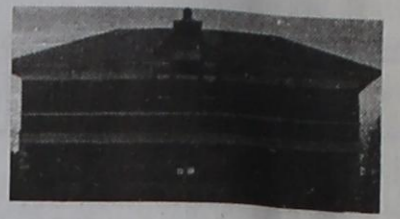


Baird Star

The Baird Weekly Star,
Established December 8,
1887



50¢
31¢ By Mail

Callahan County Star
888-227-1708 or
254-629-1707
Fax 254-629-2092
telegram@eastland.net

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Volume 117, Number 14

Baird, Texas 79504

Thursday, April 7, 2005

BAIRD BEARS

Sports, Sports, Sports

April 4-8 - HS Track & Field - District @ Roscoe
April 8 - Varsity Baseball - *Gorman - H - 5:00 pm
April 11 - Golf - District Tournament - Riverside - San Angelo - Boys/Girls
April 21 - 22 - TAKS Test

Baird Junior League Baseball Signups

Baseball signups for junior league baseball are underway. Boys ages 15 and under are eligible to play in this league. The team will compete against area teams from Clyde, Cisco, Cross Plains and other nearby towns. This is the same league in which Baird has fielded a team the last couple of years. The season will begin in the middle of May. To signup, please call Shane Deel at 665-9945 or be present at the Little League baseball field on Thursday, April 14th at 6:30 pm. The signup fee is \$35.

District 10-A Golf Tournament 4-Apr-05 First Round Boy's Division

Team Results

Baird 336
Eula 369

Team Score

Baird: 336

Jay Calvo 74
Blake Manning 79
Chance Rodriguez 95
Koby Parker 88

Albany A: 387

Jake Williams 89
Tim Wiloth 93
Corbin Kitchens 99
Stephen Londerholm 107
Brit Hudson 106

Albany B: 399

Brock Jones 110
Chance Benson 99
Cory Peacock 97
Kyle Sargent 103
Eric Varela 100

Eula: 369

John Hurt 80
Colby Marcee 91
Drew Hutcherson 82
Corey Jenkins 106

Medalists

Albany

Brandon McCane 100
Caleb Howell 96
Ty Halbert 110

District 10-A Golf Tournament 4-Apr-05 First Round Girl's Division

Team Results

Baird 343
Albany 448

Team Score

Baird: 343

Jodi Neal 75
Misty McDowell 86
Kalya Windham 91
Lea Sweeney 91
Kat Johnston 96

Albany: 448

Leslie Awalt 105
Ashley Parsons 127
Jolea Sanders 117
Kenzie Shack 109
Laci Boyett 117

Eula: 457

Shayla Dement 102
Katy O'Shields 107
Abigail Thompson 119
Lacy Layman 129

Medalists

Baird

Cameron McIntire 118

Albany

Malarie Anderson 122
Kirsten Nobel 114

!Way To Go!

BHS

Veterans News

Entrepreneurship Training Available for Some Veterans

According to Tom Ivey, Veterans County Service Officer for Callahan County, as a service member or veteran you now have an opportunity to use your education benefits to learn how to start or enhance a small business.

Entrepreneurship training allows eligible service members and veterans to use VA education benefits to take courses offered by the Small Business Development Centers (SBDCs) or The National Veterans Business Development Corporation, better known as "The Veterans Corporation." Individual courses must be specifically approved for VA purposes to use your benefits.

You may receive reimbursement for approved entrepreneurship courses if you're eligible for any of these VA Education Programs:

- *Montgomery GI Bill - Active Duty
- *Montgomery GI Bill - Selected Reserve
- *Veterans' Education Assistance Program
- *Section 903 of Public Law 96-342

NOTE: Unfortunately, Dependents' Education (DEA) participants are not eligible for this benefit.

To find out if you might be eligible under any of these programs, call 1-888-442-4551 or check out the internet site at www.gibill.va.gov

Chamber Notes

Keeping Baird Beautiful

Chamber members including the Keep Baird Beautiful committee participated in the Don't Mess With Texas Trashoff last Saturday.

They picked up 25 bags of garbage along Highway 283 beginning at Business 20. The group included Brenda Moore, Donna and Bruce Bell, Peggy Abernathy, Ron Keller, Rick and Debbie McElmurray, Bernice Varner, Terry Stevens and Tommie Jones.

Coming Events

Plans for the annual Antiques Market & Trade Days (June 10-11) are progressing with local and out-of-town vendors already signed up. This price of this year's booth spaces are discounted in honor of Baird's 125th anniversary celebration. Prices include 10x10 outside space at \$45, 10x10 inside \$75,

10X10 in the Arches \$30, and 10x20 outside \$75.

A variety of activities have been added to this year's event to encourage everyone to help celebrate the 125th year since the arrival of the T&P Railroad in Baird. Children's activities scheduled to date include a giant air slide, bungee run, jumper and train. Entertainment will include The Texas Tornadoes which is a line dance club from Abilene.

A cookoff, dance and ranch rodeo are also slated for Saturday the 11th. Entry forms for the Chili-Beans-Brisket Cookoff are available at the Chamber office and local Businesses. The fee is \$50 for one entry in all three categories, and \$10 per additional entry. The Ranch Rodeo sponsored by Callahan County Sheriff's Posse will get underway at 6 p.m., and a street dance featuring Rigo (formerly Dusk Til Dawn) will begin at 9 p.m.

Fundraiser

Everyone is reminded that the limited edition train prints reproduced three years ago from a painting depicting a scene in west Baird are still on sale. The print sale was initiated as a fundraiser to help support Chamber operations.

County Honors Employess National Government Week

April 10-16

Callahan County begins celebration of National County Government Week (NCGW). The County will be holding an Open House on Friday, April 15 beginning at 9:00 a.m. and continuing through the day.

(Continued Inside)

See **Government Week**

1-254-629-1707
Toll Free 1-888-227-1708
Fax: 254-629-2092

Email:
telegram@eastland.net



Praising God through music was what brought this group together. The praise team "Adoration" from Broadview Baptist Church of Lubbock, originated in the fall of 2001. The group consists of 8 members that come from a variety of ages and occupations. The leader of the group, Roy Martin, has been the Minister of Music at Broadview Baptist Church for the past 10 years.

Adoration has been a consistent part of worship at Broadview from the time they were brought together. Outside of their normal worship time they have been asked to perform at retirement homes and at the local Wayland Baptist University Campus in Lubbock. Each member of the group is very involved in other activities at Broadview; from children's choir, youth, college, and teaching adult classes.

On April 10, 6:00 pm the ADORATION Praise and Worship Team from Lubbock will perform at the First Baptist Church in Baird. Everyone in the community is invited to attend!

**\$\$ Tax Time - !!April 15th!!
Don't Be Late -Tax Time \$\$**

D. P. S. Report

03-27-05 to 04-02-05

Cases Investigated

Warnings - 90 DWI - 1 Complaints - 123

Possession of Marijuana - 1

Fugitive Arrest - Theft by Check - 1

Possession of Drug Paraphernalia - 1

Accidents

There was one accident investigated during this time span.

Texas Department of State Health Services

Will hold the following Immunization
clinics in Callahan County

Monday, April 11th

Baird Cafetorium 400 W. 7th

Time 10-12

Cross Plains Housing Authority Office

223 N. Main - Time 2-4

Wednesday April 6th

Clyde First Baptist Church 216 Austin

10-12 & 1:30 - 3

Please bring child's Immunization Records

For more information call 325/754-4945

**Remember To Renew
Your Subscription**

Neighboring News

We invite all our neighbors in Putnam, Moran, Cross Plains, Gorman, Desdemona, Morton Valley, Carbon, Olden, Strawn, Mingus, Santo, and Gordon to submit your local news and events to our newspapers: The Callahan County Baird Star, Cisco Press, The Rising Star, Eastland Telegram, and Ranger Times. We welcome your community news!

Contact the Eastland/Callahan County Newspapers by phone at 254/629-1707; Fax: 254/629-2092; Email: telegram@txol.net.

Callahan County (Baird) Star Classifieds

For Sale

For Sale: Nice 2 Bedroom, 2 Bath House in Rising Star city limits. Good location. \$45,000. Call after 5 p.m. (325) 660-9009.

B52

FOR SALE: 8 Lots with old house, city water and well water, some fruit trees \$16,000. Sipe Spring area, Comanche Co. Call 254-629-8417 or 254-629-8712.

B52

Cool Girl Jeans low rise, Sizes 0-15 slim, \$44.99 at Johnson's Dry Goods, Cross Plains, TX.

B14

For Sale: 21 ft. gooseneck cattle trailer \$2,000; trailer \$600. Call 254-629-8417.

B52

Help Wanted

Short Order Cook needed at Midway General Store 643-1748.

B14

Local trucking company seeks solo/team drivers and owner ops. Home often. CDL-A 888-258-1670.

B15

Help Wanted

DQ in BAIRD has openings for day and night shifts. Starting at \$6.00 and above for qualified workers. Looking for friendly, mature and dependable employees. Flexible hours, vacation and holiday pay. Smoke and drug free working environment. Apply in person today with Manager, David Peery.

