



Hue Hillis, Buffalo; Gene Menn, Fayetteville; and Bob Beeler, Centerville are at the head of the buffet line. *Sherry's Shots*



Board Chairman James Lindemann and Branch Manager Brenda Beeler visit with a client as they get ready to enjoy the feast laid out by Country Cousins. *Sherry's Shots*

Open house for Centerville Branch of Citizens State Bank

By Sherry Matney

Citizens State Bank held an open house to show off the beautiful new facility in Centerville. Employees moved into the branch, located on Highway 7, in September 2008, but are just now able to work the celebration into their busy schedule.

On hand to help with the festivities was Chairman of the Board James Lindemann from Industry, Texas. Also at the open house was Hue Hillis, Jr. President of Citizens State Bank in Buffalo.

To make sure customers and guests were treated with Leon County hospital-

ity, Country Cousins set up a mouth watering spread.

Vice President/Branch Manager Brenda Beeler said "Business has really picked up since we've moved into this location. Maybe people just enjoy a change."

Sheriff Jerry Wakefield Issues Appeal to Citizens in Fight Against Crime

Sheriff Jerry Wakefield today announced that Leon County Citizens are being invited to become Associate Members of the Sheriffs' Association of Texas.

Membership invitations will go out in the mail over the next several weeks. Associate Member dues will be

used to support crime prevention and awareness programs, promote public safety, fight drug abuse, provide additional training for sheriffs and their deputies, and provide scholarships for children of law enforcement officers.

Contributions to the Sheriff's Association of Texas are tax-deductible.

"I encourage every citizen receiving a membership appeal to consider joining forces with us by becoming an Associate Member. It is a valuable investment in our future," said Sheriff Wake-

field.

Citizens not receiving a membership appeal or desiring more information can contact the Sheriffs' Association of Texas at:

1601 S. IH-35, Austin, Texas 78741 or www.txsheriffs.org.

The Sheriffs' Association of Texas does not make solicitations by telephone. If you receive a phone call from someone who uses the Sheriffs' Association of Texas name, please report it to your local Sheriff or County/District Attorney.



Donna Bearden was the winner of a CZ Redhead over/under shotgun in the Buffalo Volunteer Fire Department fundraiser raffle at the Buffalo Gun Show last weekend. Bearden took possession of her prize on Friday afternoon in a presentation at Buffalo Sporting Goods. Pictured, L-R: Donna Bearden, fireman Kevin Raboin, Fire Chief Shaine Reeder, and Archie Van Wey. *Van'Go'photo*

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Reduce your risk

Learn New Ways to Take Care of Your Type 2 Diabetes

Do you feel like you need to know more about how to take care of your type 2 diabetes?

An important tool for managing your diabetes is your glucose meter. Some people avoid checking their blood glucose because pricking their fingers for a sample hurts too much. Some people were taught the best place to get a blood sample is the central part of their finger tip, which is actually the most sensitive part of the finger tip. Pricking your finger there is going to hurt more than the side of your fingertip. Learning how to test on the side of the fingertip instead significantly reduces pain. Furthermore, today, most meters and strips allow you to check your blood glucose in other sites, such as on your arm between your elbow and wrist. New lancet sets allow you to reduce the depth of the needle prick and to use a thinner needle because smaller drops of blood are required to get a good reading. Many people report their pain and discomfort are reduced to almost nothing once they get new equipment and learn how to use it properly.

Have you heard about insulin pens or new insulins that control your blood glucose with no peaks over a 24 hour period? Just what is rapid acting insulin, and why do so many people like to use it? There are many new oral medicines, too. Do you really have to use alcohol when you prick your finger or give your insulin injection?

