

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

# Cross Plains Review

"Cross Plains' Oldest Business Institution"

"A Caring Community"

SOUTHWEST COLLECTION  
Texas Tech University  
LUBBOCK, TEXAS 79409

THURSDAY, August 27, 2009



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

100th YEAR

CROSS PLAINS, CALLAHAN COUNTY, TEXAS 76443

NUMBER 24

## Junked Vehicle Ordinance to Be Enforced Beginning September 1st

The City of Cross Plains passed a "Junked Vehicle Ordinance" in 2004 prohibiting junked vehicles to remain on private or public property more than 30 days.

Beginning September 1, 2009 the City will begin tagging junked vehicles that have been on public or private property more than 30 days and will have the vehicles removed if the owner

does not respond to the notice. If you have questions concerning the ordinance, you may contact City Hall or request a copy of the ordinance.

The Cross Plains Beautification Committee would like to remind citizens of Cross Plains that homecoming is just around the corner. Although this is a great time to get things cleaned up, we would like encourage all citizens

to take pride in their neighborhood and homes and make this a beautiful community for all seasons and not just at homecoming.

If you have an excess of debris that needs to be cleaned up, please contact City Hall for information on how to dispose of the debris. You may be able to remove the debris at no cost to you during the month of September.

## Genealogy Society Early Settlers Awards

In conjunction with the upcoming centennial of Cross Plains, the Cross Plains Area Genealogy Society wants to honor the Early Settlers of the Cross Plains Area.

The goal of this endeavor is to identify and honor our direct line ancestors who settled this area and to give recognition to their descendants.

All proceeds from this project will be used to benefit the genealogy section of the Cross Plains Public Library.

To qualify for this certificate, you need to furnish proof that you are a direct descendant of a person who was in the Cross Plains area before 1920.

You do not have to be a

resident of the area at this time to receive the award. Documentation such as Bible records, birth and death certificates, tombstone records, obituaries, published biographical records and country histories, probate records, land records and newspaper stories and circumstantial evidence (which will be individually evaluated) will be acceptable.

Forms are available at the Library or from any member of CPAGS. For more information call Ann Beeler at 254-725-7521. Cost of the certificates are \$15.00 and are suitable for framing.

Sylvia Lacy King  
Reporter, CPAGS  
Kingirby@eastland.net

## American Legion Meeting Thursday

The American Legion Post #423 will meet Thursday, August 27th, at 6:30 p.m. at the American Legion Hall on N.E. 1st Street in Cross Plains.

A meal will be served and all wives are cordially invited.

All members and prospective new members are encouraged to attend.

## Project Pride Holds Monthly Meeting

The August meeting of Project Pride will be Tuesday, September 4th, at 7:00 p.m. at the Cross Plains Public Library.

Folks are encouraged to drop by earlier to participate in the open house celebration of the expanded library and to hang around for the Pride meeting.

## Cross Plains Public Library Hosts Celebration Grand Opening of The Children's Discovery Center and 30th Anniversary

The Board of Directors of the Cross Plains Public Library invites everyone to the grand opening of The Children's Discovery Center and our 30th Anniversary Celebration. Stop in and visit us on Tuesday, September 1st from 3:00 to 7:00 p.m. and enjoy refreshments provided by Texas Heritage Bank.

There will be an exhibit of the 1989 Project Pride quilt, the Callahan County Home Demonstration Club Extension quilt of 1948, an ongoing display dedicated to the veterans, a polio exhibit dedicated to Susan Barr, some surprises and, of course, the new annex. Board members will be there to guide you to the exhibits and answer questions.

In 1978, during a town meeting, a dream for a library was born. Thanks to the hard work and donations from Cross Plains school alumni, current and former residents, the City of Cross Plains, and Callahan County, the Barr Building was purchased. Donated books were received from individuals and from publishing houses. After volunteers renovated the front half of the building, built, painted and stocked shelves, and provided the necessary furnishings—the Cross Plains Public Library opened in 1979.

The Cross Plains Public Library is a non-profit corporation operated by its Board of Directors, and is run by a library director, an assistant and many volunteers. The City of Cross Plains, Callahan County and the State of Texas contribute a little less than 25 percent of the operating budget. It is funded primarily by private donations from generous, loyal supporters and by fund-raisers organized by the Board of Directors, library staff, and volunteers.

Thanks in part to our former Library Directors, the late Billie R. Loving and Cherry Shults; and to our current director, Linda Burns, our Library outgrew the original building. The adjacent McCowen building and a vacant lot next to it were purchased. The lot has been developed into park for the enjoyment of all who wish to sit and read a book or just watch the day go by.

Through years of additional hard work, grants and donations, the annex has been renovated, shelves and furniture have been installed, and the new Community Conference Room and Children's Discovery Center are now open!

We are so proud of our accomplishments and would like to share some of them with you.

**\*Did you know that the Cross Plains Library is featured in Heart of the Community: The Libraries We Love, a book by the Berkshire Publishing Group LLC? Cross Plains Public Library (CPPL) was one of 80 libraries chosen from the United States and Canada to be included in this book that celebrates the role libraries play in our lives. Alongside stories of the main libraries of Houston, Boston, Toronto, and many more, pages 108-109 tell why Cross Plains Public Library, in a town with a population of only 1068, is special enough to be chosen for the book.**

**\*Recently, the director of the Cross Plains Public Library has been asked to speak at the 2010 Texas Library Association Meeting in San Antonio to explain how the Cross Plains Public Library has become so successful.**

**\*Our many children's programs, Robert E. Howard original manuscripts and memorabilia, "Meet the Author" program, complete set of Caldecott & Newberry award-winning books for children, and oral history project are just some of the things that we feel set us apart. So come celebrate with us!**

## City Council Accepts Bid of \$76,541 for a Pivot System Sanitation Rate Increase to Begin October 1, 2009

This was a regular meeting of the Cross Plains City Council. Members of the council present were Mayor Ray Purvis, Lewis Fortune, Bob Kirkham, Jerry Cassle, Karen Lenz and Peg Terrell.

Employees present were Don Gosnell, Stuart Sowell, Doug Dugger and Teresa Kennedy.

Members of the public meeting were Kerry Mann, Mark Norris, Ken Martin and David Estes.

Mayor Purvis called the meeting to order at 6:30 p.m. By general consent the council approved the minutes as presented. By general consent the council approved the police and judge's report as presented.

Lewis Fortune moved to pay the bills. Bob Kirkham seconded and motion carried.

First item on the agenda was opening bids for the sale of the 1998 Ford F150. No bids were received and therefore the council decided by general consent to keep the pickup a couple of months in order to allow some needed repairs to be done to the other maintenance vehicles.

Ken Martin, City Engineer, met with the council. He advised the council to accept the only bid received for the pivot system from Leonard Irrigation in the amount of \$76,541.00. He also recommended that the City allow Leonard to install a flow meter for \$1,300.00. This meter will allow us to take it in and out of the line to clean as needed. Also in the bid is a "Stop" in the amount of \$450.00 that will be able to be taken out of the system once the permit is issued and Leonard has agreed to buy this "stop" back at that time. The bid states that it will take approximately fifteen days to get all the materials together and another forty-five days to install. Therefore, Bob Kirkham moved

to accept the bid from Leonard Irrigation in the amount of \$76,541.00 and to have them install the meter at \$1,300.00. Peg Terrell seconded and motion carried. Martin is to prepare the contract with bonds and insurance.

Allied Waste has submitted a request for a three (3) percent increase in the sanitation rate. The contract states that the base rate shall be adjusted annually, as reflected by fluctuations in the Consumer Price Index for US Department of Energy's Diesel Fuel Update. Allied Waste stated, "Although the annual increase for the past year shows to be over 5 percent in 2008, we are only asking for 3 percent." Jerry Cassle moved to allow the price increase effective October 1, 2009. Lewis Fortune seconded and motion carried.

The City of Cross Plains received a letter from Callahan County Judge Roger Corn explaining that the Commissioner's Court had voted on July 30, 2009 to raise dispatching fees for the City of Baird, City of Clyde, City of Cross Plains, as well as the Citizens EMS effective October 1, 2009, that is based on a percentage of calls received. The letter explained that Callahan County pays for six dispatchers which total \$215,295.00. This amount includes benefits and insurance. The county will be charging all entities the cost of one dispatcher in the amount of \$29,614.64. Cross Plains' portion will be a total of \$3,626.64. Peg Terrell moved to allow the increase as requested. Bob Kirkham seconded and motion carried with Terrell, Kirkham, Fortune and Cassle voting aye and Karen Lenz voting nay.

Jerry Cassle moved to amend

the budget to allow for the increase in dispatching fees in the amount of \$1,826.64. Fortune seconded and motion carried.

Doug Dugger informed the council that both the meters at the Water and Wastewater Treatment Plants are out of calibration compliance. He informed the council that the meter currently at the water plant has been there since 1982 and had been in compliance since that time. If we take this meter out and have it calibrated, it will cost \$1,100.00. The meter is so old it is obsolete and won't be able to have it calibrated after this year due to its age. He explained that if we purchase a new 8 inch Master Meter for \$2,300.00 it can be calibrated for \$350.00 when needed. He advised the council that we have talked with Ken Martin, City Engineer, and he stated that he knows cities who have installed both Meter Meters and Sensus Meters and they are both good meters. Mark Norris, who was also present stated that the state is bearing down on water loss and explained that a new meter will help with keeping up with water loss better. He explained that sometimes there is not actually a loss, but due to poor metering, it looks like you have a loss. It was noted that City personnel can install the meters.

By general consent the council proclaimed September 16, 2009 as "American Legion Day" recognizing them for their contribution to the community and their military service.

Kirkham moved to adjourn and Lenz seconded and motion carried.

Ray Purvis, Mayor  
ATTEST: Debbie Gosnell,  
Secretary

## Cottonwood Fire Control to Hold a Bake Sale Saturday, Sept. 5th

The Cottonwood Volunteer Fire Control Group will hold a Bake Sale on Saturday, September 5th in front of Village Market on Highway 36. This will be a great time to pick up some baked goodies for your Labor Day festivities.

The Bake Sale starts at 9 a.m. Proceeds from the Bake Sale will help replenish funds the Fire Control Group has recently used purchasing parts and equipment

for the Forest Service Brush Truck.

"We're so close to having the Brush Truck ready for use," Fire Chief Joe Terstegge stated, "but each time we add equipment to the truck, we use up the funds we have set aside for it."

If you'd like to donate a pie, cake or other baked good to the sale, call Fire Chief Joe or Deana at 254-725-7281, or bring it by the bake sale at 9 a.m.

## Supper and Songfest '09 at First Presbyterian Church

The congregation of the First United Presbyterian Church would like to invite the community to join them for an evening of food, fellowship and music, Saturday, August 29th.

The festivities will begin at 6:00 p.m. on the lawn directly behind the church building which is located at 202 North Avenue D in Cross Plains.

Supper will be barbecue brisket

with all the fixin's and homemade desserts.

Music will be mix of old time Southern Gospel favorites and fresh contemporary worship pieces sung by local quartet, 4His Glory, consisting of Rhonda and Connie Swift and Matt and Amanda Sowell.

All you need to bring to join in the fun is yourself, your family and friends, and a lawn chair.

## 2009 Homecoming Parade Entries Are NEEDED!!!!

Homecoming Parade Entries NEEDED!!!! The Ex-Students would like to encourage all classes, organizations, clubs and friends and family who just want to be seen and have fun to participate in this year's Homecoming Parade.

The parade is scheduled for Saturday, September 19th at 2:00 p.m. Participants will line up in front of the school area at 1:00 p.m. in order to be judged for awards.

Awards will be given in the categories of float, bicycle, tractor and automobile. There will also

be a category for three-wheeler, four-wheelers and golf carts.