B15

CASHIER
Experienced convenient store cashier wanted in Putnam, Texas. Please call 325-662-3328.

B52

FOOD MANAGEMENT
Manager position available for DQ of Albany. \$2,000 monthly base salary plus nice incentive bonus. Holiday and vacation pay. Smoke and drug free environment. Drug test required. Call District Manager, Joana Wuest 325-650-2196.

B15

Help Wanted

Help Wanted: Brick layer and helper needed. Must have transportation within 30 mile radius of Eastland. 265-629-1342.

B14

Business Services

Need computer help? Computer slow? Do you need maintenance or upgrading? Behind on inputting data? I can help! Cal 254-725-4737 Carrie

B14

CASH NOW As seen on T.V.
FOR STRUCTURED SETTLEMENTS, ANNUITIES and INSURANCE PAYOUTS
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*This offer good through February 2005. 5-104

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www.davidleecanico.com 5-104



The Girling Staff Is Ready To Take The Challenge!

Girling Healthcare Staff, pictured above, continue to serve the community with excellent healthcare and community assistance. Call or come by the office for more information regarding home health and hospice care, or for information regarding the "Community Health Challenge."

629-1268

957 East Main in the Shady Oaks Shopping Center
"It's Good To Be Back Home!"

Avi T. Deshmukh, M.D., F.A.C.S.

Board Certified in Urology

Frank V. Terrell, M.D.

Da-Thuy Van, D.O.

General Ophthalmology & Ophthalmic Surgery

Eastland Memorial Hospital

For Appointment call

(254) 629-2601

Errors & Adjustments

Please check your ad the first day that it runs to see that all of the information is correct. This will ensure that your ad is exactly what you want readers to see. Call us at 254-629-1707 the first day if you find an error. We must limit our financial responsibilities, if any, to the charge for the space and cannot be responsible for incorrect ads after the first day of publication.

Ann Williams Real Estate

601 Conrad Hilton Cisco 442-1880
www.annwilliamsrealestate.com

*****ACREAGE*****

50 acres wooded with oak trees, pond, 2 hills with 1 very large hill overlooking Lake Cisco, excellent home site or weekend property, deer, turkey, dove, quail. Possible owner financing, \$60,000.
60 acres by Lake Cisco, over half a mile or road frontage that is within 200 yds of Lake Cisco shoreline, mostly wooded with oak trees, hill overlooking Lake Cisco, canyons, deer, hogs, turkey, dove, quail, \$72,000.
77 acres completely wooded with oak trees, older mobile home, water well, wildlife includes deer, turkey, hogs & dove. \$115,500. An additional 16 ac. will be deeded without a title policy at no extra charge totaling the entire property to 93 ac. Eastland Co.
78 acres with nice camper & shed, thickly wooded with oak timber, 2 good size ponds, big hills, lots of wild life, SOLD, hogs, dove, duck, quail. \$105,624.
81 acres completely wooded with oak and mesquite trees, 1 pond, 1 very large hill down to a creek bottom below, surrounded by large ranches, Stephens County, wildlife includes deer, turkey, hogs, dove, duck & quail. \$87,075.
83 acres mostly wooded with oak trees, easy access, good hunting/recreation property, deer, hogs, turkey, dove, quail. \$82,585.
90 acres wooded and open fields, trees include live oak, post oak & mesquites, 1 pond, seasonal creek, SOLD, turkey, hogs, dove, quail. \$120,000.
110 acres mostly wooded w/large mesquite timber, Eubank Creek runs through the property, 3 ponds, 2 hills, SOLD, ficity, minerals, deer, turkey, hogs, dove, duck, quail. \$995/ac.
117 acres mostly wooded with oak mesquites, 3 fields, 3 ponds, pens, buildings, hilltop view, deer, turkey, hogs, dove, duck, \$995/ac.
160 acres wooded with live oak, post oak & mesquite trees, 2 ponds & a creek, hills with views, waterline, SOLD, turkey, hogs, duck, dove & quail. \$895/ac.
169 acres, mostly wooded with oak timber, large hills, creeks, ponds, canyons, Eastland Co. deer, turkey, hogs, dove, duck, quail, \$1,500 per acre.
172 acres w/3BR home, barns, livestock pens, 2 ponds, headwaters of Leon River, water well, 40% wood, SOLD, pastureland & fields, deer, turkey, dove, quail. \$189,200.
210 acres on Battle Creek, wooded with oak & mesquite, 1 small lake, Battle Creek is a large creek/small river size, lots of wildlife including deer, turkey, hogs, dove, duck, and quail. \$950 per acre. An additional 137 acres that joins the 210 acres can be purchased at \$600 per acre. Stephens Co.
217 acres, 80% fields and grassland, ponds, creek, hill, 20% oak and mesquite timber, Stephens Co. deer, turkey, hogs, dove, duck, quail, \$1,350 per acre.

*****HOMES*****

2 BR, 1 bath home, carport, attached storage, reduced to \$9,800.
3 BR, 1 bath home, separate BR, other outbuildings, reduced to \$16,500.
2 BR, 1 bath home, CH/A, masonry floor, fenced backyard, corner property, \$23,000.
2 BR, 1 3/4 bath home, vinyl siding, double carport with attached storage, fenced backyard, reduced to \$25,000.
3 BR, 1 bath home, large rooms, separate dining room plus space in kitchen for table, some wood floors, WBFP, carport, 2 storage bldgs, \$27,000.
3 BR, 1 bath home, separate BR, SOLD, big kitchen, woodburning heater in LR, large pecan trees, \$35,000.
2 BR, 1 bath home, could be converted into a 3BR home, 6 ceiling fans, inside and outside recently repainted, carpet replaced, oversized yard, \$35,000.
3 BR, 1 bath home inside has been recently repainted & floor covering replaced, also has CH//a, 5 ceiling fans, carport with storage, fenced back yard, \$36,000.
2 BR, 1 bath home, separate office or den, CH/A, carport, corner property, reduced to \$36,000.
3 BR, 1 bath older brick veneer home, separate dining room and breakfast nook with built in cabinets, storm windows, detached garage/storage, corner property, \$39,500.
2 BR, 1 3/4 bath home, brick veneer, CH/A, WBFP, attached garage, covered patio, detached guest room with full bath, shop, fenced back yard, \$49,500.
3 BR, 1 1/2 bath brick veneer home, CH/A, storm windows, attached garage, large covered patio, carport/RV storage, 2 metal bldgs., fenced backyard, city water plus water well.
5 BR, 2 bath, 2 story home, lots of character, formal DR, office, large rooms, mostly wooden floors, 2 CH/A units, surrounded by large oak and pecan trees, large corner property. Reduced to \$79,500.

*****LAKE CISCO*****

2 BR Home, deck, boat dock, large oak trees, reduced to \$25,000.
2 BR, CH/A, partially furnished, lots of parking space, storage building, boat dock, \$59,000.
Large 4 BR, 1 3/4 bath 2 story home, 2 CH/A units, woodburning heater, several extra closets, balcony off master BR, shop, 4 vehicle carport, covered boat dock with boat lift, septic system recently replaced.
Beautiful 2 BR, 1 3/4 bath home, CH/A, WBFP, shop, storage bldg., large landscaped yard, tall oak trees, boat dock, great view of lake from DR, LR, den and master BR, many extras.
Must see - Lovely 4 BR, 2 bath home, CH/A, large detached metal building has racquetball court and large gameroom. Many extras including inground pool.

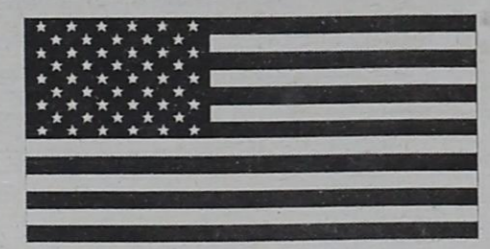
*****COMMERCIAL*****

Restaurant with large dining room, eqpt, and furniture, \$38,500. Owner would sell bldg. without eqpt. & furniture for less. Call for details.
Ann Williams, Broker
442-1880
Jimmy Williams
442-1818

Advertising In The Callahan/Eastland County Classifieds Pays \$\$\$\$\$\$\$\$\$\$

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Texas Tech To Encourage Students In Health Care Training

Texas Tech University Health Sciences Center(Lubbock) and the West Central Texas Council of Governments announced Wednesday the opening of a new Health Education Center. It will promote health care careers for West Texas students.

The new Center is located at 1025 N. East 10th St. in Abilene. A focus of the new Center will be traveling to schools across a 28 county region to encourage students to pursue health care careers, such as physicians, nursing, pharmacy and x-ray technicians.

Counties served by the new program will be Archer, Baylor, Brown, Callahan, Coleman, Concho, Eastland, Fisher, Foard, Hardeman, Haskell, Jones, Kimble, Knox, Llano, Mason, Menard, McCullough, Nolan, Runnels, San Saba, Shackelford, Stephens, Taylor, Throckmorton, Wichita, Wilbarger and Young.

