rocky Creek Cemetery with the Rev. Rick Justice officiating. Interment followed under the direction of Netherton Funeral Home.

Mr. Slate passed away Monday morning, July 27, 2009, at Brownwood Regional Medical Center.

Lewis was born August 2, 1921, in Brown County, Texas, the son of the Charlie and Maggie (Johnson) Slate. He had been a resident of Lake Brownwood for the past 30 years, and lived formerly at Burkett. He served in the U.S. Army during World War II and was in the Philippine Islands when Japan surrendered. Lewis was a truck driver until his retirement. He was a member of the VFW. He married Willie Faye Meador on December 9, 1939, in Brown County. She preceded him in death in 2004.

Survivors include his son, Horace Slate of Midland; daughter, Margie Slate Miller of Lake Brownwood; two sisters, Lucy Mayo of Wichita Falls and Bessie Hull of Santa Ann; eight grandchildren; five great-grandchildren; and two great-great-grandchildren.

He was preceded in death by his parents; his wife, and nine brothers and sisters.

Seniors May Qualify for a Power Wheelchair

Medicare's regulations now make it easier for seniors and others with debilitating conditions such as arthritis, stroke, heart and breathing problems, or diabetes, to obtain a power wheelchair at little or no cost.

Miracle on Wheels is trying to increase public awareness about the assistance options that allow seniors and the disabled to remain independent in their own homes rather than undergo difficult surgery or other expensive treatment, or resort to moving into a nursing home.

These assistance options are available to anyone with problems getting around their home, or who are in danger of falling due to their medical condition.

So those who are suffering from any condition that severely limits their mobility should call **Miracle on Wheels at 1-866-200-6924 toll free** to learn about qualifying now for a power wheelchair **at little or no cost.**

Cross Plains Review

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August 6, 2009

Seminary Extension Course to Begin August 25th

This fall we are studying BB 3100 *How To Understand The Bible*, a 3 hour course using the *Understanding the Bible* by John Stott and *The Doctrine of the Bible* by David Dockery with an additional book by Bruce Corley and associates *Biblical Hermeneutics*.

We meet in De Leon on Tuesday evenings and Breckenridge on Thursdays. The course will begin August 25th and

Oplin Community Center/Grand Ole Oplin Thank You

The Oplin Community Center would like to thank everyone who came out and showed their support during our Fish Fry Dinner and Dance Benefit held last Saturday night. You folks helped make our dinner and a dance a big success. The funds that were raised will help maintain our building that was originally built in 1938 as the Oplin High School.

A special thank you to Judy Woodard who coordinated the entire event along with assistance from her husband Butch and daughter Regina. We also want to thank Alice Denunzio and Sheryl Smoot for all their hard work and time. These folks worked hard and spent many hours planning and preparing this benefit, and in the end with the help of many other volunteers they made this benefit a success.

Again we thank everyone for their continued support of the Oplin Community Center and the Grand Ole Oplin.

Apply for Helping Hearts and Hands Assistance NOW!

Is your home in need of minor repairs: painting, plumbing, insulations and caulking?

The Cross Plains Area Housing Initiative would like to extend a hand to assist you with the help you might need. Free assistance is available to homeowners who are elderly, handicapped and/or low income.

Applications are available now at the Senior Citizens' Center, Texas Heritage Bank and City Hall.

The application deadline will be the end of September and if you need any assistance filling out the application, please call Pat Stephens 254-725-6819.

This is a worthwhile community project that has been in action since 1998. Volunteers will be needed once again to complete these projects, so be looking for a date to be set in the fall of this year.

We are excited and are looking forward to this year's endeavor. If you have any questions or would like information, please contact Roxie Thomas 254-725-6141 or Pat Stephens 254-725-6819.

Nimrod Baptist Church VBS this Saturday, Aug. 8th

G'Day Mate! The Nimrod Baptist Church would like to invite all kidaroos (children that is) ages 3 through 6th grade to climb aboard the Boomerang Express for a day of fun and adventure in the land Down Under, Saturday, August 8th.

They will have a great day of exciting Bible stories, crafts, recreation and snacks. Registration begins at 8:45 a.m. Dismissal 3:00 p.m. For more information call Sharron McCulloch 254-442-2176, Glenda Shawver 254-725-6561 or Wanda Blackwell 254-6395.

COURTHOUSE NEWS

COUNTY COURTHOUSE
Roger Corn, Presiding

Ernie Scott, theft.

Criminal Minutes

Misdemeanor Filings
Pamela Grimes, driving while license suspended (DWLS).

Fleeta Whitworth, order discharging defendant from probation (no deferred adjudication).

Misdemeanor Minutes

Trevor Smith, motion to revoke probation and adjudicate granted.

Jacquelyn N. French, order amending conditions of probation granted.

Sidney Walton, order on motion to suppress denied.

Civil Filings

Jean Saldivar Quota vs. Roman Saldivar Jr., divorce.

James Howard Jones vs. Delores Fern Jones, divorce.

Linda M. Goosen vs. Matthew W. Goosen, divorce.

Civil Minutes

42nd DISTRICT COURT
John Weeks, presiding

Brandon Stanfield and Shauna Star Stanfield, divorce granted.

Criminal Information and Complaints

Burney Clay Acton, order granting occupational driver's license.

"THE 2009 TEXAS STATE AUCTIONEERS CHAMPION" JOHN SISK Tx5#7425 - George West, Tx 361-456-7771 ANNOUNCES TWO TREMENDOUS AUCTIONS!!

#1 August 15th,-10am;

Livingston Machine Shop & Real Estate Auction, Kingsville, Tx
Milling Machines, Lathes, Presses, Drills, Saws, Hand Tools, Welding Machines, Scrap Iron, Calipers, Dial Indicators, Two Pipe Machines, & More! 10% B.P.

#2 August 22nd,-10am Adcock (Deceased) Estate Auction:

Gold-Silver-Collectible Coins, Paper Money, Collector Guns, Stamps
10% B.P. (Live) 15% (On-Line) Bid Live In-Person or On-Line Live

WWW.SISKAUCTION.COM

Urgent news for people diagnosed with MESOTHELIOMA

Exposure to asbestos is usually the cause of mesothelioma, a serious cancer. Whoever exposed you to asbestos should be held responsible. Call us now toll free at 1-800-THE-EAGLE for a free consultation. We practice law only in Arizona, but associate with lawyers throughout the U.S.



915 W. Camelback Rd.
Phoenix, AZ 85013

GOLDBERG & OSBORNE
1-800-THE-EAGLE
(1-800-843-3245)
www.1800theeagle.com

Open 7 days
a week

WE INVITE YOU TO WORSHIP
WITH THE

First United Methodist Church
Rev. Harris Worcester

Sunday School 9:30AM

Sunday Morning Worship 10:45AM

1000 North Main Street • Church office: 254-725-7377

First Presbyterian Church

Sunday Service 9:00 AM

Music- Connie Swift

& Betty Lewis

Lead Singers: Rhonda Swift

Amanda Sowell

Matt Sowell

Pastor Kathy Monroe

208 N. Ave. D

First Baptist Church

Sunday School

9:30 am

Sunday Morning Worship
10:45 am

Sunday Evening Worship
6:30 pm

Wednesday

6:30 pm Prayer/Worship

Youth Bible Study 6:30 pm

Children Choir 6:30 pm

Ronnie B. White, Pastor

(254) 725-7629 3rd & Main, Cross Plains, TX 76443

COTTONWOOD NEWS

WALLACE BENNETT



MEMBER OF THE BAPTIST MISSION TEAM— that recently visited in Mexico.



MEXICAN CHILDREN ATTENDED VBS SCHOOL— taught by Baptist Mission Team from Cottonwood at Iglesia Bautista La Trinidad.

Baptist Mission Trip to Mexico A Successful Exchange of Friendship

The recent mission trip to Mexico, during July, was very successful, according to Matt McGowen, pastor of the church. The Mission Team that journeyed to Mexico from the First Baptist Church in Cottonwood, included Pastor McGowen, Shera Gary, Jake Estes, Melissa and Judy Luter, David Estes, Justin McFarland, Clay Richardson and James Caffey.

The group conducted a Vacation

Bible School at the Iglesia Bautista La Trinidad in Mexico. They built cabinets for the parsonage and made many enduring friendships. "By far the greatest things we accomplished was making new friends," said Judy Luter, first-time member of the mission team. "These friendships will last forever," she said.

Cottonwood Roundup

The Cottonwood quilting club meets on Tuesday at 10 a.m. and visitors are welcome. Please come out and join this friendly

bunch of folks at the Cottonwood Community Center.

The next Volunteer Fire Control Unit will meet August 10, at 7 p.m. The unit recently assisted other local units put a fire to rest on the Baird Highway. All folks who live in the Cottonwood Valley are eligible to join.

(Please contact Wallace Bennett at 254-725-7474 or e-mail www.csb555@dishmail.net with any news about Cottonwood Valley. Remember, I can't print it, if I don't know it.)

Love Fund for Billy Knight Still Open at Texas Heritage Bank

Billy Knight suffered severe injury to his arm in a dozer accident several months ago and a Love Fund was established at the Texas Heritage Bank to help with medical expenses, etc.

The Love Fund is currently still open, if you would like to contribute to this family during this difficult time. They would be appreciative of your thoughtfulness.

Alcoholics Anonymous Meetings

Alcoholics Anonymous meetings are now being held every Tuesday and Thursday from 6:00 to 7:00 p.m. at the Cross Plains Church of Christ Activity Center on East Highway 36.

For additional information, contact Claude at 254-725-4641 or Diana at 254-725-4670.

