

WEST CADDO PEAK

# Cross zlains lieview 

CROSS PLAINS' OLDEST BUSINESS INSTITUTION

THURSDAY, DECEMBER 31, 1998

## Down Home

Editor's Note: The following tory was submitted by Gene Dillard. The author is unknown, but e message is timeless. With th as dreams and great expectations as dreams and great expectations, don't give up, you never know xactly what the Lord has in store for ou! You might be surprised what ertainly was. VAND NDERSON CREECH

Once there were three trees on heir hopes and dreems discussin heir hopes and dreams, when the a treasure chest. I could be filled with gold, silver and precious gems could be decorated with the intricate carving and everyone would see he beauty.
Then the second tree said "Some day I will be a mighty ship, I will take kings and queens across the water and sail to the corners of the world. Everyone will feel safe in me be cause of the strength of my hull. Fo grow to be the tallest and straightest tree in the forest People will see me on top of the hill and look up to my branches and think of the heavens and God and how close to them I am reaching. I will be the greatest tree of all time and people will always remember me. After a few years of praying that heir dreams would come true, a group of woodsmen came upon the ree, he said "This looks like a strong rree, I think I should be able to sell the wood to a carpenter," and he began cutting it down. The tree was happy because he knew that the carpenter would make him into a

At the second tree a woodsman said, "This looks like a strong tree, 1 should be able to sell it to a shipyard." The second tree was happy to becoming a mighty ship When ine a mighty ship. the third tree, the tree was frightened he knew that if they cut him down his dreams would not com

DPS estimates 24 to die on Texas roadways during New Year holiday

The Toxas Deparum of Pabic Safety estimates that as many as 24 vhicle raffic crashes during the 78 hour New Year Holiday weekend The reporting period will begin 6:00 pm. Thursday and will continue through midnight Sunday. During the Christmas holiday portung period 30 people died on Texas roadways. This is six less than predicted. According to DPS reporis, of the 30 deaths, at least sixteen were not wearing seatbelts, two were not wearing motorcycle
don't need anything special from my ree, so I'll take this one," and he cut When.
When the first tree arrived at the box for animals. He was then placed in a barn and filled with hay. This was not at all what he prayed for, The second tree was cut and made into a small fishing boat. His dreams of being a mighty ship and carrying kings had come to an end. The third ree was cut into large pieces and left alone in the dark. The years went by and the trees day a man and wreams. Then one barn and she gave birth and placed the baby in the hay in the feedbox that was made from the first tree. The man wished that he could have made a crib for the baby but this manger would have to do. The tree could feel the importance of this event and knew that it held the greatest treasure of all time. Years later, a group of men got in the fishing boat made from the sec ond tree. One of hem was tired and on the water a great storm arose and he tree didn' think it was strong enough to keep the men safe. The men woke the sleeping man and He stood and said, "Peace" and the storm stopped. At this time, the tree knew that it had carried the King of all King's in its boat.
Finally, someone came and got the third tree. It was carried through th streets as the people mocked the man who was carrying it. When they
came to a stop, the man was nailed to he tree and raised in the air to die a the top of the hill. When Sunday came, the tree came to realize that it was strong enough to stand at the top of a hill and be as close to God as wa possible.
The moral of this story is that when way, always know to be going your plan for you .If you God has in Him, He will give place your trus Each of the trees got ghe he prayed for, just not in the way they had imagined.

Almets. Alcohor was aconuib factor in at least eight crashes In an effort to make sure your New troopers throughout the state of Texas will be working to ensure safe roadways are available for the holiday travelers.
$\qquad$ nation DPS/Media effort to make the motoring public aware death does not take a holiday.
Be carcful when out traveling and watch out for the other driver because he may not be watching out for


## Historical Facts on Cross Plains Schools

Editor's Note: The following information appeared in the 1961 dition of the Cross Plains Review ThelmaLong said the Steve Jamison family, who purchased her former home, found the article and thought it of great interest. You will be
amazed at the changes since this publication. VANDA ANDERSON CREECH
The Latin phrase "E Pluribus Unum," meaning one out of many might just as fittingly be applied to Cross Plains schools.
Actually 17 formar Actually, 17 former school
districts have been merged to form districts have been merg