According to Dr. Patti Patterson, Vice-President for Rural and Community Health for the Texas Tech Health Sciences Center, "it is imperative that we generate a higher level of interest among West Texas kids in pursuing health care careers. As many West Texas Doctors and other providers approach retirement age, we aren't seeing enough students in the

pipeline that are willing to live in West Texas."

Patterson added, "The person most likely to be a Doctor or Nurse in a small West Texas town is a person that grew up there. That is what AHEC is all about."

Jim Compton, Executive Director of the West Central Texas Council of Governments, said, "We are pleased to join in this partnership with Texas Tech. The strength of the future West Texas economy is linking to having a strong health care system."

"Without sufficient health care workers, we will be disadvantaged."

The new Big Country Area Health Education Center will also address other health care professional training. Ronnie Lurance, Center Director, said, "While introducing kids to health careers is our first priority, we will also work on providing rural clinical training for current health professional students, assisting with continuing education and enhancing the overall health awareness of the region."

The AHEC program will have an annual budget of \$200,000 funded by Texas Tech Health Sciences Center with a federal grant and state funds. Tech contracted with the West Central Texas Council of Governments to provide the funds.

"commendable" magically reappeared after nearly 12 years. Whether Comptroller Carole Keeton Strayhorn has ever said hello to Sen. Clinton has not yet been uncovered.

All-female appeals court...

Gov. Perry has appointed Bexar County District Judge Rebecca Simmons to the seven-judge 4th Court of Appeals. If the Senate confirms her appointment,

Fraser's ERCOT Legislation Passes Committee

Austin--The Senate Committee on Business and Commerce gave unanimous approval on Thursday to legislation that will increase the Public Utility Commission's (PUC) authority to oversee the Electric Reliability Council of Texas (ERCOT).

Senator Troy Fraser (R-Horseshoe Bay), author of Senate Bill 743, said, "The PUC will now have the proper authority to oversee all aspects of ERCOT, including their finances, budget and all day-to-day operations."

Fraser filed SB 743 earlier this year after Attorney General Gregg Abbott announced the indictments of five former top managers and one associate contractor at ERCOT who stole over \$2 million from the organization.

The indictments were the result of an extensive investigation by the Department of Public Safety, Williamson County District Attorney's Office, and the Office of the Attorney General.

The investigation uncovered a network of fictitious companies that billed ERCOT more than \$2 million for work that was never

the court will become the first all-female appeals court in Texas and perhaps the nation. The judicial glass ceiling in Texas hasn't been shattered so thoroughly since the first term of Texas' first female governor, Miriam "Ma" Ferguson. She appointed an all-female state Supreme Court.

Sex offender database free...

The recent slaying of a 9-year-old girl in Florida, allegedly at the hands of a convicted sex offender who lived nearby, underscores the importance of knowing your neighbors. To see if any registered sex offenders live in your neighborhood, you can check the Department of Public Safety's sex offender registry for free online at records.txdps.state.tx.us.

completed.

SB 743 directs the ERCOT stakeholders to appoint two additional independent members to the ERCOT board of directors, as well as requires all members of the ERCOT board of directors to disclose any conflicts of interest and recuse themselves from any vote directly related to those interests.

Other requirements include requiring ERCOT board meeting to be open to the public, which would include advanced public notice and the posing of agendas for ERCOT board meetings. The bill also grants the PUC clear authority to require ERCOT to submit detailed financial information, which is necessary to scrutinize the process of setting ERCOT's administrative fees.

"This bill makes needed changes that will allow us to move forward with confidence in this organization that plays such a vital role in the safe, reliable delivery of electricity in Texas," Fraser said.

Founded in 1970, ERCOT is an independent, third-party, non-profit organization responsible for overseeing the reliability and safety of Texas' electric grid.

Texas Yes! communities honored

Ten cities participating in the Texas Yes! program have been recognized by the Texas Department of Agriculture as winners of its 2005 Hardworking Rural Community Awards. Representatives of Claude, Brownwood, Eden, Fort Stockton, Post, Quitaqui, Rio Grande City, San Augustine, White Deer and Yoakum received the honor March 31 in Austin.

Coordinated by TDA, the Texas Yes! program promotes economic development and tourism in rural Texas. For more information on the program, visit the Web site www.agr.state.tx.us.

Gary Grady Named New Advertising Representative



GARY GRADY

Gary Grady, a native of Oklahoma who has lived in Texas most of his life, has been named advertising representative for Eastland County Newspaper, according to a company spokesman.

He grew up most in West Texas where his family moved when he was young. He later lived in Abilene where he went to college studying computers and business.

After moving to Eastland in 2002, he attends church at Abundant Life Impact Ministries where he is active. He plays guitar and teaches Sunday School and Children's Church.

He is also an assistant martial arts instructor for the Martial Arts Emporium in Eastland.

He will be working with firms throughout this area. He may be reached at 254-629-1707, 888-227-1708 or telegram@eastland.net.

Remember to Renew Your Subscription

Cross Plains 254-725-7361 **BI-RITE AUTO** 4th Block E. of Light, Hwy 36

THIS WEEK'S CASH SPECIALS

| | |
|--|--------|
| 97 Ford F250 XLT Crew Cab Power Stroke Diesel, auto., short bed, 2 tone paint..... | \$5495 |
| 90 Chevy Suburban, V8, wide tires & wheels, cold air, looks, runs good (red)..... | \$1250 |
| 95 Ford Taurus 3.0 V6, looks, runs good, cold air (white)..... | \$1595 |
| 88 Plymouth Voyager V6, auto, looks, runs fair (red)..... | \$725 |
| 97 Thunderbird 3.8 V6, cold air, looks, runs good (green)..... | \$2995 |
| 87 Buick Park Ave. 7.87 Buick LeSabre...Your Choice..... | \$695 |
| 92 Ford Taurus 3.0 V6 (blue) a good car for only..... | \$975 |

DIESEL TRUCKS

| | |
|---|--------|
| 97 F350 Crew Cab, Power Stroke, Diesel in very good condition..... | \$5950 |
| 97 F250 Crew Cab, Power Stroke, XLT, Diesel, short bed, 2 tone paint..... | \$5750 |
| 85 F350 Crew Cab Diesel in good condition, a very good buy at only..... | \$2450 |
| 92 F350 Super Cab Dually, Diesel, runs good, needs 1 rear tender..... | \$2975 |
| 89 F250 Super Cab Diesel, auto., looks, runs good (red & white)..... | \$3250 |
| 86 F250 Diesel in excellent condition, 2 tone paint..... | \$2950 |
| 91 Dodge Dually, 5 sp., Cummins, low miles, runs very good..... | \$4500 |

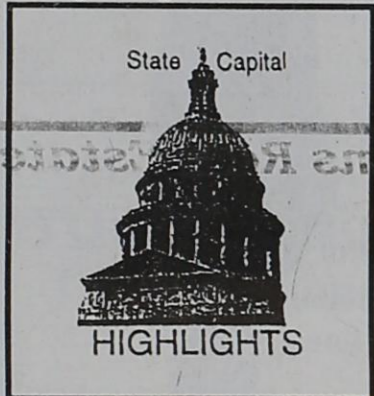
OTHER TRUCKS - VANS

| | |
|--|--------|
| 97 Chevy 3500, Crew Cab, 350 V8, auto., looks, runs very good..... | \$4450 |
| 96 Ford F350 Crew Cab, 351 V8, 5 sp., looks & runs good and only..... | \$3650 |
| 95 Ford F150 4x4, 4.9 eng., low miles, a little rough but runs good..... | \$2250 |
| 95 Pont. 7 Pass. Transport, dual cold air, a very nice mini van (white)..... | \$2750 |
| 93 Aerostar XLT, 7 Pass. Van, 3.0 V6, a good van in and out..... | \$2350 |
| 88 Plymouth Voyager V6, looks & runs fair (red)..... | \$895 |
| 96 Ranger XL, 4 cyl., 5 sp., cold air, SWB, New P265-60-15 tires on wide wheels..... | \$2995 |
| 90 Chevy Suburban, V8, cold air, wide tires & wheels (red)..... | \$1495 |

AUTOMOBILES

| | |
|--|--------|
| 98 Mercury Mystique 4 dr., looks & runs very good (red)..... | \$2750 |
| 96 Mercury Cougar XR7, V6, rear wheel drive, runs good (white)..... | \$2650 |
| 93 Mercury Cougar XR7, V6, a super nice car inside & out (silver)..... | \$2550 |
| 89 Mercury Cougar XR7 V6, a very nice car, V6, runs, looks good (silver)..... | \$1650 |
| 88 Mercury Grand Marquis a good car (red) and only..... | \$895 |
| 96 Taurus, 3.0 V6, looks & runs very good (green)..... | \$2595 |
| 95 Taurus, 3.8 V6, in good condition (white)..... | \$1750 |
| 95 Taurus 3.8 V6, looks, runs very good (gray)..... | \$2150 |
| 93 Taurus, 3.8 V6, runs good, local car (white)..... | \$1450 |
| 92 Taurus, 3.0 V6, runs good (blue) a good buy at only..... | \$1195 |
| 95 Lincoln Town Car, super nice inside & out, beige w/good leather interior..... | \$3750 |
| 91 Lincoln Town Continental 3.8 V6, fully loaded, a nice car..... | \$1495 |
| 90 Lincoln Town Car looks, runs very good & only..... | \$1495 |
| 94 Ford Crown Victoria, a nice clean car inside & out (tan)..... | \$3495 |
| 96 Buick Century, low miles, in very good condition..... | \$2495 |
| 97 Thunderbird, 3.8 V6, a super good buy at only..... | \$3250 |
| 94 Chrysler New Yorker, V6, a very good car inside & out..... | \$1950 |
| 94 Chevy Corsica 4 dr., looks & runs good (white)..... | \$1495 |

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Water bill would tack per-gallon fee on consumers

AUSTIN - The latest single-digit measure expected to make a big splash in the legislative hopper could affect consumers' water bills. Sen. Ken Armbrister (D-Victoria) was expected April 4 to file Senate Bill 3, a major water bill that would establish a water conservation and development fee to pay for water infrastructure needed over the next half-century.