The bicycle divisions will be kindergarten, first and second grade, third and fourth grade, and fifth and sixth grade.

The parade route will head south toward downtown for all the viewers to enjoy. Please contact Susan McNeel at 254-725-6498 or Roxie Thomas at 254-725-6436 if you have questions.

We look forward to seeing you and enjoying your decorations.

Submitted by  
Roxie Thomas

## "Buffalo Breakfast" this Friday, August 28th

The First Baptist Church will host this week's Buffalo Breakfast, Friday morning, 7:00 am, at their Family Life Center. All football players, cheerleaders, band members, parents of those students, coaches and administration are invited. There is no charge for the meal. There will be a 5-10 minute devotional and everyone is encouraged to stay and partake of the spiritual food as well as the physical. (The Varsity team will be playing Ponder there, beginning at 7:30 p.m. Go and support our team if you can!)

Submitted by  
Bob Pipes

**Texas Heritage Bank**

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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

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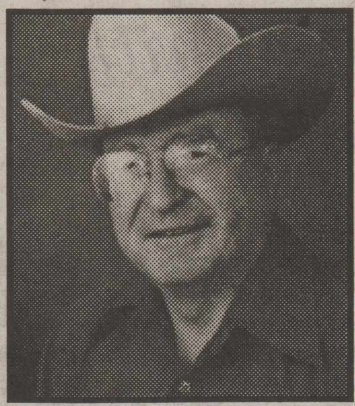
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## 2-Cross Plains Review August 27, 2009

## OBITUARIES



### Elmer Kelton

Western novelist Elmer Kelton, whose novel "The Good Old Boys" was made into a TV movie starring Tommy Lee Jones, has died Saturday, August 22, 2009. Funeral services will be held Thursday, August 27, 2009 at 2:00 p.m. at First United Methodist Church in downtown San Angelo.

Kelton wrote 62 fiction and nonfiction books. He was known for "The Man Who Rode Midnight" and "The Time It Never Rained."

His latest novels include "Six Bits a Day", "Jericho's Road", "Texas Vendetta", "Ranger's Trail", "The Way of the Coyote", "Badger Boy", "The Buckskin Line", "The Smiling Country", "Cloudy in the West" and "The Pumpkin Rollers."

Three of his novels have appeared in Reader's Digest Condensed Books.

His first novel, "Hot Iron," was published in 1956, and he recently finished his last book, "Texas Standoff," due out next year. Another novel, "Other Men's Horses," will be released this fall.

The Western Writers of America voted Kelton "Best Western Author of All Time" and gave him its Spur Award seven times. Four of his books won the Western Heritage Award from the National Cowboy Hall of Fame including "The Time It Never Rained", "The Good Old Boys", "The Man Who Rode Midnight" and the text for "The Art of Howard Terpning."

In 1987 he received the Barbara McCombs/Lon Tinkle Award for "continuing excellence in Texas letters" from the Texas Institute of Letters. In 1990 he received the Distinguished Achievement Award from the Western Literature Association. The Texas Legislature proclaimed Elmer Kelton Day in April, 1997. In 1998 he received the first Lone Star award for lifetime achievement from the Larry McMurtry Center for Arts and Humanities at Midwestern State University, Wichita Falls. He received honorary doctorates from Hardin-Simmons University and Texas Tech University, and was given the 2003 Bookends Award by the Texas Book Festival in Austin. He has also been honored by the National Cowboy Symposium in Lubbock. He was invited to participate in the 2006 National Book Festival in Washington D.C.

He was born April 29, 1926 in Andrews County. He is a native of Crane, Texas, where his father, the late R.W. "Buck" Kelton, was with the McElroy Ranch Co. 36 years. After graduation from Crane High School he attended the University of Texas in Austin in 1942-44 and 1946-48, earning a B.A. degree in journalism. He spent 15 years as farm and ranch writer-editor for the *San Angelo Standard-Times*, five years as editor of *Sheep and Goat Raiser Magazine* and 22 years as associate editor of *Livestock Weekly*, from which he retired in 1990.

He served two years in the U.S. Army, 1944-46, including combat infantry service in Europe. He and his wife Ann, a native of Austria, have celebrated their 62nd wedding anniversary.

He is survived by his wife, Ann Kelton, of San Angelo; sons Gary Kelton of Plainview and Steve Kelton of San Angelo, with wife Karen McGinnis; and a daughter Kathy Kelton, of San Angelo and

companion Pat Hennigan; four grandchildren; five great-grandchildren; one great-great-grandchild; and three brothers, Merle Kelton and wife Ann of May, Bill Kelton and wife Pat of Atlanta, Texas and Eugene Kelton and wife Peggy of McCamey.

Memorials may be sent to San Angelo Area Foundation, ATTN: Elmer Kelton Statue Fund, 2201 Sherwood Way, Suite 205, San Angelo, TX 79601 for the life size statue of Elmer in bronze to be placed in the new Tom Green County Library in San Angelo.

### Kenneth Webb Whitley

Kenneth Webb Whitley, age 82, of Brownwood, passed away Thursday, August 20, 2009 in Abilene. Graveside services were held at 10:00 a.m. Saturday, August 22, 2009, at the Cross Cut Cemetery with Brad Davis officiating; burial followed.

He was born in Clay County on September 16, 1926 to James George and Frances Mae (Webb) Whitley. Kenneth served in the U.S. Army. He married Faye Harris on December 27, 1947 in Henrietta, Texas. Kenneth and Faye lived in several different places including Odessa, where he worked in the oil fields as a tool pusher, before retiring to their home in Brown County, Texas. He was a Methodist.

Survivors include his wife, Faye of the home; two sons, Mike Whitley and wife, Anne and Pat Whitley and wife Carla, all of Odessa; three brothers, Harry Whitley of Crowell, Don Whitley of Pecos and Ed Whitley and wife Carol of Henrietta; two sisters, Sally of Iowa Park and Evelyn of California; three grandchildren, Shawn, Stephanie and Shelby Whitley; and one great-grandchild, Addison.

He was preceded in death by his parents and three brothers.

## COURTHOUSE NEWS

COUNTY COURTHOUSE  
**Roger Corn, Presiding**

### Miscellaneous Filings

Joe D. Cruz, criminal mischief.

Harry Luttrell Jr., theft.

Antonio Zaragoza, driving while intoxicated (DWI).

Andrew T. Johnson, theft by check.

Cody J. Hurley, assault - family violence.

### Miscellaneous Minutes

Reynaldo Samaneigo Jr., plea of guilty to possession of marijuana, 180 days in jail, \$243 court costs.

Travis R. Byram, amended motion to revoke probation and adjudicate granted.

Christopher Mendez, motion to dismiss to DWI granted in the interest of justice.

Sharon Hendrix, order releasing cash bond granted.

Avin Whiteley, motion to revoke probation and adjudicate granted.

Billy Mac Chaney, motion to dismiss motion to revoke probation and adjudicate granted.

Billy M. Chaney, order releasing cash bond granted.

Anthony Fiorentini, order amending conditions of probation granted.

Sue Heath, request for extension of probation granted.

Christine A. Ramon Des Rosiers, motion to dismiss to theft by check granted in the interest of justice.

Trevor Smith, motion to dismiss motion to revoke probation and adjudicate granted.

Christina M. Word, motion to dismiss to theft by check granted in the interest of justice.

## COURTHOUSE NEWS

Steven Don Zell, order discharging defendant from probation, no deferred adjudication.

Stephanie Escobar, motion to dismiss to theft by check granted, defendant in prison.

Billy J. Moore, motion to dismiss to assault granted for plea to other case.

Robert D. Pruitt, plea of guilty to theft by check, 30 days in jail, \$285 court costs.

Johnnie P. Wilson, motion to dismiss to sale of alcoholic beverage to a minor granted for plea to other case.

Jerry J. Bales, motion to dismiss to assault granted, victim unwilling to prosecute.

Joshua Brian Rudder, motion to withdraw as surety granted.

Billy H. Ancell, plea of guilty to theft by check, 1 year probation, \$100 fine, \$310 court costs, \$289.40 restitution.

Cody J. Hurley, plea of guilty to DWI - Class B, 1 year probation, \$500 fine, \$410 court costs.

Johnathan D. Carrion, plea of guilty to DWI - Class B, 1 year probation, \$250 fine, \$410 court costs.

Billy Joe Moore, plea of guilty to assault - family violence, 1 year probation, \$500 fine, \$310 court costs.

Trevor Smith, plea of guilty to DWI - Class B, 2 year probation, \$500 fine, \$410 court costs.

### Marriage Licenses

Johnathan C. Harris and Valerie J. Price, both of Clyde.

Darriel M. Collins and Kenali K. Kendrick, both of Clyde.

### 42nd DISTRICT COURT John Weeks, presiding

#### Criminal Indictment

Salvador Salinas, unauthorized use of a vehicle.

Vickey L. Feeler, possession of a controlled substance.

Teresa L. Kovalsky, debit card abuse.

Charolotte M. Mendez, DWI with child passenger.

James Michael Tucker, DWI, 3rd or more.

#### Civil Filings

In the estate of Jo Ann Wagby, deceased, partition for transfer from county court.

Stacey R. Anderson vs. Sidney C. Anderson Jr., divorce.

Astry Rochelly Rivera vs. Anthony Dwight Livingston, divorce.

In Re.: Order for foreclosure concerning Timothy Lowe and 333 Callowhill St., Baird, Tx. 79504 and The Bank of New York Mellon, application for home equity foreclosure order.

#### Civil Minutes

Cach, LLC vs. Vonda Purcell and Randey Purcell, order granting non-suit.

Blake Fulenwider, CDJ vs. Texas Department of Transportation, unopposed final judgment granted.

Linda Kaye Williams and Don L. Williams, divorce granted.

### 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

### First Things First

OOPS! I am in error and need to correct my last column on August 17, 2009, about the Cross Plains Public Library.

The Annex to the Cross Plains Library was purchased from the late Alton and Joan McCowen. The couple had planned to gift it to the library after their death, but the Board voted to purchase it from them.

The park area was purchased from Dale Bishop, as that had been the old Chevrolet car lot. "The EDC provided the library with a grant of \$250 to do work on the front of the building," said Sharon Parr.

Also, Gene Dillard was listed as a board member for the Library and he is an employee at the Library.

And since my effort in that column was to pay attention to the role Cottonwood folk played in the work of the library, I regret, also that I forgot Sharon Parr's role was enormous at a former

time when she was on the library Board and made a tremendous contribution to the library administration that is still being felt.

### Cottonwood Roundup

The Cottonwood Historical Committee met last week and discussed several things that will be going on in the near future. The Cottonwood Homecoming will be held September 19, 2009 at 5:30 p.m. at the Community Center.

This will coincide with the Cross Plains School Homecoming and will be over in time for folks to attend the homecoming football game. Bring finger foods and meet with your neighbors. It will be a good time to meet and get acquainted with your neighbors and enjoy the fun and frivolity before the game.

The Cottonwood Quilting Club will be putting the Club's annual Rehab Quilt in the frame this week, according to Mary Weaver, a member of the club.

The Quilting Club has been donating a quilt to the West Texas Rehabilitation Center in Abilene for many years. Details of this quilt will be disclosed at a later date. New quilters are needed and wanted, so pack your needle and thread and join the club on each Tuesday morning at about 10 a.m.

The Cottonwood Volunteer Fire Control Unit will be having a Bake Sale in front of the Village Market in Cross Plains on September 5th. So—all you good cooks in Cottonwood and elsewhere, load up your wagon and deliver the cakes, pies and other goodies to the Village Market by 9:00 a.m. Then pick out some goodies for yourself and family.

(Please call Wallace Bennett for any personal or local news items about Cottonwood or people living in this valley at 254-725-7474 or e-mail me at csb555@dishmail.net. Please remember this, I can't print it if I don't know about it.)