## the present system here

curriculum of fully-accredite courses, the school in Cross Plains is today a far cry from the way it firs began here in the late 1870 's.
Earliest pupils of this area attended a school located near Cottonwood in "Cottonwood brakes." The building was of $\log$ construction with a sod roof and dirt floor. It had no openings in walls to which wooden shuters on hinges were attached shutters on hinges were attached.
Benches for students were made by splitting logs and placing them smooth side up, on pegs or arms driven into walls of the building. When heat for the building was necessary, a spot in the dirt floor was scooped out and a fire kindled. This school was in operation about three months each year.
In 1833, a small boxed schoo Cross Plains Cemetery Then in 1888 a two-story wooden. Then in

## CJC to register for spring semester

Cisco Junior College is making preparations to
Spring Scmester
Registration for night students and sophomores will be held on Monday, January 11, from 6:00 to 8:00 p.m. in the Harrell Fine Arts Building. Registration for all freshman from 9.00 held Tucsuay, January All sudents who have no All students who have not conspring schedule of courses should do so prior to registration. First time so prior to registration. First time
entering fresiman and transfer students should report to the Voca-tional-Technical I Building, Room 33, on Monday, January 11 at 9:00 a.m., for assignment of an advisor. Dormitories will open at $2: 00$ p.m on Sunday, January 10. The caf cteria will open at 5:00 p.m. on Sunday, January 10
Registration for the Abilene Cen8, 1999. On Wcdncsday January 6 and Thursday, January 7 , registra tion will be from 9:00 a.m. to 3:00

24 by 40 feet, was built on the sam Ite to replace the smaller building, rooms to accommodate a growing enrollment. When this structure was abandoned for school purposes in East 7th Street and Avenue C and remodeled into a dwelling, now ccupied by Mrs. Mack Campbell. Cross Plains first brick schoo house was built 49 years ago and emained in use until 1927 when th first two buildings were erected on of Main Street.
More than a half million dollars worth of improvements have bee school and ward school building were completed. The local plant is now one of the well-equipped and superbly-staffed small town schoo systems of Texas.
Schools which have been merged with the one here to make the prese sel-up possible were those at Union Hill, Sabanno, Board Flat, Dressy Comal, Cedar Bluff, Burnt Branch Turkey Creek, Victoria, Atwell Caddo Peak, Deer Plains, Pioneer C Bayou and Burket f Bayou and Burket
the first local sceare miles whic embraced, there are today approximately 375 square miles, and the little school which began with a single teacher now possesses a faculty of 26 .
Local people are visiting their educational facilities this week a this community observes Public School Week and they can fee jusufiably proud of their progres since uat hamble long ago.
and 6:00 to 8.00 pm . On Fri day, January 8, registration will be rom 9:00 a.m. to 12:00 noon. Students may come to the Ad ministrative Offices at the Abilenc Educational Center during office hours and pick up a registration permit for Spring 1999 Registration his per for Wpring 1999 classest pre-se lime duing lasses at ion. You will not be allowed register without a permit Permit are issued on a first-come, first are issued
serve basis.
The Abilene Educational Center is located at 841 North Judge Ely Blvd in Abilene.
Classes will beg in January 13 at all locations, but late registration will continue through January 22 , during regular office hours.
F254) 442.2567 ar All Cisco 673-4567. Offices have becn (915) lue to the holidays and well reopen on January 4.


GLEN BARKER READY TOTAKE ONADMINISTRATIVEDUTIES AT COLONIAL OAKS NURSING HOME JANUARY 1,1999

Glen Barker New Administrator At Colonial Oaks Nursing Home

Glen Barker was bom in Hollis, Oklahoma on January 5, 1941. The third son of an iterant family. During his early years, the family moved frequently - chopping, pulling cotton and occasionally raising and born in March 1944 and the family born in March 1944 and the family
continucd to move around 'Texas and Oklahoma.
The family finally settled in Megargel, Texas in January 1958 - a town of approximately 300 people which is located in Archer County. The town is approximately 48 miles southwest of Wichita Falls. He graduated from Megargel High School in 1960. There were only four boys in the graduating class. During high school, he worked on a
farm and ranch just outside Megargel. After graduation, he Megargel. After graduation, he
moved to Pueblo, Colorado with an moved to Pueblo, Colorado with an
uncle and worked briefly at the PuebloState Hospital. In December of 1960 , he moved back to Texas and started to work at the Wichita Falls State Hospital. For the next ten years, he continued to work there in various positions. He married Carolyn LaMar Megargel High School class of was born on September 13 of the following year. During this of the was going to college at Midwestern State Univcrsity. He graduated from Midwestern in 1969
In 1970, he left the state hospital and worked for the next two years in nursing homes in Houston and