LIBRARY NOTES

July 27-31, 2009

Patrons:	145
Books Checked Out:	177
Summer Reading Program:	33
Copies:	67
Reference:	10
Internet Users:	83
Interlibrary Loans:	4

Donations:

Randy Lanier

Books Donated:

Jim Isbell
Larry Crockett
Cindy McCaghren

Volunteers:

Azalee Womack
Arlene Stephenson
Sue Bennett
Michael Ellis
Michelle Kaiser
Wilma Lawrence

Cross Plains Area Genealogy Society meets at the Library every first and third Mondays at 1:00 p.m.

Angelfood Ministries now Taking Orders at the Senior Center

If you would like to order Angelfood, you may place your order at the Senior Center! The Center is open Monday through Friday, from 9 a.m. to 2 p.m. for your convenience.

The deadline to order is August 15, and pickup will be August 29. The pickup will be at the Center from 9 a.m. to 9:30 a.m. If you have not tried Angelfood before, come by and look at the menu and try it for a month!

for Meals on Wheels

Volunteers are needed for the Home Delivered Meal Program at the Senior Citizen Center. If you or your business would like to make a difference in your community, please call the Center. You may volunteer once a week, month, or be a substitute. It only takes 45 minutes to deliver the meals! For many that benefit from the meals this is the only socializations they receive each day. Think of the difference you would be able to make to the great Seniors who once served you!

Senior Center is having Defensive Refresher Driving Course for AARP

AARP is sponsoring a Defensive Refresher Driving course at the Cross Plains Senior Citizen Center Saturday, August 29th from 1:00 - 5:00 pm. AARP member cost \$12.00 and non members cost is \$14.00. Most insurance agencies will give you a 10% discount off of your premium for up to 3 years if you take this course. If you are under 50 years of age, check with your insurance company for your specific discount. ANY AGE MAY TAKE THE COURSE!! Please call to sign up due to class space limitations. Cross Plains Senior Center number is 254-725-6521.

The Board of Directors of the Cross Plains Public Library cordially invites you to our

Grand Opening of The Children's Discovery Center and 30th Anniversary Celebration

Tuesday, September 1, 2009
3:00—7:00pm

Refreshments provided by Texas Heritage Bank

SENIOR CITIZEN CENTER ACTIVITIES:

BY AMBER THOMAS

WEEKLY ACTIVITIES

Monday, 10th- Movie Day @ 10:00am/ Cokes & Popcorn
Tuesday, 11th- Exercise Class @ 11:00 am / 4:00 - 8:00 pm
Game Night / Pool Tournament @ 5:30 pm
Wednesday, 12th- Blood Pressure Checks by Girling 10:30 - 11:30 am
Thursday, 13th- Computer Class @ 10:30 am / Free Manicures @ 10:30 am / Exercise Classes- 11:00am / Shopping Trip to Wal-Mart (Leave at 1:15 pm) (SIGN UP)
Friday, 14th- Health Fair @ 10:00 am / Bingo 11:15 am / Volunteers needed at 1:00 for sale
Saturday, 15th- Garage Sale & Bake Sale 8:00 am Come Shop and Volunteer

Coupon Corner at the Senior Center

Do you have coupons that you do not use? A sweet lady from the community, Geneva Nelson has started a Coupon Corner at the Center for the seniors in the community! There is a table with baskets to sort coupons for the seniors to use. With the economy like it is what a great way to save

money by using coupons. This really helps our seniors, since so many are on a fixed income. So if you have coupons from the Sunday paper, and don't plan on using them, drop them by the Center and we can put them to use!

Senior Center has 6 computers up and running!

The Senior Center has 6 computers available to any senior to use. You may use the internet, play computer games, make a document or even setup an email account. They are available Monday-Friday from 9:00am - 2:00am. The computers were donated by the Texas Department of Criminal Justice Computer Recovery Program out of Snyder. They did not have any programs on them when the Center received them but thanks to a GREAT couple in the community, Jerry and Chris Biggerstaff, they have

worked many hours to get programs installed and wired the computers to be ready to use for a computer class Jerry taught on July 23. All six computers were full! If you would like to join a future computer class please call the Center. They will be each Thursday starting at 10:30am. Classes can be as basic or advanced as needed. What a great opportunity for the Seniors in the community to learn computer skills! A BIG THANKS AGAIN FOR THE BIGGERSTAFF'S!!

Monthly Pool Tournament August 11th

The Senior Center will have its monthly pool tournament on August 11, beginning at 5:30 p.m. You may come as early as 4:30 p.m. to practice and then the fun begins. Men, women and children of all ages are welcome to participate.

The Champ to beat this month,

if possible, is Bob Carter, with Hunter Thomas coming in 2nd place!

Come join some real pros and try to win a prize! There is no cost to the tournament, if you would like to make a donation to the center, you may do so.

Farmers Market

Do you have an abundance of fruits and vegetables from your garden? The Center has a table that is designed for produce for the Seniors. If you have extra gar-

den items please bring them to the center and we will put them out to help our seniors get fresh fruits and vegetables.

Fundraiser Garage Sale Set for Saturday, August 15

The Senior Center will have a garage sale on August 15, beginning at 8:00 a.m. You will also have the chance to fill a sack at 10 a.m. for \$3.00 and noon for \$1.50.

Come and shop for a good

cause, your seniors! Volunteers will also be needed as soon as lunch is over on Friday to help sort sale items. If you are able to help, please call the Center and let us know!

SENIOR CITIZENS MENU

AUGUST 10 -14

MONDAY-King Ranch Chicken, Lima Beans, Zucchini & Tomatoes, Bread & Dessert, Milk/Tea/Coffee
TUESDAY-Swiss Steak, Cauliflower, Mix Greens, Bread & Dessert, Tea/Coffee/Milk
WEDNESDAY- Chicken Quesadilla, Beans, Fiesta Corn Salad, Dessert, Milk/Tea/Coffee
THURSDAY-Meatloaf, Mashed Potatoes, Cream Peas, Bread & Dessert, Tea/ Coffee/Milk
FRIDAY- Roast Beef, Mashed Potatoes, Green Beans, Bread & Dessert, Milk/Tea/Coffee
2nd & 4th Tue., Domino Night (42/84) 4:00 - 8:00 p.m.

Baird Chamber Fundraiser Features "Elvis Presley" Impersonator September 5th Make Plans to Attend

Las Vegas style entertainment is coming to Baird September 5th, featuring Kraig Parker with a two-hour Elvis Presley tribute that has been stunning audiences around the world.

Parker, with the Royal Tribute Band and Orchestra, has been hailed as the premier Elvis imitator from Las Vegas to London. He has been joined on stage and endorsed by Elvis' original singers including the Jordanaires, The Stamps Quartet and the Sweet Inspirations. He is managed by Charles Stone Management. Stone was the tour producer for Elvis from 1972 until 1977.

Baird Chamber of Commerce and sponsors are hosting the show at the Baird High School Auditorium. Chamber President Rick McElmurray said, "We are extremely

fortunate to have entertainment of this caliber."

Concert goers are amazed at Parker's uncanny likeness to Presley's look, vocal style and charisma. A Chamber spokesperson said the best evidence of Parker's popularity is seen in the number of people from around the area who have seen one of his performances and are buying tickets for the Baird concert.

Tickets are \$20.00 per person for the 7:00 p.m. performance. For tickets or information call the Chamber office at 325-854-2003 or Nancy at 325-854-1212. Tickets are also available from board members Rick McElmurray, Pat Parker, Donna Bell, Nancy Turnbow, Barbara Corn, Melba Defosses, Walt Tollett, Trudy Burks, Jason Martin and Felix Manion.

Surprise Party!

Celebration of Life for one of Cross Plains' Living Legacies
First United Methodist Church Fellowship Hall

Sunday, August 9, 2009

Come & Go

2:00 - 4:00 p.m.

An Old Time

Ice Cream & Cobbler Social!

CURIOUS???

Come Join Us

BREAKTHRU

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



"WHY 'GO TO CHUCH'?"

Coming out of church, Mrs. Smith asked her husband, "Do you think that Johnson girl is tinting her hair?"

"I didn't even see her," admitted Mr. Smith.

"And that dress Mrs. Davis was wearing," continued Mrs. Smith.

"Really, don't tell me you think that's the proper outfit for a mother of two."

"I'm afraid I didn't notice that either," said Mr. Smith.

"Oh, man," snapped Mrs. Smith. "A lot of good it does you to go to church."

"A merry heart doeth good..." - Proverbs 17:22

I encourage you to join with us for worship and Bible Study this Sunday at the Cross Plains Church of Christ.

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

2009 District 7 4-H Fall Meetings

On Saturday, August 22nd, the District 7 Project Development Committees, District Council and Adult Leaders Association will all meet at the Southland Baptist Church in San Angelo. Every parent, leader and 4-H member is invited to attend!

The purpose of the district-wide committee is to develop project training opportunities for specific projects district-wide. 4-H'ers and leaders may choose one of the meetings to attend. The nine committees are: Beef, Clothing, Consumer Education, Foods and Nutrition, Horse, Photography, Sheep/Goats, Shooting Sports and Swine.

The registration fee will be \$5 per person which covers refreshments, insurance and program materials.

The schedule for the day will be:
 8:45 - 9:30- Registration
 9:30 - 10:00- Morning General Session
 10:00 - 11:30- Project Development Committee Training/Workshops; Project Development Committee Business Meeting; Orientation for new officers
 11:30 - 12:00- Committee Reports
 12:00 - 1:30- Lunch - On Your Own
 1:30 - 3:30- District 4-H Council & Volunteer Leaders Association Meetings

The 4-H program needs your ideas and opinions. Let's show the support we have in our county; join us for the trip to San Angelo. Please contact The Extension Office to register!

