

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

Cross Plains Review

"Cross Plains' Oldest Business Institution"

"A Caring Community"

THURSDAY, September 17, 2009



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

100th YEAR

CROSS PLAINS, CALLAHAN COUNTY, TEXAS 76443

NUMBER 27



COTTONWOOD SCHOOL GIRLS BASKETBALL TEAM 1932-From left: Agnes Varner, Kathryn Shirley, Katherine Joy, Anne Maud Shirley, Richie Matchell, Ellen Coats, Faye Purvis, Winnie Coppinger, Minne Coppinger, and Coach Esther Varner. Players identified by Evelyn (Faye Purvis) Meehan. Photo from Ben Varner, grandson of Cottonwood Schoolmaster Harry S. Varner, and from the Cottonwood Cookbook.

Cottonwood Homecoming Saturday, September 19

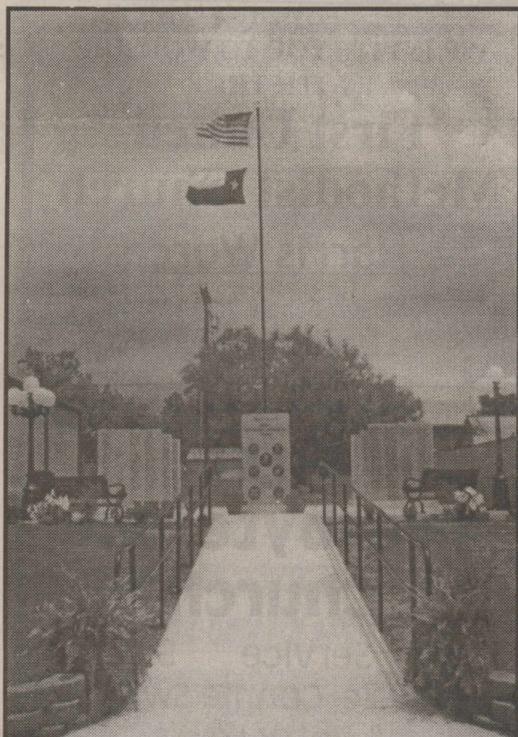
Join all of your old Cottonwood schoolmates and friend this Saturday, Sept. 19 at 5:30 p.m. for the Cottonwood School Homecoming. Come out to the Old Schoolhouse (now the

Community Center) in Cottonwood with a few old photos, your old memories, and a finger food and get ready for a good time. You don't have to be a former

Cottonwood student to attend. To get more information or drop off your finger food earlier in the day, call Beverly at 254-725-7369.



2009 HOMECOMING NOMINEES- Maci Whitson, Freshman (from left to right); Hayley Phillips, Sophomore; Delany Ames, Junior; and Shasta Bacon, Senior. The Homecoming Queen will be announced at the football game during halftime on Saturday, Sept. 19, 2009. So, come on out and watch the Cross Plains Buffaloes take on the Abilene High Eagles starting at 7:30 p.m.



CROSS PLAINS AREA VETERANS MEMORIAL- A new website, cpveteransmemorial.com, lists the names on the memorial with photos of some of the soldiers and shows photos of the building of the memorial and the dedication ceremony.

Veterans Memorial Now On Line

The Cross Plains Area Veterans Memorial is now on line at cpveteransmemorial.com.

The new website features photographs from the dedication of the memorial in May 2007 and the Veterans Day services held at the memorial the past two years, as well as, photographs showing the construction of the memorial and park.

Additionally, the names of all of the veterans on the memorial are listed on the website.

"It's a great way for folks that don't live in the Cross Plains area to see the memorial and find their family members' names on the stones," said Veterans Memorial Coordinator Cindy Payne.

The website, created by Teri

Brown, also has a feature where you can click on the veteran's name and add in more information about that soldier—military information, some family memories, even photographs. Photographs of some of the veterans on the website were scanned from the Cross Plains Library's Veterans Scrapbook. Thanks to the Library for their help with this project.

"We hope that folks will visit the website and tell us more about their veteran family members and ancestors," added Payne. "They can add information right on the website, even photos. Or we can add the photograph for them, if they get the photo to us."

Help Send the Dairy Products Team to the National FFA Convention

The Cross Plains FFA Boosters are helping the Cross Plains Dairy Products Team go the National FFA Convention. They are selling tickets for metal art in the form of your favorite collegiate logo.

The logos include Texas Tech University, Texas A&M University and University of Texas Longhorns.

Tickets are \$1.00 each or 6 for \$5.00. Look for the FFA booth at home football games or call Susan Holland at 254-725-7154.

The drawing will take place at the Fall Festival and you will not have to be present to win.

Please help support the Dairy Products Team so they can have a successful and fun trip to Indianapolis, Indiana.

Submitted by
Tiffany Holland
and Emma Bennett

Welcome Home Ex-Students

By Vanda Anderson
Editor

Cross Plains High School Homecoming 2009 has finally arrived!!!!

Everyone asks if I am ready and I'm not sure. The employees of the *Cross Plains Review* have been working on the promotion of the event for quite a while so I am glad it is time to celebrate!!!!

It is the hope of all the Ex-Student Association Officers that all former students, teachers and administrators will be able to attend the reunion.

As usual, a great agenda of activities have been prepared for your enjoyment.

Friday, September 18th, the Youth Football Flag Team will play from 6:30 to 7:30 p.m. at the football field. The Purple Team will play the Gold Team.

A Pep Rally at the Buffalo Stadium begins at 7:30 p.m. The State Finalist Baseball Teams will be recognized at this time. Come visit with old friends.

At 9:00 p.m. Friday the "Entertainment Forever Committee" will host a Kickoff Party and Dance at Treadway Park. The band Southbound will

be performing for your listening and dancing pleasure. Everyone is invited.

A Coffee and Registration will be held at the Cross Plains High School Library from 9:00 a.m. until 11:00 a.m. Saturday, September 19th. If you have not pre-registered you are encouraged to register so there will be an official count and new addresses can be updated.

The Business Meeting will be held at the auditorium from 11:00 a.m. until 11:30 a.m. Announcements and official business decisions will be discussed at this time.

A lunch break will begin at 11:30 a.m. A salad luncheon sponsored by the Band Boosters will be hosted in the lunch room. The proceeds from the event will be utilized by the band for their various activities throughout the year.

The Homecoming Parade will proceed from the school to the downtown area at 2:00 p.m. All entries should be at the school earlier for directions. This is normally a huge parade of floats, bicycles, 4-wheelers, 3-wheelers, classic cars and more. You don't want to miss this fun event. The

Homecoming Nominees and the Coming Home King and Queen nominees will also be honored.

You are invited to visit the Veteran's Memorial following the parade and see the progress made on this project.

At 3:30 p.m. individual class meetings will be held. See Page 8 for the location of your class year. This is a great time to get re-acquainted with your classmates. Don't miss this time of reminiscing.

The football game will commence at 7:30 p.m. The Buffaloes will be playing Abilene High J.V. At halftime the Homecoming Queen will be crowned and the Coming Home King and Queen will be crowned.

An After the Game Coffee will be provided in the high school library.

The Homecoming Dance at Treadway Park will begin at 9:00 p.m. Southbound Band will be performing at this time.

Considering the fun-filled agenda ex-students should have a great weekend ahead. We hope you will return to Cross Plains and feel the warmth of those old hometown roots.

High School Homecoming Dance Sponsored by the Senior Class

The Cross Plains High School Homecoming Dance is sponsored by the Senior Class. It will be held Thursday, September 17, in the new gym at 7:00 p.m.

Admission is \$3.00 per person and the dance is open to CPHS students in grades 9-12.

Music and entertainment will be provided by Ricky Thomas. FREE snacks and drinks will be provided.

Come enjoy a fun evening and be a part of a new Homecoming tradition!

Students must sign in upon

arriving and sign out when leaving. Once a student signs out and leaves the dance, he/she will not be permitted back in.

Submitted by
Emma Bennett,
Senior Class Reporter

NEEDED for 2009 C.P.H.S. Homecoming

Two Convertible Vehicles to Drive the Coming Home King and Queen
Call Roxie Thomas 254-725-6141

Texas Heritage Bank

"We're Proud of Our Local Heritage"

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EQUAL HOUSING LENDER

Presents:
"What's Inside"

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CHURCH DIRECTORY

CORNERSTONE BIBLE CHURCH

832 Ave. E Cross Plains, TX
Pastor: Sunday Morning Bible Study ...10:00 AM
Walter Pope 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 School9:45 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

Friendly Church Church (254) 725-6266 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

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: Sunday School....10:00 am
Rufus Wilson Sunday Morning Worship....11:00 am
 254-725-4589 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

CROSS PLAINS COWBOY CHURCH

Pastor: Len Smith

"Be sure of this: I am with you always,
 Even to the end of age"



Matthew 28:20

No matter how high the mountain or how
 dark the valley, He is always with you.

Sunday Mornings at 10:30 a.m.

Wednesday Nights at 7:00 p.m.

We invite you to come worship with us.

16075 CR 459 Cross Plains, Texas 76443

(254)-725-6446 or (325)-518-5514

ADVERTISE IN
 THE CROSS PLAINS REVIEW

OBITUARIES



OWEN HANSELL SHERRILL

Owen Hansell Sherrill

Owen Hansell Sherrill, 95, was welcomed into the arms of his Lord and Savior on Saturday, September 12, 2009. Services were at Elliott-Hamil Chapel of Faith on Tuesday September 15, 2009.

Burial followed in the Cedar Hill Cemetery in Abilene, Texas. Services were officiated by his step-grandson, Reverend Joe Roberts, Jr. and Dr. Don Greenway.

Hansell was born July 3, 1914, to James Cecil and Libbie Clark Sherrill. He married Ellen Maurieng Starnater on December 26, 1935 in Abilene, Texas. They had two children. Maurieng Sherrill Dickens Howey of Kerrville, Texas & Owen Hansell Sherrill, Jr. of Abilene, Texas. He married Ida Cox Gattis on March 11, 1991, in Cross Plains, Texas. They resided in Abilene.

He was a member of North Side Baptist Church for many years. Hansell was a quiet man who loved those around him and always remembered the details of the lives of his friends and family. He was a servant leader whose Christ-like influence has blessed every generation of his family. Everyone called him Pa including those who joined his family later in life. For many years, Pa loved to fish and spent special times at Brownwood Lake with those he loved.

His wife Ellen preceded him in death, as did his parents, a brother, a sister, and Ida, his second wife. Survivors include: son Owen Hansell Sherrill, Jr. of Abilene, daughter Maurieng Howey and husband Don of Kerrville, three grandsons, Jay Dickens & wife Dana, their 2 children Jason & Kennen of San Angelo, Texas, Jon Dickens & wife Mary, their 6 children, Luke & wife Holly Beth, Joshua, David, Charis, Daniel & Paul of Colleyville, Texas, Joel Dickens & wife Hollie, their three children Colt, Abigail & Annaleigh of Ghana, Africa, two nieces Deborah Winchester Martin & Barbara Starnater Groening, step-daughter Wanda Darnold & her children Linda, Sondra, & Marvin, step-daughter Linda Roberts & husband Joe & children Wanda & Joe, Jr., and numerous great grandchildren & great-great grandchildren.

In lieu of flowers, donations may be made to North Side Baptist Church, 2474 Westwood, Abilene, Texas 79603.

"...that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved." John 3:15-17 NKJV

You may view and sign the guestbook at HYPERLINK "http://www.mem.com" www.mem.com.

Thank You God



for the Healing Rain



STAFF SGT. MICHAEL CHANCE MURPHREY

Staff Sgt. Michael Chance Murphrey

Staff Sgt. Michael Chance Murphrey, 25, of Snyder, was killed in action Sunday, September 6, 2009 in Afghanistan.

Funeral Services were held Tuesday, September 15, 2009, at First Baptist Church in Clyde. Dr. Toby Henson officiated. Graveside Rites with full military honors followed at the Clyde Cemetery under the direction of Bailey-Howard Funeral Home in Clyde.

Staff Sgt. Murphrey was born May 19, 1984, in Dallas, Texas to Elvie and Evelyn (Littlejohn) Murphrey. He attended Clyde Elementary, and was a graduate of Snyder High School. He married Ashley Martin on April 22, 2005, in Metter, Georgia. He was an active duty Service Member of the United States Army and was stationed at Fort Richardson in Alaska after being stationed at Fort Bragg in North Carolina.

He is survived by his wife, Ashley Martin Murphrey of Cobtown, Georgia; two children, son Jaden Murphrey and daughter Cameron Murphrey; parents, Elvie and Evelyn (Littlejohn) Murphrey of Clyde; maternal grandmother, Lillie Littlejohn of Alvarado; four sisters, Jeanie Rutherford and husband Adam of Clyde, Wendy Stehouwer and husband Ryan of Waxahachie, Pearl McKay and husband BJ of Sweetwater, and Krisa Johnson and husband Rocky of Colorado Springs, Colorado; and several nieces and nephews.

Services for Michael Murphrey were broadcast via a streaming audio live from First Baptist Church, Clyde. A link can be found at bigcountryhomepage.com. On-line condolences can be made at bailey-howardfuneralhome.com

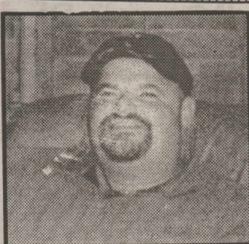
James W. "J.W." Newton

James W. "J.W." Newton, age 84, of Weatherford, died Friday, September 11, 2009 at his residence. Funeral services were held at 2:00 p.m. Sunday, September 13, 2009 in the First United Methodist Church. Interment was in the Cross Cut Cemetery under the direction of Galbreath Pickard Funeral Chapel.

Mr. Newton was born April 19, 1925 in Cross Cut, Texas. He was a member of the First United Methodist Church, a World War II Navy Veteran and a Farm and Ranch Real Estate Appraiser.