Consumers would be allowed 5,000 gallons of potable water per month at whatever rate their provider charges without having to pay the fee. But for each 1,000 gallons of water used after that point, water utility customers would pay a fee of 10 cents per 1,000 gallons. Armbrister hopes the new fee would raise \$200 million a year, money that could collateralize loans and stimulate grants for badly-needed water projects across the state. Among other provisions, the bill would give the Texas Commission on Environmental Quality authority to set a minimum flow needed to keep the state's streams, rivers and estuaries viable. Water rights could not be granted if the amount would drop the flow below the set point.

Governor's "race" heats up Gov. Rick Perry's campaign recently admitted releasing a clandestinely-shot video showing U.S. Sen. Kay Bailey Hutchison and Sen. Hillary Rodham Clinton being cordial to each other at a Washington event. A few days later, a five-paragraph letter Perry wrote the then First Lady on April 6, 1993, to say he found her health care initiative

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Kokomo News

By Zeld Jordan

The bluebonnets are blooming now and are so pretty along the roads and in the yards along the way. If you haven't seen them else where, come out toward Kokomo as we have a lot of them out here.

Helen and Woodrow Browning, with Glynda Bond at the piano, rendered the beautiful song, "One Of His Own" as the special music at the Sunday morning service at the Kokomo Baptist Church. "Happy Birthday" was sung to Helen Browning.

Joe and Glynda Bond visited during the Easter Weekend with his sisters, Mel Bond and Eloise Shock in Bullard and attended church on Easter Sunday with them at the Bullard Baptist Church.

Jimmy and Verna Lee Little spent Friday night in Arlington with Nelda and Jarad Fails. Cody Fails joined them for supper and a visit. On Saturday they got to see the Carswell Air Show that they really enjoyed. They report that they saw lots of pretty flowers along the roadways on the way home.

Ray Neal and Melissa ... and their ... Courtney ... and ... and Breckley visited with Jimmy

and Verna Lee Little on Saturday night.

Jerry and Lavell Hallmark of San Angelo visited with ... y and Verna Lee Little on Sunday night. Betty Little visited with them on Monday.

Jerred and Rosa Yancey and daughters, Susanna and Elizabeth of Fort Worth spent the weekend with Jimmy and Maggie Nelson at their farm home near Carbon.

LaVon Snider was in Stephenville on Friday to shop and have lunch with Dwayne Snider. Since Connie had a Department luncheon meeting, she was unable to have lunch with them. Dwayne and Connie visited LaVon on Saturday. LaVon accompanied them to the Simpson and Gorman Cemeteries. Then, on Saturday night, Dwayne and Connie treated LaVon to dinner at ZJ's. Others visiting with LaVon were Ted Snider and Dan Snider.

Sylvia Buchanan, Johnnie B. Griffith and Zeld Jordan visited with Nancy Hendricks.

Zeld Jordan spent Thursday night in Abilene with Glenda and Leon Black, and had a check-up on her eyes on Friday. Got a good report.

Zeld Jordan and Daisy Slaton met Glenda and Leon Black in Eastland for lunch

'Million Dollar Baby' Opening At Majestic

"Million Dollar Baby," starring Hilary Swank and Clint Eastwood, swept the Academy Awards in March. Now this film, hailed by critics as the best of 2004, can be seen at the Majestic Theatre in Eastland. Tickets are \$4 at the box office, with balcony seats \$5.50 for adults only.

The film will open here on Friday night, April 8, and show nightly at 7:30 through Monday, April 11. The movie is rated PG-13.

At first glance you will think this story is about boxing, for much of it is set in a sleazy gym in Los Angeles. Eastwood is the Director of this picture as well as one of the main characters, and he does quite a job in both roles.

In the movie, the downtown L.A. gym is where a on Saturday. Glenda and Leon were in Eastland to purchase a new pickup truck. They will be leaving for Fresno, CA sometime this week, where they will be living for the next few months, while Leon will be working at a hospital there.

PRAYER REQUEST

Charlie and Linda Archer and their two sons, Braden age 9 and Mason age 7 of Arkadelphia, Arkansas were severely injured in a head-on collision about three weeks ago near Hot Springs, AR. They all underwent surgery for their injuries and Charlie remains in a wheel chair and will for sometime due to a broken foot, and a broken ankle, and Mason, who is still paralyzed from the waist down, remains in a rehab hospital in Little Rock. Linda received cuts on her head, but is out of the hospital now, but staying close to the hospital to be with Mason. Braden is able to be back in school. Please put them on your prayer list.

Linda is the daughter of Kenneth and Vonceia Snider of Rose Bud, AR, and the granddaughter of Hazel Campbell of Carbon and Jewel Snider of Gorman. Kenneth and Vonceia are former residents of Kokomo and were members of the Kokomo Baptist Church when they lived here.

The man who was driving the vehicle that hit the Archers died in the wreck.

variety of losers exercise what's left of their dreams.

So when Maggie Fitzgerald (Swank) a feisty 30-ish diner waitress with a bright smile and boxing talent begins to work out at the gym run by Frankie Dunn (Eastwood), she pesters the scowling ringside veteran to manage her.

Frankie, a vintage loner, reluctantly takes on the task.

The movie does a subtle job of dramatizing how he gives Maggie a few pointers out of pity, and this turns into a habit over time. Finally it merges into a grudging affection for her down-home scrappy spirit.

Other characters in the gym are Morgan Freeman as Scrap, Frankie's one-eyed

former fighter and only friend.

Under Frankie's hand, Maggie develops a knock-out punch as fearsome as the best of boxers. But this is not what holds the audience to the picture - it's the interplay of authentic feelings.

But if you think you know where "Million Dollar Baby" is headed - you don't. You have to see all of the picture!

A list of the Academy Awards for the movie is impressive. It was awarded Best Picture, and Clint Eastwood was awarded Best Director. Hilary Swank was awarded Best Actress, and Morgan Freeman Best Supporting Actor.

This 1 x 1 MINI-BILLBOARD (32 Issues) ONLY \$20.00 Buy several

Immunization Clinic Set For April 14

The Department of State Health Services will hold an Immunization Clinic Thursday, April 14, 2005 at 2895 I-20 West (Outreach WIC Health Services Building) Eastland, TX from 10:00 a.m.-12:00 a.m. and 1:30-3:30 p.m.

Please bring SS#, Medicaid, and shot record, if available.

For more information call Cindy Johnson, R. N. at 559-2205.