Hoss Sasin, CEA-Ag

West Texas Fair 4-H Meat Pen Show Deadline is August 13th

The deadline for entering the West Texas Fair 4-H Jr. Rabbit Show is August 13th. The Jr. Rabbit show will be held on Saturday, September 19, 2009. The event is sponsored by Acco Farm & Ranch Center and Milliorn Rabbitry.

****FAIR SPECIAL:** Purchase single rabbits from Milliorn Rabbitry for \$25 each. This is a carrying cage show. No other cages will be available.

All rabbits must be bona fide property of the exhibitor and must be owned by the exhibitor at least 45 days prior to the day of the show.

If you are interested in entering in the Jr. Rabbit Show, please contact the Callahan County Extension office at (325)854-5835.

Submitted by: Hoss Sasin, CEA-Ag

2009-2010 4-H Sheep & Goat Tag Orders

2009-2010 Sheep & Goat Tag orders are due to the Extension office by August 24th. If you plan on showing Market Lambs or Market Meat goats at the local, county or major shows you must call in your tag order no later than August 24th. Major show tags are \$7.00/tag and County tags are only \$3.00/tag.

All tag orders must be paid for by August 31st!

Contact The Extension Office to place your tag orders at 325-854-5835.

Submitted by: Hoss Sasin, CEA-Ag

Reserve Seats for Football Season On Sale Aug. 15th

Reserve seats for the upcoming football season at Cross Plains I.S.D. will go on sale August 15, 2009, at the Buffaloes' first scrimmage.

After August 15th, they will be sold at the Superintendent's office.

REMEMBER this school year is Homecoming, so please take care of this as soon as possible.

The price is the same \$5.00 per seat for a year. This only pays for your seat, not admission to the game.

It's time to start getting 4-H project ready for West Texas Fair

The West Texas Fair is just around the corner. Now is the time to start getting those 4-H projects ready to enter. There are a lot of different divisions you can enter. They include: Animals, Clothing and Textiles, Photography, Food and Nutrition, Crafts and many more. You can find the entry information and rules on the Taylor County Expo Center Website, www.taylorcountyexpo.com.

If you plan to enter a 4-H project in the West Texas Fair, please come by or call the Extension Office so that we will know who plans to participate.

All entries for the Jr. Steer, Jr. Breeding Cattle and Jr. Breeding Sheep are due in the Extension Office by August 11th.

If you have any questions please contact The Extension Office. (325) 854-5835

Submitted by: Hoss Sasin, CEA-Ag

It's Time for Summer High School Band Rehearsals

The time has come once again for summer band! Where did the summer go? I hope everyone had a great vacation!!

Summer band rehearsals will officially begin on August 10th and runs Monday through Friday (August 10-14 and August 17-21).

The first week we will start with sectionals just as we did this past year. Flutes will begin at 9 a.m. and rehearse until 10:30 a.m.

Clarinet and saxophones will begin at 10:30 a.m. and rehearse until noon. All brass instruments will rehearse from 1:00 p.m. until 2:30 p.m. I will adjust any rehearsal times as needed.

The second week we will be rehearsing together from 6:00 p.m. until 9 p.m.

I know there will be cheerleading and football practices going on, so we will work around your schedules as

much as possible.

Remember you must complete all hours of summer band to be eligible to go on our annual spring trip.

I look forward to having another great year at C.P.H.S. Have fun and be safe. See you soon!!

If you have questions, call 325-669-0569.

Submitted by Matt Sowell Band Director

SUBMIT YOUR SCHOOL DAY PHOTOS AND MEMORY STORIES FOR PUBLICATION

TO THE CROSS PLAINS REVIEW

PRIOR TO CPHS HOMECOMING - SEPT. 19

MAIL WITH SELF-ADDRESSED ENVELOPE TO PO Box 519, CROSS PLAINS, TX 76443



LOOK AT THIS BUS FROM THE LATE 1930'S— Pop Lusk (at left) is pictured with some Cross Plains High School band students. Pop was the math teacher, helped coach football, and drove a route bus. (Photo provided by Audrey Purvis.)

4-Cross Plains Review August 6, 2009

2009-2010 CROSS PLAINS ELEMENTARY SCHOOL SUPPLY LIST

PRE-KINDERGARTEN

- 2 Glue Sticks 0.77 oz.
- 1 Pr. Scissors- 5" Blunt
- 2 Boxes Tissue (110 ct)
- 2 Crayons 24 ct. (small)
- 1 Folder - Plastic Pocket Only Yellow
- 1 Can Playdough

KINDERGARTEN

- 1 School Glue-7oz.
- 1 Pr. Scissors - 5" Blunt
- 1 Large Plastic School Box
- 3 Tissue - 110 ct.
- 2 Box Crayons - 24 ct.
- 1 Box Crayon - Small 8 ct.
- 1 Markers - Thick Classic 10 ct.
- 1 -8 Color Crayola Washable Watercolors
- 3 Folders - Purple Plastic Pocket Only
- 1 Folder - Red Pocket and Brad
- 4 #2 Pencils
- 1 Washable Crayola Thin Markers - 8ct.
- 1 White Board Marker - Green Fine Tip
- 1 Dry Erase White Board - 9" X 12"
- 1 Vinyl Binder - 1" Hardback
- 1 Box Reclosable Bags - Quart Size
- 1 Vinyl Binder- 1" Hardback
- 1 Wet Ones- 40 CT.
- 12- Pencil Cap Erasers

FIRST GRADE

- 1 School Glue - 4 oz.
- 1 Scissors - 5" Sharp
- 2 Plastic School box
- 3 Tissue - 110 ct.
- 2 Crayons - 24 ct.
- 1 Markers - 8 ct. Classic Wedge Tip
- 12 #2 Yellow Pencils
- 1 Watercolors - 8 Color Washable
- 4 Pink Bevel Erasers
- 2 Crayons - 8 ct. Twistable
- 1 Spiral Comp Book - 70 ct Wide Ruled

SECOND GRADE

- 4 Large Glue Sticks
- 1 Plastic School Box
- 2 Tissue - 100 ct.
- 2 Boxes Crayons - 24 ct.
- 1 Folder - Blue Plastic w/Pocket
- 1 Folder - Red Plastic w/Pocket
- 1 Folder - Yellow Plastic w/Pocket
- 24 #2 Pencils
- 2 Pink Bevel Erasers
- 1 Paper - 200 ct. Wide Rule
- 1 Box. Waterless Hand Sanitizer Bottle w/Pump
- 1 Spiral Comp Book 100 ct. Wide Rule
- 1 9x12 Manila Paper - 50ct.

THIRD GRADE

- 1 School Glue - 7 5/8 oz.
- 1 Scissors - 5" Sharp
- 2 Tissue - 120 ct.
- 1 Folder - Yellow Pocket 3 Hole
- 1 Folder - Purple Pocket 3 Hole
- 1 Folder - Green Pocket Only
- 24 #2 Pencils
- 1 Crayola Crayons - 24ct.
- 2 Pink Bevel Erasers
- 2 Paper - 200 ct. Wide Rule
- 4 Pens - Red Medium
- 1 Pencils - 7" Colored 8 ct.
- 3 Spiral Comp. Book - 100 ct. Wide Rule
- 1 Spiral Comp Book Wide Rule 70ct.
- 1 1" Purple Hardback Vinyl Binder
- 1 12x18 Asst. Const. Paper - 50 ct.

FOURTH GRADE

- 1 School Glue - 4 oz.
- 1 Scissors - 5" Blunt
- 1 Box Prang Crayons - 24 ct.
- 1 Folder - Green Pocket Only
- 1 Folder - Yellow Pocket and Brad
- 1 Folder - Purple Plastic Pocket
- 1 Folder - Red Pocket and Brad
- 3 Pink Bevel Erasers
- 3 Paper - 200 ct. Wide Rule
- 12 Pens - Red Medium
- 1 Ruler 1/16" Plastic 12" w/Standard and Metric
- 1 Pencils - 7" Colored (12 ct.)
- 1 Spiral Comp Book - 120 ct 3 Subject Wide Rule
- 3 Spiral Comp. Book - 100 ct. Wide Rule
- 2 Dividers - 5 Tab w/ Pockets
- 1 Poly Binder - Yellow Heavy 1 1/2"
- 1 Poly Binder - 1" Blue Flexible
- 3 Tissue - 120 Ct.
- 2 Pencil Sharpeners w/ Receptacle
- 1 Dry Erase Marker Black
- 2 2" Expand Wallet Fold Letter Size
- 1 Nylon Pencil Bag, Clear top w/ gromt 7 1/4" x 10 1/4"