J.W. loved hunting. He was a proud Texas Aggie, and loved spending time with his family.

Survivors include his wife, Madeline Newton of Weatherford; daughter, Camille Newton Glashof and husband Mark of Oklahoma City; sons, James B. Newton, M.D. and wife Barbara of Weatherford and Grady Newton and wife Kim of Salado; sisters, Imogene Haun and Anita Lane; brother, Weldon Newton; granddaughters, Julie Newton Meyer and husband Jeff and Lauren Newton Glenn and husband Chris; grandsons, Jay Newton and wife Julie and Nicholas Newton and wife Alex; great-grandchildren, Andrew Meyer, Ava Meyer, Madison Glenn, Bailey Newton, Blake Newton, Grace Newton and Jeff Newton.



GARY BRANT MCCARLEY

Gary Brant McCarley, 40, of Austin, passed away much too young on Thursday, August 27, 2009. Graveside services were held at 11 a.m. Monday, August 31, 2009 at Live Oak Cemetery, Umland. He was born on October 3, 1968, the youngest of five children. Gary was a loving father, son, brother and wonderful friend to so very many. He was preceded in death by his father, William L. McCarley, Jr. and his nephew, Matthew Royce McCarley.

Survivors include his mother, Lucille Osgood McCarley a son, Torin Brant McCarley his sisters, Sherry McCarley Wyatt, Carole Jean McCarley, and Linda Lackey; his brother Royce Craig McCarley; his nephew, William Curtis Wyatt; and many other nieces and nephews who will always remember his love and laughter.

Ex-Student Seriously Injured in Auto Accident

Kathy (Ford) Lewis of Macomb, Oklahoma was severely injured in a one-vehicle accident Saturday, September 13th in Oklahoma. She was thrown from the vehicle over an embankment toward a river.

She underwent her first surgery Saturday to re-attach her foot. Monday she had surgery to reconstruct her pelvis.

Another surgery on her right knee will be scheduled when she is more stable. Her knee was totally dislocated.

She is hospitalized at O.U. Medical Center in Oklahoma City, Oklahoma. An address to send her cards will be provided in next week's edition. Kathy is expected to be in a wheelchair for at least two months.

Katie, as she was known locally, was a member of the Class of 1971. She is the sister of Pat (Ford) Albus of Abilene. Please keep her in your prayers.

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 THE
 CROSS PLAINS
 REVIEW

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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

Breaking News

Matt McGowen, pastor of the Cottonwood Baptist Church, will be leaving his post in January to enter the mission field. He will be joining "Make Way Partners" a ministry group that has mission stations in the Sudan, Congo and in Romania.

Matt will be training for a couple of months starting in January and will journey to Sudan for additional training. He has been to the Sudan on a mission trip before and is quite familiar with the devastation there and elsewhere in Africa.

He will eventually be visiting local congregations in America to raise awareness about the plight of children and of abused and battered women.

Cottonwood Roundup

Robert Bennett has left for El Paso for a two week training trip with the Army National Guard. He will return here and will eventually be shipped to the Middle East for duty. It will be his fourth trip there, including Bosnia, Iraq and Afghanistan.

Phillip Bennett's son, Zack who is serving with the U.S. Marines, has just returned from Iraq and is visiting kinfolks here and in Abilene for a few weeks. Another son Elias, who is also serving in the U.S. Marines, is still in Hawaii.

Cottonwood Here We Come

The Cottonwood Homecoming will be held September 19th 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 oldtimers, out-of-towners, alumni and alumnus, have a snack supper, and get acquainted with your neighbors and enjoy the fun before the game.

(Please call Wallace Bennett for any personal or local news items about Cottonwood or people living in this valley. My phone number is 254-7474 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

September 8-11, 2009

Patrons: 88
Books Checked Out: 128
Copies: 246
Reference: 3
Internet Users: 58
Interlibrary Loans: 1

Book Donations:

Mike Duke
Stan Painter
Angela Bogart
Ginny Hoskins

Donations:

Latricia Chandler
Michael Ellis

Living Tribute

Charles Rodenberger
Honoring Ricardo and Judith Castenuela - 50th Anniversary

Memorial:

Charles Rodenberger
In Memory of Elmer Kelton

Volunteers:

Sue Bennett, Arlene Stephenson,
Michelle Kaiser, Wilma Lawrence

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

RISING STAR NURSING CENTER

DONA MCINTIRE

Well, good day to all of you. We have had a pretty easy couple of weeks. I went on vacation last week, so it was pretty quiet here.

We did have a pretty good time with Bingo on my return. We are very fortunate to have Joselyn Riley working for us on the weekends and she does Bingo on Saturday. The residents really like that!

We also had a Banana Split party last Friday which turned out great. Integra Care hosted it and "thank you" to Crystal Conway for all you did. The residents

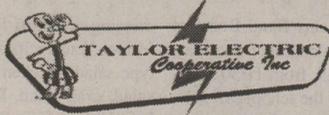
loved it. We had a great crowd turn out and we even had a couple of people asked for seconds.

We will have our birthday party tomorrow which will be a fun time. We have three residents' birthdays which are Betty Patterson on the 11th, and Norman Taylor and Kenneth Murdoch are on the 17th. Three employees' birthdays include Sonja Taylor on the 18th, Pat Jones the 25th and Vita Johnson on the 27th. Happy Birthday to all of you!

We will be doing Play-doh Day

later on this week. I can't wait to see what will happen there. We are also going to be having an Antique Day on the 25th of this month. We are asking that family and friends join in on the fun and bring some antiques for all of us to enjoy. Please see Dona McIntire if you have anything you would like to let our residents enjoy for the day.

Again, the party will be on September 25, 2009 at 2:30 p.m. So, till next time may God bless and keep you.



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

REWARD
\$500

FOR ANY INFORMATION LEADING TO THE ARREST AND CONVICTION OF THE PERSON(S) WHO BURGLARIZED THE FIRST PRESBYTERIAN CHURCH. YOU WILL REMAIN ANONYMOUS!

CONTACT JUDGE BURLIE TAYLOR AT 254-725-7456 OR CHIEF DON GOSNELL AT 254-725-6114

BREAKTHRU

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



BEE'S OUTSMART SCIENTISTS

Scientists have long recognized that bees are intelligent creatures. Many believe that this intelligence is the product of millions of years of natural selection. But the extremely fast learning ability of the bee puts in doubt the millions of years and instead shows the hand of the Creator.

Researchers at Princeton University decided to find out whether bees were smart enough to find their food source if it was moved. The researchers moved the prime food source fifty meters farther from the hive. It took the bees less than one minute to locate the moved food source. The men then moved the food source another fifty meters away. The bees still took less than a minute to find the food source. Two more moves, each a precise fifty meters, produced the same results.

However, the bees had also been studying the researchers. Before the researchers could move the food another fifty meters, they found the bees had discovered the pattern and were already waiting at the new location!

God is our Creator and has clearly left evidence of His handiwork - His fingerprints - in the creation itself. For those who have eyes to see, this fills us with wonder, and yes, with love for the Creator God who first loved us.

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

3

Cross Plains Review

September 17, 2009

"Prayer Walk" Around Our Schools

You are invited to attend a "Prayer Walk" scheduled Wednesday evening, September 23rd.

Participants are ask to meet in front of the Buffalo at 5:30 p.m. to begin the walk together. Everyone is encouraged to join together as we pray over the schools, the grounds, the administration, School Board, and students of Cross Plains

I.S.D.

"Nothing tends more to cement the hearts of Christians than praying together. Never do they love one another so well as when they witness the outpouring of each other's hearts in prayer." Charles Finney

Sponsored by the Women's Ministry of First Baptist Church.

CLASSES available for ALL Women of the community

Classes being offered:
Scrap-Booking
Crochet/Knitting
Exercise Classes
Quilting
Art Classes
Crafts
"Early Fall" Water Aerobics
Signing
Canning (seasonable).

All the above FREE classes are being offered to all the ladies in Cross Plains by Women's Ministry of First Baptist Church of Cross Plains.

Most classes will start the second week in September. Time and place for each class will be arranged.

Come and take part in the fellowship and learning adventures with other ladies. Call the church office to sign-up, or for more information call 254-725-7629.

Alcoholics Anonymous

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 or Diana at 254-725-4670.

Genealogy Society Early Settlers Awards May be Applied For

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

SENIOR CITIZEN CENTER ACTIVITIES:

BY AMBER THOMAS

WEEKLY ACTIVITIES

Monday, 21st - Movie Day @ 10:00 am; Cokes & Popcorn
Tuesday, 22nd - Exercise Class @ 11:00 am
Wednesday, 23rd - Blood Pressure Checks by Girling @ 10:30 am-11:30 am
Thursday, 24th - Computer Class @ 10:30 am / Exercise Class @ 11:00am
Friday, 18th - Bingo @ 12:30 pm

SENIOR CITIZEN NEEDS!

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

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!

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 CITIZENS MENU

SEPTEMBER 21-25

MONDAY-Beef Spaghetti, Salad, English Peas, Bread and Dessert, Tea/Coffee/Milk
TUESDAY-Chicken Fried Steak, Baked Potatoes, Spinach, Bread & Dessert, Tea/Coffee/Milk
WEDNESDAY-Chef Salad w/ Turkey and Ham and Cheese, To-

matoes/egg wedges, Bread & Dessert, Milk/Tea/ Coffee
THURSDAY-Roast Beef, Potatoes, Green Beans, Bread & Dessert, Tea/Coffee/Milk
FRIDAY-Catfish, Coleslaw, Baked Beans, Bread & Dessert, Milk/Tea/Coffee

2nd & 4th Tue., Domino Night (42/84) 4:00 - 8:00 p.m.

Texas Veterans Leadership Program Success Featured in VFW Magazine

AUSTIN—The success of the Texas Workforce Commission's (TWC) Texas Veterans Leadership Program (TVLP) has garnered international recognition in the September 2009 issue of the Veterans of Foreign Wars VFW Magazine.

The magazine, which reaches 1.4 million readers worldwide, highlights TVLP in an article entitled

"Texas Program Aids Returning Vets." A copy of the article appears at the following link: http://www.texasworkforce.org/tvlp/vfwmagarticle_sept09.pdf

The story notes that TVLP has assisted more than 2,100 veterans returning from Iraq and Afghanistan since it was launched in September 2008. TVLP is modeled after the successful Vietnam Veterans Leadership Program established by TWC Chairman Tom Pauken during the Reagan administration.

"TVLP is a program of veterans helping veterans find work and achieve successful transitions into civilian life," said Pauken, who himself is a veteran and a member of VFW Post 6796 in Dallas. "The VFW Magazine article is a wonderful

opportunity to add awareness to the program and help us reach even more returning veterans."

Under the leadership of Retired U.S. Marine Corps Gunnery Sgt. Jason Doran, whose military career spans 20 years, 28 Veterans Resource and Referral Specialists (VRRSs) based in local workforce development board areas across Texas assist their fellow veterans with job-search activities, training opportunities and other resources.

"The greatest thing we offer our fellow veterans is direction," Doran said. "We connect them with TWC services and other assistance that is out there." Details about TVLP and its services are available at <http://www.twc.state.tx.us/tvlp/tvlp.html>

Veterans of Foreign Wars of the United States and its Auxiliaries, whose mission is to "honor the dead by helping the living" through veterans service, community service, national security and a strong national defense, include 2.2 million members in more than 8,000 posts worldwide.

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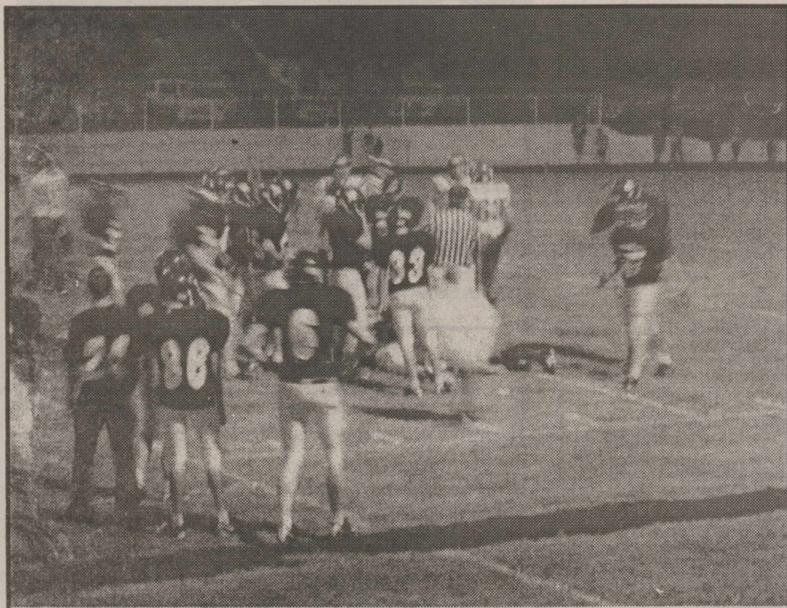
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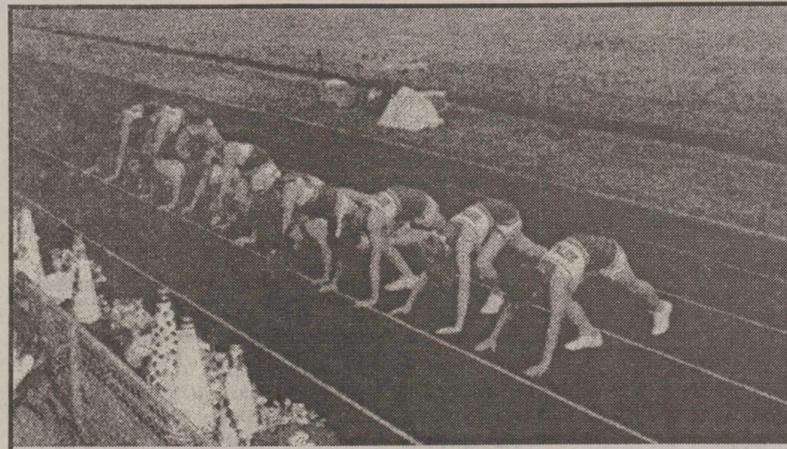
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09-10 BUFFALO TEAM-Playing hard and lookin' great on the field Friday night!