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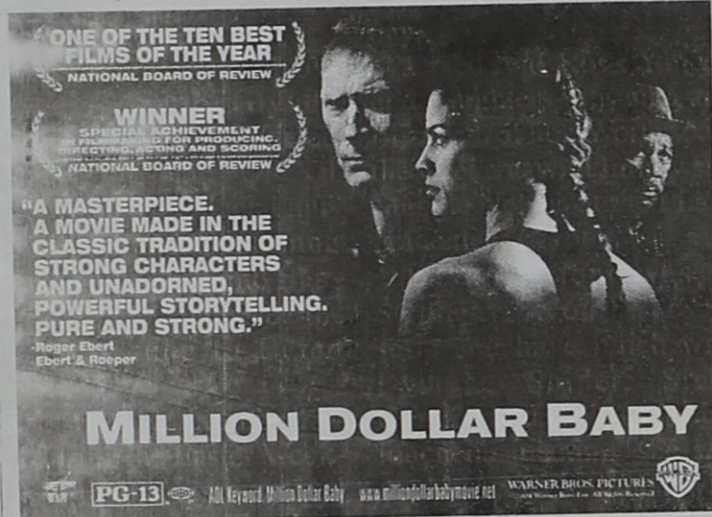
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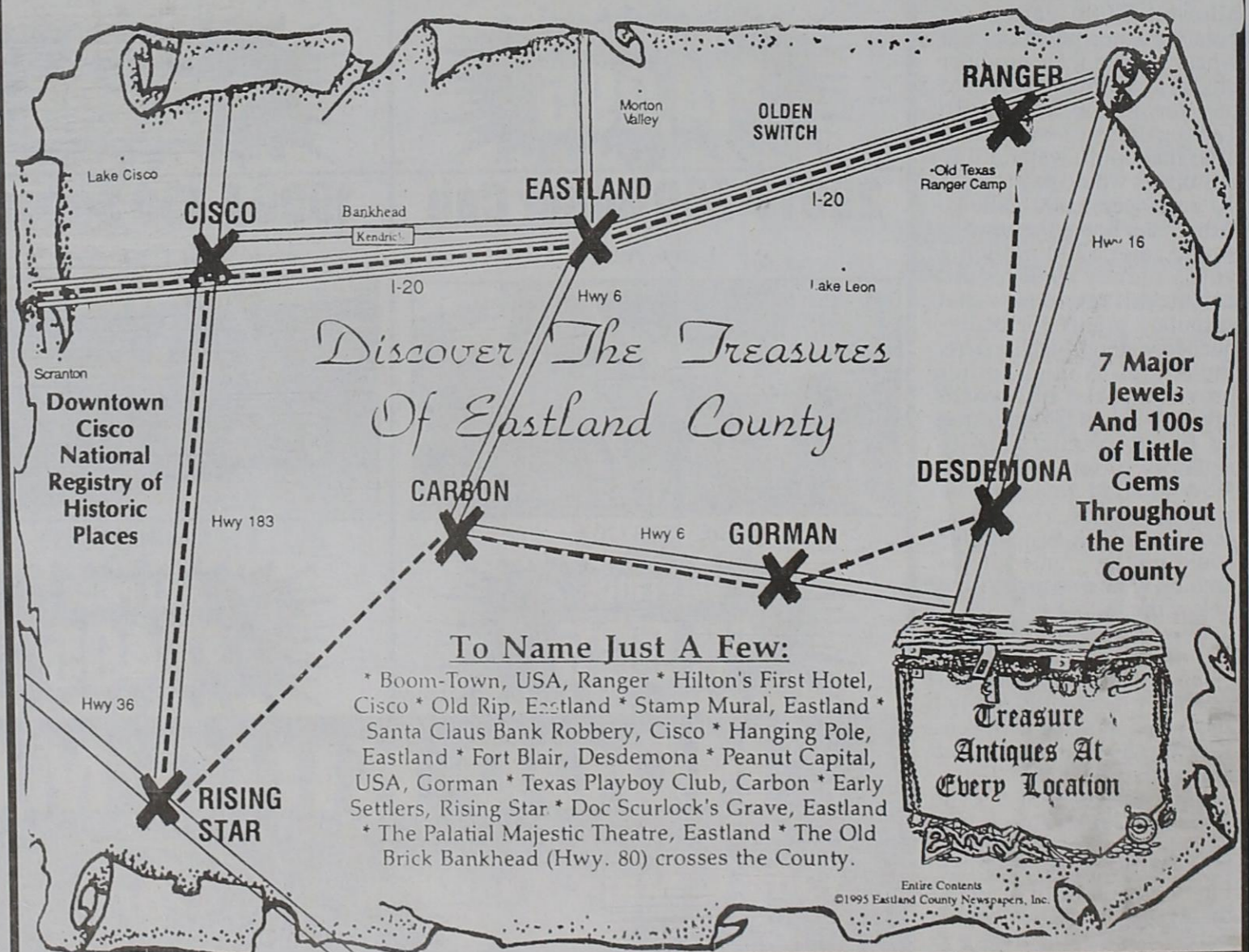
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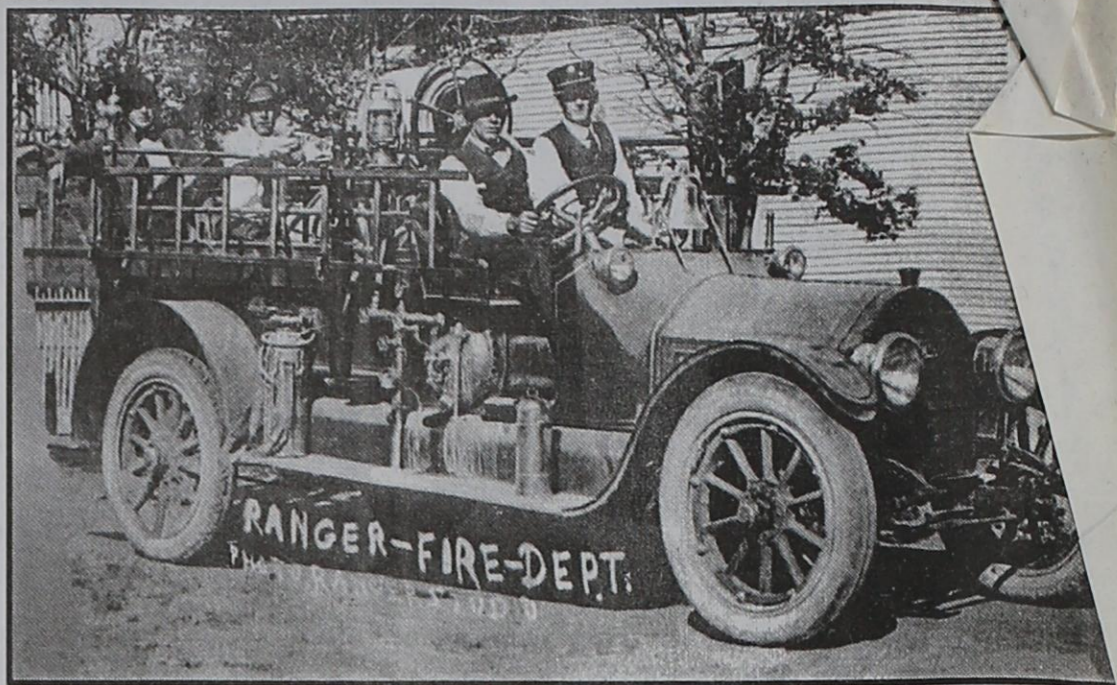


11th Court of Appeals

Eastland, Texas
 Proceedings (En Banc)
 March 31, 2005
Reversed & Rendered
 Primrose Operating Company, Inc. v. Wilford C. Senn and Wanda Joan Senn. (Opinion by Chief Justice Arnot) (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall).
Appeals Dismissed
 Octavio Tello v. State of Texas, Harris. (Per Curiam Opinion) (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall)
 Darrell Craig White v. Jackie Edwards, Senior Warden et al., Walker. (Per Curiam

Memorandum Opinion) (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall).
Original Proceedings Denied
 In re Mary Margaret Marquez, Orig. Proc. Relator's motion for temporary relief. Relators petition for writ of mandamus. (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall).
Motion Submitted & Granted; Appeal Abated
 Timothy Lynn Hall v. State of Texas, Harris. Appellant's motion to abate appeal or in the alternative appellant's

motion for extension of time to file brief. (Per Curiam Order) (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall)
Motion Submitted & Granted In Part
 Rogelio Miranda Baca v. State of Texas, Ector. State's motion for extension of time to file brief.
 Ronnie Ray Huse v. State of Texas, Erath. Appellant's motion for permission to file late brief.
 Frank C. Vasquez v. State of Texas, Dawson. State's motion to vacate setting for oral argument.
 John Dori v. Bondex International, Inc., Nolan. Appellant's motion for extension of time to file brief.
 Bluestar Energy, Inc. and SOIS Operating Company v. Bill W. Murphy Operating Company and Bill Murphy, Scurry. Appellants second motion for extension of time to file brief.



Can anyone date this fire truck?? Names of any of the four firemen?? Address of the fire station?? Any information of the above is gratefully appreciated and will help our researchers. Respond to Ruth Terry Denney Library - Research Center, P. O. Box 320, Ranger, Texas 76470. Call 254-647-5353, or email us: rhaps@eastland.net .

Cisco Ex G.I. Meeting April 11

Cisco Ex. G.I.'s will meet Monday, April 11, at 6:30 p.m. We will meet at the old V.F.W. hall behind the Post Office in Cisco. This is a very important meeting to make final plans for putting out flags on Veterans graves

and the program for our spring fund raiser. All Memorial Day. ex service persons are invited. We will also be preparing to attend. See you there.