FIFTH GRADE

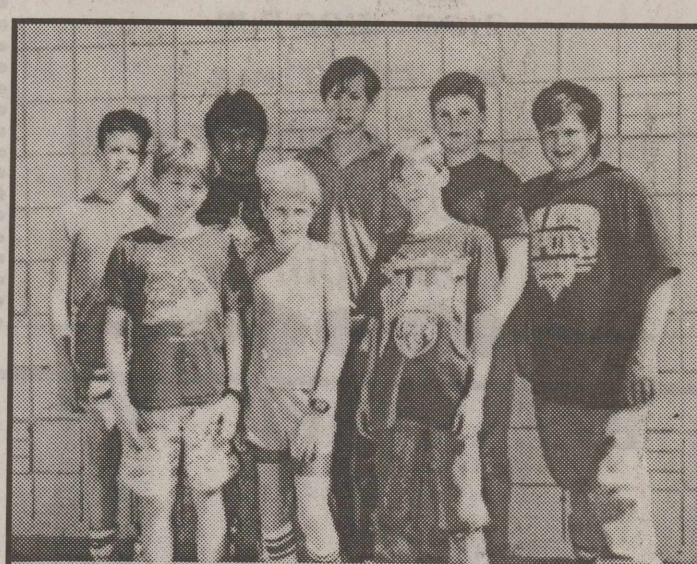
- 1 School Glue - 7 5/8 oz.
- 1 Scissors - 5" Sharp
- 1 Plastic School Box- Large
- 2 Tissue - 160 ct.
- 2 Crayons - 24 ct.
- 1 Pencil Bag - 10.5 X 5.5
- 1 Pencil Sharpener - w/Receptacle
- 12 #2 Pencils
- 2 Pink Bevel Eraser
- 3 Paper - 200 ct. Wide Rule
- 4 Red Check Pencil w/Eraser Presharpened
- 1 Ruler - 1/16" Wood w/Standard and Metric
- 1 Pencils - 7" Colored (12 ct)
- 1 Spiral Comp. Book - 100 ct. Wide Rule
- 1 Spiral Comp. Book - 120 ct. 3 Subject Wide Rule
- 2 Dividers - 5 Tab/5 Pocket
- 1 Poly Binder - 1" Blue Flexible
- 2 Index Cards Ruled 3 X 5 100 ct
- 2 Red Folders Pocket Only
- 1 Protractor 6" Clear
- 1 Poly Binder - 1" Yellow Flexible
- 1 Green Pocket Only Folder
- 12 Pencil Cap Erasers

SIXTH GRADE

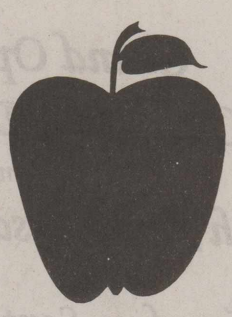
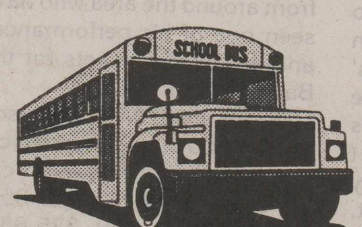
- 1 School Glue - 7 5/8 oz.
- 1 Scissors - 5" Sharp
- 1 Crayons - 24 ct.
- 1 Pencil Bag - Nylon, Clear top w/ Gromt 7 1/4" x 10 1/4"
- 1 Pencil Sharpener - w/Receptacle
- 4 #2 Pencils
- 1 Pink Bevel Eraser
- 2 Paper - 200 ct. Wide Rule
- 2 Red Pen - Clear Barrel
- 1 Pencils - 4" Colored (12 ct.)
- 2 Spiral Comp. Book - 100 ct. Wide Rule
- 1 Dividers - 5 Tab/ 5 Pockets
- 1 Poly Binder - 1" Yellow Flexible
- 1 Poly Binder - 1" Blue Flexible
- 1 Pkg. Colored Markers Thick (8 Ct.)
- 1 Plastic School Box
- 3 Folders Green Pocket Only
- 1 Protractor 6" Clear
- 1 Spiral Comp Book 120 ct 3 Subject Wide Rule
- 2 Kleenex Tissue- 110 ct.



AREN'T THEY CUTE?— Marissa Black (front, from left), Falon Bass, Carrie Rogers, Sheila Bell; Candice Bailey (second row, from left), Ashley Cook, Jamie Davis, Keali Eppard; Sheena Thomas (third row, from left), Marian Reed, Unknown, Citanya Scott, Jenny Pancake and RickAnn Winters sitting on the cafeteria steps in the early 90's.



6TH GRADE BOYS IN THE EARLY 90'S— Brandon Stover (front row, from left), Jason Carey, Unknown; Justin Richey (back row, from left), Hugo Maricio, Unknown, Porcious Potter, and Cory Switzer.



To Guarantee Publishing in the Current weeks Paper please have articles in by 2:00 pm. Monday and ads by noon on Tuesday of that week!

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Barb's Cues

By Barbara Holmes Worcester

Walk Tall

We should never allow ourselves to become stagnant in life. It is easy for us to fall into a routine and believe the lie that our life has nothing special to offer this world. That is the falsity that many of us have believed simply because we haven't been taught any different. We must renew our minds with the word of God and see that we are created with a special purpose and plan in mind. We are God's handiwork. The Lord has made us as an extension of Him. We are to move forward in life, imagining, creating, building and making our life a benefit to humanity. (Romans 12:2)

You need to realize that you are special. You have qualities and abilities that no one else possesses. You are to use the gifts that you've been given to bring into existence that which is still in your heart. Be encouraged to do something new. Bring those past productive thoughts to the forefront and do today what you have been meaning to do for so long before. The Lord will help you and guide you to bring into realization what was once only a dream. (Proverbs 8:12) (Jeremiah 29:11) (Job 8:7)

I hope this message ministers to your heart to imagine again what you have stopped imagining in the past. Think of those stagnant dreams again and be encouraged to nurture them into existence.

Dwayne Savaya,
God's Work Ministry

Royalty

Did you know you are part of Royal Family? If you are a child of the King, that makes you royalty. So walk a little taller and

hold your head up.

My uncle who does genealogy found a "Lady Appleyard" in our family history. I didn't have any luck at getting my family to call me "Lady Barbara" but it was fun to think about.

Actually, being one of God's princesses is more important. We all have royal work to do for God. Our crown is invisible but it shows up when we do something to help someone. How many times have you heard said of someone "He is a prince" or "She is a real lady."

As we go through our days, let us try to walk out our royalty in our action to others.

BHW

Sauces

Bar-B-Cue Sauce

- 1 big bottle catsup
- 2/3 cup vinegar
- 1 cup sugar
- 1 stick margarine
- Texas Pete (to taste)
- 1/2 t. celery seed
- 1/2 t. sweet basis
- 2 bay leaves
- 1 cup lemon juice
- black pepper
- Spice of Bar-B-Cue chicken

Nellie Garrett

Barbecue Sauce

- 1 cup light molasses
- 1 cup prepared mustard
- 1 cup cider vinegar

Combine molasses, mustard, and vinegar in 4-cup jar with a lid. Shake well to mix.

- Oven temps:
- Very Slow: 250°-275°
 - Slow: 300°-325°
 - Moderate: 350°-375°
 - Hot: 400°-425°
 - Very Hot: 450°-475°

Amy Gentry

Immunization Clinic in Callahan County Announced

Texas Department of State Health Services announce the Immunization Clinics in Callahan County as follows:

Monday, August 10th

Baird Cafetorium
400 West 7th Street
10 a.m. - 12 noon

Cross Plains Housing Authority

233 North Main Street
2 - 4 p.m.

Wednesday, August 12th

Clyde First Baptist Church
216 Austin
10 a.m. - 12 noon
and
1:30 - 3 p.m.

Please bring your child's immunization records. If your child has Medicaid or CHIP, please bring their card.

For more information, call 325-754-4945.

Callahan County 4-H Shooting Sports Dove Warm-up

Callahan County 4-H Shooting Sports will be holding their 6th Annual Dove Warm-up on Saturday, August 22nd, from 9:00 a.m. until 6:00 p.m. at the 4-H range off FM 18 between Clyde and Baird.

A team of 5 can shoot 50 targets each at the 5-stand event for \$125.00. Call to reserve a time to shoot!

The Trap and Skeet fields will also be open. Hone your skills for \$6.00 a round (25 targets). Hit a green target, win a prize!

So grab your shotgun, hunting vest, eye and ear protection and come out and shoot some clays. All proceeds benefit the Callahan County 4-H Shooting Sports program. A concession stand will be open.

For more information or to reserve a time to shoot 5-stand, call Kevin Meier at 325-665-7810.

Dedication Scheduled for Methodist Church

Almost two years to the day that members of the United Methodist Church had a 'signing of the beams' celebration, the church is being formally dedicated. On August 26, 2007, members gathered to bless the partially constructed church and to write favorite scriptures, marriage and baptismal dates, prayers, etc. all over the exposed beams. Those prayers and thoughts are now sealed within the church walls to serve as a constant reminder of how God helped us fulfill His purposes here on earth.

And now two years later, on

Sunday, August 16, that new structure will be officially dedicated as the First United Methodist Church of Cross Plains.

Rev. Mike Lowry, Bishop of the Central Texas Conference, will officiate at the dedication service during morning worship. Rev. Jim Olney, District Superintendent, will assist him as will local pastor, Harris Worcester. Julie Worcester, local director of music, will be coordinating the music for the service. In addition to special music by the Chancel Choir, the Hand Bell Choir will be performing.

Area folks are warmly invited to join us on this special day. If you can't make the 10:45 a.m. service, you may join us for a catered brisket dinner by contacting by contacting the church at 254-725-7377 or funcrossplains@gmail.com. If that doesn't fit your schedule, just come on by after your lunch, join us for an informal time of touring the church, dedicating the parsonage at 1:30 p.m., coffee and desserts in the Fellowship Hall and just plain visiting with out-of-town folks and local friends.

30th Annual Teston Family Reunion Held

The Family of Elzie and Lila Teston held their 30th annual reunion at the Cross Plains Community Center July 25-26. Mr. and Mrs. Teston had eleven children.

Family members came from as close as Cross Plains, Abilene, Clyde, Lubbock, Potosi, Spring, Eula, the Metroplex, Wimberly and as far away as Las Cruces, New Mexico.