BUFFALO CHEERLEADERS-Starting on a set of push-ups as the crowd roars for the first of several Buffalo touchdowns during Friday nights football game.



2009-2010 COLOR GUARD- Practicing a few moves, and showing off their talents.

Cross Plains Buffaloes Defeat Santo Wildcats 29-6

The Buffs finally played a home game last Friday when they hosted the Santo Wildcats. The players were excited about being home and getting to play in front of their families and friends.

The rain stayed away and it seemed more like football season with the cooler weather—so the stage was set for an exciting game.

The Buffs were at full strength this week and with a good week of practice, they were set for a good game. Santo received the opening kick-off; the defense forced them to punt.

Cross Plains took over on their 35 and drove down the field. Savell covered the last 8 yards for the TD, but the extra point failed.

C.P. kicked off again and forced Santo to punt again. The Buffs started a drive and moved down the field. A 60-yard pass from Savell to Reese covered a lot of ground, and enabled Wheeler to take it in from 20 yard out for the TD, a few plays later. The kick was good and the score stood at

13-0 in favor of the Buffaloes.

On the ensuing kick-off, the Wildcats fumbled and Self fell on the loose ball on the Santo 30 yard line. The Buffs scored again from two yards out. The extra point failed and the score was C.P. 19 Santo 0, as the first quarter closed.

The Buffs continued their dominance in the second quarter. The offensive line of Eisenbach, Thomas, Adams, Foster, Farris, Meonning and J.T. Thomas; the tight ends, Self and Pope; and wide outs, Allen and Ford, opened holes and provided excellent protection for Savell to throw the ball. Border and Haile had tough runs to keep drives alive.

The defense kept Santo out of the end zone in the first half and the third quarter. The defensive ends Self, Hedfelt, Pope and Gilliam; tackles Farris, Foster, J. Thomas, Creamer, Posuk and Porter; linebackers Meonning, Hutchins Sinclair, Higgins and Border; the secondary Ford, Allen, Wheeler, Haile, French and Holland all played tough defense

and helped in the victory.

The Buffs scored two more times in the second quarter. Wheeler scored on runs of 8 and 1 yard to put the Buffs ahead at the half 33-0. The Buffaloes scored in the third quarter on a 60-yard pass from Savell to Reese Allen; the extra point failed. Santo scored in the fourth quarter. The final score was Cross Plains 29 Santo 6.

Leading in defensive tackles were Border and Hutchins with 11, A. Thomas 10, Ford 7, Meonning 7 and Self forced a fumble and had two fumble recoveries.

All the Buffs saw playing time in the game. As a coach, when you have a chance, you need to play as many players as possible, so they can gain valuable game experience.

This week is Homecoming, so the game is Saturday night. Come out and support the Buffaloes. See you at the game.

Submitted by
Coach Mitchell Atchley

Red Steagall Cowboy Gathering Scholarship Poetry Contest—Deadline September 30th

It's time again to make your students and the young people in your community aware of a great opportunity to win a college scholarship by competing the Youth Poetry Contest during THE RED STEAGALL COWBOY GATHERING.

This year's event is in the Stockyards National Historic District in Fort Worth, will be held October 23-25, 2009.

Entries for this contest may be obtained at the *Cross Plains Review* and must be postmarked no later than September 30, 2009.

Two categories, a junior division for poets 8-12 and a senior division for poets 13-18 years old are available.

These entries can be submitted individually or a contest can be held in your classroom or community and the best entries in each division submitted. Such as approach promotes school spirit, encourages language arts and social studies programs within the schools and communities, and provides students with an incentive for studying and writing about cowboy life, the

history of Texas or the west.

The first and second place winners in each age division will receive a scholarship to be applied toward college tuition. (Scholarship funds will be provided directly to the college or university of the winner's choice once he or she has been accepted for enrollment.) Each finalist will receive a copy of Red Steagall's book *Ride for the Brand* and a commemorative medal.

If you have any questions, please call 817-444-5502.

Junior High Football Report

The young Cross Plains Junior High Buffs finally opened their season last Thursday when they traveled to Santo to play the Wildcats. Some of the players were nervous and excited at the same time, about playing the first game. The team loaded the bus, ready to ride and eager to hit someone other than their own teammates.

Playing this year for the young Buffs are sixth graders: Seth Wyatt, Michael Foster, Phoenix Sanders, Colton Bradley, Justin Whiteley, Hunter Thomas, Braden Kennedy, Sean Armor, Dalton Gilliam, and Zach Thompson; seventh graders: Tucker Isbell, Kiefer Steinle, Bronc Dillard, Ricky Higgins, Korbin McLean, Ben Branch; eighth graders: Justin Willis, Taylor Parker, Angus Worcester, Alyssa Wheeler, Tristen Stephenson, Colton McWilliams, Michael Carpenter and Chance Perry.

Starting for the Buffs on offence are C. Perry, center; guards A. Worcester and M. Carpenter; tackles A. Wheeler and J. Willis; tight ends J. Branch, S. Armor; quarterback Tristen Stephenson; running backs C. McWilliams, C. Bradley and H. Thomas. Defensive players are nose guard A. Wheeler; defensive tackles A. Worcester and M. Carpenter; defensive end J. Branch; linebackers J. Willis and T. Stephenson. Secondary players include K. McLean, H. Thomas, Z. Thompson and C. McWilliams.

Game time finally arrived, cool and cloudy, Cross Plains kicked off and Santo went 3 and out and were forced to punt. Cross Plains had a flag on their first play and could not make up the yardage, so they punted.

On Santo's second possession, the Wildcats fumbled and the Buffs recovered. On the second play Tristen Stephenson hit Branch for a 47-yard touch down

run. The end of the 1st quarter was Cross Plain 6 Santo 0.

The 2nd quarter was filled with punts and punts blocked, but neither team could take advantage of the mistakes. Santo drove to the Cross Plains 23 yard line, but stalled and could not make another 1st down.

The young Buffs took over on downs. After one play, Cross Plains ran fullback dive and McWilliams scampered for a 77-yard touch down run. The score at the half was C.P. 12 Santo 0.

The second half was about to begin, when lightening split the sky. The game was called at that point, which made the final score 12-0 in favor of the Buffaloes.

The young team does not have a game this week, so their next game will be at Rotan. See you at the game.

Submitted by
Coach Mitchell Atchley

Cross Plains Review

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September 17, 2009

SCHOOL LUNCH MENU

SEPT. 21 - 25
BREAKFAST

MONDAY- Breakfast Burrito, Fruit, Assorted Juice, Milk

TUESDAY-P.B. & J. Sandwich, Fruit, Assorted Juice, Milk

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

THURSDAY - Cinnamon Roll, Yogurt, Fruit, Assorted Juice, Milk

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

LUNCH

MONDAY- Sloppy Joe on Bun, Tater Tots, Baby Carrots w/ Ranch, Chocolate Pudding, Milk

TUESDAY-Chicken Nuggets w/ Gravy, Mashed Potatoes, Green Beans, Roll, Diced Peaches, Milk

WEDNESDAY -Crispy Tacos, Salad, Seasoned Corn, Brownie, Milk

THURSDAY- Lasagna or Corn Dog, Broccoli, Bread Stick, Apple, Milk

FRIDAY-Submarine Sandwich, Salad, Pickle Spears, Baked Chips, Sherbert Cup, Milk

"Buffalo Breakfast" this Friday, September 18th at Methodist Church

The Cottonwood Baptist Church will host this week's Buffalo Breakfast, and it will be held at the United Methodist Church Friday morning, at 7:00 am. The game is actually on Saturday night, due to Homecoming, but we'll do the breakfast on Friday morning as usual. 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 Abilene Junior Varsity here, beginning at 7:30 p.m. Go and support our team if you can!)

Submitted by
Bob Pipes

Homecoming 2009 SALAD LUNCH Planned by Cross Plains Band Boosters

Cross Plains Band Boosters will host a Salad Lunch Saturday, September 19, from 11:30 a.m. - 1:30 p.m. in the school cafeteria. Prices will be:

Adult - \$7.00

Student - \$5.00

Age 2-4 - \$2.00

Under Age 2 FREE.

Band parents are supplying the salads and desserts needed to feed 200+ people during the Saturday luncheon. This meal falls between the class meetings Saturday morning and the parade Saturday afternoon. A lot of people will come to eat. Band Boosters will make a great profit on this fundraiser. We need to be sure we have enough food.

Junior High band parents are requested to make SALADS ONLY.

Please make one LARGE salad or TWO small salads. Please include your own bottle of

dressing as needed for your salad recipe. Your recipes can be any type salad: chicken salad, tuna salad, crab salad, lettuce/salad, bean salad, fruit salad, potato salad, pasta salad, cornbread salad, etc.

High School band parents need to provide a dessert cake with frosting of any kind. The cakes will be sliced and served on plates. It would be helpful if high school parents would also help provide salads.

You can bring your food between 10:30 - 11:00 Saturday to cafeteria.

If you have any questions, contact Lenell Sliger (325) 668-6395 or Leslie Lawrence 254-725-6860 if you have any questions.

Thanks for helping support our band!

Submitted by
Lenell Sliger

Cross Plains High School Old Annuals on Sale Now

The Cross Plains High School Annual Staff will be selling extra copies of older editions of the annual. The following years are available at the price indicated:

2003—\$10.00

2005—\$10.00

2006—\$20.00

2007—\$20.00

2008—\$20.00

2009—\$40.00.

Contact an annual staff member, e-mail Mrs. O'Briant at kobriant@cplains.esc14.net, come by the high school office, or get yours during our 2009 Homecoming game on September 19, 2009.

Regular FFA Meeting Held Recently

A regular meeting was held on Thursday, August 26th for the FFA to elect new officers for the 2009-2010 school year.

The new officers are Tiffany Holland-President; Emma Bennett-Vice President; Cody Sliger-Secretary; Shasta Bacon-Treasurer; Emily Foster-Reporter; and Kayla Lawrence-Sentinel.

FFA members were reminded that FFA dues are \$15 and are due by October 1st.

Submitted by
Emily Foster, Reporter

NHS of Cross Plains Helping Iraqi Children

The National Honor Society of Cross Plains is participating in helping our troops better the lives and education of the Iraqi children they see everyday.

U.S. Troops are asking Americans to help them by collecting supplies for a "school kit" that they may give to these children.

The NHS Chapter at Cross Plains unanimously agreed to help our troops, but are asking for your help.

The Cross Plains NHS wanted to make a large impact in this cause, but they need your help. Simply buy the "school kit contents" and drop them off at the high school or Susan Schaefer's

office by September 28th.

The school kit consists of:

- 1 composition notebook
- 1 small box of colored pencils (not crayons)
- 3 plain folders w/pockets
- 1 package of paper (wide rule)
- 1 blunt tip scissor
- 1 ruler
- 1 small pencil sharpener
- 1 large eraser
- 1 zipper pencil pouch
- 1 dozen pencils.

Ensure there are no imprinted religious or political messages on any of the items.

Place kit items inside a large 2.5 gallon Ziploc bag.

No used items please!

College Night Planned

College nights is planned for October 6, 2009 for all junior and senior students and their parents at the Cross Plains High School Auditorium from 6:30 p.m. to 8:30 p.m.

Area colleges and universities will be in attendance with information concerning admissions, scholarships, financial aid, and programs offered.

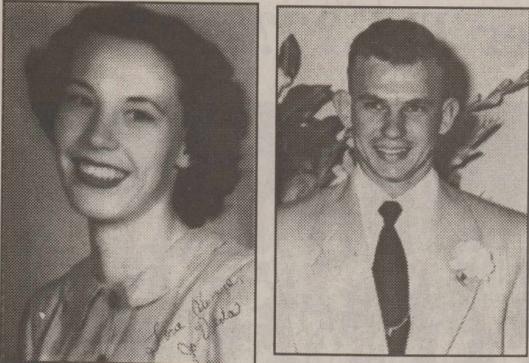
Representatives from seven area colleges and universities will be available to give presentations, hand out information booklets, and answer questions.

Students and parents are encouraged to attend this very important meeting and use this opportunity to begin planning for college.

Seniors will travel to Cisco Junior College for a college fair on September 29th, but this will be the only college night planned at Cross Plains for students and parents.

For questions or additional information, please call the high school counselor, Debbie Mitchell, at Cross Plains High School 254-715-6121.

School Day, School Days, Good Old Golden Rule Days



Jo Veda (Fleming) Watson and Neil Bush in 1951. The couple were recently wed in Lubbock.



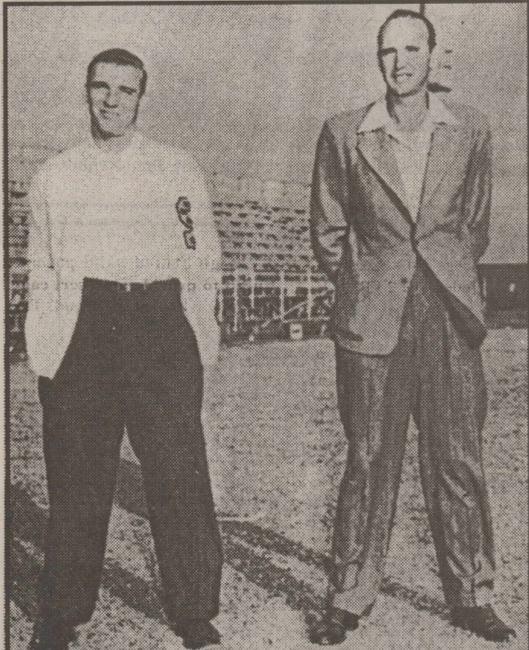
MAJORETTES AND CHEERLEADERS FROM 1950-1951 SCHOOL YEAR



CLASS OFFICERS— Unknown (back, left), Clark Baum and Cynthia McCuin Newton (front, left) and Vernon Baum.