## Scranton

Musical Sat., January 2

The Scranton musical will be held on Saturday, January 2 at the Ray will cmacec and invitcs all area musicians to come play. The kitchen musicians to come play. The kitchen will have something good to offer Music begins at 6:30 p.m. Start your ycar off by enjoying this event. Joan Shrader

Wichita Falls. In 1971, a daughter was born. In 1971, he went to work or the Texas Department of Human crvices in Wichita Falls He and his family moved to Abilene in January 1976. They 1990, at which time they moved to Midland. They returned to Abilene in 1992 and in 1993 , retired from the Long Term Care Division of the Texas Department of Health. Since retirement, he has worked ursing homes in Breckenridge Coleman, Ranger and Abilene. He will become only the third adminstrator of Colonial Oaks Nursing Home in Cross Plains on January 1 1999. Mrs. Frances Wolf will retire at the end of 1998 after working herc for $291 / 2$ ycars. Glen wishe and happy retircment.
Glen and his wife will continue live on ten acres of land just outside of Abilene. They now have tw randdaughters, Amanda, born Oc lober 30, 1992 and Erica, born Oc ober 31, 1998. Their daughter lives in Abilenc and their son lives in Fayetteville, Gcorgia.
In his spare tipe, Gien likes to cad, especially to his granddaugh cer, Amanda, take care of a cow and iwo calves, cecd his two cals, enjoy oves going to auctions especially buys things he just car't live without for Texas Police
(AUSTIN) As the 1999 session of
the State Legislature looms near, a the State Legislature looms near, a new quarterback will lead the team of Texas police officers onto the field.
The Combined Law Enforcement Associations of Texas (CLEAT) has
named Charles B. "Charley" named Charles B. "Charley"
Wilkison their new Director of the political, organizing and legislative division.
In announcing the promotion of Mr. Wilkison, CLEAT president and co-founder Rondal G. DeLord said, "Texas police officers have never had a better friend or stronger advocate than Charley Wilkison."
CLEAT Chief of Staff Larry D. Watts added, "After hard-fought years in the field and in the capitol years in the field and in the capito
serving active and retired law enforcement professionals, Charley has earned our unquestioned confidence and trust. Our legislative

hands."
CLEAT has criminal justice reform and victims rights efforts across the state and in rights efforts across the state and in
the legislature. The Peace Officers' Me legislature. The Peace Officers Texas' fallen heroes is a CLEAT project. Next spring, a monument to martyred officers will be dedicated on the grounds of the state Capitol. "In recent years, Texas' elected leaders have considerably toughened the criminal code," Mr.
Wilkison said. "For instance, in the Wilkison said. "For instance, in the
last legislative session they enacted last legislative session they enacted aCLEATbill which closed a glaring
legal loophole regarding the death legal loophole regarding the death
penalty for murdering a police officer.
"In the 1999 legislative session, we
need to get back to basics by strengthening local control of law enforcement and public safety The son of a minister, Mr.
Wilkison and his wife Shelly, Wilkison and his wife Shelly, a
newspaper reporter, have three newspaper reporter, have three
children, ages 7,5 , and 2 . He is a children, ages 7,5 , and 2 . He is a
political science graduate of Texas political science weekly on Thursday, for $\$ 15.00$ per year within Callahan
County; $\$ 18.00$ per year elsewhere in Texas; $\$ 20.00$ per year out of state. (No foreign copies except APO or like address); by Review Publishing Co., 116 E. 8th St., Cross
Plains, Texas 76443 .
Plains, Texas 76443.