George's Word Ladder

By Mark Szorady

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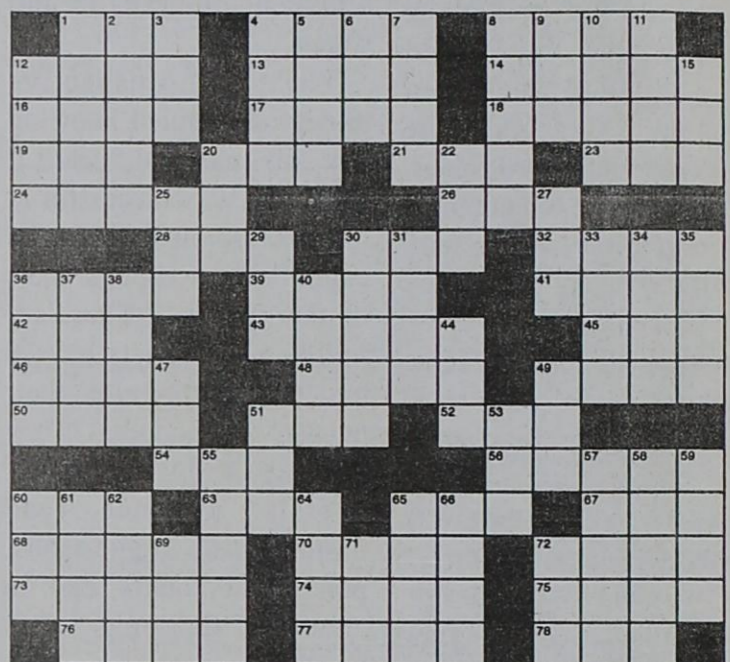
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5-104

CROSSWORD PUZZLE



- Across
1. Acronym for Universal Technical Institute.
 4. Curved wooden harness piece to which the traces are attached.
 8. Organized crime syndicate branch head.
 12. Acronym for Steve Reeves International Society.
 13. Certainly.
 14. Growing old.
 16. Ancient Greek stone boundary marker.
 17. Pleasant; good.
 18. Backs of the neck.
 19. Suffix denoting a nonmetallic element in a binary compound.
 20. Acronym for Oxygen Depletion Potential.
 21. Familiar form of address for a young man.
 23. Communication by means other than the physical senses.
 24. Colorless liquid of neutral spirits distilled from a mash.
 25. Old horse.
 28. Openly displayed anger.
 29. Ab.
 30. General sunrise direction.
 32. Strike repeatedly.
 33. Show the teeth in amusement.
 41. Fried tortilla stuffed with seasoned meat, cheese and lettuce.
 42. Acronym for Intermediate Gear Box.
 43. Dance movement concluding a classical suite.
 45. Acronym for Intercollegiate Opera Group.
 46. Past subjunctive of "be."
 48. Mountain opening.
 49. Thought.
 50. Melody.
 51. Put something in a specified state.
 52. Rate at which energy is drawn from a source of electricity in a circuit.
 53. Tear away roughly.
 56. Netherlands city manufacturing textiles and electronics.
 59. Mountain opening.
 63. Brief sleep.
 64. Russian aircraft designers Mikoyan and Gurevich.
 67. Acronym for Atomic Mass Unit.
 68. Intestinal obstruction causing colic.
 69. A long distance.
 72. Acronym for Sentinel Lymph Node Biopsy.
 73. Notable adventure.
 74. Grayish, yellowish blue.
 75. Monetary unit in Italy.
 76. Natural outer covering of an animal.
 77. Belonging to her.
 78. Painting by Van Gough, Meadow in the Mountains: Le de Saint-Paul.
- Down
1. Stage in the life history of certain rusts.
 2. Fatigued.
 3. Distinctive doctrine.
 4. Female red deer.
 5. Acronym for Association for Women in Science.
 6. Variant of mike.
 7. Acronym for European Solar Engineering School.
 8. Tropical herb with large, showy flowers.
 9. Turkish civil or military leader title.
 10. Hollow cylinder used to conduct liquid.
 11. One-dollar bills.
 12. Sharp implement used as a weapon.
 15. Acronym for German Shorthaired Pointer.
 20. Pole used to row a boat.
 22. Single entity.
 25. Set of articles used for a specific purpose.
 27. Go after and obtain.
 30. Period between dusk and midnight.
 31. Posterior opening of the alimentary canal.
 33. Acronym for American Academy of Implant Dentistry.
 34. Acronym for Standing Committee on the Environment.
 35. Robe of office.
 36. Largest lake in Japan.
 38. City in northeast Hungary.
 38. Acronym for Airborne Rocket Interceptor.
 40. Assume an upright position.
 44. Distinctive unit of linguistic structure.
 47. Vertebrate organ of hearing.
 49. Acronym for Intermediate Frequency Modulation.
 51. Another word for "soda fountain" in eastern New England.
 53. Book by Steve Allen.
 55. Group of pages inserted into a publication.
 57. Violent, abnormal behavior.
 58. Governors in the Middle East.
 59. Member of peoples inhabiting the hills of south-central Sudan.
 60. Dement given in the military.
 61. Actor Guinness.
 62. Spanish dollar.
 64. Trodden track.
 65. Volcanic crater of explosive origin often filled with water.
 69. Irritates.
 69. Reptile genus of iguanidae.
 71. Fixed sum charged for a privilege.
 72. Acronym for System Library Manager.

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Crossword Answers

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| UTI | HAME | CAPO |
| SRI | WIS | AGING |
| HERM | NICE | NAPES |
| IDE | ODS | SON ESP |
| VODKA | NAG | |
| IRE | NAE | EAST |
| BEAT | GRIN | TACO |
| TGB | GIGUE | TIOG |
| WERE | SHSM | IDEA |
| ARIA | SET | EMF |
| RIP | EMMEN | |
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The Idle American

Commentary By Dr. Don Newbury

'Til Death Do Us Part

They exchanged knowing glances, these two old-timers in the care center ostensibly to spend "widowhood." It was love "at second sight," until bereavement a couple of years back, both had been married long enough for Paul Harvey to mention their anniversaries over the radio. Each claimed memories of long periods of marital bliss. "I remember 55 happy years of marriage, and out of 71, that ain't bad" was a line he'd use over and over, always expecting raucous laughter usually warranted only by stories upon first hearing.

At first, they "happened" to sit down for breakfast at the same table. He, 92, and she, 88, had much in common. They liked the same foods and board games, and both poked fun at others "ruining their coffee with cream and sugar." Soon, they opted for early lunch. Later, they found themselves at the same domino and card tables. Why there was hardly time for naps!

In mere months, they were talking marriage, convinced that two can "live as cheaply as two" in a care center. They laughed about observing anniversaries monthly, hoping to have a bunch of them. There was hand-dancing, giggling, and the whole place was caught up in the excitement of wedding plans.

On a fine spring morning, they planned a day out. There were many stops to make for the occasion, and she had a checklist covering three legal pages-determined to "get it right."

He went along with it, his only request being a noon ceremony. That way, if it didn't work out, they wouldn't blow the whole day.

Their first stop was the drugstore; they hoped to find a lull in the pharmacist's schedule. He was the "main man," and answers from others wouldn't do. She rattled off questions; he patiently offered answers between phone calls and pages.

The prospective bridegroom smiled, knowing that this man had "heard it all." He was successful in his profession because he could do many things, most of them well. "There's a reason pharmacists have a bunch of letters after their names," he thought. "They have to know medicine, exercise patience, read minds, make suggestions, practice psychiatry, and, in short, be all things to all people."

Her questions came with the staccato of machine gun fire.

"Are you still open long hours?" she asked.

"Every day," he replied.

"Do you still offer senior

discounts?"
 "Of course."
 "Do you have a full line of nose drops, ear drops and eye drops?"
 "Affirmative."
 "Do you have lotions, notions, potions and enhancements for emotions?"
 "Undoubtedly," he responded, his eyes rolling.

She turned the page. "Do you still have almanacs?" (Topics range from planting gardens to hatching chickens.)
 "We do," the pill-pusher assured.

She was in high gear, questioning whether the store stocked canes, walkers, wheelchairs, support hose, knee braces, back supports, vaporizers, humidifiers, denture cream, eyeglasses, generic vitamins, compounds, foot pads, supplements, "high blood/heart/nerve pills," liniments, hair coloring, oxygen, sleep aids and "private creams" (?).

The druggist offered the same responses dressed in different words like "affirmative, check, right on," and so forth. He said that they also cash social security checks and sell batteries for hearing aids and watches—installed.

Finally, he gutted up to ask why she sought so much detail.

"We've decided to have our gift registry at your store," she bragged.

"While we're here, I need to pick up some WD-40 for my cough," the old man said. The druggist smiled and offered no correction. He handed him a bottle of Vicks Formula 44D.

She almost forgot to pick up a gift for her secret pal; it was Old Spice deodorant-gift-wrapped.

Then they went to the bakery to order a wedding cake.

Dr. Newbury is a speaker and author. His column appears weekly in 125 newspapers in several states. Check his website at www.speakerdoc.com. Contact him by phone at 817.447.3872, or by e-mail, newbury@speakerdoc.com

Crusin And Groovin Festival Update

Things are coming along great for the first county wide Cruisin & Groovin Festival. We have just signed on Randolph Dodge as a Title Sponsor and Souvenir Cup Sponsor. Super 8 Motel has also jumped on board as a Card Run sponsor.

The Cruisin & Groovin Committee is excited to see things coming together and will be pounding the pavement for the next few weeks to round up more sponsors before April 30th. The committee will be

meeting April 12th at noon in the Eastland Chamber Board Room.

Anyone who is interested in sponsoring but would like more details is welcome to attend. We will be discussing sponsors, event times and locations. Make sure to mark your calendar for October 7th & 8th we guarantee this will be an event you will not want to miss!!!!!!