CORONATION CEREMONY— Taken in the early 50's in the old gymnasium where the chickens fly down from the skylights.



COACHES FROM 1950-1952— Frank Rundell (Head Coach)(left) and Paul Huntington (Assistant Coach).

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Interesting Note:
Letter jackets only had a C on them until 1951. In 1952 they added the P so Cross Plains could be distinguished from Cisco, Clyde, Coleman, etc.



WHAT A CROWN— Granvel Scott, Darvel Hutchins, Mary Koenig, and Joe Gary in 1958.

1950-51 and 1951-52 Good Football Years for C.P.H.S.
District Champions

1950-51 - 9 Wins	1951-52 - 9 Wins
1 Tie	1 Loss (Wylie)
1 Loss (Eden)	



DONALD BEELER IN 1951-1952— Right Tackle, Senior-Letterman and All-District.



1964 MAJORETTE LINE—THE YEAR THE BAND PARTICIPATED IN THE INDIANAPOLIS 500 PARADE—Linda Whitton, (Drum Major, from left), Sharla Payne, Sue Edington, Dianna Purvis, Karen Calhoun and Glenda Jennings.

Celebrating C.P.H.S. Homecoming 2009

Do You Remember This???????



1962 CLASS OFFICERS-Treasurer, Wanda Cowan (back, from left); Secretary, Sandra Illingworth; Reporter, Latrelle Bright; President, Dwayne Clark; Vice-President, L.V. Falkner (front, from left); Sergeant at Arms, Steve Foster.



1962 FFA CLUB- Greenhand: Treasurer, Terry Harris; Reporter, Jack Baum; Vice-President, Mike Pruett; President, Don Miller; Sentinel, Tommy Purvis; Secretary, Scott Odom; Third Vice-President, Bobby McMillan; Second Vice-President, Eddy McAnally; Historian, Ronnie Edington; Parliamentarian, Reggy Stover.



1962 JUNIOR HIGH MAJORETTES- Judy Cloud (back, from left), Drum Major-Patty Pennell, Darlene Hargrove, Vanda Anderson (front, from left), Terry Baum.



BUFFALO FOOTBALL PLAYERS IN THE LATE 1980'S- Chris Brown (back, from left), and Terrell Smith; Casey Williams (front, from left), Curtis Wyatt, and Bill Johnson.



LOOKING GOOD— Most Beautiful and Most Handsome— Jane Bonner and Oran Bains in 1955.



REMEMBER THE GRAY SUITS?— Cross Plains High School Band in the 50's.



HIGH SCHOOL STAGE BAND— Dru Jones (back, from left), Paul Whitton, Jr, Red Vaughn, Danny McCarty, and Cecil White, Mr. Flano (Band Director); Carol Cox (front, from left), James Payne, Karen ? Gilmore, Grady Scott, Jean Bonner, and Mary Jane Apple. Photo appears to be taken in the old Bishop Chevrolet House.



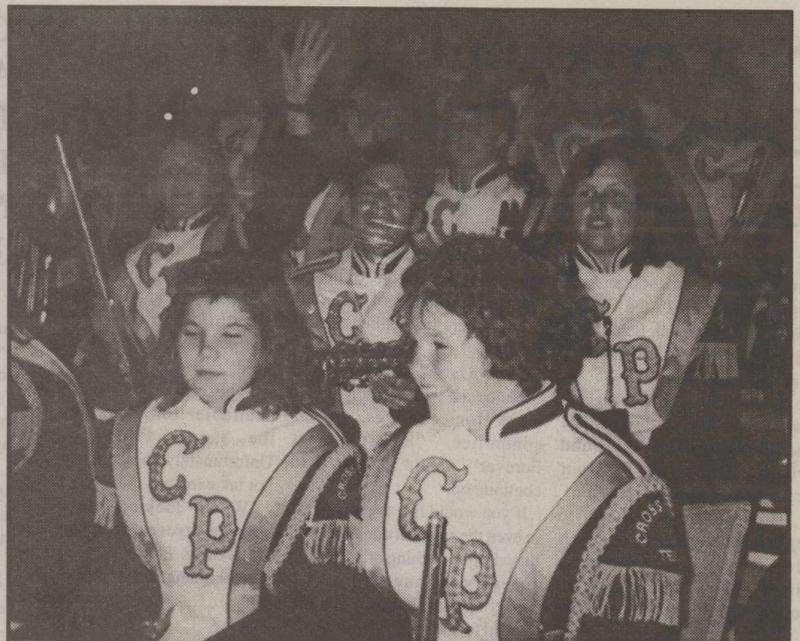
CLASS OF 1954 AND 1955— See if you can find Jean (Dillard) Wilson, Dalton Brown, June (Atwood) Hughes and Garmond Parrish. Thanks for all the neat photos that have been shared for CPHS Homecoming 2009. (Photo courtesy of Naoma Wilson.)



1930—40's CROSS PLAINS SCHOOL— Marion Rutledge (back row from left), J.W. Sipes, Volley Joe Williams, Clyde Walker, Virgle Graves, Howard Price, Carl Childs; Opal Young (third row, from left), Jimmie Baum, Tommy Webb, Mack Bingham, Phelix Watson, Weldon Bush; Leonard Davidson (second row, from left), Louise Cunningham, Pauline Carmackle, Maxine Hayworth, Tommy Haldon, Harland Lacy, Edward Hinkle; Teacher Mr. Lipscomb (front row, from left), Mildred Billingley, Lurline, Loreta Vestal, Frances Cole, Wilda (Kluttz) Edington, Burdett Williams, Emma Rea Hemphill, Ruby Mae Travis.



STATE CHAMPION TRACK TEAM— Jody Dallas (back, from left), Tamara Flippin, Mandy Sowell, Connie Steele, Angie Phillips and Misty Strickland; Tonya Stover (front, fromleft), Amanda McGuire and Malysa Sowell.



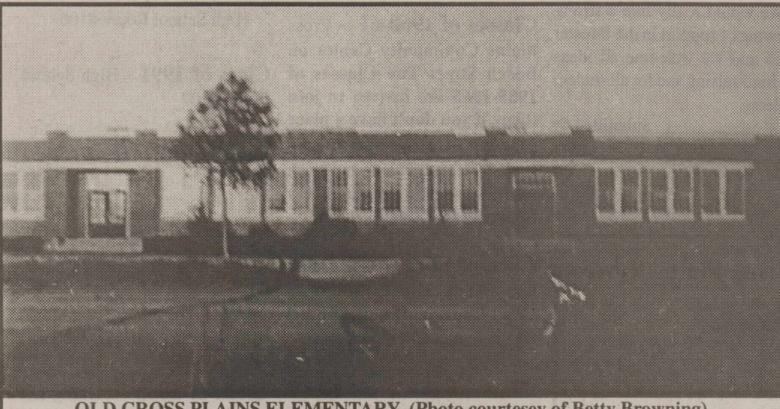
BUFFALO BAND IN THE 1990'S— Rachelle Bishop, J.J. Higgins, Amy Strength; Joy Klingberg (front, from left), and Amber Williams.



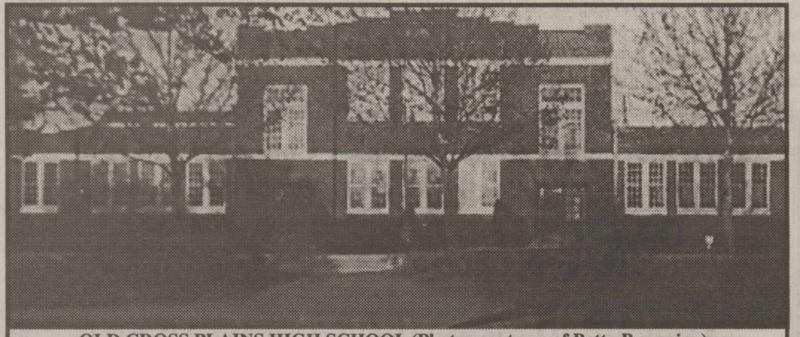
WHAT A CHANGE IN UNIFORMS!— A basketball team from the 50's. See if you can find McCord, Bodine, Baum, Moore and Cearley.



CPISD SCHOOL BOARD 1976-77— Baylis Pope (from left), Roy Neil Tatom, Dr. Carl J. Sohns, Joe Hanke, Jr. and Oran Bains.



OLD CROSS PLAINS ELEMENTARY (Photo courtesy of Betty Browning).



OLD CROSS PLAINS HIGH SCHOOL (Photo courtesy of Betty Browning).

7- September 17, 2009- Cross Plains Review

CPHS HOMECOMING 2009

The scheduled events for the weekend are as follows:

Friday, September 18, 2009

6:30-7:30 pm Youth Football Flag Team Game/ Purple Vs. Gold/ Buffalo Stadium (Prior to Pep Rally)
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 am 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



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"Entertainment Forever" Committee Plans Friday Night Dance at the Park Sept. 18th

This is an invitation for all Cross Plains Homecomers and residents to come to the **Friday Night Get-Together** September 18th at Treadway Park from 9 p.m. until midnight.

Benny Free is making his famous barbecue sandwiches and the **Southland Country Band** will be performing for your listening and dancing pleasure.

This event is not meant to replace the centerpiece of all our Homecomings, the **Saturday Night Dance**, but simply to complement it.

Those of us coming in on

Friday should especially enjoy it, and again, we are not trying to replace the dozens of informal get-togethers happening around the area.

We have raised enough funds to continue the tradition for five or more Homecomings. As our committee "Entertainment Forever" would like for it to continue on.

If you would like to contribute, in even the smallest donation, you may drop something off to Sandra Jones or Dannes Turner at Texas Heritage Bank for the "Entertainment Forever"

Account that has been established.

Of course, you could just hand something to our "trusty chairpersons", Rusty and Debbie Reed.

There will be containers available for donations at the dance Friday night. Unfortunately, the donations are not tax exempt.

We are looking forward to seeing everyone and making the 2009 Cross Plains High School Homecoming memorable.

Submitted by **Robert Eubank**

CROSS PLAINS ATHLETIC Booster Club Encouraging NEW Members Join up NOW!!

We would like to extend an invitation for you to join the Cross Plains Booster Club. The membership is open to all parents, family, friends and community members who wish to support our athletic programs.

Our goal is to assist with the quality of our athletic programs as well as to promote school spirit and pride for the student athletes.

Our first meeting was Monday, August 31st. New officers were elected as follows: Ricky Thomas - President; Dennis Dickson - Vice-President, Donna Ames - Secretary and Shauna Guerrero - Treasurer.

The Athletic Booster Club meets every Monday at 6:30 p.m.

in the gym foyer during football season. They are also responsible for a concession stand for the Homecoming and Baird football games and also for basketball and track season.

There are football T-shirts with the rosters available. Order forms will be sent out with students and be available at home football games. You also may contact officers about shirt orders.

We would really like a strong showing of support in the Booster Club and we welcome all ideas for fund-raising and for all student athletes.

Submitted by **Donna Ames, Secretary**

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 1946 - Meet after parade at Harold Garrett's home on Hwy 279

Class of 1947 and 1953 - Old Fellowship Hall, First Baptist Church, anytime after 11 a.m.; meal will be at noon - by donation.

Class of 1948 - Roxie Pillans Fletcher's home, 125 South Avenue A, Cross Plains.

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

Class of 1952 - Wilma Lawrence's home

Class of 1954, 55 and 56 - Church of Christ Activity Center

Class of 1957 - High School Library

Class of 1958 - Home of Jane Bonner

Class of 1959 - Jones Real Estate Office, Main Street

Classes of 1960-61 - Cross Plains Community Center on Beech Street

The Classes of 1955-1965 are invited to join them, if you don't have a place to meet. Coffee and snacks served 9 a.m. to 11 a.m. and lunch will be served immediately following the business meeting.

Class of 1966 - Home of Ron and Nancy Rhodes, CR 416, Cross Plains (only house on left on old Slaughter House Road)

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

Class of 1971 - Home of Rusty and Debbie Reed at 3:30 p.m.

Class of 1972 - Home of Madenia (Stansbury) Palamore, Friday at 6 p.m. at Lake Brownwood. Call 325-784-7145 for directions

Class of 1973 - Behind the Park after Parade - All 70's classmates are Welcome

Class of 1976 and 1977 - Home of Greg and Dannes Turner, 20959 State Highway 206, 1 miles south of Cross Plains

Class of 1978 - meeting at the home of Melissa Pancake Richards after the parade. Bring finger food, drinks and lawn chair (if possible).

Class of 1979 - Main Street Pool House

Class of 1984 - Home of Chris Porter, 508 North Main Street

Class of 1988 - Scarlet (Harrell) Koettel's home at 416 North Avenue, Cross Plains

Class of 1989 - High School Room #108

Class of 1990 - High School Room #106

Class of 1991 - High School Room #107

Class of 1994 - Home of Nora Odom

Class of 1999 - First Baptist Church Playground

Class of 2000 - Community Center Gazebo

Class of 2003 - Parking Lot South of the Gymnasium

Accepting Applications for Region 14 Education Service Center's Alternative Certification Program

Applications for the Region 14 Education Service Center's 2010-2011 Alternative Certification Program for Special Education, Math and Science teachers will be accepted September 2, 2009 thru November 13, 2009.

The program allows college graduates wanting to be teachers to earn certification as they train and teach full time, serving as interns with mentor teachers in area school districts. Participants complete training in the spring

and summer prior to entering the classroom. During the internship year, training is continued.

Applicants are selected from those meeting the following admission requirement:

Received bachelor's degree from an accredited institution of higher education.

For additional admission requirements, contact Region 14 ESC Alternative Certification Program.

Financial reimbursement available if grant requirements are

met. This program is made possible by 1.4 million dollar federal Transition to Teaching Grant.