## LIBRARY NOTES

August 17-21, 2009

Patrons:	148
Programs:	15
Books Checked Out:	108
Copies:	101
Reference:	3
Internet Users:	92
Interlibrary Loans:	1

### Living Tribute

Joyce Odom  
Honoring Barbara and Bob Powell

### Books and Other Donations:

Angela Bogart  
Michelle Kaiser  
Bob and Ellen Hebert  
Diane Smith  
Mary Weaver

### Volunteers:

Suzy Stiver-Nash  
Sue Bennett  
Michelle Kaiser  
Wilma Lawrence

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

## Cross Plains Area Genealogy Society Searching for Photos of Old School Buildings Can You Help????

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 Cross Plains Public 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.

## CROSS PLAINS GARDEN CLUB

JOYCE ODOM

The Cross Plains Garden Club met August 20, at 11:00 a.m. at Julene Franke's office. The purpose was to plan a theme for the upcoming club year.

Members present were: Eva Fleming, Mary Ella Weaver, Julene Franke, and Joyce Odom. Sandy Lusk was not able to attend, but is a member.

The theme "There Is a Time" was chosen as our program guide, and we will meet the second Thursday from September throughout the year until the following May at that time.

We enjoyed a lunch that each one brought. We are few in number but are dedicated members. Once a Gardener—Always a Gardener!

We convene to meet the 2nd Thursday in September.

## 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 Wanda at 254-725-7499.

## SENIOR CITIZEN CENTER ACTIVITIES:

BY AMBER THOMAS

### WEEKLY ACTIVITIES

**Monday, 31st**- Movie Day @ 10:00am/ Cokes & Popcorn  
**Tuesday, 1st**- Free Manicures @ 10:30 am / Exercise Class @ 11:00 am  
**Wednesday, 2nd**- Nutrition Education  
**Thursday, 3rd**- Computer Class @ 10:30 am / Exercise Class @ 11:00am  
**Friday, 4th**- Melody McWilliams will sale stamps and other supplies from the CP Post Office / Bingo @ 11:15 am

### SENIOR CITIZEN NEEDS!

A few items the Center could really benefit from:  
ROASTER OVENS • LARGE CROCK POTS

## 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 - 2:00pm. If you would like to at-

tend a 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!

## Monthly Pool Tournament is planned for August 11th

The Senior Center will have it monthly pool tournament on August 11th beginning at 5:30 pm. You may come as early as 4:30 pm to practice and then the fun begins. Men, women and children of all ages are welcome to participate. Come join some real pros and try to win a prize! There is no charge for the tournament but if you would like to make a donation to the center you may do so!

This is also a going away party for Del and Sharon Pope. This will be the last pool tournament they will be able to attend since they are moving. If you did not know, it was Sharon who started the pool tournaments. The Pops will be greatly missed as great servants of the community. They have been dedicated volunteers for the home delivered meals for many years. Come tell them goodbye and they will be missed!

## Apply for Helping Hearts & Hands 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.

## Barbara Pittman elected to place five serving Callahan and Taylor Counties

Mrs. Barbara Pittman was recently elected to serve on the Board of Directors of Region XIV Education Service Center for a three year term.

Barbara was elected by the school board members of the forty-two districts in Region 14. She brings a variety of experience to the board with her current status as Co-owner of Barnes and Williams Drug Store in Abilene along with her extensive educational experience.

Mrs. Pittman's career in education includes being a Teacher,

Diagnostician, Elementary Assistant Principal, Consultant at Region 14 ESC, and Junior High Principal for a total of 33 years dedicated to education.

She loves children, education, people, and serving on boards. Mrs. Pittman received her BS from Abilene Christian University and her Masters in Education and Administration from Texas Tech University.

Presently Barbara is an Executive Board Member for the Baptist General Convention of Texas

and Board Member of the Alliance for Women & Children (formerly YWCA). Barbara teaches Sunday School and is a member of the Abilene Womens Club.

Mrs. Pittman and her husband, Larry Pittman, currently reside in Clyde.

She will be serving Place 5 which is Callahan and Taylor Counties except for the Abilene School District which is currently served by Dr. Gene Shelhamer, Chairman of the Board and Dr. Herman Schaffer, Vice-Chairman of the Board in Place 6.

## Texas and Southwestern Cattle Raisers Association Hosts Fall Meeting in Austin; Includes Seminar for Young Ranchers

Fort Worth, Texas The Texas and Southwestern Cattle Raisers Association (TSCRA) will host its annual fall meeting in Austin, Texas, September 30th through October 2nd at the Crowne Plaza Hotel.

TSCRA's Young Leadership Series (YLS) seminar will kick off the event Wednesday at 9:30 a.m. at the Texas Animal Health Commission (TAHC)

with an update on current issues affecting the Texas cattle industry.

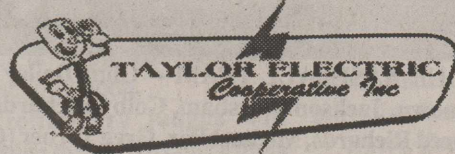
TSCRA's YLS is an opportunity for young farmers and ranchers to gather for educational programs, networking opportunities and fellowship with cattle raisers. YLS serves to aid in the development of new leaders in the cattle industry as well as

educate young people on current cattle industry issues. The YLS program is open to individuals ages 19-39 and is free to registered attendees. To register for the YLS meeting, please contact Stacy Fox at 800/242-7820 or [sfox@texascattleraisers.org](mailto:sfox@texascattleraisers.org).

TSCRA committees will meet on Thursday for an in-depth review of all TSCRA policy. Each committee will be provided ample time to discuss relevant issues and create new policies or to renew or sunset existing policies. These working committee sessions will prove invaluable to all members with concerns about the critical issues facing today's ranchers.

The meeting will conclude Friday at noon after the general session/board meeting. The meeting is open to all TSCRA members and industry friends. Early registration rates are available until September 4. For a detailed schedule or to register, please visit <http://www.texascattleraisers.org/09Fall/meetinghighlights.htm>.

Texas and Southwestern Cattle Raisers Association is a 132-year-old trade organization and is the largest livestock association in Texas. TSCRA has more than 15,000 members who manage approximately 4 million head of cattle on 51.5 million acres of range and pasture land, primarily in Texas and Oklahoma. TSCRA provides law enforcement services, livestock inspection, legislative and regulatory advocacy and educational opportunities for its members and the industry.



WE ARE PROUD TO SERVE OUR CROSS PLAINS, COTTONWOOD & SCRANTON MEMBERS  
WE ARE HERE TO MEET YOUR NEEDS  
Phone: 877-TEC-1939

## Tiger Learning Center

18955 Cunningham St. - May, Texas 76857

Offering: Full Time • Part - Time  
After School Childcare with Daily Curriculum

Loving Christian Environment

Now enrolling for upcoming fall schedule.

254-259-2343

tlcdaycare@yaho.com  
MayFBC.com

## BREAKTHRU

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

### A LAW OF LIFE

The other day a boy refused to obey his mother. Angrily he ran to a ravine and cried, "I hate you!" Suddenly the words came echoing back, "I hate you!"

Frightened, he ran to his mother and said, "There's a bad man in the woods. I heard him say, 'I hate you.'"

Knowing what had happened, she said, "Go back and say, 'I love you.' And the same words came back to him. 'Son,' she said, 'This is a law of life. What you give you get. What you say you hear.'" The Bible says, "Be not deceived; God is not mocked: whatsoever a man soweth, that shall he reap" (Galatians 6:7).

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

### Cross Plains Review

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August 27, 2009

## SCHOOL BOARD MINUTES

The Cross Plains I.S.D. Board of Trustees met in a regular meeting with the following members present: Tommy Ames, Jim Cook, Michael Cowan, Donnie Dillard and Hoyt Foster.

The following administrators and guests were also in attendance: Superintendent, High School Principal and Elementary Principal and guests, Scott Byrd, Keeka Byrd, Nora Odom, Annette Nickerson, Tonja Walker, Judy Luter and Mitchell Atchley.

They viewed and paid the expenses for the month of July-August.

Motion was made by Foster and seconded by Ames to pay July-August bills.

Motion was made by D. Dillard and seconded by Foster to accept the Budget Amendment's 08-09. For 5 Against 0

Motion was made by Ames and seconded by D. Dillard that the proposed tax rate change M&O .95 cents I&S .078 total tax rate 1.028. For 5 Against 0

Motion was made by Ames and seconded by Foster to accept bid for fuel from Cross Plains Petroleum at .5 cents above their cost. For 5 Against 0

Motion was made by Foster and seconded by Ames that they accept bid for 09-10 from Borden. For 5 Against 0

Motion was made by D. Dillard and seconded by Foster to approve Professional Development and Appraisal System Calendar for School Year 2009-2010. For 5 Against 0

Motion was made by Foster and seconded by D. Dillard to approve the substitute list for 2009-2010 school year. For 5 Against 0

Motion was made by Foster and seconded by Ames to approve Integrated Pest Management

Program 2009-2010 school year. For 5 Against 0

Motion was made by D. Dillard and seconded by Foster to approve the Employee Handbook for 2009-2010 school year. For 5 Against 0

Bennett came in late.

Motion was made by Foster and seconded by Ames to approve the minutes with corrections. For 5 Against 0 Bennett Abstained

Motion was made by Foster and seconded Ames to accept the bid for a fire alarm, bell and clock system for the Primary Building from B.E.S.T. Security System. For 5 Against 0 Bennett Abstained

Motion was made by Bennett and seconded by D. Dillard to accept the property and vehicle insurance for 1009-2010 year with added comp and collision on buses. For 6 Against 0

Motion was made by Foster and seconded by Bennett to accept the Student Handbook for 2009-2010 school year with changes. For 6 Against 0

Motion was made by D. Dillard and seconded by Ames to reimburse the superintendent's mileage. For 6 Against 0

The board went into executive session at 8:41 p.m. and returned at 9:00 p.m.

Motion was made by Ames and seconded by Bennett to hire Kerri Shepard for highly qualified instructional aide. For 6 Against 0

Motion was made by Foster and seconded by Bennett to hire Keeka Byrd for highly qualified instructional aide. For 6 Against 0

Motion was made by Bennett and seconded by Ames to adjourn. For 6 Against 0

## Callahan County 4-H Registration Meeting

Callahan County 4-H will be holding its first meeting on Monday, August 31, 2009 at the Clyde Elementary Cafeteria. The meeting which will be hosted by the Clyde 4-H Club will start with registration for Baird 4-H Club, Clyde 4-H Club, and Eula 4-H Club at 7:00 p.m.

Clyde 4-H members are required to be there for officer elections at 6:30 p.m.

Submitted by: Hoss Sasin, CEA-Ag

## SCHOOL LUNCH MENU

AUG. 31 - SEPT. 4

### BREAKFAST

**MONDAY-** Eggs, Biscuit, Fruit, Assorted Juice, Milk

**TUESDAY-**Sausage-n-Blanket, Fruit, Assorted Juice, Milk

**WEDNESDAY-** Waffle Sticks, Sausage Link, Fruit, Assorted Juice, Milk

**THURSDAY -** Donut, Yogurt, Fruit, Assorted Juice, Milk

**FRIDAY-** Cereal, Toast, Fruit, Assorted Juice, Milk

### LUNCH

**MONDAY-** Pizza, Seasoned Corn, Tossed Salad, Strawberries & Bananas, Milk

**TUESDAY-**Barbequed Chicken, Scalloped Potatoes, Green Beans, Roll w/ Honey, Milk

**WEDNESDAY -** Meat & Bean Chalupas, Salad, Cinnamon Apples, Milk

**THURSDAY-** Spaghetti w/ Meat Sauce, Broccoli, Bread Stick, Sliced Peaches, Milk

**FRIDAY-** Submarine Sandwich, Salad, Pickle Spears, Baked Chips, Ice Cream, Milk

Cross Plains Review

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August 27, 2009

## Callahan County 4-H Photography Project Kicks Off with Workshop September 15th

The Callahan County 4-H is gearing up for the 2010 4-H Photography Project. The first Workshop/Orientation will be held on Monday, September 14th at 5:30 pm at the Taylor County Fair Grounds. Participants will meet at the round building for a 30 minute orientation, where Nancy Capra will discuss the West Texas Fair Photography Contest entries so that you can learn about the different aspects of photography. Then you will have the rest of the afternoon to walk through the fair and take pictures and ride some rides.