There was lots of fellowship and hugs. The reunion quilt was

won by Bill and Barbara Teston. Many wonderful items were auctioned off to assist the reunion fund, including a quilt top pieced by Lila Teston many years ago.

The two surviving children of Elzie and Lila are Oddie Kivlehen and Lessie Baum, who were both present. Others attending were Bill and Barbara Teston; Mark and Chanda Harris; Michael, Valerie and Madelyn Harris; Jane Fabian; Jennifer Bloomer; Casey, Cody, Mackenzie and Jonathan

Wasson; Ashia, Anthony, Sophia and Madilyn Lowry; Chris, Cathy, Sidney and Luke Lowry; Mat, Susie and Alyssa Lowry; Ken and Gayle Lowry; Bob and Nancy Braly; Annette Johnson; David and Marsha Kivlehen; Leigh and Kaden Kivlehen; Jennifer Kivlehen; and Justin Harris; Cody Harris; and Judy Harris.

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Cross Plains Review



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 Classifieds must be received in the review office by noon Tuesday to be published in the current week's edition.

The Cross Plains Review reserves the rights to reject any and all Classified Ads considered by the publisher to be subject objectional in matter, phraseology, or opposed to the interest or the policy of the newspaper. No fraudulent, dishonest, or misleading ads will be knowingly published in the Cross Plains Review for any cost, injury or liability upon it because of the content of any ad so submitted.

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PUBLIC NOTICE
NOTICE OF APPLICATION FOR FLUID INJECTION WELL PERMIT
 Creek Energy, Inc., P.O. Box 2212, Brownwood, Tx 76801 is applying to the Railroad Commission of Texas for a permit to inject fluid into a formation that is productive of oil or gas.
 The applicant proposes to inject fluid into the Fry Sand, York, Well Number 6. The proposed injection well is located one mile Northwest of Grosvenor in the Byrd (Fry Sand), in Brown County. Fluid will be injected into strata in the subsurface depth interval from 1440 to 1456 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 Underground Injection Control Section, Oil and Gas Division, Railroad Commission of Texas, P.O. Box Drawer 12967, Capitol Station, Austin, Texas 78771-2967. (Telephone 512-463-6792).

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GARAGE SALE
 3 FAMILY- 308 NE 7th Street; Saturday, August 8th; 8:00 - ?
FRIDAY & SATURDAY- August 7th & 8th; 708 E. 1st St. Microwave, coffee table, womens large, small and jr. size clothes, lots of miscellaneous
SATURDAY, AUGUST 8TH- 2 miles east of Higginbothams on FM 374 on right; furniture, basketball goal, lots of miscellaneous
MULTI-FAMILY SALE- Friday 9:00-5:00 and Saturday 9:00-12:00; 2 miles south of Cross Plains on Hwy 279, Carmen Free's house. No sales before 9:00 am.

Kimmy's
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 We would like to express our heartfelt appreciation to everyone who attended our 65th Anniversary and for those who sent cards and good wishes. You made our special day great!
 Dan and Bobbie Johnston and Family

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WANTED
CLIENTS LOOKING TO BUY SMALL ACREAGE WITH CHARMING HOME- in Cross Plains area. Call Realtor Norma Evans at 325-660-9246, Jimmy Partin Realtors 325-695-4235.

HAY FOR SALE- Coastal \$55-\$75. Sudan \$40, Tifton \$65, Alpha \$9; Hauling available 325-201-6014, Cross Plains.
HOUSE FOR SALE- 2 bedroom, 1 bath, central air and heat, fenced front and backyard, 432 Spruce, Baird; \$25,000.00 Call 854-2472
CORRIENTE CATTLE- Cows \$500. Ropers \$300. 254-725-6880, 325-370-3819, Baird.
TOY POODLE PUPPIES- Dewormed, vaccinated, healthy. 254-725-6880, 325-513-1795, Baird.
CLASSIC 1979 CONTINENTAL MARK V- in good condition, 90,341 miles; Call 254-725-6571.
SALE- Men's 501 Rigid Levi's \$31.99; Extra for Big & Tall; Johnson's Dry Goods, 254-725-6211, Cross Plains
99 MODEL 3415 TRACTOR- 43 HP w/ loader and mower, 520 hrs.; \$9,900.00. 254-725-6560
CHIHUAHUAS- CKC Registered. Brown and tan. Male \$125.00; Call 254-433-2084

ANNOUNCEMENT
 The King Lives!
 Elvis Tribute Showcase
 September 5th in Baird starring internationally acclaimed performer Kraig Parker and the Royal Tribute Band. Baird Chamber (325) 854-2003.

PUBLIC NOTICE
 The City of Cross Plains is now accepting bids on the sale of a 1998 Ford F150 pickup. The pickup has 126,000 miles and will be sold as is. The pickup may be viewed at the Cross Plains City Yard. For more information, you may contact City Hall at 254-725-6114.
 Sealed bids will be accepted at the City Hall until 5:00 pm on Tuesday, August 11, 2009. The City reserves the right to reject any bids submitted for any undisclosed reason.

Thank You God
 For sending your healing RAIN!
 It is very appreciated!!!

Fax Any School Related News To Us At 254-725-7225

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MOUNTAIN MAN
Continued

I'd grabbed the barrel of his Winchester, and he was cussing and jerking at it with one hand and feeling in his boot for a knife with the other'n, and I said: "Mr. Braxton, if you ain't too busy, I wish you'd gimme that there letter which come for pap."

"Don't never come up behind me that way again!" he squalled. "I thought you was one of them dern outlaws! Look out! Duck, you fool!"

I let go his gun, and he took a shot at a head which was aiming around the shack, and the head let out a squall and disappeared.

"Who are them fellows?" I asked.

"Comanche Santry and his bunch, from up in the hills," snarled old man Braxton, jerking the lever of his Winchester. "They come after that gold. A hell of a sheriff McVey is; never sent me nobody. And them fools over at the ring are makin' so much noise, they'll never hear the shootin' over here. Look out, here they come!"

Six or seven men rushed out from behind the shack and ran across the street, shooting as they come. I seen I'd never get my letter as long as all this fighting was going on, so I unslung my old cap-and-ball and let bam! at them three times, and three of them outlaws fell across each other in the street, and the rest turned around and run back behind the shack.

"Good work, boy!" yelled old man Braxton. "If I ever—oh, Judas Iscariot, we're blowed up now!"

Something was pushed around the corner of the shack

and come rolling down toward us, the shack being on higher ground than the store was. It was a keg, with a burning fuse which whirled as the keg revolved and looked like a wheel of fire.

"What's in that keg?" I asked.

"Blastin' powder!" screamed old man Braxton, scrambling up. "Run, you dern fool! It's comin' right into the door!"

He was so scared he forgot all about the fellows across the street, and one of 'em caught him in the thigh with a buffalo rifle, and he plunked down again, howling blue murder. I stepped over him to the door—that's when I got that slug in my hip—and the keg hit my legs and stopped, so I picked it up and heaved it back across the street. It hadn't no more'n hit the shack when bam! it exploded and the shack went up in smoke. When it stopped raining pieces of wood and metal, they wasn't any sign to show any outlaws had ever hid behind where that shack had been.

"I wouldn't believe it if I hadn't saw it," old man Braxton moaned faintly.

"Are you hurt bad, Mr. Braxton?" I asked.

"I'm dyin'," he groaned.

"Plumb dyin'!"

"Well, before you die, Mr. Braxton," I said, "would you mind givin' me that there letter for pap?"

"What's yore pap's name?" he asked.

"Roarin' Bill Elkins," I said.

To be continued.

Cross Plains Review

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August 6, 2009

Want To Write Your Elected Officials?

Here are their addresses:

Austin

Rick Perry, Governor, Room 200, State Capitol, Austin, TX. 78711.

Harvey Hilderbran, State Representative, P.O. Bos 2910, Austin, TX 78768-2910. Phone 512-463-0536.

Troy Fraser, Texas Senate District 24, P.O. Bos 12068, Austin, TX 78711 or call 512-463-0124.

Washington

Barack Obama, President of the United States, The White House, Washington, D.C. 20000.

Randy Neugebauer, Congressman, 19th Texas District, 429 Cannon HOB, Washington, D.C. 20515. Phone 325-675-9779. For email access, go to <http://www.house.gov/neugebauer> and click on the appropriate link.

John Cornyn, 517 Hart Senate Building, Washington, D.C. 20510. Phone 202/224-2934. Fax 202/228-2856. For email access, go to <http://Cornyn.Senate.gov>

Kay Bailey Hutchison, 284 Russell Senate Office Building, Washington, D.C. 20510. Phone 202/224-5922. Fax 202/224-0776. For email go to <http://Hutchison.Senate.gov>

Public Library Ends 2009 Summer Reading Program



MISS SUE'S LITTLE READERS— The children show off their monsters that they made after enjoying books and stories about monsters.

The Cross Plains Public Library completed the 2009 Summer Reading Program last week with a great attendance. The children learned about art and practiced a new form of art using charcoal pencils and sketch pads. Books on drawing and sketching were used as guides as the kids chose animals, people or plants to experiment with and apply their skills using the charcoal.

Miss Sue's Little Readers enjoyed books and stories about monsters. Some monsters were sweet and some were funny! As the children made little monster puppets, they got to choose if their puppet would have one eye or two eyes!

We want to thank Sue Bennett for sharing her time and talents to do eight weeks of the Little Reader's Program this summer. She makes reading and learning so much fun!