Periodical postage paid at | Periodical postage paid at |
| :--- |
| Cross Plains, Texas 76443. | POSTMASTER: Send address changes to Cross Plains Review, P.O. Box 519,

Plains, Texas 76443. Telephone : 1 (254) 725-6111 FAX: 1 (254) 725-7225


HAPPY NEW YEAR!
Books Checked Out:
Cross Plains
Abilene - 6
Abilene - 6
Audio Cassette
Total-77
New Books:
New Books:
"Gone" by Kit Craig
"Low Country" by

"The Valentine Legacy" by

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## CHURCH SERVICES

| FIRST BAPTIST CHURCH |  |
| :---: | :---: |
| 10TH \& MAIN CROSS PLAINS | (254) $725-7629$ |
| Sunday School... | 9:45 a.m |
| Morning Worship | . 11:00 a.m |
| Evėning Worship | 6:00 p. |
| Wed. Prayer Service | .... 7:00 p.m |
| Wayne Lenz - Pastor 725-4577 - Jason Kempt | Music Minister |

## UNITED PRESBYTERIAN CHURCH WORRSHIP SERVICE <br> cross plains WORSHIP SER BIBLE CLASS <br> 0:30 A.M

Rev. Henry Grubbs, Pastor
Everyone Welcome


COTTONWOOD BAPTIST CHURCH Morning Worship :45 a.m. Morming Worship 6:00 p.m.
 Joe Coppinger, Pastor (254) 725-7730 Church 725-6266 Friendly Church $\cdot$ Bible Teaching


## OBITUARIES

Altus Butler
RISING STAR-Altus M. Butler, 90, passed away Saturday, December 26, 1998, in a local nursing home. Services were held at 2 p.m. Monday in Higginbotham Funeral Home Chapel with the Rev. Dick Williams officiating. Burial was in
Rising Star Cemetery Rising Star Cemetery.
Mr. Buter was
Mr. Buar was born in Gorman and moved to Rising Star in 1931.
He was a peanut farmer. He He was a peanut farmer. He was a
member of First Baptist Church and was the widower of Ina S. Gilmore Butler, whom he married in 1929 in Rock Bluff.
Survivors include one son, Joe
Buter of Abilené; Butler of Abilene; seven grandchildren; seven great-grandchildren and one great-great-grandchild.

COLONIAL OAKS SERVICES
Believer's Fellowship will conduct worship services at Colonial Oaks ursing Home on Sunday, January

## HAPPY BIRTHDAY

JANUARY 1 John Bagley
Charles Barr Ava Jones Ava Jones
Ted Souder Henry Wellmaker Joyce Williams JANUARY 2 Jessie Ray Harris Leesa Higginbotton
Jimmy Harris Patsy Letney Emma Jane Hobson Leisa (Rayburn) Beauchamp Cherilyn Fleming Linda Reed Cameron Cobb Kenneth Ratliff JANUARY 3 Sandy (Bailey) Hunter Teck Whitney James Alexander Cookie Robinson Mrs. Pat McNeel, Jr. Kathy Pippins Mrs. Donald Baird Billy Joe Lofton Eddie Wade Dillard Mrs. Moreland Baldw Joann Womack

JANUARY 4 Jim Forbes N. L. Dillard Mrs. Treva Garrett Danny Myrick Michael Chase Childers Troy Stone George Hoover Shana Bagley
Brian Odom Brian Odom
Ronald Allen Steel Kayla Michelle Cupit Myrna Mitchell

## it

 Selected Sctiptures thought about my ways, and turned my feet to your testimonies. Psalms 119:59 Paid Advertising - Irma MillerW.C. 'Tubb' Harlow COLORADO CITY-W.C Tubb" Harlow, 83, passed away Sunday, December 27, 1998, at local hospital.
Services were held at 10 a.m. Wednesday at Kiker-Seale Funeral Home Chapel with Kerry Cain officiating. Burial was in Colorado
City Cemetery City Cemelery.
Mr. Harlow
Mr. Harlow was born in Cross
Plains and had lived in Michell Plains and had lived in Mitchell County for 54 years, working on the veteran of World War II and a member of 22 nd and Austin Streets Church of Christ. He married Mattie Beatrice Daniel in 1944 in Colorado Cearic
City.
Survi
Colora Colord include his wife, of Colorado City; one son, Billy Harlow of San Antonio; one
daughter, Sharon Gillenwater of daughter, Sharon Gillenwater of
Seatule, Washinglon; one brother Seatle, Washington; one brother,
Bruce Harlow of Bella Vista, Arkansas; six grandchildren and two great-grandchildren.