The 14th is "Dollar Ride Night" as well as "School Day", so if you have your school tickets you can get in free and ride/rides for a dollar a piece.

We hope to see you there and look forward to a great 2010 4-H Year!

Submitted by: Hoss Sasin, CEA-Ag

## CPHS Buffalo Football Season Begins Friday

The Cross Plains Buffaloes finally start their regular season this Friday when they travel to Ponder to take on the Lions at 7:30 p.m.

The Buffs started practice August 3 and after two weeks of 2 a days, and 2 scrimmages the Buffs are ready to play for real. The two scrimmages went well for the Buffaloes and they are still working hard for the upcoming season.

Playing this year for the Buffs are **Seniors**—Reese Allen - Safety and Wide Receiver; Jerred Eisenbach - Center and Noseguard; Nick Adams - Guard and Line Backer; Ben Schaefer - Noseguard and Tackle; Nathan Creamer - Guard and Defensive Tackle; **Juniors**—Taylor Savell - Quarterback and Line Backer; Cody Ford - Corner, Wide Receiver and Running Back; Patrick Border - Safety and Full Back; Thomas Haile - Corner and Running Back; Allan Wheeler - Corner and Running Back; Zach Hedfelt - Defensive End and Tight End; Stanley Farris - Tackle and Defensive Tackle; William Pope - Defensive End and Tight End; Hayden Wyatt - Defensive End and Tight End;

**Sophomores**—Cody Self - Defensive End and Tight End; Chance Sinclair - Safety and Tight End; Justin Simons - Safety and Wide Receiver; Justin Pope - Guard Defensive Tackle; Peyton Porter - Offensive and Defensive Tackle; J.T. Thomas - Offensive and Defensive Tackle; Garrett Moenning - Tackle and Defensive End; Ryder Foster - Guard and Defensive Tackle; Austin Thomas - Center and Noseguard; **Freshmen**—Blake Hutchins - Quarterback/Line Backer; Chris French - Running Back and Corner; Nathan Craft - Running Back and Line Backer; Preston Posuk - Offensive and Defensive Tackle; Joe Holland - Corner and Wide Receiver; Dakota Gilliam - Defensive End and Tight End.

The coaches are Athletic Director and Head Football Coach Kevin Bryant and Assistants Jessie Ellerbe, Ryan Edmonds, Brock Tyrrell, Mitchell Atchley and Billie McKinney.

The Buffs' first two games are on the road, after Ponder they travel to Menard. Their first home game is September 11th against Santo.

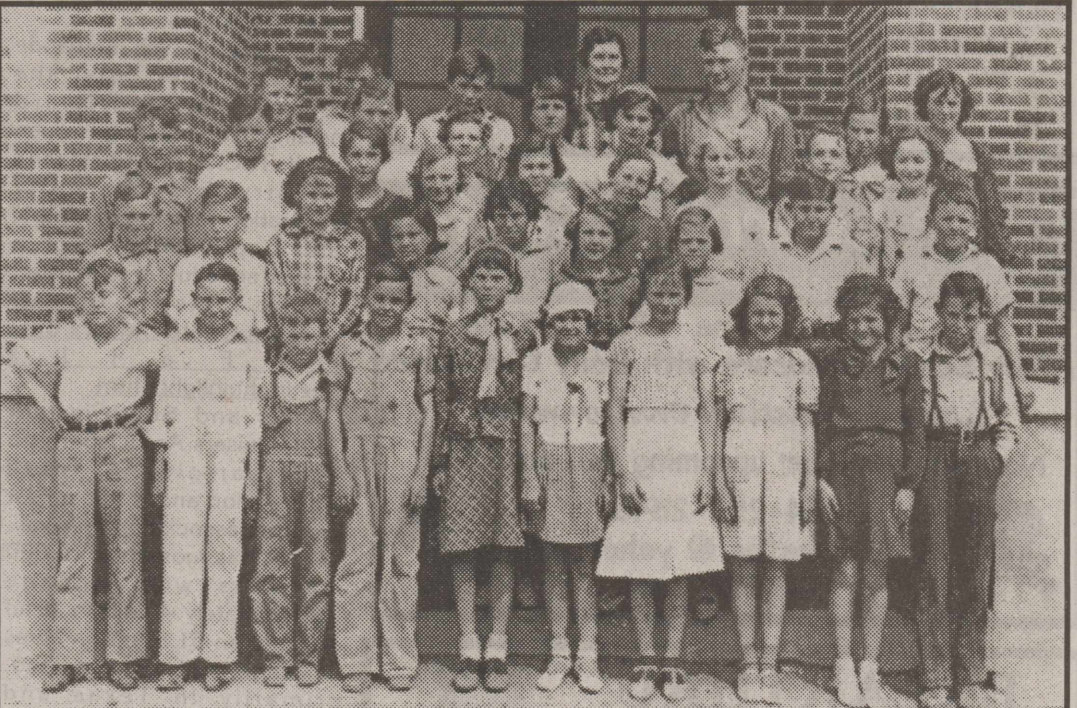
Submitted by Coach Mitchell Atchley



CLASS OF 1952— Picture taken around 1945-1947 (Photo courtesy of Audrey Purvis).



EARLY 1990'S BUFFALO SUMMER LEAGUE BASEBALL TEAM— Clint Bailey (front, from left), Jaden Winfrey, Chuck Norris, Jackson Worsham, Colby Richards; John Worsham (back, from left), Carlton Thomas, Jared Richards, Michael Fox, Greg Turner (Coach), Joseph Turner, Dusty Hinkle and Sam Nixon.



GRADUATED 69 YEARS AGO— Joe Kendrick (front row, from left), Robert Anderson, W.C. Pinkston, Eldon Freeman, Louise Hayes, Billie Ruth Aiken, Earline Barnett, Patsy McNeel, Betty Jo Davidson, Dickie Huntington; Melvin Tate (second row, from left), Henry Armand Hemphill, Emma Jean Settle, Winnie Kent, Bertha Tension, Suana Clark, Mary Souder, Horace Smith, Vernon Huntington; Wagner Childress (third row, from left), Ross D. Jackson, Vernie Placke, Mamie Jordan, Mildred Browning, Johny Frances Baldwin, Doris Jean Barr, James Cley Lane, George Ruth Clifton; Gene Blitch, Wilhemina Porter, Mary Carey, Ruth Havens, Cheryl Dennis, Emma Jane Williams, Ruthie Pannell; Milton Newton, Eugene Rhodes, Mrs. Underwood, and William Upton.

## Cross Plains I.S.D. Will Be Closed Monday, September 7th in Observance of Labor Day Holiday

Classes Will Resume Tuesday, September 8th at 8:00 a.m.

Cross Plains Ex Students Association Invites You To Join Us At

## HOMECOMING 2009

The scheduled events for the weekend are as follows:

Tuesday, September 15, 2009

6:00 pm Community Hot Dog Supper

Friday, September 18, 2009

7:30 pm Pep Rally Football Field honoring the State Finalist Baseball Teams

9:00 pm Kickoff Party and Dance Treadway Park with the band Southbound

Saturday, September 19, 2009

9:00 - 11:00 am Coffee & Registration - High School Library

11:00 - 11:30 am Business Meeting - Auditorium

11:30 Lunch in Lunchroom Sponsored by the Band Boosters

2:00 pm Parade Downtown (Coming Home King & Queen will be honored) Immediately following the parade we invite you to visit

Veteran's Memorial

3:30 pm Class Meetings

7:30 pm FOOTBALL GAME

9:00 pm After Game Coffee - High School Library

9:00 pm Dance Treadway Park with the band Southbound

Please indicate your King and Queen nominations from the 20's - 90's on your registration. We will announce this during the business meeting.

Ex-Student Association:

Rusty Reed, President	254-725-7363
Greg Turner, Vice President	254-725-7755
Connie Roby Kirkham, Secretary/Treasurer	254-725-6500
Dannes Dickson Turner, Registration	254-725-7755
Connie Roby Kirkham, Morning Coffee	254-725-6500
Susan McNeel & Roxie McConal Thoams, Parade	254-725-6498
	254-725-6436 (Deadline 9-14-09)
Charlou Richardson Cowan, Class Meeting	254-725-6652
Debbie Tyler Reed, Coronation	254-725-7363
Bobbie Lou Wooten Hinkle, After Game Coffee	254-725-6792
Rusty Reed, Dance	254-725-7363
Vanda Anderson, Publicity	254-725-6111

There is a lot of hard work and planning involved in this weekend. We do it for YOU. YOU will be missed if you do not attend.

Due to the increase cost of postage and expenses, there will be a registration fee of \$5.00. Please make checks payable to the Cross Plains Ex-Students.

Please detach and return the following registration if you plan to attend Homecoming 2009 or register online at [CrossPlainsExes.com](http://CrossPlainsExes.com).

Class Year \_\_\_\_\_  
 Name (Including Maiden Name) \_\_\_\_\_  
 Address \_\_\_\_\_  
 I would like to Nominate: \_\_\_\_\_  
 Class of \_\_\_\_\_ for King and \_\_\_\_\_ Class of \_\_\_\_\_ for Queen

Please return to: Dannes Dickson Turner, P.O. Box 323, Cross Plains, TX 76443  
 The last several years have been financially challenging for the Cross Plains Ex-Students. An donations will be very much appreciated.

## 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

## Commissioners vote to post 40 MPH speed limit signs on 5 County Roads

The Callahan County Commissioners voted to post speed limits on five county roads during the commissioners' court meeting held Monday, August 24th at the County Courthouse in Baird.

Three residents of County Road 527 attended the Monday commissioners' court meeting to voice their concern over the high rate of speed at which cars and trucks travel on the road. Attending the Monday morning commissioners' court meeting were Mary Lynn Melton, Joanne Moomaw and Ted Moomaw.

On a motion by Commissioner Tom Windham and a second by Commissioner Cliff Kirkham, the commissioners' court voted 5-0 to set the speed limit at 40 Miles Per Hour and to post speed limit signs on County Road 276, County Road 279, County Road 504, County Road 527 and South Fourth Street. After the vote, the residents said they were grateful for the new speed limit placed on the county roads.

Other agenda items brought before the commissioners' court meeting included:

—Callahan County Judge Roger Corn called the commissioners' court meeting to order at 9:30 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 were Mary Lynn Melton, Joanne Moomaw and Ted Moomaw.

—The minutes of the previous commissioners' court meeting were reviewed and signed.

—Under public comment, there was none.

—Commissioner Hicks made a motion to purchase a John Deere tractor from Johnson

Implement Co. for \$51,987.75 and a Diamond Boom Mower for \$38,474.88 from Triple Blade & Steel, Inc. for Commissioner Precinct #1. Commissioner Farmer second the motion, which was approved with a 5-0 vote.

—Commissioner Hicks made a motion to renew the lease with the Department of Human Services on the building they are currently leasing. Commissioner Hicks included in the motion that DHS will be responsible for all new improvements. Commissioner Kirkham second the motion, which carried with a 5-0 vote.