Do you understand what your doctor is telling you when she says your hemoglobin A1C is too high? Is 8 percent too high when less than 7 percent is the recom-

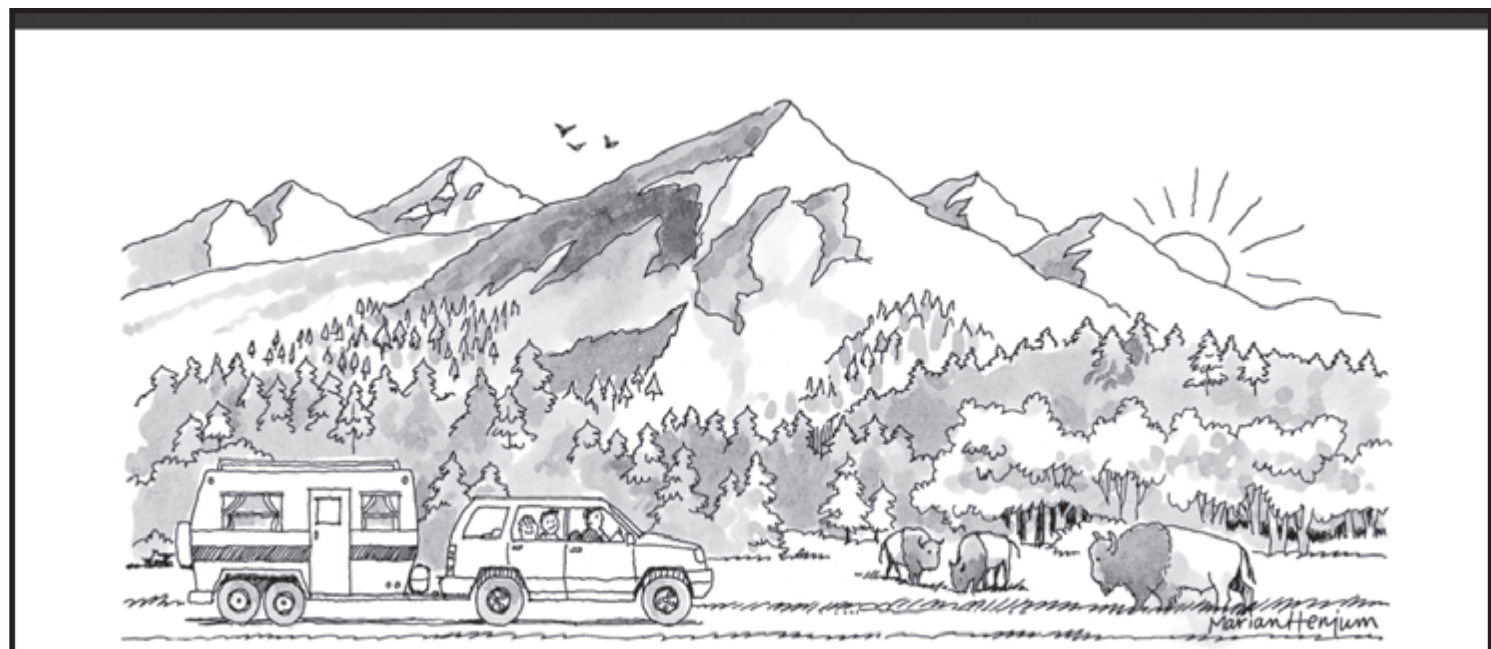
mendation by the American Diabetes Association?

While taking care of your diabetes is not easy, you might be surprised to learn that there are many new tools and methods to help you keep your blood glucose in the recommended ranges.

Texas AgriLife Extension Service and the Palestine Resource Center are offering a five class series with nine topics called Do Well, Be Well with Diabetes. These classes are being taught by a team of volunteer nurses, dietitians, pharmacists, and

other health professionals to provide you with the latest information on how to better manage your type 2 diabetes. Self-management of type 2 diabetes has changed a lot. Come to these classes and learn how to not only make your life with diabetes

easier, but how to reduce your chances for complications. The classes will be held April 7, 9, 14, 21, and 23 from 10:00-12:00 at the Palestine Resource Center. Classes are free. Call the county Extension office at 903-723-3735 to enroll now.



IRAs Are More Attractive Than Ever!

The popular new Roth IRA lets you save for retirement tax-free. With the new Education IRA, you can set money aside for college tax-free. In addition, traditional



IRAs have been expanded and offer more flexibility and tax benefits than before. For more information about these new IRAs, come in today.



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