JANUARY 5 Jo Boatright
Peggy Hilburn Wanda Ruth Anderson Donald Rhodes Ronald Rhodes Clara Smart Tye A. Flippin Vernon H. Simpson Jo Rhodes Debbie Wilson
Bobby Joe Sheppard
JANUARY 6 Mrs. Bob Henderson Kathy Parrish Cole Tommie Connelly Betsy (Bowden) Kington Troy Shane Knowles Betty Holland
Mrs. O. B. Byrd Mrs. O. B. Byrd
Mrs. Jerry Whitesid Mrs. Jerry White
Melissa Clark Melissa Clark Brenna Michelle Kleiber JANUARY 7 Randall Kyle Foster Mrs. Roy Thornton Dick Koenig David Grider Glenda Lane Deloras Stover
Mrs. H. L. Halbrook Maren (Ringhoffer) Combs Karen (Ringhoffr)
Bobby Oliver Scky Purvis Ricky Purvis
Mrs. Carl King Mrs. Cariking Betty Strength Bridgette Allen Maud Byrd Shea Connelly

WE LAMINATE Small Item $\quad \$ 1.00$ $\begin{array}{ll}\text { Small Item } & \$ 1.00 \\ 51 / 2 \times 81 / 2 \mathrm{ttem} & \$ 1.50 \\ 81 / 2 \times 11 \mathrm{Item} & \$ 2.00\end{array}$ $81 / 2 \times 11 \mathrm{Item}$
$11 \times 17 \mathrm{Item}$ Prices may vary duc to ickness of laminate \& quantit Cross Plains Review 116 East 8th Cross Plains (254) 725-6111

Robert E. McCool
Attorney at Law
235 Market St.
Baird, Texas 79504 (915) 854-1016

Dear Editor and People of Cross funds to paint the north wall of the Plains, Senior Center.
Very soon it will be time for our City Council to begin formulating the 1999-2000 budget which must be made available to the public before they approve the final draft at their March meeting - or at a call meeting before the April council meeting.
Thirty
Thirty thousand dollars 1998-1999 budget for strect im 1998-1999 budget for street improvements. Ido not know what this sum has becn spent on but surcly some onit could be used to resurface part of the next budget could be alloted for such use. And surely funds could be reallocated from other next budget items to have

Doubles omers of you can think of projects to improve Cross Plains that can be budgeted into some years
budget - if not next years. A copy of the current budget is available at the city office.
The Council will notify the public of budget preparation mectings at which you can present your ideas on regular budget necessities. If item are not defined, with funds allocated are not defined, with funds allocated enacted. So give your ideas some thought, present them to the council and plan on attending the budge preparation meetings and the final public "finished budget" meeting March will be here soon!

Kathryn Tunnell
Vinnell Corp. Has Taken Over Dept. of Labor's Job Corps

## LETTERS TO THE EDITOR

Company, has taken over the Dc
ice contract tor the Northern arcas
of the Slate of Texas rrom the Texas
Workforce Commission effective
December 1, 1998.
Mark Bottila, previously Texas Corps assesses student capabilities
coordinator, has been hired to con- entation, offers carcer training of
$\begin{array}{ll}\text { vices of outreach, admissions, and } \\ \text { placement. } & \text { completion of high school reyuire } \\ \text { ments, and gives all students Soci }\end{array}$
Job Corps is America's leading $\begin{aligned} & \text { Skills training. } \\ & \text { Successful graduates, are recruit }\end{aligned}$
residential employment training
Stom


$\begin{array}{ll}\text { gible you must: 1) be a young adult } & \text { benctit from Job Corps they can } \\ \text { between the ages of } 16 \text { and 25. 2) be } & \text { make an appointment to talk to Mark }\end{array}$
mect income requirements. 4) be or call 1-800-977-3634.

PUBLIC FAX AT THE CROSS PLAINS REVIEW<br>FAX \# 1-254-725-7225

TO THE CITIZENS OF CALLAHAN COUNTY
I want to thank all of you for making it possible
tor me to serve as your District Clerk for the past
16 years.
It has been my pleasure to serve in this capacity
and I have enjoyed each and every day of it.
Thanks again,
Cubelle L. Harris

COLEMAN LIVESTOCK AUCTION COMMISSION CO., INC.