—Commissioner Farmer made a motion to consolidate voting precincts and open just the early voting located at the County Courthouse in Baird for the No-

ember election. The motion was seconded by Commissioner Hicks and carried with a 5-0 vote. The voting precincts consolidated will be Precinct #2 and Precinct #7 at the Eula Community Center, Precinct #3 and Precinct #5 at the Baird Activity Center, and Precinct #4 and Precinct #6 at the Cross Plains Community Center. The one Early Voting location will be at the County Courthouse in Baird.

—Commissioner Farmer made a motion to pay the approved bills. Commissioner Windham seconded the motion, which then carried with a 5-0 vote.

—The commissioners' court meeting was adjourned at 10:10 a.m. with a motion by Commissioner Hicks and a second by Commissioner Windham. The vote was unanimous.

## Commissioners set tax rate, adopt 2009-2010 budget

The Callahan County Commissioners voted to approve the 2009-2010 budget and adopt the tax rate for 2009 during the special commissioners' court meeting held Monday, August 24th at the commissioners' courtroom at the County Courthouse in Baird.

County Judge Roger Corn called the special meeting to order at 9:00 a.m. with Commissioner Precinct #1 Harold Hicks, Commissioner Precinct #2 Bryan Farmer, Commissioner Precinct #3 Tom Windham, Commissioner Precinct #4 Cliff Kirkham, County Treasurer Dianne Gunter and County Clerk Donna Bell present.

Commissioner Farmer made a motion to adopt the 2009-2010 fiscal year budget. Commissioner Hicks seconded the motion. The motion was approved

with a recorded vote of yes from Judge Corn, Commissioner Hicks, Commissioner Farmer, Commissioner Windham, and Commissioner Kirkham.

Commissioner Windham made a motion to adopt the General Fund Effective Tax Rate of .32727e combined with the Road and Bridge Effective Tax Rate of .11638e for a total Tax Rate of .44365e. Commissioner Farmer seconded the motion. The recorded vote on the motion included: Judge Corn, yes; Commissioner Hicks, yes; Commissioner Farmer, yes; Commissioner Windham, yes; and Commissioner Kirkham, yes.

The special meeting of the commissioners' court was adjourned at 9:19 a.m. on a motion by Commissioner Windham with a second by Commissioner Hicks and a 5-0 vote.

## Callahan County Riding Club Schedule

The schedule for the 2009 Callahan County Riding Club season is below. All regularly scheduled play days will begin with trainers/exhibitions at 6:30 and the events beginning at 7:00 pm. Check us out on the web for updates at HYPERLINK "http://www.callahancountyridingclub.com" <http://www.callahancountyridingclub.com>

### AUGUST DATES

Saturday, August 29th . Any rain-outs or make-up days will be held on the open weekend or on Fridays or Sundays, depending on weather and options of membership. If you have questions call Sue Underwood at 325-669-9411.

## \$1,000 Vocal Competition Underway at Song Fest at St. Mary's in Brownwood

St. Mary's Catholic Church in Brownwood is hosting the 2nd annual Song Fest at St. Mary's, a vocal competition for soloists 15 years of age or older.

Entry forms are now being accepted for auditions the week of September 29th - October 3rd. Walk-in sign-ups for audition times will be held at St. Mary's Church on September 26th from 10 a.m. until noon.

Preliminary judges will determine the top ten competitors who will perform at St. Mary's Fall Festival on October 10th where three final judges and the public will vote. Three prizes will be awarded: \$250 for 3rd place,

\$500 for 2nd place and \$1,000 for 1st place.

Long singer/songwriter Michelle Kaiser of Cross Plains is again chairperson for the event. "We are so excited to be able to expand our prizes to include the top three. In these tough economic times, we are trying hard to get the word out for more contestants this year." Rock Chalk Ranch of Cross Plains is providing the prize money.

Entry forms are available at St. Mary's Catholic Church, 1101 Booker St., Brownwood, or Facebook.com (SongFest at St. Mary's), or e-mail:

*Texas Civilian Labor Force expands to 12 million for the first time*

## Texas Adds 37,900 Jobs in July

AUSTIN — Total nonagricultural employment in Texas rose by 37,900 positions in July with significant job growth in Professional and Business Services, Education and Health Services, and Construction.

The number of employed Texans remained relatively steady in July, however the seasonally adjusted unemployment rate rose to 7.9 percent in July due to the number of people entering the workforce. Last month, the Texas labor force totaled more than 12 million people for the first time. The Texas unemployment rate is up from 7.5 percent in June. The U.S. seasonally adjusted unemployment rate for July stood at 9.4 percent.

"The national economic recession continued to have an adverse impact on the Texas economy. Nonetheless, the Texas unemployment rate remained well below the national rate, and there were signs of positive growth in certain industries," said Texas Workforce Commission (TWC) Chairman Tom

Pauken. Texas employers recorded broad-based job gains in seven of eleven industries in July regaining some of the lost ground from earlier in the year. Professional and Business Services jumped by 18,700 jobs in July for the third monthly increase this year. Education and Health Services employment grew by 14,400 positions in July, bringing the industry's total job growth to 63,800 jobs since July 2008.

"At more than 12 million workers, the Texas labor force is larger than ever," said TWC Commissioner Representing Labor Ronny Congleton. "TWC is here to help those joining the labor force with work search assistance, skills training and other services."

Construction posted a job gain in July of 3,000 jobs after several months of job losses. Leisure and Hospitality employment increased 2,800 positions in July bringing the annual job growth to 14,300 positions. Financial Activities employment increased by 1,800 jobs in July marking the

third month of job growth.

"Although the Texas unemployment rate was up in July, Texas continued to trend well below the national unemployment rate of 9.4 percent," said TWC Commissioner Representing the Public Andres Alcantar. "Job growth in many industries in July provided job opportunities for those entering the labor force."

The Amarillo Metropolitan Statistical Area (MSA) experienced the lowest unemployment rate in the state at 5.8 percent (not seasonally adjusted) followed by the Lubbock MSA with 6.1 percent and the Midland MSA with 6.3 percent.

The Texas Workforce Commission is a state agency dedicated to helping Texas employers, workers and communities prosper economically. For details on TWC and the services it offers in unison with its network of local workforce development boards, call (512) 463-8556 or visit HYPERLINK "http://www.texasworkforce.com" <http://www.texasworkforce.com>

## 2009 C.P.H.S. Homecoming Class Meetings Announced

Class of 1943 -

Betty Browning's Home, 617 N. Avenue E, Cross Plains  
Classmates from the 1930's and 1940's are invited to join them.

Class of 1951 - Anita Newton's Family Home - South of Cross Cut on Road #114

Class of 1957 - High School Library

Class of 1963  
Class of 1964  
Class of 1967 - Home of Cliff and Connie Kirkham

Class of 1989 - High School Room #108

Class of 1990 - High School Room #106

Class of 1991- High School Room #107

Class of 1999 - First Baptist Church Playground

Class of 2000 - Community Center Gazebo

Contact the Cross Plains Review with your class meeting locations for publication.

Subscribe To The Cross Plains Review

5-Cross Plains Review August 27, 2009

## Information Needed for the Polio Exhibit Featured in the Children's Discovery Center at the Library

The Children's Discovery Center at the Cross Plains Public Library will feature an exhibit honoring polio patients from this area.

This section has been dedicated to the memory of Susan Barr, the daughter of the late Clara Nell (McDermott) Spencer. Clara Nell's daughter, Pat Wiese, has also contributed a selection of children's books for this section.

Anyone who has polio or had a child or family member who was effected by the disease is encouraged to contact Connie Kirkham 254-725-6500

(home) or 254-725-6318 (shop), Jane Bonner 254-725-6257 or the Library 254-725-7722 with their name, date of birth, date of death, parents name, when the disease was contacted, length of time suffered, etc.

Your cooperation in this matter will greatly assist the Children's Discovery Center in their efforts to revere these individuals, and educate children about this disease and the hardships it presented for families in Cross Plains and surrounding communities.

## Baird Masonic Lodge to loan handicap equipment

The Baird Masonic Lodge #522 has a limited amount of handicap equipment to loan on a temporary basis at no charge to anyone who needs it.

To use the equipment contact any member of the Baird Lodge or Alton Payne 854-1269 or Harold Hass 854-1662.

## Callahan County DPS Report

Calls received by the Callahan County Department of Public Safety from August 16, 2009 through August 22, 2009 include:

Cases Investigated  
Warnings—133  
Complaints—60  
Driving While License Invalid—2  
Vehicle Accidents  
There were six vehicle accidents investigated during this time span.

**ROBERT E. McCOOL**  
**ATTORNEY AT LAW**  
**LAW OFFICES AT**  
**237 MARKET ST.**  
**BAIRD, TEXAS 79504**  
**(325) 854-1016**

**Cross Plains Com. Health Center**  
**200 N. Main -Cross Plains, Tx.**  
**(325) 854-1365**

**Albert M. Kincheloe D.O. Medical Director**

**NO INSURANCE? NO PROBLEM!**

**\* Cost of Medical Care Based on Income!**  
**\* Insurance also accepted;**  
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**FOR SALE**- Club Cart Golf Cart ready to go; Smoker on wheels w/ tool box; 4 door white Chevy Equinox; Call 254-442-3863

**GARAGE SALE**

**MULTI-FAMILY**- August 29th, 8:00 a.m. - 2:00 p.m.; 20643 FM 2707, Del Pope's home.

**5 FAMILY**- 208 NE 6th St.; Saturday, August 29th; 8:00 a.m.-?; Dishwasher, Treadmill, TV, Antique Sewing Machine, Girl & Boy Clothes sizes NB- 2T & more!!

**LOST**

**GRANDDAUGHTERS'S DOG**- Blond Lab puppy; 4 months old; Answers to Stitch. \$25.00 REWARD; Please call 254-725-6395

**TWO CALVES**- Last seen 8 miles west of Cross Plains; 600-700 lbs. "S W" brand on left rib cage, silver ear tag. Caddo Peak Ranch 254-725-4469

**CARD OF THANKS**

To my church family, First Baptist Church in Cross Plains and to all the wonderful people in Cross Plains,  
 Thanks to you for all of your prayers, phone calls, visits. Every thought of concern that you had for me and my family while I was in the hospital and since coming home. Thanks to my home health care family for looking after me. And my family. Many thanks to all of you. Thanks to my God for supplying my needs. Amen!  
**Love & Prayers**  
**Lillian Jackson**

**ANNOUNCEMENT**

**The King Lives!**  
**Elvis Tribute Showcase**  
 September 5th in Baird starring internationally acclaimed performer Kraig Parker and the Royal Tribute Band.  
 Baird Chamber  
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**RIISING STAR NURSING CENTER**- is looking for CNA's; Contact Kathy Davis RN DONor Lori Osbourn LVN-ADON at 254-643-2681.

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 CROSS PLAINS REVIEW

**MEMBER 2009**  
**TEXAS PRESS ASSOCIATION**

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 119.34 Ac., Creek, Fenced, Oak, Live Oak, Pecan, Elm, Hunting, Good small ranch, home sites on pavement, 3 miles from town. \$1,800/AC

**APPROX. 100 AC.** near Cross Plains. If you are looking for the perfect place you've found it! This property offers everything!!! Excellent hunting with abundant wildlife, thick thick cover, food plots, blinds and feeders set up and ready to go, 2 tanks, complete seclusion, private road frontage, excellent fences, water well with storage tank, excellent home site with beautiful views, and a completely furnished 3bd/2bth mb. home in excellent condition. Front end loader and Toyota ranch truck available. This is a MUST SEE! Call 325-370-7790 to set up your appointment.

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\* 23.38/A, rural water, Oaks and Mesquite trees, pond, county road frontage, 7 miles South of Cross Plains. \$72,500.