Thank you to Judy Killgo for treating the Teen's and Tween's to challenging methods of fun and games. Thank you to all the parents for providing a way for the children to attend the Wednesday programming.

A big thank you to all the volunteers who presented such outstanding educational programs to our kids, and thank you to the



ART CLASS— The children learned a new form of art using charcoal pencils and sketch pads.

Kiwanis of Cross Plains for their generous support of the children's programming. Programs which will start up again for the school year the first Wednesday of September.

Be watching for information about the After School Adventure

Texas Historic marker workshops featured throughout the state

AUSTIN, Texas— Throughout August and September, the marker program staff of the Texas Historical Commission (THC) will offer free workshops designed to assist in the application process for Official Texas Historical Markers. Workshops will provide an overview of important historical research fundamentals and are intended to aid both potential marker sponsors and county historical commissions (CHC). Topics discussed will include historical and architectural significance and integrity, how to conduct research, and the roles of the THC and CHCs in the marker application process.

August and September

workshops will occur in Deaf Smith, Austin, Van Zandt, Palo Pinto and Victoria counties. These workshops precede the deadline for 2010 marker applications, which will be accepted from Sept. 1st–Nov. 20, 2009. The THC's marker staff also encourages applicants to take advantage of the online support materials in an effort to help save the real stories and designate the historic places throughout Texas.

To learn more about the marker workshops and the Official Texas Historical Marker application process visit www.thc.state.tx.us or contact the THC's History Programs Division at 512.463.5853.

Submit your application to become a Preserve America Community

WASHINGTON, D.C.— September 1st is the approaching deadline to submit an application to become a Preserve America Community. This prestigious designation recognizes communities that protect and celebrate their heritage, use historic assets for economic development and downtown revitalization, and encourage people to experience and appreciate local historic resources through education and heritage tourism programs.

Several benefits of becoming a Preserve America Community include White House recognition, eligibility for Preserve America grants

and enhanced community visibility and pride. Four application and designation cycles occur each year. The next 2009 application deadline is December 1st.

Preserve America is a White House initiative that encourages and supports local efforts to preserve and enjoy the nation's cultural and natural heritage. Currently, Texas has 67 Preserve America communities. For more information about applying to become a Preserve America community, visit www.preserveamerica.gov. To learn more about Preserve America communities in Texas visit the THC web site at www.thc.state.tx.us.

It's A Boy!

Kaelen Martinez announces the birth of her son, **Kaidon Madoc Martinez**

He was born at 8:22 a.m. on July 14, 2009 in Hendrick Medical Center. Kaidon weighed 5 lbs. 8 oz. and was 19 1/2 inches long.

He is proudly welcomed by grandparents Steve & Angie Fortune, Al & Sandy Martinez; great-grandparents Jeanette Bass and Al & Pauline Martinez and many aunts, uncles and cousins.

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August AngelFood Menu

Signature Box - \$30

1.5 lb. Ribeye Steaks (4 x 6 oz.)
 3 lb. IQF Split Chicken Breast
 1 lb. Boneless Center Cut Pork Chops
 2 lb. Mac & Beef Dinner Entrées
 1.5 lb. Breaded All White Meat Chicken Nuggets
 1 lb. 80/20 Lean Ground Beef
 1 lb. Bake or Fry Fish Sticks (32 sticks)
 1 lb. Frozen Corn
 1 lb. Frozen Baby Lima Beans
 1 ct. Cello-Wrapped Iceberg Lettuce
 2 lb. Sweet Potatoes
 15 oz. Pork & Beans
 1 lb. Rice
 32 oz. 2% Shelf Stable Milk
 Dozen Eggs
 Dessert
 For more information go to www.angelfoodministries.com

Senior Convenience - \$28

Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch and two vegetables or fruit.
Chicken Cacciatore with Rice, Cauliflower and Vegetable Medley
Macaroni and Beef with Noodles, Carrots, Zucchini and Red Peppers
Chicken and Noodles with Corn and Brussels Sprouts
Meat Lasagna with Green Beans and Cauliflower
Chili with Beef and Beans, Corn, Red Peppers and Peas
Macaroni and Cheese with Broccoli and Lime Beans
Boneless Pork Patty with Roasted Sweet Potato, Sugar Snap Peas, Broccoli and Cauliflower
Sweet and Sour Chicken with Rice, Sugar Snap Peas and Carrots
Spaghetti and Meatballs with

Corn, Peas and Carrots
Fettucini Alfredo with Broccoli/Carrots, Zucchini/Red Peppers and Brussels Sprouts
Desserts: 5 cookies or cracker variety, 4 oz. pear fruit cup, 4 oz. pineapple fruit cup, 4 oz. regular applesauce, 2.8 oz. frozen orange juice, 2.8 oz. frozen apple juice
Frozen and Dry Mix Allergen-Free Food Box \$40.00
 Processed to eliminate the top 8 serious allergens: milk, peanuts, soybeans, eggs, fish, tree nuts, crustacea and gluten
Allergen Free Frozen Food Products
 2 lb. Breaded Chicken Drumsticks
 1 lb. Breaded Chicken Tenders
 1 lb. Breaded Chicken Nuggets
 1 lb. Breaded Cube Steak
 Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar and oleoresin paprika.
 Breaded with rice, brown rice, modified tapioca, starch, flax seed, sugar, dextrose, salt spices, dehydrated garlic, spice extractives and oleoresin paprika.
 Breading is pre-browned in Canola oil.

WE ACCEPT FOOD STAMPS

August Special #1—\$23
6.5 lb. Assorted Meat Box
 1.5 lb. Bone-in Ne York Strip Steaks (2 x 12 oz.)
 2 lb. Boston But Pork Chops (4 X 8 oz.)
 2 lb. Lean Hamburger Steaks (X 8 oz.)
 1 lb. Italian Sausage with Cheese
August Special #2—\$22.00
4.5 lb. Steak Combo
 2.5 lb. Ribeye Steaks (4X10 oz.)
 2 lb. Sirloin Steak (4X8 oz.)
August Special #3 - \$22.00
10 lb. Assorted Chicken Grill Box
 5 lb. IQF Boneless Skinless
 4 lb. Leg Quarters

17 oz. Ready to Cook Cornbread Dressing
August Special #4 - \$22.00
Fresh Fruit and Veggie Box
 3 lb. Premium Fresh Idaho Baking Potatoes
 2 lb. Prem. New Crop Large-Medium Yellow Onions
 1 Head Premium Fresh California Sleeve Romaine Lettuce
 1 Bag Fresh Gourmet Caesar Salad Croutons (5 oz.)
 1 Pint Prem. Fresh Vine-Ripened Grape Tomatoes
 1 Head Prem. Fresh Green Cabbage
 1 lb. Prem. Sweet Cello-Pack Carrots
 6 Prem. Tree-Ripened Peaches
 1 lb. Prem. Fresh California White Seedless Grapes
 1 Prem. Fresh California Vine-Ripened Honeydew Melon
 1 Prem. Fresh California Vine-Ripened Cantaloupe
 4 Prem. California Valencia Oranges
 4 Prem. California Large Juicy Lemons

Orders Must be In by August 15 at the Cross Plains Senior Citizens' Center Monday-Friday from 9 a.m. - 2 p.m.
Pickup is August 29th at: Cross Plains Senior Citizens' Center 9:00 - 9:30 a.m.

For further information call 725-6521.

Callahan County DPS Report

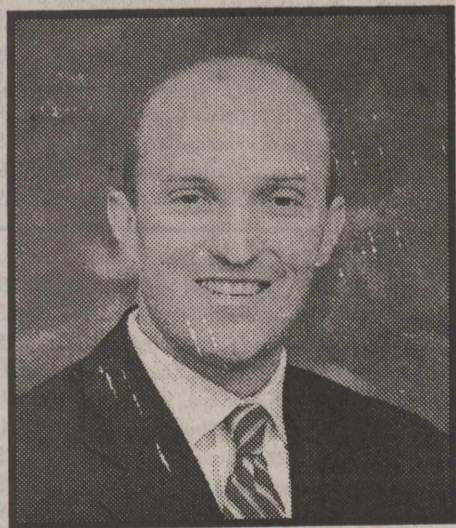
Calls received by the Callahan County Department of Public Safety from July 26, 2009 through August 1, 2009 include:

Cases Investigated
 Warnings—116
 Complaints—39
 Driving While License Invalid—1
Vehicle Accidents
 There were eight vehicle accidents investigated during this time span.

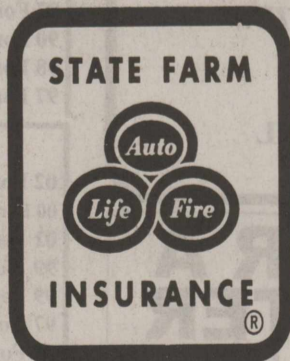
9- Cross Plains Review August 6, 2009

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Commissioners vote to impose dispatching fees on four agencies

The Callahan County Commissioners' Court voted to impose dispatching fees charged to the Clyde Police Department, Baird City Marshal's Office, Cross Plains Police Department and Citizens Emergency Medical Service after it was reported the Callahan County Sheriff's Department will have to hire a sixth dispatcher to handle the number of calls received by the Sheriff's Department in Baird.

The commissioners' court took the action Thursday, July 30th during a called commissioners' court meeting held at the County Courthouse in Baird.

Although the commissioners' court voted to raise dispatching fees to the four agencies, it wasn't by a unanimous vote of the court. On a motion by Commissioner Bryan Farmer and a second by Commissioner Harold Hicks, the commissioners' court voted 3-2 to impose dispatching fees on the Clyde PD, Cross Plains PD, Baird Marshal's Office, and Citizens EMS. Voting for the motion were Commissioners Hick, Farmer and Tom Windham. Those voting against the motion were Judge Roger Corn and Commissioner Cliff Kirkham.