IIwy. 84 North P.O. Box 875 Coleman, Texas 76834 915/625-4191
Catte Sale Every Wed., 11:00 a.m. BOBBIE EDINGTON BOB EDINGTON DAN EDINGTON

## 

 First is Med of Cross PlainsWe will close at 12:00 noon on Thursday, Dec. 24 and , hours on Monday, Dec. 28.
We will close at noon on Thursday, Dec. 31, 1998 and
will be closed on Friday, Jan. 1, 1999. We will reopen
regular hours on Monday, Jan. 4, 1999.
Happy Holidays!!


BAIRD
FAMILY
DENTAL

## COLONIAL OAKS NURSING HOME NEWS

Activity Director

Several of our residents reported hat they got to go home with their Richardson, Nash Tucker, Falba Shofner, Ruby Harrell and Pauline Region said they had lots of good things to eat and really enjoyed being with their loved ones.
This week is a sad one for us. Frances Wolf, our administrator, is day. We will truly miss he Her lases was not only our boss but a close friend, other wise known to us as Mama Wolf. We love you Frances. Appreciation to Best Med for the cheese and meat platter, to Merrilyn Golson for the biscuits and to Ann Belz for the candy.
Louise Richardson was our winner for a free meal at Jack's Place. Thanks Wanda and Jack. Eddie, Cindy and Ryan McAnally Mcom Snally McAnally.
Travis and Alice Lockhart from
Don and LaVern Ballinger
Cisco, Delilah Goble visited Lillie

## Childers.

Zayla Trojeak from Abilene visited Myrtle Wilson and Jo Boatright. Elizabeth Rose Mireles visited Pauline Region.
Activities during the week were:
Monday: Bingo winners were Falba Shofner, Nash Tucker, Ruby Harrell (2), Vera Belyeu (2), Howet Wilson and Louise Richardson. Exercise class.
Tuesday:
Tuesday: Sing-a-long with Bob
Wallace. Popcor Wallace. Popcorn social.
Wednesday: Art

## games. Exercise.

Thursday: Bingo winners were Alpha Wilson (2), Falba Shofner, Louise Richardson (2), Vera Belyeu (2), and Howet Wilson (2). Bean bag toss.
Friday: Singing with Bob
Wallace. Sit-down-baskether Wallace. Sit-down-basketball.
Sưnday: Believer's Sunday: Believer's Fellowship Happy New Year We all wish everyone love and
happiness and God's blessings in happiness and God's blessings in the
New Year.

## MA \& PA

by James nichol.

On a bright sunny day, with only the naked eye and a hand covering
his brow, the late Bill Dillard could spot a day-old calf at a hundred yards, bedded down in a twenty acre patch of love grass. "See those ears sticking up over there," he would say.
wouldn't leave the house without a cap and his glasses.
1 finally decided that antlers were three years of wondering through post oak thickets where few squirrels and no rabbits would go, looking for that dead decr that got up and walked off.

## Religious Have Lower Blood Pressure

 Another study has linked good health to religion among older people who have faith. Attending reliurning into religious television or radio People who attended a service once a week and prayed or studied the Bible once a day were $40 \%$ less likely to have high blood pressure than those who didn't. Previous studies showed religious people are less depressed, have healthier immune systems, and deal better withYour better health is our concern.
NEAL DRUG
PH. (254)
$725-6424$
ROSS PLAINS, TEXAS

contin
BREAKTHRU
By Bob Pipes, preacher Cross Plains Church of Christ 433 N. Main At 12th (254) 725-6117

With a new year beginning tomorrow, we think of new beginnings. "New year's resolutions" are in order - you know, the ones we made last year about this time vorked toward improving ing that we broke tradition and keptsome of them, atleas harder and more sincerely.
John tells of a time when a ruler of the Jews, a Pharisee - and you musi remember that these were some of Jesus' worst critics, even considered Jesus a fraud - but Nicodemus came to Jesus, by night, and said to Him: "Rabbi, we know hat You are a teacher straight rom God. For no one could perlorm the miraculous Holin dor
2an. John2-24-25 Jesus mighthave beensurpised such a statement It certainly was not in line with common Pharisaical Jewish acknowledgment! But knowing Nicodemus' heart and thinking, Jesus cut through all the periphery and said, in essence, "Nicodemus, what you need is a new beginning!" -. "unless one is born again, he cannot see the kingdom of God, "John 3:3. And then Jesus talked to him about the new birth.
I suspect that a lot of people in Cross Plains and the surrounding communities need this kind of "new beginning." And yet they - you? -- may be wondering as much as Nicoodemus was in regard to the "new birm, this being "born of the water and the Spirit that Jesus talked about, John 3.5. Peter said "the same thing a different way" on the day of the church's beginning, Acts $2: 38$. .... be baptized, you wili receive the oitt of the Holy Spinit" Paul assures that "as many as are baptized into Christ, put on Christ, 'Galatians $3: 27$, and if anyone is in Christ, he is a new creation; the old is gone, the new is come|" II Corinthians $5: 17$.