\* --5/A, 4 miles East of Cross Plains, county road frontage, rural water, seasonal creek, great cover, lots of large Oaks, great homesite, good grass. **ONLY \$25,000.**

--25/A water well, Oaks, Pecan, Live Oak trees, good grass, fenced, good fences, hunting, older mobile home, great location on county road, beautiful home sites! **ONLY \$75,900. WON'T LAST LONG!**

\* 34.7/A, 7 miles NE of Cross Plains, paved frontage, rural water and water well, beautiful home sites, great location, large Oak, Live Oak, Peach, Pear trees, perfect for a small farm or recreational place. \$104,100.

\* 35.55/A western Callahan County, good small farm, excellent home sites, fenced, close to schools, 15 miles from Abilene, excellent dove hunting, new survey, can divide into 11.85/A tracts with water meter. \$3,000/A

\* 338/A on the lake. Excellent views, excellent hunting, 1 pond, rolling terrain, large oaks, good fences, approx. 12,000 ft of shoreline at Cisco Lake, Eastland County. Hunters, this is the place to be! **\$3,900,000.**

**ACREAGE WITH HOME:**  
**NEW LISTING! -- 72 Acres, Water well, barn, UNDER CONTRACT \$116,000**

**NEW LISTING! -- 38.43 A.** with 36,426 Brick home, recently remodeled, CHA, New appliances, large pecan & oak trees, water well, on County Road, New metal hay barn, Aprox 4 miles, SW of Cross Plains, Very Nice, **\$276,000.**

-- Beautiful 2bd/1 3/4bth brick home on 2.084 acres, 1576 sq. ft., possible 3rd or office, CH/A, fireplace, covered patio, composition roof, city water, and sewer, 4 garages and RV shed, \$199,900 **By appointment only**

\* 71.4992/A in Eastland County, 7 miles NE of Cross Plains, paved frontage, old farm house, very nice farm and ranch place, or recreational, large Oak, Live Oak, Peach, Pear, Apple, Mesquite trees, good grasses, water well and rural water, good home sites. \$214,497.

--97.97/A with 2BD/1Bth frame home with metal roof, located in Callahan County, 2 miles East of Cross Plains, paved frontage, 2 water wells, RV hook ups, good fences, coastal bermuda grass, good hunting, hay barn, 7 stall horse barn with 75 x180 pipe turn out pens with tack and feed rooms, pens, GREAT HORSE PROPERTY!! **\$378,500.**

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1204 W. 15th	- Cisco. Small brick home. Great neighborhood. Needs some TLC to interior.	40,000
232 S. Ave. C	- 3BR-2B Beautiful oak trees. Lg. living area. Bay window. Breakfast nook.	57,900
616 SE 3rd	- 2BR-2B ranch . 15+ Pecan trees. This won't last long! <b>REDUCED</b>	60,000
700 W Pioneer	- Rising Star. Great home 2 BR-2B over 2000 sq. ft. on 5 acres in town	68,000
308 SE 1st	- Cross Plains. 3BR-2B. Well-built spacious brick home on huge corner lot.	75,000

**HOME WITH ACREAGE**

1.377 Ac.	- Edge of Cross Plains. 2BR-2B. Lots of pecan and oak trees. <b>REDUCED</b>	60,000
4.1 Ac.	- 3 or 4BR-2-1/2B brick home. Fireplace. Nice lg. shop. <b>MOTIVATED SELLER</b>	220,000
5 Ac.	- Great home 2 BR-2B over 2000 sq. ft. on 5 acres in town in Rising Star.	68,000
5 Ac.	- Beautifully Remodeled 4BR-2B. Treed-covered acreage. Great private setting. <b>REDUCED</b>	149,900
5.8 Ac.	- 3BR-2B mobile home. Horse stalls. Tack shed. Lighted round pen.	159,000
8.6 Ac.	- Charming home. Lg. oaks. Beautiful small acreage. <b>MOTIVATED SELLER</b>	127,900
10.02 Ac.	- 2BR-2B MH. Post oaks, horse stall, storage shed, close to town.	85,500
14 Ac.	- 5BR-3.5B home. Beautiful pecan & oak trees. Guest house. Equipment shed. Barn.	225,000
26.46 Ac.	- Beautiful home. Recently updated. Scattered oaks. <b>DRASTICALLY REDUCED</b>	288,500
30 Ac.	- Well built 3BR-2-3/4B home. <b>UNDER CONTRACT</b> ncp. Beautiful view.	284,000
39.2 Ac.	- Great recrea <b>UNDER CONTRACT</b> shop building. Doublewide mobile home.	129,000
78 Ac.	- Great views. Exc. Underground water. Old livable 3BR-1B home w/utilities.	210,000
88 Ac.	- Brick home. Secluded. Lots of wildlife. 2 Tanks. Fireplace. Picnic area.	399,000
96.24 Ac.	- 3BR-2B home. Large oaks. Overlooking coastal field.	299,000
113 Ac.	- Horse lover's dream! Beautiful home. Horse barns. Indoor & outdoor arenas. More!	1,350,000
150 Ac.	- Luxurious 5.169 sq. ft. rock home. Deer breeding facility. Deer, turkey, hogs, dove.	988,000

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7.6+ Ac.	-View of rolling hills. Quiet & secluded. New Fences. Owner financing.	26,600
10 Ac.	- County water/elec. New stock tank. Paved road frontage. Wooded.	45,000
20.21 Ac.	- Fenced and cross-fenced. Stock tank. Septic. Electric. County water only.	57,000
34.4 Ac.	- Nicely wooded hunting & pasture land. Oak, pecan, mesquite. Secluded getaway.	102,000
42.69 Ac.	- Very pretty home site. 1 tank. Rolling terrain. Deer, turkey, dove.	117,406
49.94 Ac.	- Great small acreage. Hunting setup with blinds, feeder & 2005 travel trailer.	147,500
65 Ac.	- Good fence. 60 ac. In cultivation. Pecan trees, oaks, nice pond. County water avail.	104,375
77 Ac.	- Beautiful. Quiet. Secluded. Post oak, live oak, pecan. 3 water wells. Seasonal creek.	184,900
77 Ac.	- Luxurious home on the Brazos River. Versatile. Lots of wildlife. Guest home/barn.	1,300,000
97 Ac.	- Heavily wooded, elevation changes, beautiful views. Variety of oaks and oaks.	225,000
100 Ac.	- Excellent hunting property. Seasonal creek. Negotiable acreage. <b>REDUCED</b>	260,000
110 Ac.	- Premier deer breeding ranch. 4BR-2B home. Barn, shop, building, all equipment.	675,000
117 Ac.	- Great combination for hunting, fishing and cattle. Mesquite, oak, pecan. Sandy soil.	287,500
136 Ac.	- 2 tanks. 2 water wells. Barn. 100 ac. Coastal field. Fertile soil. Fenced, cross fenced.	327,336
142 Ac.	- Beautiful rare find. 1100' Brazos River frontage. Trees. Gorgeous views. Lg pond.	1,278,000
148 Ac.	- Excellent hunting. Beautiful hill for home site. 30 min. from Abilene. Jones County.	296,000
160 Ac.	- Cultivation. Trees. Brush. 1 tank. Great for deer, quail and turkey hunting.	192,000
262.63 Ac.	- Perfect for ranching & hunting! 3 stock tanks & 2 other tanks. Water well, fencing, electric.	617,180
300 Ac.	- 200 ac cultivated. 1 <b>UNDER CONTRACT</b> water wells. Great price!	330,000
324.94 Ac.	- South of Santa Anna. Very nice game ranch. Bunk house. Large stocked pond.	1,400,000
331 Ac.	- Scenic hills. Lots of live oak, post oak. Native pasture. Abundant wildlife. Near I-20.	759,645
350 Ac.	- Lots of oak & food plots. Excellent hunting & cattle property. N. Coleman County.	875,000
447+ Ac.	- River front. Fertile valley. Scenic hill. Trees. Deer & wild turkey. <b>WILL DIVIDE</b>	1,168,011
740.6 Ac.	- Secluded. Hills. Good grassland. Heavily wooded. Excellent hunting.	1,329,387
840 Ac.	- Beautiful lake. Ponds. Good fences. Hunting. Lg. pretty prebuilt 3BR-2 1/2B home.	1,750,000

**COMMERCIAL**

901 W. College, Rising Star	- Turn key restaurant. All new equipment. Drive-thru window.	40,000
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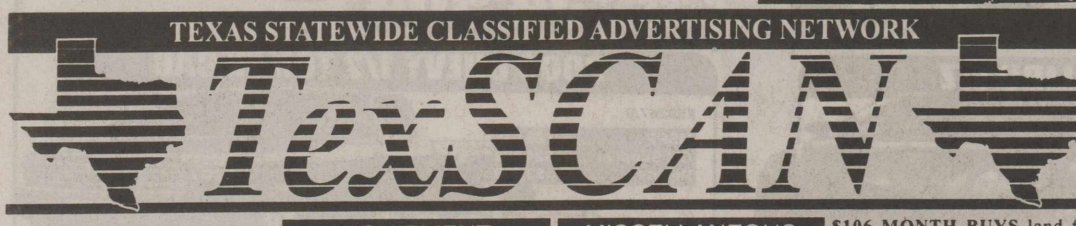
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 August 27, 2009

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*Continued*

Then Alexander give a snort and started trembling, and a cougar slid out of a blackjack thicket and snarled at us over his shoulder as he went past at a long lope. All them varmints was heading for the dry bare country I'd just left, and I wondered why they was leaving a good range like this one to go into that dern no-account country.

It worried Alexander too, because he smelt of the air and brayed kind of plaintively. I pulled him up and smelt the air too, because critters run like that before a forest fire, but I couldn't smell no smoke, nor see none. So I rode on down the slopes and started across the flats, and as I went I seen more bobcats, and wolves, and painters, and they was all heading west, and they warn't lingering none, neither. They warn't no doubt that them critters was pulling their freight because they was scairt of something, and it warn't humans, because they didn't 'pear to be scairt of me a mite. They just swerved around me and kept trailing. After I'd gone a few miles I met a herd of wild hosses, with the stallion herding 'em. He was a big mean-looking cuss, but he looked scairt as bad as any of the critters I'd saw.

The sun was getting low, and I was getting awful hungry as I come into a open spot with a creek on one side running through clumps of willers and cottonwoods, and on the other side I could see some big cliffs looming up over the tops of the trees. And whilst I was hesitating, wondering if I ought to keep

looking for eatable critters, or try to worry along on a wildcat or a wolf, a big grizzly come lumbering out of a clump of spruces and headed west. When he seen me and Alexander he stopped and snarled like he was mad about something, and then the first thing I knowed he was charging us. So I pulled my .44 and shot him through the head, and got off and onsaddled Alexander and turnt him loose in grass stirrup-high, and skun the b'ar. Then I cut me off some steaks and started a fire and begun reducing my appertite. That warn't no small job, because I hadn't had nothing to eat since the night before.

Well, while I was eating I heard hosses and looked up and seen six men riding towards me from the east. One was as big as me, but the other ones warn't but about six foot tall apiece. They was cowpunchers, by their look, and the biggest man was dressed plumb as elegant as Mister Wilkinson was, only his shirt was jest only one color. But he had on fancy boots and a white Stetson and a ivory-butted Colt, and what looked like the butt of a sawed-off shotgun juttet out of his saddle-scabbard. He was dark and had awful mean eyes, and a jaw which it looked like he could bite the spokes out of a wagon wheel if he wanted to.

He started talking to me in Piute, but before I could say anything, one of the others said: "Aw, that ain't no Injun, Donovan, his eyes ain't the right color."

*To be continued.*



**DPS rolls out new vehicle inspection designs**

As of August 1st, Texas vehicle inspection stickers will feature a western cowboy motif. Various images of cowboys will appear on different types of inspection stickers. The new stickers are rolling out over the next several months across the state.