Callahan County Judge Roger Corn stated Monday, August 3rd, due to the number of additional calls dispatched at the Baird dispatcher office, County Sheriff John Windham requested a sixth dispatcher be hired. Judge Corn said based upon a dispatcher's pay of \$10 an hour, a county dispatcher makes \$29,614.64 annual with benefits.

Beginning October 1st, the county commissioners voted to begin charging a dispatching fee to the Clyde Police Department, Cross Plains Police Department, City of Baird Marshal's Office and the Citizens EMS. Judge Corn said the fees

charged to the four entities is based upon the number of calls received by those agencies since the first of January and the fee is based upon the salary of the sixth additional dispatcher.

Judge Corn said Callahan County will continue to pay the largest share of the dispatching calls. Callahan County will pay \$185,680.36 for the current five dispatchers.

Beginning October 1st, the Clyde Police Department will be charged \$12,692.00 based upon the number of calls received within the city limits of Clyde. The Clyde PD had 468 or 21% of all calls since January 1st.

The Baird Marshal's Office will be charged \$6,044.00 based upon the number of calls received within the city limits of Baird. The Baird Marshal's Office had 211 calls or 10%.

The Cross Plains Police Department will be charged \$3,626.64 based upon the number of calls since January 1st within the city limits of Cross Plains. Cross Plains PD had 120 or 6% of calls since January 1st.

Citizens EMS will be charged \$7,252 for the number of calls received within the ambulance service territory, which includes all of Callahan County, except for the City of Cross Plains. Citizens EMS handled 12% or 384 calls since January 1st.

Judge Corn said Callahan County will continue to pay for dispatching for all the other entities which take calls by the Baird dispatchers. Those other agencies and their percentage of dispatching calls include: Texas Department of Public Safety, 7%; Cross Plains EMS, 4%; Oplin Fire Department, 1%; Eula Fire Department, 2%; Clyde Fire Department, 3%; Baird Fire Department, 1%; Cross Plains Fire Department, 2%; Putnam Fire Department, 1%; Cottonwood Fire Department, 1%;

Hamby Fire Department, 1%; Animal Control, 1%; Game Warden, 1%; TxDOT, 1%; AEP, 1%; and Constable, 1%.

Other agenda items brought before the commissioners' court included:

—Callahan County Judge Roger Corn called the commissioners' court meeting to order at 11:00 a.m. Those present included Precinct #1 Commissioner Harold Hicks, Precinct #2 Commissioner Bryan Farmer, Precinct #3 Commissioner Tom Windham, Precinct #4 Commissioner Cliff Kirkham, County Treasurer Dianne Gunter and County Clerk Donna Bell. Also present at the meeting was County Sheriff John Windham.

—Tommy Morris with Morris Insurance Agency came before the commissioners' court to report on the County's Group Medical and Life Insurance policies. After the report, Commissioner Windham made a motion to leave the benefits as is and to continue insurance coverage with the Texas Association of Counties. Commissioner Hicks seconded the motion, which was approved with a 5-0 vote.

—Commissioner Farmer made a motion to approve the contract with Citizens Emergency Medical Service. Commissioner Kirkham seconded the motion and the motion was approved with a 5-0 vote.

—After going over the 2009-2010 fiscal year proposed budget, Commissioner Windham made a motion to approve the proposed budget and Commissioner Kirkham seconded the motion. The motion was approved with a 5-0 vote.

—Commissioner Farmer made a motion to adjourn the commissioners' court meeting at 11:57 a.m. Commissioner Windham seconded the motion, which carried with a 5-0 vote.

Albany | Breckenridge | Baird | Cross Plains

Community Health Center

Come Celebrate National Health Center Week
 Cross Plains Senior Citizen Center • August 14th
MINI - HEALTH FAIR
 10:00 am - 12:30 pm
OFFERING: Free Health Screens, Free Blood Pressure Checks, Free Glucose Screening, Free Hemoglobin Screening
 (Senior Luncheon to follow)

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CROSS PLAINS REVIEW
 (USPS 138-660)
 DON TABOR, PUBLISHER
 VANDA ANDERSON, EDITOR
CROSS PLAINS REVIEW

MEMBER 2009
TEXAS PRESS ASSOCIATION

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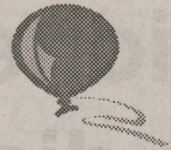
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That's What I Like About Texas.

HAPPY BIRTHDAY



AUGUST 8
Sterling Switzer
Benji Switzer
Gage Womack
John David Edwards
Chance Ray Watson
Mrs. Elvis Scott
Bill Wood
Carol Region
Shirley (Walker) Grant
Marlinda Wilson
Deanna Strickland
Linda Payne
Krista Phillips
Mrs. Freddy Thate
Dewitt Simons
David Switzer
Mike Kelley
Whitney Brianne Clark

Mrs. Mary Lou Chamber
Marie Baugh Branham
Richard Carl Waldraff
Lance Wilson
Tracie Stephens
Donald Baird

AUGUST 9
Corey Townson
Robin Haile
Thomas Casey
Ernest Ledbetter
Thelma Smith
Michael Edington
Stephanie Kay Hutchins
Evelyn Tyler
Kevin Switzer
C.M. Paulk, Sr.
O.L. Larkin
Misty Bush

AUGUST 12
Connie Jean Potter
Jeanie Marie Glenn
Bill Souther
Alma Gossett
Rowena Herring Anderson
Charles Mack Kelly
Bonnie Hean Grissom
Mrs. Charnel Hutchins
Bubba Roe
Vivian Harris
Dillon Dee Whiteley

AUGUST 10
Rusty Combs
Leatrice Nixon
Sammy Balkum
Mrs. James Apple
Jay Hutchins
Richard Lee
Brenton Calvin McNutt
George Shewmaker
Allison McGowen

AUGUST 13
Timothy Markham
Joshua Brooks Crawford
Canda Andrews
Ned Clark
Randy Griswold

AUGUST 11
Savana Wyatt

AUGUST 14
Clarence Tension, Jr.
Carl Morgan
Jessie Ruth McAdams
Paul Wright
Kami (Hargrove) Hickman
Kati Wooten
Junior Brown
Naomi Isbell
Nici Higginbottom
Jim Freeman
Debbie (Tyler) Reed
Clayton Lee Thomas
Billy Don Bell
Robert McCorkle
Melody Walker
Clay Duncan

The Doctors Prescription for Health

Column written by Albert M. Kincheloe DO Medical Director
Cross Plains Community Health Center, 200 N. Main St., Cross Plains, TX 76443. 254-725-4311

WHAT? ME EXERCISE?

Unfortunately, when you discuss exercise with the average person, their response is just that. Why is this so?

When the thought of exercise crosses most of our minds, the first thought that will routinely occur is "I don't have the time to exercise." Let's examine this thought.

As human beings, we have the ability to make informed decisions. The rest of life on this planet acts from what their genetics have provided for them and nothing more. However, we can look at a situation, and by thinking about the problem, arrive at a solution.

Most all of us have the time for anything that is either enjoyable, or that we have no choice but to do. Perhaps, if we were to exercise in a way that was enjoyable, then the task would become an easy one. If we also realized that in the long term, the benefits of such exercise would be tremendous, then we truly have a win-win situation.

Why do you need to exercise? Perhaps the number one reason to exercise is to assist in preventing weight gain, or as part of a weight loss program. One of the reasons for this is to keep our back and joints from wearing out before the rest of our body no longer needs them. As years roll by, and the joints are forced to carry 10, 20, 40, 110 etc. excessive pounds of fat, the joints simply wear out.

Once this happens, the person's activity level decreases further, and a vicious downward spiral into further weight gain will usually occur.

Exercise also builds muscle mass. Muscle burns calories. Fat cells do not burn calories. Therefore, as more muscle mass is produced through exercise, the more calories will be utilized by the body during sedentary activities and even when sleeping.

Exercise also strengthens ligaments and tendons, thereby strengthening the joints supporting structures.

Additionally, exercise, especially resistance weight training, strengthens the bones, and decreases the risk of osteoporosis. This fact is extremely important for the ladies to consider.

Depression and pain are helped by exercise due to the production of certain chemicals within the nervous system.

Exercise is an excellent component in any plan to help prevent diabetes, hypertension, cardiovascular disease, high levels of cholesterol and triglycerides: to name a few disease processes that exercise affects.

So, how do I know more about choosing an exercise program that I will stick with?

The first rule of starting to exercise is to realize that you are forming a new habit. Any new habit, good or bad, typically takes approximately

90 days to become deeply entrenched as a major part of our life-styles. Therefore, right up front, make a pact with yourself that you will stick with it for 90 days, no matter what. If you have a friend, or better yet, a spouse who will exercise with you, your success rate increases dramatically.

A healthy person can easily determine the pace at which their optimal routine should be performed. Formulas for this have been established as follows. Once your 90 days period has passed, these formulas are a good guideline for a healthy person to follow.

Exercise to burn fat is determined as follows:
220 - your age x 60% = Maximum heart rate during exercise.

Exercise to provide optimal cardiac health is determined as follows:
220 - your age x 80% = Maximum heart rate during exercise.

Lest of all, this sounds complicated, just remember that you are not likely training to be an Olympic athlete. Therefore, do not start up exercising at the level that you did as a high school or college athlete. If so, you will become extremely sore and decide that exercise is really bad for you, since you hurt so much. Start out at a slow pace and work your way up over the 90 day period as you are developing your new habit. If your goal is to

run two miles each day, and you have not exercised in 20 years, start by running to the end of the block and back, gradually increasing the distance each day or two.