The teaching certificate enables recipients to teach anywhere in Texas. Reciprocity is available in some other states.

For more information, contact Gay Ann, Special Education, EC-6 Generalist 325-675-7017; Charlotte Taggart, Science 325-675-8684 or Sandra Carter, Math 325-675-7006.

To get your name on the Birthday Column, send your name and date of birth to *The Cross Plains Review*, P.O. Box 519, Cross Plains, Texas 76443.

There is no charge for this service.

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

Cross Plains Review

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September 17, 2009

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Open House

September 18, 2009

We hope that CPHS exes will come by and enjoy cookies and punch as you get reacquainted with Cross Plains.

The Bank will also be serving Root Beer and Coke floats in the Mozelle Bryan Community Room on Saturday, September 19th before and after the parade. We would love for you to come by and see the completed renovations.

Cross Plains Public Library

Will be Open
11a.m. to 5 p.m. Saturday
for C.P.H.S. Exes

Come by and Look Through Old Year Books and Visit the Library

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MEET CAP'N KIDD

Continued

Alexander looked like a pot-bellied bull pup beside of him. He was painted—black and white—and he r'ared up with his long mane flying agen the sunrise, and give a scornful neigh that nigh busted my ear-drums, and turned around and sa'ntered back towards the grove, cropping grass as he went, like he thunk so little of Alexander he wouldn't even bother to chase him.

Alexander come blundering into camp, blubbering and hollering, and run over the fire and scattered it every which way, and then tripped hisself over the saddle which was laying nearby, and fell on his neck braying like he figgered his life was in danger.

I caught him and threwed the saddle and bridle on to him, and by that time Cap'n Kidd was out of sight on the other side of the thicket. I onwound my lariat and headed in that direction. I figgered not even Cap'n Kidd could break that lariat. Alexander didn't want to go; he sot back on his haunches and brayed fit to deafen you, but I spoke to him sternly, and it seemed to convince him that he better face the stallion than me, so he moved out, kind of reluctantly.

We went past the grove and seen Cap'n Kidd cropping grass in the patch of rolling prairie just

beyond, so I rode towards him, swinging my lariat. He looked up and snorted kinda threateningly, and he had the meanest eye I ever seen in man or beast; but he didn't move, just stood there looking contemptuous, so I throwed my rope and piled the loop right around his neck, and Alexander sot back on his haunches.

Well, it was about like roping a roaring hurricane. The instant he felt that rope Cap'n Kidd give a convulsive start, and made one mighty lunge for freedom. The lariat held, but the girths didn't. They held jest long enough for Alexander to get jerked head over heels, and naturally I went along with him. But right in the middle of the somesault we taken, both girths snapped.

Me and the saddle and Alexander landed all in a tangle, but Cap'n Kidd jerked the saddle from amongst us, because I had my rope tied fast to the horn, Texas-style, and Alexander got loose from me by the simple process of kicking me vi'lently in the ear. He also stepped on my face when he jumped up, and the next instant he was high-tailing it through the bresh in the general direction of Bear Creek. As I learned later he didn't stop till he run into pap's cabin and tried to hide under my brother John's bunk.

To be continued.

Cross Plains Review

9

September 17, 2009

Get Seasonal Flu Shot Now

The Texas Department of State Health Services is encouraging people to get their seasonal flu vaccination now.

"Don't wait. Get your seasonal flu vaccination now," said Dr. David Lakey, DSHS Commissioner. "It's one of the best ways to protect yourself and others from seasonal flu." Seasonal flu vaccine, available in shot and nasal spray forms, is recommended for people ages 6 months and older. The shot takes about two weeks to become effective. A separate 2009 H1N1 flu vaccine is not expected until mid-October.

"Get the seasonal flu vaccine now. Then, be prepared get the 2009 H1N1 flu vaccine later. One vaccine isn't a substitute for the other," Lakey said.

People at high risk of having serious flu complications are especially encouraged to get their seasonal flu shot as soon as possible. This includes children ages 6 months through 18 years, those 50 and older, people with chronic medical conditions, residents of long-term care facilities and pregnant women. People who have close contact with those at high risk also should get vaccinated.

People wanting the seasonal flu vaccine should call their health care provider, local public health department, 2-1-1 or check online at www.211Texas.org for availability.

Lakey also urged people to follow standard illness-prevention steps:

- Wash hands frequently with soap and water or alcohol-based hand sanitizer;
- Cover coughs and sneezes;
- Stay home if sick.

For more information about flu in Texas, visit DSHS www.TexasFlu.org.

Bible Baptist Church Golf Scramble Set for Saturday, September 26th

Bible Baptist Church, Clyde, is hosting a Golf Scramble Fundraiser on Saturday, September 26, 2009 at The Tin Cup Country Club in Merkel.

The Fun: This is an 18 hole Scramble. Make your own team or join a team at the course. Men's teams, ladies' teams, or mixed teams are welcome. Pastors, staff, church groups, and any individuals are invited to come for a good time of food, Christian fellowship and fun.

The Schedule: 12:00 noon-

Lunch at the Golf Course (included in the cost). 1:00 p.m.-Tee-time with a Shotgun Start.

The Cost: Pre-registration-\$50.00 per golfer, at the door cost-\$55.00 per golfer. Cost includes green fee, cart and lunch.

Prizes will be awarded at the end of the day. Please RSVP by calling Bible Baptist Church by Monday September 21st at 325-893-5851.

Directions: Drive towards

Merkel, from I-20 turn north on Kent S. (FM 126), go approximately 1 mile. Tin Cup Country Club will be on the west side of the road.

This is a fundraiser event benefiting our TRAC (Teens Redeemed and Called) Club for our Teens ministry at Bible Baptist Church, Clyde.

TRAC Club is a great ministry, concentrating on Bible memorization, Bible training, and spiritual growth among young people.

C.P. GARDEN CLUB NEWS

By JOYCE ODOM

The Cross Plains Garden Club met September 11 at 1:00 p.m. at Julene Franke's office.

The topic for our meeting was "A Time for Looking Back". Eva Fleming was in charge of our meeting.

Mary Ella Weaver told and showed what she had done concerning our October meeting and the members agreed wholeheartedly.

Refreshments were served from a table that displayed Joyce Odom's "Show and Tell". A piece of hollow log forming a container and it had stems of milkweed that she had found alongside the road.

Sandy Lusk brought four started plants that we chose for ourselves.

Several cans of food were also brought for the Cross Plains Food

Pantry.

Judy Porter called for us to come to the Methodist Parsonage of Rev. Harris Worcester and his wife and pictures were taken showing the flower beds where different colored flowering lantanas and crepe myrtle had been planted. Also the many hanging baskets of plants beautifully graced the front porch.

This was made possible from the contributions of Texas Garden Clubs to restore the loss by the devastating fire three years ago. Not only was it a time to look back, but a time to look ahead to see the beauty. We thanked the Worcesters for their hospitality.

The club adjourned to meet in October. Members present were: Eva Fleming, Mary Ella Weaver, Julene Franke, Sandy Lusk and Joyce Odom.

Oplin Volunteer Fire Department BBQ Brisket Dinner set for October 4th

The Oplin Volunteer Fire Department would like to invite everyone out to their after church BBQ brisket dinner fundraiser to be held on Sunday, October 4th from 11:30 a.m. until 2:30 p.m. Dinner will include delicious brisket, cooked to perfection by our volunteers, with all the trimmings including drinks and dessert. Cost for our dinner will be \$8.00 per person and \$5.00 for children age 10 and under.

Our dinner will be served at the Oplin Community Center located at the intersections of F.M. 604 S. and F.M. 2926.

We will also be raffling off a hand-made king size quilt and an 18" Black and Decker electric mower. Raffle tickets are on sale now for \$1.00 each

or six (6) for \$5.00. Raffle drawings will be held at 1:00 p.m., during the dinner.

The Oplin Volunteer Fire Department relies on your continuing support and donations to maintain their equipment and building to better respond to any emergencies that may arise in our area and surrounding areas if needed. For further information regarding this fundraiser or if you would like to make a donation to our fire department please contact Judy Campbell at 529-4301 or Shirley Landers at 529-3137.

So gather the family and come on out for a delicious brisket dinner and show your support for the Oplin Volunteer Fire Department.

Submitted by: Pam Rumfield

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PUBLIC NOTICE

Brief Explanatory Statements of Proposed Constitutional Amendments Special Election November 3, 2009

PROPOSITION 1

HJR 132 would amend the constitution to authorize the legislature to allow a municipality or a county to issue bonds and notes to finance the purchase of buffer areas or open spaces adjacent to military installations. The buffer areas would be used to prevent encroachment or to construct roadways utilities, or other infrastructure to protect or promote the mission of the military installation. The municipality or county may pledge increases in ad valorem tax revenues for repayment of the bonds or notes.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment authorizing the financing, including through tax increment financing, of the acquisition by municipalities and counties of buffer areas or open spaces adjacent to a military installation for the prevention of encroachment or for the construction of roadways, utilities, or other infrastructure to protect or promote the mission of the military installation."

PROPOSITION 2

HJR 36 would amend the constitution to authorize the legislature to provide for the taxation of a residence homestead solely on the basis of the property's value as a residence homestead, regardless of whether the property may have a higher value if it were used for other purposes.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment authorizing the legislature to provide for the ad valorem taxation of a residence homestead solely on the basis of the property's value as a residence homestead."

PROPOSITION 3

HJR 36 would amend the constitution to require the legislature to provide for the administration and enforcement of uniform standards and procedures for appraisal of property for ad valorem tax purposes.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment providing for uniform standards and procedures for the appraisal of property for ad valorem tax purposes."

PROPOSITION 4

HJR 14 would amend the constitution to establish the national research university fund to provide a source of funding that will enable emerging research universities in this state to develop into major research universities. The amendment would require the legislature to dedicate state revenue to the fund and to transfer the balance of the existing higher education fund to the national research university fund. This amendment would further require the legislature to establish the criteria by which a state university may become eligible to receive and use distributions from the fund.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment establishing the national research university fund to enable emerging research universities in this state to achieve national prominence as major research universities and transferring the balance of the higher education fund to the national research university fund."

PROPOSITION 5

HJR 36 would amend the constitution to authorize the legislature to allow for a single appraisal review board for two or more adjoining appraisal entities that elect to provide for consolidated reviews of tax appraisals.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment authorizing the legislature to authorize a single board of equalization for two or more adjoining appraisal entities that elect to provide for consolidated equalizations."

PROPOSITION 6

HJR 116 would amend the constitu-

tion to authorize the Veterans' Land Board to issue general obligation bonds, subject to certain constitutional limits, for the purpose of selling land and providing home or land mortgage loans to veterans of the state.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment authorizing the Veterans' Land Board to issue general obligation bonds in amounts equal to or less than amounts previously authorized."

PROPOSITION 7

HJR 127 would amend the constitution to allow an officer or enlisted member of the Texas State Guard or other state militia or military force to hold other civil offices.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment to allow an officer or enlisted member of the Texas State Guard or other state militia or military force to hold other civil offices."

PROPOSITION 8

HJR 7 would amend the constitution to authorize the state to contribute money, property, and other resources for the establishment, maintenance, and operation of veterans' hospitals in this state.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment authorizing the state to contribute money, property, and other resources for the establishment, maintenance, and operation of veterans hospitals in this state."

PROPOSITION 9

HJR 102 would define what is a state-owned public beach. The public, individually and collectively, would have an unrestricted right to use and a right of ingress to and egress from a public beach. The amendment would authorize the legislature to enact laws to protect these rights.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment to protect the right of the public, individually and collectively, to access and use

the public beaches bordering the seaward shore of the Gulf of Mexico."

PROPOSITION 10

HJR 85 would amend the constitution to authorize the legislature to provide that members of the governing board of an emergency services district may serve terms not to exceed four years.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment to provide that elected members of the governing boards of emergency services districts may serve terms not to exceed four years."

PROPOSITION 11

HJR 14 would amend the constitution to provide that the taking of private property for public use ("eminent domain") is authorized only if it is for the ownership, use, and enjoyment of the property by the State, its political subdivisions, the public at large, or by entities granted the power of eminent domain, or for the removal of urban blight. The amendment would prohibit the taking of private property for transfer to a private entity for the purpose of economic development or to increase tax revenues. The amendment would also limit the legislature's authority to grant the power of eminent domain in the future unless it is approved by a two-thirds vote of all the members elected to each house.

The proposed amendment would appear on the ballot as follows: "The constitutional amendment to prohibit the taking, damaging, or destroying of private property for public use unless the action is for the ownership, use, and enjoyment of the property by the State, a political subdivision of the State, the public at large, or entities granted the power of eminent domain under law or for the elimination of urban blight on a particular parcel of property, but not for certain economic development or enhancement of tax revenue purposes, and to limit the legislature's authority to grant the power of eminent domain to an entity."

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97 Ac. - Heavily wooded, elevation changes, beautiful views. Variety of oaks and cedars.	225,000
107 Ac. - Premier deer breeding ranch. 4BR-2B home. Barn, shop, building, all equipment.	675,000
110 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
207 Ac. - Beautiful ranch! Brick 3BR-3B. Stocked ponds, workshop, and excellent hunting.	847,000
262.63 Ac. - Perfect for ranching & hunting! 3 stock tanks & 2 other tanks. Water well, fencing, electric.	617,180
300 Ac. - 200 ac cultivated. 11 UNDER CONTRACT 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
447+ Ac. - River front. Fertile valley. Scenic hill. Trees. Deer & wild turkey. WILL DIVIDE	1,168,011
740.6 Ac. - Secluded. Hills. Good grassland. Heavily wooded. Excellent hunting.	1,329,387
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VANDA ANDERSON, EDITOR
CROSS PLAINS REVIEW

MEMBER
2009
TEXAS PRESS ASSOCIATION

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September 17, 2009

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KRAIG PARKER CONCERT—Pictured above are Chamber officials who hosted the Kraig Parker Concert, (seated) Rick McElmurray and Pat Parker; standing (l-r) Nancy Turnbow, Donna Bell, Kraig Parker, Tommie Jones and Trudy Burks.