Sunday Morning Bible Class ...9:45 a.m. Friends \& Neighbors Caring In Jesus

## Clips, Quips \& Comments

By KAY DENNIS MOSLEY
"I Chew, I Do; A--Choo, Adieu" That's what is, I believe usually called a tongue twister. Try saying the words of the title of this column as fast as you can as clearly and plainly as possible. Good Luck! I
sure hope you don't get your tongue sure hope you don't get your tongue can't see what you are saying. Now repeat very rapidly, "I Chew, I Do, A-Choo! Adieu, Eye Tooth." Some words and phrases are extremely difficult to articulate especially at a rapid rate of speech. On may occasions, I feel sure that one or two of these well known twisters of the tongue, have appeared on your horizon. Some old
timers are: How now brown cow, or timers are: How now brown cow, or
The rain in Spain falls mainly on the The rain in Spain falls mainly on the
the plain. Another Oldee-Goldee -If Peter Piper picked a peck of pickled peppers, how many pickled peppers did Peter Piper pick? Now that is a difficult one to say, and most

## 'Back to Basics' Approach Works As a New Year's Diet Resolution

If you're going to make a New Year's resolution in 1999 , how abou any new fad-diet books to help you lose the extra pounds you put on during holiday excess?
Instead, resolve to take a "Back to Basics" approach to losing weight. That's a resolution that's not only easy to keep, says Belinda Boshel RD, LD, president of the $4,000-$ member Texas Dietetic Associa tion, but also one that saves you
money. The reason is that fad diets money. The
"
Year's Day we're deluged with series of feasts, parties, snacks an ther calorie-laden opportunities Boshell said. "According to th Calorie Control Council, the average person puts on between 5 to 10 pounds."
Unfortunately, most Americans look for quick-fix answers once the latidays end. They seck out the rapid, short-term weight loss. Some apid, shor-term weight loss. Som Boshell said, but none is the answer "At any one time, 50 million Americans are on some kind of weight loss," Boshell said. "Bu only 5 percent of those keep off any weight they may lose
And even if fad diets did work here are other reasons to avoi them. Most fad diets promote fast pounds per week) which in the long run can work against your metabolism, making it easier to reazo weight. Another reason is that thes diets eliminate various foods. And since all foods are there for a reason - mainly to provide us with nut
ents -- cutting out any food ma
ffect daily performance and lon term health.
"For instance, we all need iron to stay healthy," Boshell saic though fruits and vegetables contain lot of important nutrients, they are not typically rich sources of iron. 2 cups of raw broccoli or 21 cups of cooked corn to get the same amoun of iron as in a 3 -ounce serving of cooked sirloin steak. And combining vegetables with protein is a bet ter, more balanced option.
Boshell said that the "Back to Ba
sics" approach is based upon eating all foods in moderate, balance form. Here are the components TDA's "Back to Basics" plan to get after the holidays:

## after the holidays:

Eat a variety of foods. Enjoy

$$
\begin{aligned}
& \text { foods from all food groups. } \\
& \text { - Choose the leanest cuts }
\end{aligned}
$$

For example, lean cuts of beef can Found by looking for beef can be "round" or "loin" in the name.

- Cook it right. Use low-fal
cooking methods such as roasting,
broiling and grilling.
- Enjoy a 5 a day. Eat at least five servings of fruits and vcgetables daily. Get
- Get active. Work toward 30 minutes of moder
- Plan your snacking. Bring health, low-fat snacks such as pretzels, yogurt or fruit to work to eat at a specific time.
Avoid the candy jar.
"For my own purposes, I've re-
duced these tips into my own ABC's about nutrition," Boshell said. helps me remember what is impor tant. They are:

All foods can

- Balance a varicty
- Byalance a variety of foods with
physical activity.
mealtime and snacktim
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Washington
Bill Clinton, President o the United States, The Whitc House, Washington, D.C. 20000.