Swimming is probably the best exercise for the average person. Walking at a rapid pace, preferably on a level surface, is the second best form of exercise for the average person. Riding a bicycle, either a typical bike or a stationary bike, is a great form of exercise. Treadmills, elliptical machines, free weights, Bowflex machines, gym memberships, mountain climbing, or simply parking at the farthest spot from the door at work thereby walking further to the door, as well as taking the stairs are all forms of exercise. All of those burn excess calories, and will ultimately aid in weight loss.

If you have any form of heart or lung disease, or debilitating chronic disease, be sure and discuss your exercise plans with your physician. Our discussion is aimed at the person who is healthy, but simply considering starting a routine exercise program. Remember, remember, no one but you can make you exercise!

Until next time, health, happiness, and peace to you.

"Success doesn't come to you...You go to it." Marva Collins

Loan Assistance Available for Rural Businesses

Agriculture Secretary Tom Vilsack has announced that USDA is now accepting applications for up to \$1.7 billion to fund projects that help spur business activity and economic growth in rural communities.

This infusion of money from the American Recovery and Reinvestment Act into rural business is designed to create and save jobs and help rural communities grow and prosper.

"The Recovery Act funds announced today will help businesses get access to the capital they need to launch and expand their businesses and help bring additional jobs to America's small cities and towns," said Vilsack. "President Obama and I are committed to building strong rural communities by helping businesses grow so we can put people back to work."

The funding announced today will be made available through USDA Rural Development's Business and Industry Guaranteed Loan program, which supports the development of private businesses. Eligible applicants include cooperative organizations, corporations, partnerships, nonprofit groups; federally recognized Indian tribes, public bodies and individuals. The funds will be targeted to creating and retaining quality jobs and serving difficult to reach populations, and areas hardest

hit by the current economic downturn. USDA will accept applications for this Business and Industry Guaranteed Loan program until Sept. 15, 2010, or until all funds are expended. Recovery Act funding will be available through Sept. 30, 2010. For information on eligibility criteria and for application assistance, please contact your state Rural Development office, or visit www.rurdev.usda.gov for a listing of all state offices. For example, projects that have utilized the program in the past include Hoffland Environmental, Inc. who refinanced their loan thru a Business & Industry Guaranteed Loan to expand operations, purchase additional equipment, and pay for professional services associated with the loan. The company designs and manufactures equipment, primarily for the economical treatment of wastewater that contains toxic heavy metals, oil & grease, toxic hydrocarbons, suspended solids, and animal waste. This project created an additional 10 new skilled jobs and retained 30 skilled jobs in Conroe, Texas. Pineywoods Academy, located in Lufkin, Texas, is a college preparatory charter school which utilized the USDA Business & Industry Guaranteed Loan to purchase the building they had been leasing that hosted their charter school.

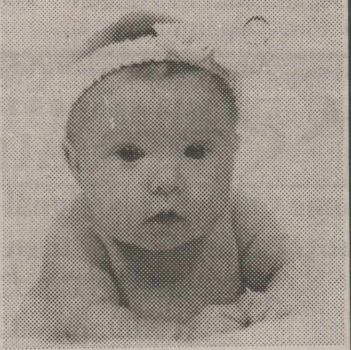
Originally, the Academy was Pre-K through the 8th grade, now they are planning to incorporate a high school. The Academy has an enrollment of 276 students and meets or exceeds the standards set forth by the Texas Education Agency.

More information about USDA's Recovery Act efforts is available at www.usda.gov/recovery. More information about the Federal government's efforts on the Recovery Act is available at www.recovery.gov. USDA Rural

Development's mission is to increase economic opportunity and improve the quality of life for rural residents. Rural Development fosters growth in homeownership, finances business development, and supports the creation of critical community and technology infrastructure. Further information on rural programs is available at a local USDA Rural Development office or by visiting USDA Rural Development's web site at www.rurdev.usda.gov.

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It's A Girl!



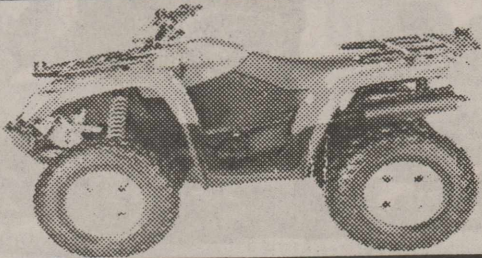
Daniel & Brandi Purvis and big brother Kade, are proud to announce the birth of **Kyndall Sage Purvis**

She was born at 2:59 p.m. on April 16, 2009. Kyndall weighed 8 lbs 0 oz. and was 19 1/2 inches long.

Maternal grandparents are Roy & Karen Richey of Cross Plains.

Paternal grandparents are Ricky & Delynn Purvis of Eastland. Great grandparents are Audrey & Jewel Purvis of Cross Plains.

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AUTOMOBILES

01 Chevy Cavalier, Runs Good, Cold Air, Needs Paint Job.....	\$1,850
00 Pont. Grand Am, 4 cyl, Looks Runs good (Red).....	\$2,895
97 Lincoln Cont., Nice clean car, runs good (Pearl White).....	\$2,995
99 Taurus, V6, Looks, Runs Good (Silver).....	\$2,950
01 Lincoln LS, Fully Loaded, V8, Leather, Very nice.....	\$6,450
02 Mercury Sable, V6, Nice Car.....(Special).....(white).....	\$3,450
02 Taurus SE, Looks, Runs good.....(black).....	\$3,750
98 Ford Contour, V6, Looks, Runs Good.....(green).....	\$2,250
95 Mercury Cougar XR7, Very Nice Car.....	\$2,450
94 Mercury Cougar XR7, Loaded, 4.6 V8, Looks, Runs good.....	\$2,450
93 Mercury Cougar, XR7, Runs good.....(Green).....(Reduced to).....	\$1,250
91 Buick La Saber, 4 door, Looks Runs good (White).....Special.....	\$1,495
97 T-Bird, V6, Looks, Runs Good (Red).....Special.....	\$2,295
99 Ford Taurus, V6, Green, Runs looks good.....Special.....	\$2,450

ALL VANS & SUV'S HAVE BEEN REDUCED

00 Dodge Durango, SLT, 318 V8, with 109,000 miles, loaded.....	4,995
00 Ford Explorer, V6, Auto, 4DR (Red) Very Good.....Special.....	\$4,950
97 Ford Explorer, Fully Loaded and Nice (Black).....Special.....	\$2,950
90 Ford Bronco, V6, Very nice inside & out.....Reduced to.....	\$1,950
98 Ford Windstar, V6, Van, Automatic.....Reduce to.....	\$1,950
97 Ford Aerostar, V6, van, 3 Seats, Looks Runs good (Green).....	\$1,950

DIESELS

02 Ford F350, Super Duty, Crew Cab, Very Good, 6spd.....	\$6,750
00 Ford F250 XLT, Crew Cab, 6 spd, Pwr stroke, (Silver) Nice Truck.....	\$6,250
01 Ford F350, XL, Super Duty, 6 spd, Pwr. Stroke, Crew Cab.....	\$6,250
99 Ford F350, Crew Cab, Super Duty, 6 spd.....Special.....	\$5,750
99 Ford F250, Super Duty, 4 dr. Super cab, 6 spd., Power Stroke.....	\$5,750
97 Ford F250, Heavy Duty, Super Cab, Power Stroke.....Reduced to.....	\$4,500
94 Ford F350, Crew Cab, Turbo Diesel, A nice truck.....	\$4,250
94 Chev. Diesel, Crew Cab, Runs good, Bad Paint, Automatic.....	\$1,950
90 Ford F350 4x4, Turbo Diesel, Flat Bed, (Red).....Special.....	\$2,995
89 Ford F250, 7.3 Diesel, Looks, Runs Good, (Tan).....	\$1,995
95 Ford F250, XLT, Super Cab, Power Stroke, Runs Very Good.....	\$3,250
94 Chevy, Ext. Cab, Diesel, Automatic, 4x4, Looks Runs Good.....	\$2,950
92 Ford F250, Turbo Diesel, 5 spd., Runs good (Red).....	\$1,495

GAS TRUCKS — MISC.

00 Ranger XLT, Super cab, 4 cyl, 5 spd., 84,300 miles.....	\$4,995
00 Ranger, Super Cab, V6, Automatic, Looks Runs good (White).....	\$4,800
99 Chev 1 Ton, 350 V8, Automatic, 8x8x12, Van body, Run good.....	\$2,995
00 Ranger, Super Cab, XLT, V6, Automatic, very good trk. (blue).....	\$4,850
02 Ford Ranger XLT, Super Cab, 5 spd, looks, runs good.....	\$4,995
99 Ford Ranger, Super Crew cab, V6, A good buy.....	\$4,650
98 Chev. S-10, 4 Cyl., Automatic, Looks, Runs good.....(green).....	\$3,595
85 Ford 4x4 F250, Wrecker Truck, Everything works good.....	\$1,995
97 Ford F150, Super Cab, V6, 5spd. looks runs good (tan).....	\$2,750
83 Chev. 3/4 Ton, V8, Looks, Runs Good.....	\$1,595
04 Tandem Gooseneck, 2 Cartower, Very good condition.....	\$5,250
94 Ford F250, with nice Utility Box Bed, Good Truck.....	\$1,995
88 Chevy, Crew Cab, V8, Gas or propane, runs good.....	\$1,950