Kraig Parker Concert deemed a great success

The Kraig Parker concert was a great success, according to Baird Chamber of Commerce officials who hosted the event September 5th.

Parker and the Elvis Tribute Showband and Orchestra provided superb entertainment for a large crowd at Baird High School Auditorium.

The Baird concert was sponsored by Hanner Super Center, First National Bank of Baird, Tracker Mineral, Randy

Hill, Tank & Vessel Builders, Callahan County Farmers Cop, Harle Enterprises, Melba Defosses and Parker Funeral Home, all of Baird; FM 600 Wrecking, Hanna Law Firm, Gotcha Covered (Donna Hanna), Sun Seekers Tanning Salon, all of Abilene; Blake Fulwider Dodge of Clyde and Big Country Waterworks of Early.

The Chamber expresses special thanks to Baird High

School officials for use of the facilities, the BHS Band and sponsors for providing the concessions, Terry Hunter who went above and beyond the call of duty to prepare for the show, Pat & Skip Parker who provided sponsor signs, and to Phil and Carolyn Rancier of R&R Reproduction in Abilene who provided the concert ticket, and to everyone who purchased tickets.

Cross Plains Review

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September 17, 2009

Baird PTO Garage Sale this Saturday

The Baird PTO garage sale is finally here! Lots of great items have been donated, including a double baby stroller, infant swing, furniture, housewares, videos, books, and clothes.

The garage sale will be held inside the school cafeteria this Saturday, September 19th from 8:30 a.m. until 3:30 p.m. All unsold items will be half price after 2:00 p.m. We hope that everyone will come out and support the work that the PTO does for our school.

Note: It is not too late to donate items for the sale. Donations can be dropped off Friday afternoon from 3:00 p.m. until 7:00 p.m. or you may call Catherine Brock at 854-1003 and leave a message so that arrangements can be made to pick up your items.

Grosvenor Reunion This Weekend at Brownwood Lake

The Grosvenor School Ex-Student Association will have a reunion at the Brownwood Lake State Park in the Group Recreation Hall. Festivities will begin at 10 a.m. and continue until the late evening. Everyone is welcome!

Submitted by Juanita Sheppard

COURTHOUSE NEWS

COUNTY COURTHOUSE
Roger Corn, Presiding

dence, 5 year probation, \$2000 fine, \$258 court costs, \$140 restitution.

Misdemeanor Filings

Jorge Rodriguez, driving while license invalid (DWLI).

Forrest G. Harmel, possession of marijuana.

Turner M. Gauntt IV, driving while intoxicated (DWI).

Stephanie M. Prado, DWI.

42nd DISTRICT COURT
John Weeks, presiding

Criminal Minutes

Deletta A. Austin, plea of guilty to DWI, 3 years in prison, \$429 court costs.

Cutter K. Hutcheson, plea of guilty to possession of marijuana, 4 year probation, \$2000 fine, \$256 court costs, \$140 restitution.

Steven R. Murray, plea of guilty to tampering with evi-

Civil Filings

J P Morgan Chase Bank vs. Plummer Cattle Company, LLC and Bill Plummer, filing of foreign judgment.

Cynthia Lynn White vs. Edward Boyd White, divorce.

Capital One Bank vs. Edward Pancake, default on note.

Amanda Gaydos Grazier, individually and as next friend of Allie Elizabeth Grazier, a minor vs. Travis Austin Galle, damages.

Civil Minutes

In the estate of David Charles Breeding, deceased, order on opposition to probate of will and to issuance of letters testamentary granted.

Cross Plains Review Deadlines

• Ads Noon on Tuesday
• Articles Noon on Monday

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 <p>Stk#59251.0 1LT, 6.0, Dep</p> <p>'09 CHEVY 3/4 TON CREW CAB 4X4</p> <table border="0"> <tr><td>MSRP</td><td>\$39,184</td></tr> <tr><td>Sale Price</td><td>\$36,825</td></tr> <tr><td>Rebate</td><td>\$3,500</td></tr> </table> <p>\$33,325</p> <p>+TT&L</p>	MSRP	\$39,184	Sale Price	\$36,825	Rebate	\$3,500	 <p>Stk#59588.0 FILE PHOTO</p> <p>'09 CHEVY 1/2 TON X-CAB</p> <table border="0"> <tr><td>MSRP</td><td>\$27,769</td></tr> <tr><td>Sale Price</td><td>\$27,102</td></tr> <tr><td>Rebate</td><td>\$4,000</td></tr> <tr><td>*Satisfaction Rebate</td><td>\$500</td></tr> </table> <p>\$22,602</p> <p>+TT&L</p> <p>or 0% for 60 Mos.</p>	MSRP	\$27,769	Sale Price	\$27,102	Rebate	\$4,000	*Satisfaction Rebate	\$500	 <p>Stk#59658.0 FILE PHOTO</p> <p>'09 CHEVY 1/2 TON CREW CAB Z71</p> <table border="0"> <tr><td>MSRP</td><td>\$36,920</td></tr> <tr><td>Sale Price</td><td>\$35,375</td></tr> <tr><td>Rebate</td><td>\$4,000</td></tr> <tr><td>*Satisfaction Rebate</td><td>\$500</td></tr> </table> <p>\$30,875</p> <p>+TT&L</p> <p>or 0% for 60 Mos.</p>	MSRP	\$36,920	Sale Price	\$35,375	Rebate	\$4,000	*Satisfaction Rebate	\$500		
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 <p>'09 CHEVY 1/2 TON CREW CAB TX EDITION</p> <table border="0"> <tr><td>MSRP</td><td>\$34,210</td></tr> <tr><td>Sale Price</td><td>\$32,695</td></tr> <tr><td>Rebate</td><td>\$4,000</td></tr> <tr><td>*Satisfaction Rebate</td><td>\$500</td></tr> </table> <p>\$28,195</p> <p>+TT&L</p> <p>or 0% for 60 mos.</p>	MSRP	\$34,210	Sale Price	\$32,695	Rebate	\$4,000	*Satisfaction Rebate	\$500	 <p>'09 CHEVY 1/2 TON REGULAR CAB</p> <table border="0"> <tr><td>Sale Price</td><td>\$21,860</td></tr> <tr><td>Rebate</td><td>\$2,500</td></tr> <tr><td>*Satisfaction Rebate</td><td>\$500</td></tr> </table> <p>\$18,860</p> <p>+TT&L</p> <p>or 0% for 60 mos.</p>	Sale Price	\$21,860	Rebate	\$2,500	*Satisfaction Rebate	\$500	 <p>'09 CHEVY MALIBU LTZ</p> <table border="0"> <tr><td>MSRP</td><td>\$28,350</td></tr> <tr><td>Sale Price</td><td>\$26,917</td></tr> <tr><td>Rebate</td><td>\$1,500</td></tr> </table> <p>\$25,417</p> <p>+TT&L</p> <p>or 0% for 60 mos.</p>	MSRP	\$28,350	Sale Price	\$26,917	Rebate	\$1,500				
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 <p>'09 CHEVY TAHOE LTZ</p> <table border="0"> <tr><td>MSRP</td><td>\$49,730</td></tr> <tr><td>Sale Price</td><td>\$47,481</td></tr> <tr><td>Rebate</td><td>\$4,000</td></tr> <tr><td>*Satisfaction Rebate</td><td>\$500</td></tr> </table> <p>\$42,981</p> <p>+TT&L</p> <p>or 0% for 72 mos.</p>	MSRP	\$49,730	Sale Price	\$47,481	Rebate	\$4,000	*Satisfaction Rebate	\$500	 <p>'09 CHEVY TRAVERSE</p> <table border="0"> <tr><td>MSRP</td><td>\$30,080</td></tr> <tr><td>Sale Price</td><td>\$29,576</td></tr> <tr><td>Rebate</td><td>\$2,500</td></tr> <tr><td>*Satisfaction Rebate</td><td>\$500</td></tr> </table> <p>\$26,576</p> <p>+TT&L</p>	MSRP	\$30,080	Sale Price	\$29,576	Rebate	\$2,500	*Satisfaction Rebate	\$500	 <p>'09 CHEVY TRAILBLAZER</p> <table border="0"> <tr><td>MSRP</td><td>\$29,975</td></tr> <tr><td>Sale Price</td><td>\$28,490</td></tr> <tr><td>Rebate</td><td>\$3,500</td></tr> <tr><td>*Satisfaction Rebate</td><td>\$500</td></tr> </table> <p>\$24,490</p> <p>+TT&L</p> <p>SAVE \$555!!!</p>	MSRP	\$29,975	Sale Price	\$28,490	Rebate	\$3,500	*Satisfaction Rebate	\$500
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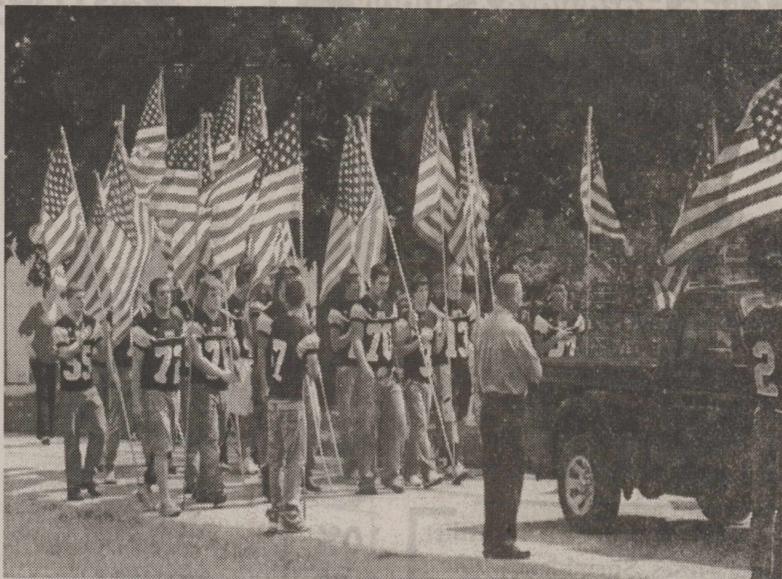


PEOPLE STANDING ALONG SOUTH 1ST STREET HONORING STAFF SGT. MICHAEL CHANCE MURPHREY WHILE THE HEARSE PASSES BY HEADING TOWARD BAILEY-HOWARD FUNERAL HOME.



STAFF SGT. MICHAEL CHANCE MURPHREY'S PROCESSION TURNING NORTH TOWARD BAILEY-HOWARD FUNERAL HOME.

An American Solider laid to rest in Clyde, America



REMEMBERING A FALLEN SOLIDER—Members of the Clyde High School varsity football team carry United States flags at the end of the vehicle procession during the funeral for Staff Sergeant Michael Chance Murphrey held Tuesday, September 15th at the First

Baptist Church in Clyde. Murphrey, who attended Clyde Elementary school as a young boy, was killed in military action Sunday, September 6, 2009 in Afghanistan. Clyde High School and Clyde Junior High School students with miniature American flags stood along South

Third Street down Hunt Street to pay their respects for the fallen solider, who was laid to rest in Clyde Cemetery. Michael was the son of Elvie and Evelyn (Littlejohn) Murphrey of Clyde and sister of Jeanie Rutherford and husband Adam of Clyde.

Family touched by community support after Staff Sgt. Michael Chance Murphrey's death

BY AL PICKETT
Special Writer

Jeanie Rutherford of Clyde said her family has been overwhelmed by the support it has received following the death of her brother, Staff Sgt. Michael Chance Murphrey.

Televised funeral services were held Tuesday at First Baptist Church of Clyde. Murphrey was killed in action Sept. 6th in Afghanistan by an improvised explosive device.

A plane from Dover Air Force Base, Del., carrying his body arrived on Saturday, Sept. 12th at Dyess Air Force Base. A procession including the hearse carrying the casket and Murphrey's remains, family and friends, and the Patriot Guard Riders, a group of motorcycle riders from across the nation who honor soldiers at funerals, then made the trek from Dyess to Bailey-Howard Funeral Home in Clyde. Much of the 24-mile trip was lined with people, standing in the rain, holding American flags to honor Murphrey.

"I can't tell you how much that meant," said Rutherford. "We are beyond words. It meant so much to know that people still care and still support our military that they would stand in the rain and cold to see my brother. I know he is so proud of that."

Although Murphrey graduated from Snyder High School, Rutherford said he considered Clyde home.

"We moved to Clyde when he was in elementary school," she stated. "Clyde was home to him. He came to our house when he came home on leave. We live south of town, and he loved being out here where it is quiet."

Rutherford called her brother



EMERGENCY VEHICLES LEAD THE PROCESSION FOR STAFF SGT. MICHAEL CHANCE MURPHREY AT THE CORNER OF SOUTH 1ST AND HUNT STREETS.



PATRIOT GUARD RIDERS FOLLOW EMERGENCY VEHICLES DURING STAFF SGT. MICHAEL CHANCE MURPHREY PROCESSION.

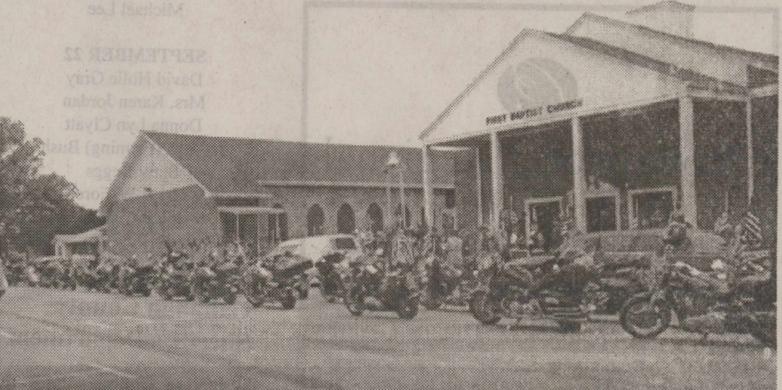
a "huge Dallas Cowboys" fan. She said tight end Jason Whitten was his favorite player.