Charles Stenholm, Con-
gressman, 17th Texas District, 1211 Longworth House Office Building, Washington, D.C. 20515.
D.C. 20515
Phil Gram

Phir Gramm, U.S. Scnator,
Room 370, Russell Building Washington, D.C. 20510
4302 Kay Bailey Hutchison, U.S. Scnator, Room 703, Hart Building, Washington, D.C
who attempt it usually do wind up etting their longue mentiond, not $t \mathrm{o}$
oot.
However, I believe the tongue wisting-EST one I have ever atextremely young. Try this one on for size:
RUBBER BABY BUGGY BUMPER. Now try reading it about 4 or 5 times in rapid succession. My experience has been that on about my third try I usually come out with something like
RABBER BUBBEE BOOGIE BIMPER. If you attempted it, how that for it to come our correctly, it was necessary to be inebriated. Well .- BLUBBER, BUBBY BAGGY BLOOPER .- "Bye!" And oo you and yours a Happy New Year!!

Deadlines
Articles Noon Mon. Advertising Noon Tues.


SOURCES: Texas Comptroller of Public Accounts
and Texas Deparment of Health.


## Keenan Dodge Honea was born Saturday

 Abilene Regional Hospital in Abilene. Dodglong.
Proud
Proud parents are Ben and Shanna Honea of Cisco. Grandparents are J.D. and Sandy Hutton of Cross Plains, Angic Honea of Cisco and Stanley Honea of Scranton.
Great-grandparents are Lester and Jewel Linney of Rising Star, Cowan and Laverne Hutton of Cross Plains, Jessc and Gcorgia Bilbrey of Cisco and Juanita Campbell of Cisco.


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5 - Cross Plains Review December 31, 1998

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## JV Girls Basketball Update For Dec.

The Junior Varsity Girls played Roby on December 8 and won with a score of 36-31. Scoring were: Tessa Wyatt 12, Bailey 8, Hutchins 5, Webb 3, Clark Mauricio 1 Yatt 2, Thomas 2 an Mauricio 1
The team played in the Rising Star 12 wherent December 10,11 and came short of winning. Sidney defeated them $56-46$ and DeLeon by a mere 2 points, 42-40.
Scoring total of two games were:
Francy 28, Bailey 19 , Tessa Wyaut Francy 28, Bailey 19, Tessa Wyatt
10. Clark 10. Thomas 10, Fleming 4,

Stephenson 2, Webb 2, Beaty 1. J.V. Girls played hard and smar and came out on top, defeating Zephyr 44-30. Scoring were: Francy
12, Bailey 10, Clark 7, Beaty 7, 12, Bailey 10, Clark
The girls were victorious over May 40-24. Scorers were: Beaty 10, Hutchins 4, Bailey 2 and Webb 2 . Come and watch the Lady Buffs and Buffaloes on Saturday in Cross Plains beginning at 1:00 p.m. Four games will be played in the local tournament.

New Statewide Hotline For Youth \& Families

AUSTIN..-On Tuesday, the Texas Department of Protective and Regulatory Services (TDPRS) Hotline the new Texas Youth Director, Jay Smith
"The Texas Youth Hotine and the agency's Texas Runaway Hotline are answered 24 hours a day and provide prevention services to callers who are in need of a caring
voice and a listening ear," Smith said. "Hotline counselors will talk with callers who face a variety of issues including family conflicts, delinquency, truancy, abuse and neglect."

Smith said statewide television and radio ads, billboards, movie theater ads and 50,000 pieces of public awareness materials for schools, social service agencies, law enforcement and youth-related organization are aimed at bringing public attention and to make youth and parents more aware of the and parents more aware of the
services available. The toll-free number is $1-800-210-2278$. The Senate Interim Committee on Gangs and Juvenile Justice recommended increased outreach to improve accessibility intervention and prevention services.
Members of the committec include: Committee Chairman Senator Reyce West (Dallas) Senator Robert Duncan (Lubbock);
Senator Chris Fiartis (Arlington; Senator Chris Hiartis (Arlington:
Senator Jon Lindsay (Houston); and Senator Mike Moncrief (Fort Worth).
In response to the need for greater focus on juvenile prevention and intervention services, TDPRS has initiated the new Texas Youth Hotline. Hotline staff and volunteers will provide callers with crisis intervention, telephone advocacy services.

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