"We wanted to present a new certificate design that was immediately identifiable as being Texan," said JoJo Heselmeier, director of Vehicle

Services for the DPS.

Texas issues 10 different inspection certificate designs, dependent upon factors such as the age of the vehicle, whether it is designated as a commercial vehicle and whether emissions testing is required.

Inspection certificates issued in previous years will remain valid until their listed expiration dates.

**8- Cross Plains Review August 27, 2009**

**Woman To Start Professional Tug-Of-War League**  
BEXAR COUNTY - Mary Ann W. applied Thera-Gesic® pain creme to her sore shoulder and hands and felt so great she decided to start a professional tug-of-war league. When asked who would be the target audience for the new TOW league, she painlessly replied, "None of your dang business!"

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**SPECIAL SPEAKER AT KIWANIS—** Cross Plains City Administrator Debbie Gosnell updated the club on activities of the City August 25th. She was the guest of David Estes. Kiwanis meet at Jean's Feedbarn each Tuesday at noon. Everyone is welcome.

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## The Doctors Prescription for Health

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

### THE POWER OF SLEEP

Eat your vegetables and get plenty of rest! Your grandmother's words ring true today as it was in the past!

The wisdom of our grandmothers is now brought out by scientific research.

Such research has now shown that a link exists between insufficient sleep and a person developing heart disease, cancer, a weakened immune system response, and last but not least, obesity.

Articles appearing in *Archives of Internal Medicine*, *The Journal of the American Medical Association*, and research from such institutions, as the University of Warwick Medical School in England all bear these facts out.

A risk that is three times the average for getting a cold occurs if you sleep less than seven hours per night, as opposed to sleeping over eight hours.

Beginning in the 30's and 40's, an individual who gets insufficient sleep has an increased development of plaque in their arteries, as opposed to folks who sleep the recommended amount of time. Interesting studies found that getting just one additional hour of sleep per night would decrease the odds of calcification of plaque by 33%. Additionally, an extra hour of sleep was found to routinely lower the systolic blood pressure (the top number) by 16.5 points.

We do know that decreasing the amount of ones sleep will increase their serum cortisol levels, and most likely the generalized amount of inflammation in the body. Perhaps this increase in cortisol levels is why obesity has been

linked to poor sleeping habits. Studies have shown that routinely losing one hour of sleep leads to an increase in a persons BMI (Body Mass Index), the measure for obesity.

So how much sleep is enough? Average requirements for anything involving the human body is always based on averages. Consequently, an occasional person will do the outside of the average recommendations. However, the large majority of individuals will require at least the overall recommendations to maintain a general state of health.

Nationally recognized authorities have set the recommendations for sleep to be as follows.

School-age children require an average sleep time of 10-11 hours per night. Adolescents should sleep 9-10 hours per night. Adults require 7-9 hours of sleep per night for optimal health.

None of these numbers would include the after lunch nap which has also been shown to, among other things, significantly increase a person's productivity.

As time progresses, we continually see science verify the wisdom of our forefathers in so many ways. Sleep is only one of the many bits of wisdom left for us.

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

"My people are destroyed for lack of knowledge."

Hosea 4:6 KJV

A prudent person profits from personal experience, a wise one from the experience of others.

Joseph Collins

## Back to School With Diabetes Offering Great Suggestions

Back to school can be stressful for everyone, but for children living with diabetes, preparing to go back to school is much more complicated. It often involves parents, teachers, administration, school nurses, cafeteria staff and coaches teaming up to ensure the child remains healthy.

Proper diabetes management, especially important for children, requires a large time commitment and significant understanding of the disease from diabetic children and from the people they spend time with every day. Marc Wolf RPh, founder and CEO of Diabetic Care Services, a leading mail order provider of diabetic supplies and prescriptions, offers some tips for parents to help their children return to school when diabetes is a factor.

**Tips for Managing Diabetes at School**

Before school begins, schedule a meeting with your child's teacher, administrator, school nurse and cafeteria staff to discuss his or her personal diabetes management plan.

- Bring written copies of the plan to leave with each person who may be responsible for your child. It should include information on your child's medication, including when it should be taken, proper dosage, proper technique for administering the medication, who should administer medication (your child, the school nurse, or another designated staff member) and the reasons why your child takes it, as well as who to contact and what actions to take in case of emergency, how to recognize warning signs of high and low blood sugar, and a nutrition plan for both regular meals and snacks.
- Review the personal

diabetes management plan with your child.

- If he or she is old enough, your child will be able to manage most testing and medication independently, but should also know who he or she can turn to when help is needed.

- For younger children, explain that another person will be taking over the tasks their mom or dad might usually perform while at school.

- Seek feedback from your child daily to ensure he or she feels comfortable with the situation and to assess how he or she feels throughout the day.

- Pack healthy snacks for your child to battle sudden low blood sugar, and ensure school staff will allow your child to access these snacks when needed.

- Ask the school nurse to store extra testing supplies and medications as back up.

- Teach your child not to share snacks or trade food items with other students while at lunch.

- Establish a routine for your child right away so he or she adapts habits for eating, testing and taking medication at the same time each day - whether in school, at practice or at home after school. Most importantly, ensure your child goes to bed on time with no distractions to prevent them from falling asleep.

- It is normal for parents to feel stressed when children head back to school, but it is important to remain as calm as possible so that your child also feels relaxed. High stress levels can cause spikes in blood

glucose levels due to adrenaline released by the body.

- Encourage your child to be an active participant in physical education class and

9- Cross Plains Review August 27, 2009

## Heartworms: Growing Problem in the Callahan County area with an increase in Mosquito numbers

Dogs with heartworms are being diagnosed on a regular basis in our area. Over 40 cases were diagnosed in 2008. Over 30 cases have been diagnosed since the first of the year. Our area was once thought to be a low incidence area, however, increased awareness of the problem has increased the testing for heartworms. With the rapid increase in the numbers of heartworm cases, we must take a more aggressive approach to the problem. Heartworm checks and preventatives must be initiated to decrease the incidence of the disease.

Heartworms are on the increase:

- Mild winters with increased rainfall resulting in more mosquitoes and year round exposure.

- Owners traveling with their dogs either to or from areas with severe heartworm problems.

- Owners more aware of the problem which results in more testing of infected dogs.

This is such a deadly disease that it is well worth reminding owners of certain facts:

- The net result of heartworm disease is the serious mechanical damage it causes to a dog's heart, lungs, liver and kidneys. While it is stopping up kidneys and blood flow, there are few outward signs of all the internal damage being caused until the disease is very far along.

- Mosquitoes are key carriers of heartworm disease. When an infected dog is bitten by a mosquito, blood is carried away, which may include tiny, immature forms of heartworms called microfilaria.

- It takes about three months for these microfilaria to travel through the tissues of the body

to enter the heart. Dozens of these larvae travel through the tissues of the body to enter the heart. These larvae (some of which actually become up to 14 inches long) become adults within another three months. By that time, much of the mechanical damage just mentioned has become fact.

Thanks to research and modern preventative medicine, there is a lot you can do to avoid heartworms in the first place or see that it is successfully treated if it hadn't progressed too far:

- Since its possible for an infected dog to have adult heartworms without microfilaria, a thorough examination and other lab tests may be needed to confirm heartworm infection.

- After the disease has progressed, symptoms can include frequent coughing, sluggishness, rapid tiring and finally, labored breathing.

- If caught in time, a series of injections of an organic arsenical drug can be used to kill heartworms. Then another drug must be used to kill the microfilaria.

- No vaccine is available for heartworm disease. You can give regular doses of a medication, which can prevent infection larvae from developing into adult heartworms. Prevention can be in the form of a tablet or a chewable treat once a month, or an injection that will last six months.

Also, recently, a preventative for cats has become available. Cat heartworms are on the increase nationwide but is not at the high incidence levels as in dogs. We have diagnosed only one case of feline heartworms.