"He was a wonderful person," responded Rutherford, when asked to describe her brother. "He would do anything for anybody. He was proud of the men he served with and always made sure of their safety first. He was a wonderful dad, husband, son, brother and uncle. We are going to miss him terribly."

Murphrey is survived by his wife Ashley Martin Murphrey of Cobbtown, Ga.; two children, son Jaden Murphrey and

daughter Cameron Murphrey; his parents Elvie and Evelyn (Littlejohn) Murphrey of Clyde; maternal grandmother Lillie Littlejohn of Alvarado; four sisters, Jeanie Rutherford and husband Adam of Clyde, Wendy Stehouwer and husband Ryan of Waxahachie, Pearl McKay and husband B.J. of Sweetwater, and Krisa Johnson and husband Rocky of Colorado Springs, Col.; and several nieces and nephews.

Graveside rites with full military honors were held at the Clyde Cemetery following the funeral service.



MEMBERS OF THE PATRIOT GUARD MOTORCYCLE RIDERS STAND OUTSIDE THE FIRST BAPTIST CHURCH IN CLYDE DURING THE FUNERAL SERVICES FOR STAFF SERGEANT MICHAEL CHANCE MURPHREY ON TUESDAY, SEPTEMBER 15TH.



FOUR-YEAR-OLD JADEN MURPHREY, CENTER, HELPS RING THE TRAVELING REPLICA LIBERTY BELL IN FRONT OF THE FIRST BAPTIST CHURCH IN CLYDE BEFORE THE TUESDAY, SEPTEMBER 15TH FUNERAL FOR STAFF SERGEANT MICHAEL CHANCE MURPHREY, WHO WAS KILLED IN ACTION IN AFGHANISTAN ON SUNDAY, SEPTEMBER 6TH.



THE WEST TEXAS CONFEDERATE AIR FORCE FLIES THE MISSING MAN FORMATION TUESDAY, SEPTEMBER 15TH DURING THE FUNERAL SERVICES HELD AT THE CLYDE CEMETERY FOR STAFF SERGEANT MICHAEL CHANCE MURPHREY.

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Murial Vance
Richard Gwynn Bryan
Diane Joy
Cindy Ann Illingworth
Robert Clark
Neil Bush
Gary Brown

SEPTEMBER 20

Rondal Bell
Lou Grider
Clint Grayson Bishop
Dennis Hinkle
Bill Johnson
Patrick Andrew DeBusk
Gregory Lynn Scott
Kim (Strahan) Trost
Rebecca Joy
Cheryl Chastain
David Sturgill

SEPTEMBER 21

Karman Wyatt
Taylor Savell
Donna Burks Bell
Alton Strickland
Tammy Worley
Mrs. T.M. Davis
F.C. Scott
Sharyon Lee Childers
Billie Kelly
(Lt. Col./Retired) Bill Payne
Charline Green
Michael Lee

SEPTEMBER 22

David Holie Gray
Mrs. Karen Jordan
Donna Lyn Clyatt
Jo Veda (Fleming) Bush
Betty Beggs
Mrs. J.W. Fore
Sharon Baugh

Edgar H. Albrecht, Jr.
Gerald Randel Williams
Mary Alice Wilson
James C. Wood

SEPTEMBER 23

Crystal (Davis) Conway
Al Bland
Debbie (Dillard) Glasscock
Don Wiggins
Bruce Adams
Derrell Wayne Hollis
Kenny Berry
James Nichols
Stevie Letney
Lee Roberts
Mrs. Charles Dillard
Freddie Childers
Jimmy G. Meador
Amber (Phillips) Snell

SEPTEMBER 24

Sharon Thornton
Elmer Graham
Clayton Smart
Mrs. Sam Clark
Shirley Simpson
Faye Smith
Dianna Mobley
Eddie Lawayne Rose
Sheree Knight
LeJean Wyatt
Annie Lee Bickford
Pauniece Oglesby
Diane Stewart

SEPTEMBER 25

Britain Hollingshead
Shelly (Strength) Taylor
Steve Strickland
Richard Allen
Ed Stephenson
Mrs. Karon Huckabee
Bonita Horton

Honor Awarded to Callahan County Sheriff's Department

Callahan County Sheriff's Department Jail Administrator, Desma Cantine, was awarded a coveted spot at the "Basic Jail Administrator Academy," at the George J. Beto Criminal Justice Center in Huntsville, Tx. This all expense paid Academy is hosted by the Correctional Management Institute of Texas, in conjunction with the Sheriff's Association of Texas, the Texas Jail Association, and the Texas Association of Counties.

The Correctional Management Institute of Texas selected ONLY 36 applicants from the entire State of Texas to attend this Academy!

The curriculum will cover issues such as, risk management, jail standards, policy and procedure, jail staffing, budget management, strategic planning, and many more issues pertaining to the operation of a jail.

Education is of the utmost importance to Sheriff Windham and his entire staff. Staff training is essential to the successful operation of a Department, to better equip them to serve and protect you, its citizens. Sheriff Windham and staff eagerly search out cost efficient training, and take advantage of every opportunity, such as this, to apply for free training.

It is an honor for Jail Administration Desma Cantine to be selected for this Academy, as well as for the Callahan County Sheriff's Department and the citizens of Callahan County, to have a Callahan County representative at this Statewide Academy!

Congratulations!

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Curves of Clyde celebrates Women's Health & Fitness Day

Clyde, TX (Grassroots Newswire) September 10, 2009 —More than half of adult U.S. women are overweight and more than one-third of adult U.S. women are obese, according to the American Obesity Association. In fact, obesity plays a major role in the poor health of women, including diabetes and high blood pressure. Such statistics can be alarming, and the increase in obesity is why places, like the local Curves center, have educational programs to address weight loss through focused curricula and classes.

"Wouldn't it be great to have a program that helps you reach your weight goal and stay there? In order to reach your weight goal, however, you have to re-train and sustain your metabolism," says Gail Madden of the Clyde Curves. In recognition of National Women's Health and Fitness Day on September 30th, the Curves location in Clyde is announcing its no cost, 30-Day Diet Plan program for all Clyde-area women interested in weight-loss results and health improvement.

According to Madden, the 30-Day Diet Plan program is a series of free weight management classes. These classes are based on recent research findings from the Exercise & Sport Nutrition Laboratory at Texas A&M University. They teach Curves' demonstrated method for raising metabolism and losing weight.

"National Women's Health and Fitness Day gives us an opportunity to show women in our own community how easy it is to gain control of their weight," Madden said. "We realize women in Clyde are thinking about going to other programs like Weight Watchers. That is why we invite them to take a look at our program which is free to join and backed by a studied system."

Classes for the 30-Day Diet Plan program include:

1. Start-Up Class (90 minutes) and progression to Phase 2 for first-time participants.
2. Phase 3 Class (30 minutes) to teach the most important stage of the Curves Weight Man-

agement Plan and special techniques for ongoing weight maintenance.

3. Special Topics Classes (30 minutes) to cover a different health-related topic each month, including Smart Grocery Shopping, Choosing the Right Carbohydrates, Eating Out, Emotional Eating and more.

All classes are available at no fee and no membership is required. The classes are administered by hands-on activities facilitated by weight management coaches from Curves of Clyde, and DVDs that provide lessons by Curves' Registered Dietitian Nadia Rodman. Participants are encouraged to make a weekly appointment to weigh in with their weight management coaches, who provide ongoing support and accountability.

"We hope to show local women how they can benefit from these specialized classes," Madden said, "and invite them to learn a brand new way to lose weight and keep it off- without counting points, calories or carbohydrates."

For more information about Curves of Clyde and when the diet classes are offered, please contact Gail Madden at 325-893-9110 or 974Y92J@curvesmail.com.

About Curves: Curves works every major muscle group with a complete 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance. Curves also works to help women lose weight, gain muscle strength and aerobic capacity, and raise metabolism with its ground-breaking, scientifically proven method that ends the need for perpetual dieting. Founders Gary and Diane Heavin are considered the innovators of the express fitness phenomenon that has made exercise available to around 4 million women globally, many of whom are in the gym for the first time. With nearly 10,000 locations worldwide, Curves is the world's largest fitness franchise. For more information, please visit: www.curves.com.

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September Community Health Calendar from Brownwood Regional Medical Center

BRMC Community Education Schedule

Free Diabetes Education
Tuesdays - August 5th thru September 2nd
Join us for an hour of educational information on various topics related to diabetes; to register call 325.649.2647.

Fitness Evaluations and Personal Training

The Brownwood Regional Rehab & Fitness Zone offers personal fitness evaluations* and programs* with a certified personal trainer. Memberships are available. Please call 325.646.0600 for more information.

Women's Services

Sibling Tours of the Women's Center Designed for children over the age of 2 to become familiar with the Obstetrics Unit where "Mommy" and their new baby will stay. Please call 325.649.2120 to coordinate a visit.

Bereavement Counseling

Individual or couples' counseling is provided to patients who have lost a child during or after pregnancy. For more information, contact Kyla Berry, R.N., at 325.649.2127.

Tiny Toes

Free Tiny Toes Maternity Club
Expectant mothers are encouraged to join our free Tiny Toes Maternity Club. Members receive a lullaby CD, "What to Expect When Expecting" book, Tiny Toes Partner Discounts and a keepsake footprint certificate. Ask your physician for an enrollment form or visit www.brnc-cares.com to enroll online.

Free Tiny Toes Childbirth Class

Class includes relaxation, breathing techniques and other information to prepare for labor and deliver. Free to parents delivering at BRMC. Childbirth class should be taken in the 7th month of pregnancy. Class size is limited; to register call 325.649.3313.

Hot Ostomy Support Group

Sunday, September 20th 2:30pm in Classroom 2
Big Country Chapter

Moderator Joan Countess addresses the group on a variety of ostomy related issues. They meet the 3rd Sunday of each month from 2:30pm to 3:30pm in Classroom 2 of the Outpatient Center. For more information, call Joan Countess at 325.643.5820.

Healthy Woman

A free community resource designed to empower women with knowledge and confidence to make informed healthcare decisions.

Free Healthy Woman Luncheon

Topic: Minimally Invasive Hysterectomy and Alternatives
Tuesday, September 8th from 12:00pm - 1:00pm
BRMC Meeting Room

Lunch will be provided free of charge; must be a member of Healthy Woman and RSVP on www.brnc-cares.com "Healthy Woman" events link. Program is limited to 50 participants.

Senior Circle

A social activity group for adults age 50 and older. Members receive numerous discounts from national and local businesses. For membership information visit www.brnc-cares.com "Senior Circle" link, pick-up a brochure at the BRMC front desk or The Rehab & Fitness Zone, or call Donna Hair at 325.649.3392.

Upcoming Senior Circle Events:

Free Senior Circle Bingo
Thursday, September 21st at 1:00 pm; BRMC Meeting Room

Need a Doctor?

Call the BRMC Physician Referral Line at 325.649.3394 or visit www.brnc-cares.com. "Find a Physician" link to view physicians by specialty.
* Call for fee

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Ads Noon on Tuesday
Articles Noon on Monday

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Brandon Rhyder

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Angelfood September 2009 Menu

Signature Box - \$30
 1.5 lb. Ribeye Steaks (3 x 8 oz.)
 1.81 lb. (avg) Perdue Tray Pack Split Chicken Breast (2 large breasts)
 4 lb. Chicken Thighs
 1.5 lb. Pork Chops (4 x 6 oz.)
 1 lb. 80/20 Lean Ground Beef
 1.5 lb. 100% White Meat Turkey Burgers (4x6 oz.)
 12 oz. Deli Ham
 1 lb. Frozen Sweet Potatoes
 1 lb. Frozen Green Beans
 15 oz. Pears (Product of USA)
 12 oz. Orange juice concentrate (100% juice, no sugar added, makes 1 quart)
 3 lb. bag Fresh Idaho Potatoes
 2 lb. bag Fresh Onions
 32 oz. 2% Shelf Stable Milk
 Dozen Eggs
 Dessert

For more information go to www.angelfoodministries.com

Senior Convenience - \$28
 Herb Chicken/potatoes
 Beef Stew
 Chicken Parmesean
 Swedish Chicken
 Swedish Meatballs
 Chicken/Broccoli Alfredo
 Macaroni and Beef
 Chicken and Rice
 Breaded Baked Fish
 Spaghetti/Meatballs
 Assorted cookies, strawberry, applesauce, mixed fruit cup, pineapple fruit cup, grape juice and fruit punch

Frozen and Dry Mix Allergen-Free Food Box \$35.00
 Breaded Chicken Breast Chunks
 Chicken Tenders, Chicken Wings, Steak Fingers, Chick Filet Patty
 Dry Mix ...Waffle, Vanilla Cake, Blueberry Muffin, Cobbler Crust

7 lb. (avg) Perdue Roaster
 2.5 lb. Boneless Netted Ham
 2 lb. Frozen Diced Sweet Potatoes
 3.5 lb. (avg) Frozen Corn Cobbett's (12)
 2 lb. Frozen Green Beans
 1 lb. Frozen Cranberries
 17 oz. Ready to Cook Corn Bread Dressing
 8 ct. Heat and Serve Large Dinner Roll
 4.5 oz. Brown Gravy Mix
 1 Dessert Item (Pie or Cake)
 1 Recipe Sheet with Scripture

September Special #1 - \$23.00
7 lb. Assorted Meat Grill Box
 1.5 lb. Bone in New York Strip Steaks (2x12 oz.)
 2 lb. Baby Back Pork Rib
 2 lb. Lean Hamburger Steaks (4x8 oz.)
 1.5 lb. Italian Sausage w/Cheese

September Special #2 - \$22.00
5 lb. Assorted Meat & Chicken and Combo
 2 lb. New York Strip Steaks (4x8 oz.)
 1.5 lb. Bacon Wrapped Ribeye (4x6 oz.)
 1.5 lb. Bacon Wrapped Chicken Filet (4x6 oz.)

