merica's campaign against terrorism

Bailey Hutchison (R-Texas)

Sept. 11 attacks, we have come to ate end, like the Gulf War. realize that our country has been at-

and evil, and in the process of holding after that as well. accountable those responsible, the United States will act in a united.

The President recently stated that, with the assistance of the British, is ist Taliban regime. bombing military targets in Afghani-

This is the first critical phase of support them.

what will be a long campaign against Since the very first days after the battle, with a conclusive and immedirible act go unanswered.

tacked and our freedom must be de- and sacrifice, but we will prevail. We past months and in the 200 plus years cans ran out. will fight not just today, not just to- before that to maintain the freedom of This is truly a battle between good morrow, but next month and the years this country, will never, ever have Army retreated, the last units stayed in

I know that if we remain steadfast and dedicated to our goals, and united history, we have faced the challenges where Major General Joseph Warren conscientious and determined man- in our hearts and our will, victory will

Meanwhile, we are providing huwe will not rest until terrorist groups manitarian assistance, including food, of global reach have been found, have to the innocent Afghan people-people the very first great challenge our nabeen stopped, and have been de- who have starved, suffered and lost tion faced-the battle for our very indefeated." It is why the United States. loved ones at the hands of the extrem- pendence.

have committed evil and those who

terrorism. This will not be a swift unturned-and we will not let this hor- against an enemy more than twice

This will take a great deal of time sure all of those who have died these the end, the ammunition of the Ameridied in vain.

> presented to us with courage and in- was last seen fighting. tegrity-and we have defended freedom no matter the crisis.

We are only targeting those who brave young patriot, Major General decide the important questions upon Joseph Warren, fought against the which rest the happiness and the lib-

•Believing that weight is entirely

size, so the range of what is realisti-

Tax Breaks

dollars in tax breaks.

The exercise component is criti-

In 1999, the Texas Legislature created three franchise

tax credits for economic development. This

year, businesses in 224 Texas counties can

apply to receive hundreds of millions of

Franchise tax credits are

available in these areas:

Job Creation

Investment

Research

For more information on franchise tax credits,

http://www/taxinfo/taxpubs/tx96_686/tx96_686.html.

Source: Carole Keeton Rylander, Texas Comptroller (www

visit the Comptroller's Web site at:

We will not let any stone remain with the other American irregulars worthy of yourselves." their size-causing the Redcoats to lose now-and it is a challenge. It is our responsibility to make more than a third of their troops-but, in

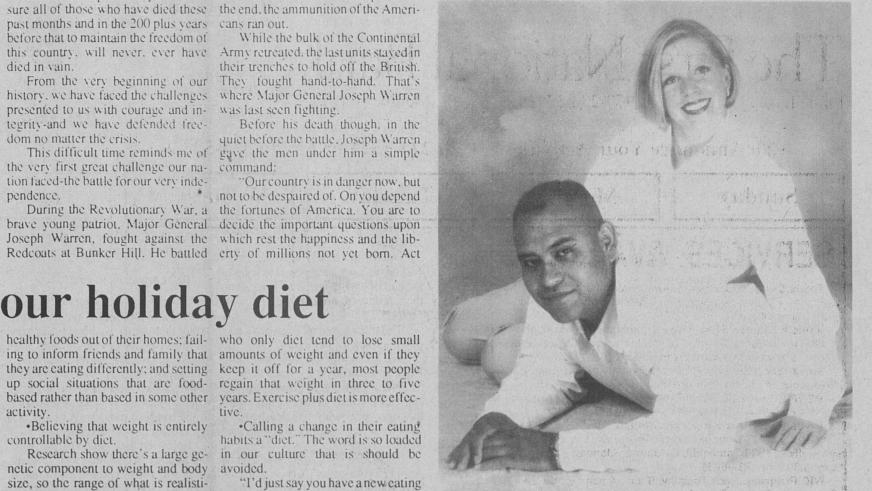
While the bulk of the Continental their trenches to hold off the British. From the very beginning of our They fought hand-to-hand. That's

Before his death though, in the quiet before the battle. Joseph Warren This difficult time reminds me of gave the men under him a simple

"Our country is in danger now, but not to be despaired of. On you depend During the Revolutionary War, a the fortunes of America. You are to Redcoats at Bunker Hill. He battled erty of millions not yet born. Act

you mean you're on a diet?' I'd say,

I know we are all capable of living That command applies to all of us up to and even exceeding. God Bless



Matula, Estrada to wed

'No, I'm just eating differently than I Mr. and Mrs. Len Matula of Eagle Lake are pleased to announce the engagement and approaching marriage of their daughter, Len Marie, to Ronnie Jay Estrada, son of Mr. and Mrs. Rudolf Estrada Sr. of Weimar. The bride-elect is a 1994 graduate of Columbus High School and cur-Keeping an Eye on Texas

ently employed as a dental assistant for Dr. John Myres in Eagle Lake The prospective groom is a 1994 graduate of Weimar High School and

employed with Schulenburg Printing as an outside sales representative. The couple is planning a February 2, 2002 wedding at St. Mary's Catholic Church in Nada.