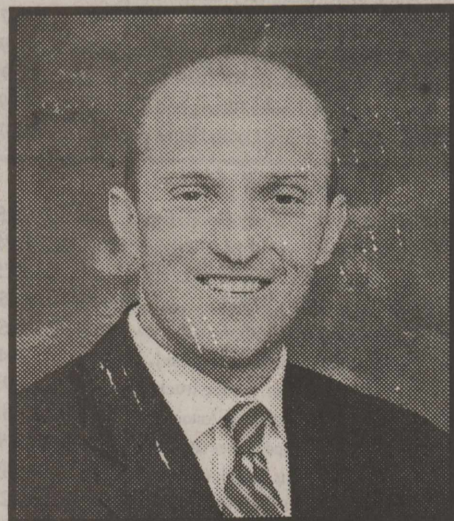
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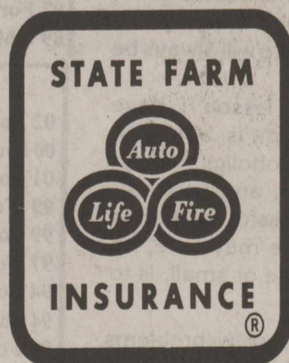
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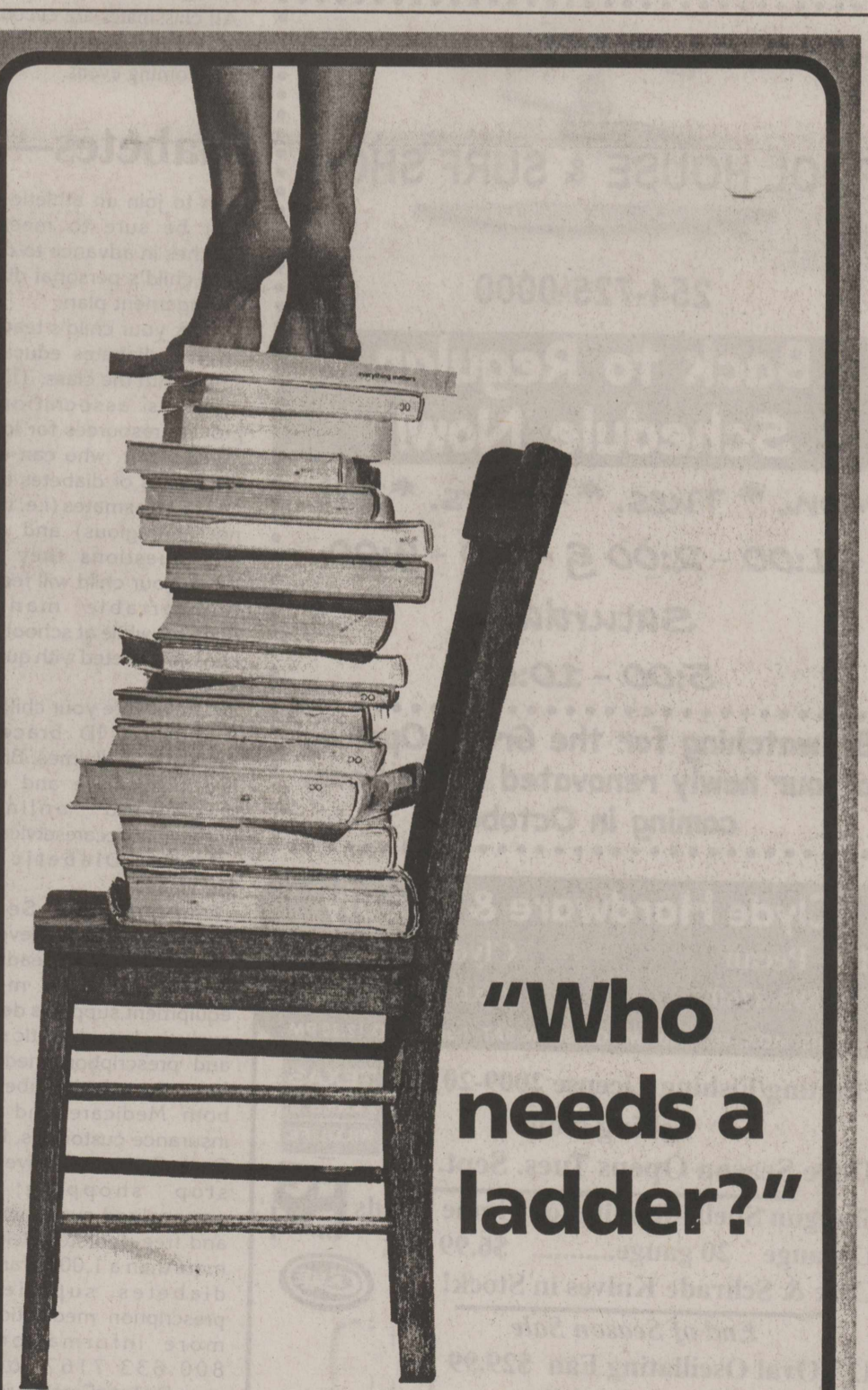
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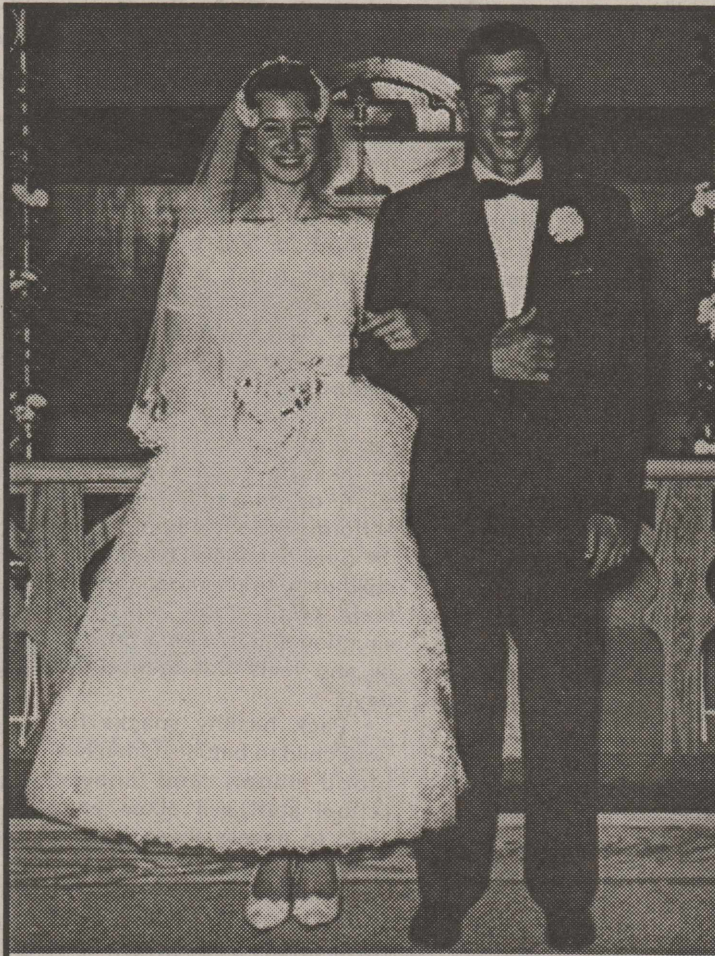
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| <b>AUGUST 30</b><br>Jean Draper<br>Steven Lane Cox<br>Marty Callaway<br>James Ross<br>James Scott<br>D.T. Crocket, Jr.<br>Laura Holley<br>Randall McAnally<br>Donald Wilson<br>Carl Bludworth<br>Allen Barnett<br>Brian Clare<br>Kory Hartman<br>Ryan Glenn Payne               | <b>SEPTEMBER 2</b><br>Sharlla Payne Stone<br>Stacy Gale Montgomery<br>Stephanie Kay Edington   |
| <b>AUGUST 31</b><br>Jean (Bonner) McWilliams<br>Vicki (Stover) Strength<br>Nancy Harp<br>Billie Jean Barr Guilbeau<br>Danny Johnson<br>Terri Jean Vaught Krueger<br>Marie Harrell<br>Karen Richey<br>Rich Holder<br>David Gray<br>Chester Phillips<br>Renee Byars<br>Randy Pope | <b>SEPTEMBER 3</b><br>Carolyn Childers<br>Norma Jean Franke Kerns<br>Sharron Hicks<br>Marion Simpson<br>Rickey Lynn Carouth<br>Kandy (McClure) Sunderman   |
|   | <b>SEPTEMBER 4</b><br>Eva (Wilson) Fleming<br>Glen Winfrey<br>Mrs. Teron Whitefield<br>Sharon (Dillard) Lewis<br>Michael Hargrove<br>Gloria Strahan Dominguez<br>Lou Allen Browning<br>Mrs. Grider Adams |



AUGUST 20, 1959



OSCAR LARRY MCANALLY & BARBARA JEAN MERRILL

## Couple Celebrated 50th Wedding Anniversary

Larry and Barbara (Merrill) McAnally celebrated their 50th wedding anniversary on August 20, 2009.

They were united in marriage on August 20, 1959 by Rev. Gordon Dennis at First United Methodist Church in Cross Plains.

They have three children: Mark

McAnally of Abilene, Randall McAnally and wife Cindy of Brownwood, and Kristi White and husband Sean of McKinney. They are blessed with four grandchildren, Christopher and Carson McAnally of Brownwood and Katherine and Claire White of McKinney.

The family celebrated with a dinner at Perini Ranch in Buffalo Gap. Their children sent the couple to Ruidoso, New Mexico, and the entire family will celebrate on a trip at a later date.

Larry worked for 3M for 34 years and was a purchasing agent when he retired. Barbara is

General Manager for KOXE/KBWD radio stations in Brownwood and has been employed there for 19 years. Larry and Barbara are active members of the First United Methodist Church of Brownwood and have made their home in Brownwood for 42 years.

To get your name on the Birthday Column, send your name and date of birth to  
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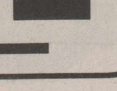
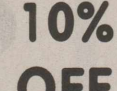
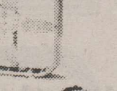
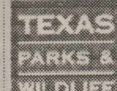
20" Wind Machine \$29.99

42" Ceiling Fan/light kit \$24.99

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## Class of 1959 Planning Meeting Set for Sept. 3rd

The Class of 1959 will meet at Jean's Feed Barn in the West Room on Thursday, September 3, at 7:00 p.m. to discuss the Cross Plains High School Homecoming parade entry and their class meeting.

All classmates are encouraged to attend and contribute ideas for the upcoming event.

## Diabetes

even to join an athletic team. Just be sure to meet with coaches in advance to discuss your child's personal diabetes management plan.

• Ask your child's teacher to invite a diabetes educator to speak with the class. The local diabetes association can provide resources for locating an educator, who can explain the basics of diabetes to your child's classmates (i.e. that it is not contagious) and answer any questions they might have. Your child will feel more comfortable managing diabetes while at school if he or she isn't greeted with questions or stares.

• Make sure your child wears a diabetic ID bracelet or necklace at all times. Bracelets are inexpensive and can be purchased online at [www.diabeticcareservices.com](http://www.diabeticcareservices.com).

About Diabetic Care Services

Diabetic Care Services, headquartered in Cleveland is one of the nation's leading mail order durable medical equipment suppliers dedicated exclusively to diabetic supplies and prescription medications for patients with diabetes. For both Medicare and private insurance customers, Diabetic Care Services delivers one-stop shopping, 24/7 personalized customer service and free doorstep delivery on more than a 1,000 brand name diabetes supplies and prescription medications. For more information, call 800.633.7167 or visit [www.DiabeticCareServices.com](http://www.DiabeticCareServices.com).

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## Barb's Cues

By Barbara Holmes Worcester

### MASTER OF SOLUTIONS

"There are no problems, only solutions." Unknown

Without a doubt, this has been the most difficult few years of my life. A small crisis within our home has pierced our otherwise comfortable existence, and yet, even in the turmoil, light has overcome darkness.

During the onset of our struggle I was angry, frustrated and felt overwhelmed. "Why us. God? Why us?" I would ask, and although my answer did not come as immediately as I would have preferred, the Lord did reply later by showing me truth. This truth was the knowledge that there is no such thing as earthly perfection, and each and every human being will face adversity at some time in their life. However, God is greater than any problem.

Whether it is sickness, disease, relationship struggles or some other hardship, our life journey will never be perfect because perfection is only found in the Divine. Along with the beauty of laughs and smiles will be the sting of painful tears, disappointments and shattered dreams. Relationships may fail and jobs may fall through, yet will we allow these bumps along the path to alter our ability to possess peace and joy?

The answer, my dear friends, is not how we perceive crisis when it occurs can either make or break our peace of mind as well as affect the outcome of the situation. As the above quote conveys, nothing is really a problem because there will always be solutions.

The greatest lesson I have learned this year is a phrase adopted by Alcoholics Anonymous; "Let go, and let God." The most successful solution to any problem we may face, no matter how large or small, is to trust in God.

As we act to resolve problems, we should never go at it alone, but to lay the issue in the hands of the Lord; knowing that where our earthly abilities may be limited, He alone is able to do all things! While man may tell us a situation is hopeless, with God there is always hope!

And so, after doing everything possible to resolve my family's personal crisis on my own, I remembered my faith in God, and began to cleave to the Lord in a way that I had never before surrendered in trust. Daily I pray about the matter, and then I hand the matter over to God, knowing that I have done my part, and now it is time for Him to take over.

As hard a period as this has emotionally been, it has ironi-

cally also been the richest in wisdom. No longer do I feel overwhelmed by the problem, because I now know that all the worry in the world will not help resolve the matter, and in fact, will only add to my own emotional distress.

Today, I encourage you to hand any problems you may be facing over to the capable arms of the Lord. Feel the peace and freedom which follows the leap of faith, and know that God is the Master of miraculous solutions.

By Melanie Schurr  
God's Work Ministries

### Pancakes That Go Burp

2 cups good biscuit mix (or boxed pancake mix)  
1 2/3 cups club soda  
1 egg  
1/2 cup oil

Mix and prepare like any pancake. Makes them light and fluffy.

P. Russell

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- 95 Mercury Cougar XR7, Very Nice Car.....\$2,250
- 94 Mercury Cougar XR7, Loaded, 4.6 V8, Looks, Runs good.....\$2,250
- 93 Mercury Cougar, XR7, Runs good.....(Green).....(Reduced to).....\$1,250
- 91 Buick La Saber, 4 door, Looks Runs good (White).....Special.....\$1,295
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- 97 Ford Aerostar, V6, van, 3 Seats, Looks Runs good (Green).....\$1,950
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- 99 Ford F350, Crew Cab, Super Duty, 6 spd.....Special.....\$5,500
- 99 Ford F250, Super Duty, 4 dr, Super cab, 6 spd., Power Stroke.....\$5,500
- 97 Ford F250, Heavy Duty, Super Cab, Power Stroke.....Reduced to.....\$4,250
- 94 Ford F350, Crew Cab, Turbo Diesel, A nice truck.....\$3,950
- 94 Chev. Diesel, Crew Cab, Runs good, Bad Paint, Automatic.....\$1,850
- 99 Ford F250, 4dr, Super Cab, Diesel, 6spd, Super Duty, Runs Very Good.....\$4,995
- 89 Ford F250, 7.3 Diesel, Looks, Runs Good, (Tan).....\$1,895
- 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

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- 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
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- 83 Chev. 3/4 Ton, V8, Looks, Runs Good.....\$1,495
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