For more information contact Carrie at 629-2332, ecofc@eastland.net or come by 102 S Seaman.

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Sun. April 24th • 8:00pm
 Mon. April 25th • 7:30pm

Tickets go on sale April 18th at the Abilene Civic Center or you can purchase them at the door. Tickets are \$15.

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| 02 Mercury Sable GS auto, air, AM/FM, cass., 48K..... | \$6950 |
| 01 Mercury Grand Marquis LS auto, air, AM/FM, CD, electric windows, locks, seats, 57k..... | \$8995 |
| 00 Dodge Intrepid ES 4 dr., auto, air, AM/FM cass., electric windows, locks, seats, cruise, tilt, 74k..... | \$4995 |
| 99 Ford Super Cab Diesel F250 Super Duty Short Bed, auto, air, AM/FM, elect. windows, locks, cruise, tilt..... | \$12,500 |
| 99 Mercury Grand Marquis GS auto, air, AM/FM, cass., elect. windows, locks, cruise, tilt, 46k..... | \$7995 |
| 99 Chrysler Sebring JXI Convertible auto, air, AM/FM, cass., elect. windows, locks, seats, cruise, tilt, leather seats, 55k..... | \$7995 |

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Texas Department of State Health Services

Will hold the following Immunization clinics in Callahan County

Monday, April 11th
Baird Cafetorium 400 W. 7th
Time 10:00am-12:00pm

Cross Plains Housing Authority Office 223 N. main
Time 2:00pm-4:00pm

Wednesday April 13th
Clyde First Baptist Church 216 Austin
Times 10:00am-12:00pm & 1:30pm-3:00pm

Please bring child's Immunization Records

For more information call 325/754-4945

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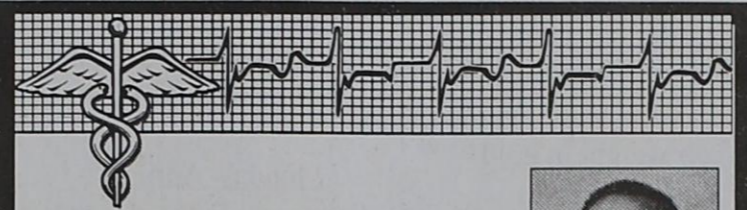
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Callahan County 4-H News

Callahan County Photography Project

We are in the process of starting this year's county-wide Photography Project. Kamie Pruet has offered to serve as Project Leader. We will have our first outing of the year on April 30. We will be taking a tour of some of our local ranches hoping to be able to "Catch the Colors of Spring". We will meet at the County Courthouse at 1:00 pm and then travel to selected locations in the Baird vicinity. Mark your calendars for **April 30th** if you want to be part of the photography project. (More 4-H News Continued.....)



Dr. Deshmukh, M.D. will be holding an informative Seminar on **Overactive Bladder**



Avi T. Deshmukh, M.D.
 Diplomate of American Board of Urology

at Eastland Memorial Hospital's downstairs board room on April 18th from 12:00-1:00 p.m.

RSVP 629-2601 Ext. 301

Reservations recommended

Country Cowboy Church

710 N. Seaman Eastland
 254-639-2155

Coffee & Donuts.....10:45 a.m.
 Worship Service.....11:00 a.m.
 Wednesday Night Bible Study...6:30 p.m.



Pastor Chad Gosnell

!!Baird Star!!

Give Gary Grady all your local news and events for Baird and Callahan Co. at 1-254-629-1707 Toll Free 1-888-227-1708 Fax: 254-629-2092 Email: telegram@eastland.net

Baird First Baptist Church Schedule Of Events

Each one of you are invited to join us at the corner of Race and 3rd St., Baird

For more information on any of these events please contact the church: 854-1574 (Nursery provided for worship services)

Sunday
Sunday School 9:45 A.M.
Worship Service 11:00 A.M.
Evening Service 6:00 P.M.
Wednesday
Choir Rehearsal 6:00 P.M.
Service 7:00 P.M.

Wednesday, April 6 - 6:30 pm Choir Rehearsal / **7:00 pm** Prayer Meeting!

Friday, April 8 - 7:30 am CBA Sr Adult Wild Flower Tour to Fredericksburg Please call 854-1574 by 3:00 pm on Wednesday, April 6 to reserve a place

Sunday, April 10 - See service times listed above - **COME AND WORSHIP WITH US!!!**

Sunday, April 10 - 3:30 pm Nursing Home Service, **5:00 pm** Budget Finance Committee Meeting, **6:00 pm** Adoration Concert - Fellowship to Follow (Call Kathy at 854-1704 to sign up to bring 1 doz sandwiches or 3 doz cookies or Lg bag of chips/dip)

Monday, April 11 - 6:00 pm Women on Missions

Tuesday, April 12 - 7:00 am Ladies Prayer Breakfast

Did You Know?

The Eastland/Callahan County Classifieds can be read Online at www.telegramstarnews.com

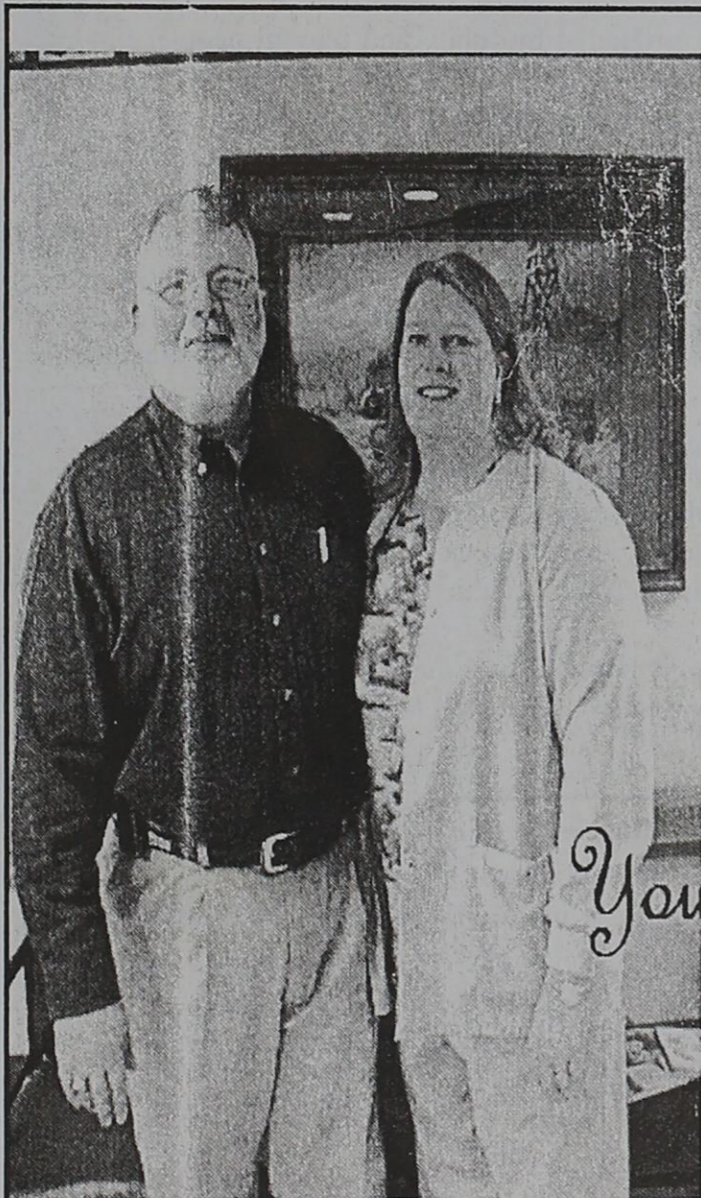
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Dr. Simpson is a Board Eligible Residency Trained General Surgeon. He completed his internship and general surgery residency at the University of North Texas Health Science Center and Osteopathic Medical Center of Texas in Fort Worth.

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Government Week

(From Front Pg)

"National County Government week is a perfect time to honor our county heroes," said County Judge Roger Corn. "Whether they police our streets, fight our fires, build new bridges, maintain county buildings, or provide medical services, county employees are servicing America."

NCGW is sponsored by the National Association of Counties (NACo) to raise public awareness about the roles and responsibilities of Counties. Callahan County is one of more than 1,000 counties nationwide that participate in the week. The theme of this year's celebration is "Honoring County Heroes."

Baird FFA will hold their Annual Rabies Clinic April 19th at the Ag Building
Times are 4:00pm-6:00pm
Rabies Shot \$10.00
All Shots \$25.00
All Proceeds benefit Baird FFA
For more information call 325-854-1400. Ext. 318

NEW TEXAS MESSENGER IS DEFINITELY A "MUST SEE!"

The Spring issue of the TEXAS Messenger (available at this newspaper office) has just been released and is undoubtedly one of the most beautiful that has ever been produced.

Be sure to see one soon; you'll want to add this one to your permanent collection.

First be sure to see the absolutely beautiful full-color portrait on the cover. Messenger Editor Margaret Hetrick is not only a good writer, you'll see that she is a top-flight photographer. This photo alone is worth the price of the book.