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Lasy Street	Values to Same	Now	\$29.99 to \$ 39.9
Hush Puppy		Now	\$29.99 to \$39.9
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Tips on sticking to your holiday diet It's equally important not to beat healthy foods out of their homes; fail- who only diet tend to lose small

By Dr. Sally Stabb, Texas

Women's University People who are watching their weight are surrounded by temptations to give up on their diets after one slip- up social situations that are food- regain that weight in three to five throughout the year, but the holidays

can bring increased pressure to eat. Dr. Sally Stabb, associate profes-Texas Women's University in Den- and just start up again. ton, says social rituals and celebrations almost always tend to involve contribute to successful dieting.

"During the holidays, many people have multiple rounds of visiting friends and family-especially if they have step, blended or divorced families in which a number of sets of relatives must be visited," Stabb said. In these situations, she said, people can expectant eyes and smiles of family and friends looking on. So we feel more likely to do better. obligated to eat in order not to be considered rude.'

Stabb recommends that people who are trying to stick with a diet or exercise routine be appropriately assertive about maintaining their rou- cating plan that is medically safe, tines during the holidays.

"I think it is wise to talk to family members before the holidays ever get started and make some plans that will and being able to say "no" without

to your own body.

Your body tells you when you have had too much, or what things disagree with you at what times of day, so time. take those messages from yourself seriously," she said.

Dieters who allow themselves to foods. be tempted should build in some times to break their diets, Stabb said.

"An unrelentingly severe diet makes people resentful, hungry and often just plain miserable," she said. might as well give up.

"It's OK to allow yourself some leeway on the weekends, or one day a ment for success. week or for one of your holiday meals.

yourself up if you slip.'

Stabb said it's common for people they are eating differently; and setting keep it off for a year, most people up, but that doesn't have to be the case.

'Relapse is the rule-not the excepactivity. tion-when it comes to dieting, so know sor of psychology and philosophy at it will happen; don't punish yourself: controllable by diet.

Additional preparation could also netic component to weight and body avoided.

"Psychological researchers have cally obtainable often is smaller than plan," Stabb said. "If people say, 'Oh, identified stages of change that people most people are led to believe. go through when trying new behaviors," Stabb said. "You first have to cal. Research show that most people used to." work through your internal understanding of the issues and then take

"If you're telling yourself, 'I easily find themselves at a luncheon should,' you're not ready," Stabb said. followed by a dinner, "all with the "If you're telling yourself, 'I want to,' and you really do want to, you are

"You can't do it to please others: you have to do it to please yourself."

When people reach the point where they want to eat differently, Stabb said, they should choose an reasonable, not extreme and has some degree of appeal to them.

"Try it; play with it; modify it to your own needs," she said. "If posbe mutually agreeable and supportive sible, add exercise, which research of your eating goals," she said. Sup- shows is a very important component port from family friends is helpful, of weight loss - an health in general."

feeling guilty is important, she said. Dr. Stabb, said the most common Stabb also recommends listening mistakes people make when dieting

> •Picking a plan so severe that they feel hungry and are resentful all the

·Using fad diets that limit their food intake to only one or two kinds of

These diets probably are not healthy, and they get so boring that hardly anyone can stick with them.

•Deciding that if they slip up, they

·Failing to structure their environ-

This means failing to take un-

Selman named TBD chairman

commercial cattleman and industry the state's livestock auction markets. leader, was recently named chairman of the Texas Beef Council (TBC) for commercial operator from Comanits 2002 fiscal year. Selman represents che, was named vice chairman. He rethe Independent Cattleman's Asso- presents Texas and Southwestern Catciation on TBC's board.

The U.S. has 45 state beef counstate, about \$12 million per year.

fund national and international pro- ciation. grams of beef research, education and promotion. TBC's board invests 26c of the other half dollar on additional national and international programs.

TBC operates on the remaining 24c to extend the national checkoff effort in Texas. With 20 million residents. Texas is the second most populous state behind California.

TBC's board of directors comprises 20 beef producers appointed by the nine Texas organizations involved in cattle and beef production. The board also includes two at-large directors who help assure representation of certain economic sectors or geographic regions.

The board meets quarterly to oversee and direct the Texas beef checkoff

Selman, a past president and state director of ICA, replaces Ken Jordan of San Saba as TBC chairman, Jordan

Continued from Page 3

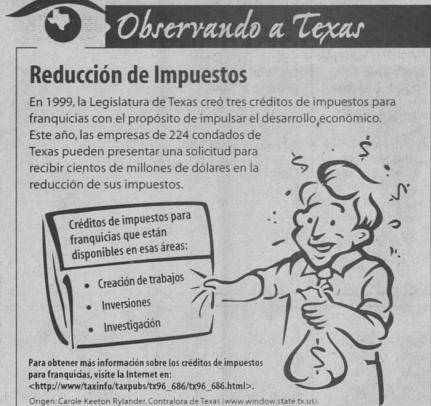
ing them with theft.

At 2:19 p.m., Officer Nelson was called to the 300 block of Burns in reference to a non-nocturnal skunk who had been seen walking around the residences. Officer Nelson eventually caught up with the sleep-walking skunk on college St. where he quickly put the skunk to sleep.

Jim Selman of Gonzales, Texas, a is an at-large member, representing

John Dudley, a registered and tle Raisers Association on the board.

Selman, Dudley and Jordan will cils, all of which are funded solely by also serve on TBC's executive combeef producers through the S1 beef mittee with Greg Davis of Pecos, a checkoff program. Texas generates dairy producer and appointee of Dairy the most checkoff revenue of any Farmers of America, and Clay Birdwell of Canyon, a cattle feeder ap-By law, 50e of each dollar must pointed by Texas Cattle Feeders Asso-



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