September Special #3 - \$21.00
11 lb. Random Size Split Chicken Breast Box
 11 lb. Split chicken breast (20-24 count)

September Special #4 - \$22.00
Fresh Fruit and Veggie Box
 1 head Premium New York State Green Cabbage
 3 lb. Prem. Idaho Baking Potatoes
 2 lb. Prem. Western Grown Yellow Onions

1 lb. Prem. New Crop Carrots
 1 Prem. Extra Large New Crop Butternut Squash
 4 Premium New Crop Bartlett Pears
 3 lb. Premium New Crop Golden Delicious Apples
 3 lb. Prem. New Crop McIntosh Apples
 1 Prem. California Vine-Ripened Cantaloupe
 1 Prem. Haas Avacado
 1 Prem. Tree Ripened Mango
 6 1.5 oz. Pkg. California Seedless Raisins
 1 pkg. Uncle Wiley's Homemade Apple Pie Spice

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Local residents may place their orders at the Cross Plains Senior Citizens' Center Monday thru Friday from 9 a.m. -1:00 p.m.

You may pick up your food at the Cross Plains Senior Citizens' Center, 108 North Main, 9-9:30 a.m. 254-725-6521

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Barb's Cues

By Barbara Holmes Worcester

A CONSPIRACY OF KINDNESS

My friend Randy Jessen tells this true story of love and kindness. It is a little longer than our usual fare, but I think you will find it well worth reading!

If you had to choose one word to describe Kevin, it might be "slow." Kevin didn't learn his ABCs as fast as other kids. He never came in first in the school yard races. However, Kevin had a special rapport with people.

When Kevin discovered that the Pastor at his church, Randy Jessen, was putting together a boys basketball team, his mother let him participate and soon basketball became a center of Kevin's life. He worked hard at practice. While the other boys practiced dribbling and lay-ups, Kevin shot baskets. He had a special spot near the free throw line. He threw and threw the ball, and it occasionally went in! When that happened, Kevin raised his arms and shouted, "Look at me, Coach!"

The day before their first game, Coach Randy gave each player a bright red jersey. Kevin was number 12. He scrambled himself into the sleeves and wore that jersey almost every day. One Sunday morning, the church service was interrupted by Kevin's excited voice. "Look Coach!" He lifted his gray wool sweater to reveal the red jersey underneath with number 12 on the front. Nobody minded the interruption; the church knew Kevin and loved him.

I'd like to be able to tell you that the team did well. Actually, they never won a game that season except for the night it snowed and the other team never showed up. At the end of the season, the boys played in the church league's tournament. As the last place team, they drew the unfortunate spot of playing against the first-place team — boys who had never lost a game all year.

The game went as expected, and near the end of the fourth quarter Kevin's team stood nearly 30 points behind. It was, then that one of the boys called time-out. "Coach," he said, "This is our last game and Kevin's never made a basket. I think we should let him make a basket. The team agreed. Kevin was instructed to stand at his special place near the free throw line and wait. He was told that when he was given the ball, he should shoot. Kevin was ecstatic. He ran to the floor and waited. When the ball was passed to him he shot - and missed. Number 27 from the other team snatched the rebound, dribbled down the court for an easy lay-up. But a moment later Kevin got the ball again. He shot and missed. Number 27 repeated his performance for another two points. Kevin shot a third and fourth time with the same result. But then the other team seemed to figure out what was going on and the next time they snatched the rebound, they threw it to Kevin! Kevin shot...and missed. But now every rebound came to him and he threw and threw toward the basket.

Both teams had circled Kevin by this time and all of the boys were shouting, "Kevin! Kevin!" The crowd took up the chant. Soon everyone in the gym was shouting for Kevin! Coach Randy was sure the game should have been over by this time and he glanced at the clock. It was stopped at 4.3 seconds! The timekeepers were standing by their table shouting with the crowd, "Kevin! Kevin!" The world had stopped for Kevin. He shot and shot and finally one of his shots took a crazy bounce on the rim and...went in! Chaos reigned! Everyone stood and cheered as if one boy had single-handedly won a world championship. Kevin's arms sprang up in the air and he shouted, "I won! I won!" His team escorted him from the court, the clock ticked down and the game was over.

That day an undefeated team retained their perfect record. But everybody won. Everybody because everybody had participated in a crazy conspiracy of kindness, a simple act of mercy, that was so compelling, so powerful, that I'm sure all of heaven rejoiced!

By Steve Goodier

Beverages

Punches continued

Sparkling Yuletide Punch

2 gallon apple cider
 2 quarters strong tea
 8-10 lemons, juiced, some rind saved
 4 quarts cranberry juice
 2 quarts orange juice

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Cross Plains Review

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September 17, 2009

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STATE GAME WARDEN - James Brown presented the Kiwanis program Tuesday, Sept. 8th. His program included a video illustrating proper hunting ethics and the changes in this year's hunting regulations. The public is always encouraged to attend these meetings.

The Doctors Prescription for Health

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

FIBER IN THE DIET AND HEALTH

Based on my 30+ years of providing medical care for folks, very few have ever asked about fiber in their diet.

Admittedly, fiber in one's diet is not the most exciting topic in medicine but what fiber does is very significant.

One of the major problems with our current diet of fast food, and highly processed food, is that both tend to be quite low in dietary fiber.

Generally speaking, two types of dietary fiber exists, soluble and insoluble. Simply put, soluble fiber dissolves in the human intestinal tract, while insoluble fiber does not. So why is one fiber different from the other for one's health?

As soluble fiber combines with water, a gel type substance is formed. This substance contributes to a healthy GI tract in several ways. Among other things, this slows the speed of movement in the GI tract, which makes an individual feel full longer, as well as helping to prevent constipation. Additionally, soluble fiber helps to lower cholesterol and greatly improved the functioning of a person's insulin. Thus, both a diabetic, as well as a person with hypoglycemia, will feel much better.

Insoluble fiber acts as nature's #1 laxative. As a result of retaining water, the waste of the digestive process moves along quicker once in the colon, thus lowering the risk of developing colon cancer and diverticulosis among other

things, such as hemorrhoids.

From this information, we can realize that diet low in fibers can increase the chance of developing gallstones, high cholesterol, heart disease, colon cancer, obesity, indigestion, constipation, fatigue, poor concentration, and so forth.

While a diet high in the proper types of fiber is not a cure all, it is certainly a major portion of the proper foundation for experiencing a maximum state of health.

What are some common high fiber foods? Fruits such as apples, bananas, oranges, cantalope, and watermelon are excellent sources of fiber for your diet.

Vegetables such as baked potatoes with skin, yams, beans, carrots, peas, red cabbage and spinach are all excellent sources of fiber.

From the family of grains, we can choose allbran cereal, oatbran, whole meal brown bread, and nutritional supplements such as guar gum.

One thing is certain. While fiber sounds boring, with the food selections available, your choices of what to eat does not have to be.

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

"Men acquire a particular quality by constantly acting in a particular way."

Aristotle

"Keep thy heart with all diligence; for out of it are the issues of life."

Proverbs 4:32 KJV

TxDOT Launches Online Tools Highlighting State's Top 100 Congested Roadways

Posting of information on pavement quality, impact of spending complies with legislative request

AUSTIN - The Texas Department of Transportation unveiled new website tools Tuesday, September 1, enabling website visitors to interactively examine lists of congested roadways in the state, look up pavement condition ratings and see how the maintenance funds spent in their area will impact their roadways. The tools, which are linked to the department's project tracker, were created at the direction of the Texas Legislature.

The idea of sharing congestion data with the public is not new - the Texas Transportation Institute (TTI) at Texas A&M University has long distributed reports on congestion levels throughout the United States, including those levels in Texas. Sharing the information in such an interactive and state-focused manner is always an appropriate exercise, especially in times of tight funding. TxDOT will work with Metropolitan Planning Organizations across the state to align resources to meet the most pressing needs.

TxDOT coordinated with outside research institutions to ensure the accuracy and impartiality of the methodology used in the new tools. While TxDOT tracks pavement quality scores, the Center for Transportation Research, housed at the University of Texas, provided the information to determine the impact of maintenance expenditures based on a formula developed by their researchers. The list of the top 100 most congested roadways was compiled using information from TTI, which creates an annual list of most congested urban areas in the nation based on their calculation of a Traffic Congestion Index.

According to Mary Beth Kilgore, Abilene District public information officer, there were no towns in the big country listed among the 100 most congested roadways.

The new website tools and the TxDOT project tracker are available by visiting <http://www.txdot.gov/project-information/default.htm>.

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16-Cross Plains Review March 19, 2009

Church of Christ Preacher Change

Last September when Nancy and I moved to Cross Plains to be the preacher at the Church of Christ, our intentions were to make this our home for years to come. We have enjoyed your community during this past year. You have welcomed us so graciously and we value that greatly.

This past week Nancy and I received a call inviting us to return to the Sterling City Church of Christ where we previously served for 7 1/2 years. After much thought and prayer, we have made the decision to accept their

invitation to return as their preacher.

Our plan is to stay with the church here through the last Sunday in October. We will begin our work in Sterling City on Sunday, November 1st.

Nancy and I have come to love this church. We will miss each of you and we will keep you in our prayers. We are thankful that we leave with their understanding, blessings and prayers.

May the Lord be with this church as they search for their new preacher.

Submitted by Don Davis

Workshop for Rural Communities

Texas Midwest Community Network and the Texas Forts Trail will host three workshops in the region for the GO TEXAN Certified Retirement Community and Texas Capital Fund/Main Street Programs conducted by Texas Department of Agriculture.

The purpose of the workshop is to provide communities with information about the programs, application preparation and scoring insight. The all-day workshop (9 a.m. to 4 p.m.) will be presented at the following three locations.

Sept. 21st—Brady, FBC Family Life Center, 1103 W. 17th

Sept. 22nd—Sweetwater, TSTC Center, on campus

Sept. 23rd—Eastland, Connellee Hotel, 209 West Main

Benefits of being designated a Certified Retirement Community include promotional and program assistance offered through TDA. The Texas Capital Fund has been a long standing support for rural economic development. New elements of the program will be explained during the workshop.

Registration for the workshop (\$20/person) includes lunch and must be received prior to September 16th. Workshop details and online registration can be found at www.texasmidwest.org/retirement-registration.html or call the TMCN office at 325-795-8626.

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95 Mercury Cougar XR7, Very Nice Car, (Gold).....	\$2,450
94 Mercury Cougar, 4.6 V8, Super Nice Car.....	\$2,450
93 Mercury Cougar XR7, Runs Good, (Green).....	\$1,195
01 Chev. Cavalier, Runs, Drives Good, Weak Paint, (Red).....	\$1,850
00 Pont. Grand Am, 4 cyl. Looks Runs Good, (Red).....	\$2,395
97 Ford T-Bird, V6, Runs Good, (Red).....	\$1,750

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97 Ford Explorer, V6, Loaded, Runs Good, (Black).....	\$2,995
98 Windstar V6, Automatic, Runs Good (Tan).....Reduced to.....	\$1,950
97 Ford Aerostar XLT, Loaded, Runs, Looks Good...Reduced to.....	\$1,950
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99 Ford F250 4 door S. Cab, Pwr Stroke, Spr Duty, 6 spd.....	\$4995
99 Ford F250 4 door S. Cab, Pwr Stroke, Spr Duty, 6 spd.....	\$4995
97 Ford F250 Heavy Duty, S. Cab, Pwr Stroke, Reduced to.....	\$4250
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98 Ranger XLT V-6 Automatic.....	\$3695
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00 Chevy 2500 Ext. Cab, V-8, 5 spd. Looks Runs good(White).....	\$2500
99 Chevy 1 Ton w/van body, Looks, Runs good \$2950-Less van body	\$2250
88 Chevy Crew Cab, V-8 Gas or propane, Runs very good, Cowboy sleeper	\$1795
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There is NO Charge for Announcements Without Descriptions Call 254-725-6111 For Details

Rising Star Roping Association Trail Ride set for Saturday

The Rising Star Roping Association will kick off its membership drive with a trail ride September 19th.

Purchase a membership, and join us for a members' only trail ride Saturday, September 19 at Robby and Connie Harding's farm, located 3 miles West of Rising Star. Going west on Hwy. 36 turn right on CR 268, go 1 mile and turn left on CR 269, go to 2nd drive on right approx. 1/2 mile.

Riders will pull out at 10 a.m. and return to headquarters at noon for a cookout. Cost of the meal will be \$5 per person. Contact Connie Harding at (254) 643-4101 or (254) 643-0035 to reserve a spot.

Membership fees are \$30 per family or \$25 for individuals and may be purchased ahead of time or the morning of the trail ride. Current Coggins required. In case of rain, the trail ride will be rescheduled.

This is the first of several events planned by the Association, so get your membership, saddle up your horses and join us for what is sure to be a great time!

Cross Plains Com. Health Center 200 N. Main -Cross Plains, Tx. (254) 725-4311

Albert M. Kincheloe D.O. Medical Director

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- * Cost of Medical Care Based on Income!
- * Insurance also accepted; Medicaid, Medicare, CHIPS & most other insurances.

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* Medical Treatment for chronic problems: Diabetes, Hypertension, Cholesterol, Thyroid & Menopausal problems, Emphysema, Asthma, etc.

* Injections of the Back, Neck, Joints, Heel Spurs and Trigger Points.

* Manipulative Therapy of Back & Neck!

* Allergies * DOT Physicals

* Well Woman & Health Step Exams

* Walk-ins Accepted * Appointments Offered!

* Donna Ringhoffer, LPC - Counselor Available Thursday- All Day in Cross Plains