The cover is the frosting on a very solid interior full of important writings and information. The detailed reportage with photographs of the recent Chamber of Commerce honorees is a definite "must keep." Likewise the introduction of the chamber's new manager profiled in detail is a deserving introduction.

The Extension Dept. comes through with health, garden and general good living tips worth their weight in gold.

Polo on the Prairie, April 30, gets a fair reporting. Good poetry abounds.

Remember the slogan "30 for \$30,000"? Read all about the miraculous creation of Eastland's Centennial Memorial Library, and the wonderful women who made it happen. It's all in the Messenger with photographs which help tell the whole story.

Look for a feature on a little business that bloomed, and their is much, much more, including mouth-watering recipes. See for yourself.

Look for the writings of Ruth York and don't ever forget Charles Chupp. He's here!!!

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Baird I. S. D. Lunch Menu

April '05'

Thursday, April 7
 Chicken & Rice Wrap, Refried Beans, Mexican Corn, Fruit Cup, Picante Sauce, Milk

Friday, April 8
 Sudmarine Sandwiches, Lettuce, Tom.& Pickle, French Fries, Carrot Sticks, Browine, Milk

Monday, April 11
 Pepperoni Pizza, Tossed Salad, Corn, Fresh Fruit Cup, Milk

Tuesday, April 12
 Nacho Grande, Lettuce & Tomato, Apple, Cornbread, Picante Sauce, Milk

Wednesday, April 13
 Chicken Strips, Mashed Potatoes/Gravy Green Beans, Hot Roll, Fancy Gelatin, Milk

Thursday, April 14
 Stuffed Baked Potato, Broccoli W/Ranch, Texas Toas, Fruit Cobbler, Milk



The largest pearl in the world, the 14 lb., 1 oz. Pearl of Lao-tze, was found at Palawan, Philippines on May 7, 1934.

The Healing Power of Laughter

April '05

By Patti J. Patterson, M.D.

Texas Tech University Health Sciences Center

"He who laughs, lasts"

* Mary Pettibone Poole *

It has been an ongoing question in the medical community for years: What effect does humor have on healing? Some researchers focus on the strictly scientific aspects of the debate, noting that there is no direct evidence indicating that humor heals illness.

Yet other medical experts have demonstrated how laughter can bring specific health benefits. For instance:

- * Laughter boosts the immune system, increasing natural disease-fighting cells.
- * Laughter lowers blood pressure.
- * Laughter increases tolerance to pain, as reported in the 1989 Journal of the American Medical Association.
- * Laughter increases heart rate and pulse rate.

And probably most importantly, laughter helps to reduce stress. A wealth of research has shown that distressing emotions, such as depression, anger and anxiety, are all related to heart disease. Humor directly changes distressing emotions; therefore, humor may help reduce the risk of heart disease.

"If you can laugh at it, you can survive it."

* Bill Cosby *

Illness can be very stressful to both patients and their caregivers. Hospitalization, separation from family, invasive procedures, complex technology or an unfamiliar environment can create feelings of anxiety, loneliness, anger or fear. These emotions are known to produce physiological changes that are harmful to the body.

Laughter can be therapeutic to both patient and caregiver when dealing with illness. Laughter is pleasurable; it momentarily banishes feelings of anger or fear and gives a feeling of power and control. And shared laughter is a uniquely human bond that helps us connect with one another.

April is National Humor Month. What better time to focus on taking a lighter look at life?

Some ways to add humor include:

- * Being surrounded by funny and playful people. Find a humor buddy.
- * Keeping an emergency humor tape in the car.
- * Observing children and animals.
- * Clipping cartoons and posting them in a visible location.

Humor and laughter can foster a positive and hopeful attitude. Laughter provides an opportunity to release those uncomfortable emotions which, if held inside, may create biological changes that are harmful to the body.

Researchers say that children laugh about 400 times a day, while adults laugh about 15 times a day. Increasing our daily dose of laughter may help us recapture our youthful spirit - and perhaps become healthier in the process.

Patti J. Patterson, M.D., is the vice president of rural and community health at Texas Tech University Health Sciences Center.

National 4-H Congress (continued)
When: Starts November 24th, 2005
Application Due: April 26th, 2005
Cost: \$1200
Youth who are eligible: 14-18 yrs old on Sept. 1, 2005

Submitted by, Robert Pritz, Callahan County Extension Agent

BOOK NOTES

(NAPS)—Many seniors who have trouble making ends meet own their own home but can't access the equity they've accrued unless they sell. The book "The New Reverse Mortgage Formula" (Wiley, \$19.95) explains how seniors can live on their home's equity without refinancing and without selling. The key, says author Tom Kelly, is a reverse mortgage. For more information, visit www.wiley.com.

 Spring's when life's alive in everything.
 —Christina Rossetti

COOKING IDEAS

(NAPS)—The makers of a flavored, sliced almond topping that makes simple dishes tasty, nutritious and fun is sending five grand-prize winners of its Tuscan Getaway Sweepstakes on a culinary adventure for two to Tuscany. The grand-prize package includes round-trip airfare, accommodations, most meals and optional culinary lessons at Toscana Saporita Cooking School, along with a one-year supply of Sunkist® Almond Accents®. For rules and easy, delicious recipes, visit www.almondaccents.com.



With basic ingredients like canned tomatoes in the pantry, any home cook can quickly prepare Italian food that's authentic, hearty and healthy," says Chef Biba Caggiano. Visit www.callifornia.com for heart-healthy recipes from Biba's.

More from Callahan County 4-H News April '05'

4-H Steer Tags

Will you be showing a steer through 4-H this coming year? If you are, it is time to order steer tags. We need to know how many steers you plan on showing by **April 30**. You don't have to own your steers at time but we need to know how many steers you plan to feed. Steer validation will be in June. Call the Extension Office at 854-1518 if you need more information.

Method Demonstrations / Recordbook Training April 11

Demonstrations and Illustrated Talks are two of the most effective methods of Public Speaking. People learn faster and remember longer if they see as well as hear - one reason that demonstrations and talks are a vital part of the 4-H program. The greatest value of demonstration and illustrated talks, however, is to the 4-H members who plan, prepare and present them.

What are 4-H Demonstrations and Illustrated talks?

Method demonstrations and illustrated talks are planned presentations by one or more 4-H members that teach information related to a project or activity. Simply, they are ways of showing and telling others how to make or

do something and sharing useful information. Our district contest for Method demonstrations and Illustrated talks will be at our District Roundup held on **May 7th** in San Angelo. If you plan on doing a demonstration contact the Extension office and let me know what topic/category you will be competing by **April 22**.

Why should I feel out a 4-H recordbook?

Completing your recordbook can give you a sense of personal accomplishment. Your Records:
 *help you earn credit for completing the 4-H year.
 *make you eligible in other activities.
 *give you the opportunity to be recognized on the county and district level.
 *help you set challenging goals - and more!

Keeping records is a great way to hold onto your memories about each incredible year you have in 4-H. In a couple of years, you can look through these journals and remember what fun you had.

Keeping records is also a great way to develop your skills in communication, organize your time, document events and actions, evaluate your own efforts, set goals, solve problems, and keep track of money. Now is the time to complete

your project by completing a 4-H Recordbook. Completed recordbooks are due to the Extension Office by the end of June.

Special Demonstration/Recordbook Training

We will be conducting a special Demonstration/Recordbook Training on **Monday, April 11th** at the County Extension Office located on the 2nd floor of the County Courthouse.

6:30 - 7:30 pm - Demonstration & Illustrated Talk overview and guidelines
 7:30 - 9:00 pm Recordbook overview

Vet Science Project Meetings (April 19)

The Vet Science Project will have its 3rd meeting on April 19th. I believe that it is a learning experience for parents and 4-H members that attend. This will be our final meeting for 2005. So mark your calendars now!!

County 4-H Camp June 14-16

This year Callahan County 4-H is once again teaming up with McCullouch, Coleman, Brown and Concho Counties 4-H to have a multi-county camp. This promises to be an enjoyable experience for all youth. The camp will be three days and two nights at the Brady Bible Camp in Brady, Texas. The dates will be

June 14 - June 16. Cost will be \$40. If you are interested in attending, you need to let me know by **June 1st**.

Hope you can go - it's going to be a lot of fun.

4-H Horse Project Certification

To assure all 4-H members and horses are legal and signed up by **May 1** of the 4-H year, 4-H members are encouraged to follow this procedure. Fill out a "4-H Member & Project Horse(s) Eligibility Certificate Form", listing any/all horses to be certified as projects and return form to the Extension Office. By having and maintaining a yearly file we hope to avoid questions/concerns about horse project ownership. Grade horse identification forms are also available for "grade" or unregistered horses.

National 4-H Congress

This annual event which is held in Atlanta Georgia, National 4-H Congress combines plenary sessions, seminars, discussion groups and leading service learning experience with some of the nation's most outstanding community leaders, speakers and educators who will talk about current and timely info. Application forms can be picked up at the Extension office or call for additional info.