

Baird Star

50¢

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31¢ By Mail

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Baird, Texas 79504

Thursday, June 3, 2004

Memorial Day, May 31, 2004



Flags were placed on the graves of veterans at Belle Plaine Cemetery, as well as cemeteries across our nation in honor of our fallen servicemen and women.

Now, Then, And Those Of The Future

Veterans Are Honored In Area Observances

by Margaret Hetrick

U. S. Veterans of the past, present, and future were honored in Memorial Day observances at two historical area cemeteries.

Ceremonies at Pioneer Cemetery in Eastland County and Belle Plaine Cemetery in Callahan County gave recognition to those who have served our Country, preserved our principals, rights, and freedoms. A fly over by the Big Country Squadron of the CAF based at Elmdale Airpark marked the beginning of Memorial Day observances at Belle Plaine Cemetery.

The Dyess Air Force Base Color Guard assisted in the flag raising ceremonies.

Although all veterans were honored at Belle Plaine Cemetery, one in particular, Jesse Connor "Buddy" Hart of Baird, received a special introduction.

The B 24 bomber, in which T/Sgt Buddy Hart was a crew member, was shot down over Czechoslovakia in 1944 in WW II combat.

He was taken prisoner, and survived as a POW in Nazi prison camps under inhuman conditions for almost 16 months.

At times during his ordeal, he didn't know if he would ever see home again.

But, when he finally returned, the sight of the Statue of Liberty brought tears to his eyes, he told the crowd at Belle Plaine Cemetery.

"I prayed to God," he recalled, "and said, 'I'm home. I'm free!'"

Buddy Hart's story has been put into book form (Buddy, World War II POW # 1831, a story of courage and patriotism) by author Charles G. Anderson, Sr., who was present to say a few words about the book and Buddy Hart.

Charles Anderson has recorded the stories of several WW II combat veterans. He has also written five books, assisted with other books, and contributed articles to many magazines and newspapers.

Guest speaker for the Belle Plaine ceremonies was James Jackson, retired USAF.

James Jackson joined the Air Force in 1958, and spend 21 years in active duty, including service in Vietnam, Turkey, and many other places.

He has been in Civil Service since 1988, and has held the position of Food Service Officer for the last four years at Goodfellow Air Force Base.

James Jackson expressed his honor at being at the Belle Plaine Cemetery ceremonies.

Walking through the cemetery, he said he saw the graves of soldiers from the Confederacy, through all

wars, including Korea.

He wanted to recognize these veterans on Memorial Day, he said.

James Jackson gave a short history of how Memorial Day started.

Memorial Day began as Decoration Day after the Civil War, he said.

It was a day when families and friends of slain Confederate and Union soldiers would visit their grave sites and decorated them with flowers.

At one point, the name was changed to Memorial Day, and declared a national holiday in 1971, to be observed on the last Monday of May each year.

James Jackson also explained symbols of the folds in a tri-folded flag.

Each fold has a symbol, he said. These symbols include life, belief in eternal life, turning to God for guidance, honor of the departed veteran, who gave his life for the defense of country, tribute to our country, the Pledge of Allegiance, to womanhood, honor of our mother, a tribute to our father, to the armed forces, and others.

When the flag is folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."

In closing, James Jackson also spoke about TAPS.

Although he explained that there are no words in the original version, he recited one of the most popular verses written for TAPS.

The 2004 Belle Plaine Cemetery Memorial Day Observances were part of the annual Belle Plaine Cemetery Association's annual

meeting.

The peaceful and picturesque Belle Plaine Cemetery lies south of Baird, TX, and was established by residents of the Belle Plaine community, which declined after 1909. The oldest marked grave shows the year 1878.

The purpose of the Belle Plaine Cemetery Association is to "maintain the cemetery and perpetuate the history of the county."

Quest speakers at the Pioneer Cemetery ceremony were Eastland County Judge Scott Bailey, Retired, Congressman Charlie Stenholm, 17th District, and Larson Leidig, SPC 4 US Army, who recently returned from duty in Iraq.

Judge Scott Bailey introduced the key speaker, Congressman Stenholm, and also gave some historical background about Pioneer Cemetery and the area.

He noted that Highway 36, which passes directly by the cemetery, was named after the Texas 36th Division.

The Memorial Day ceremonies took place in the new Pioneer Veterans Memorial Pavilion. Judge Bailey gave words of dedication.

It would give shade from the sun, and protection from rain, he said, and would honor Veterans of the Pioneer Community who gave their lives for our country.

Judge Bailey honored the memory of Sam Marshall and Noah Ross, who fell in World War I, as well as fallen World War II veterans

(Continued Inside)
Please See Veterans

Book Signing, Reception Honoring Buddy Hart Is Saturday, June 5

A reception honoring Buddy Hart and a book signing party for Charles G. Anderson, Sr. will be held at 10:00 a.m. on Saturday, June 5, 2004 at the Abilene Public Library Auditorium, 202 Cedar Street.

Charles Anderson is the other of BUDDY - World War II POW # 1831, the story of Buddy's experiences during World War II.

Refreshments will be served and books will be available for sale or pick-up.

The 12th Armored Division Memorial Museum, located across the street from the library, will be open following the reception and party.

Buddy and Charles will be available until 1:00 p.m. to visit with friends.

Driving Class Scheduled In Baird

On Saturday June 5, 2004 there will be AARP Driving Class at the Baird Center.

The cost will be \$10.00 for materials.

Please bring a covered dish for lunch.

There is no age limit, and

any one can attend.

Please check with you car insurance agency for a discount.

For more information or to reserve your place in the class, Please call Delores Stewart at 854-1937.

The First Baptist Church of Baird will hold a **Bake Sale** at the **1st National Bank in Baird** on Friday, **June 4**. The sale is being held to support youth.

Hardin Simmons University Announces Honor List: Baird Residents Named

Abilene, TX - June 1, 2004 - Hardin-Simmons University announces that Baird residents Ashley Rodriguez and Melissa Henley have been named to the spring 2004 honor lists.

Henley was named to the HSU President's List, which honors students who

completed at least 12 semester hours with a 4.0 grade point average.

Rodriquez was named to the HSU Dean's List, which honors students who completed at least 12 semester hours with a grade point average of 3.75 - 3.99.

Trade Day Plans In Final Stage

Plans for the Antiques Market & Trade Days are in the final stages with 33 spaces reserved for out-of-town vendors on June 11-13.

Set-up for the three-day event will begin Thursday night, June 10th. Visiting vendors will join Market Street merchants to offer antiques, collectibles, quality crafts, food and other merchandise.

The Tea Time Appraisal Fair is scheduled Saturday during the event and again will be hosted by professional appraisers Donald King Cowan, ISA, and C. L.

"Sam Webb, both of Dallas. Cowan and Webb are well known for their informative and entertaining presentation while evaluating everything from treasured family heirlooms to flea market finds.

A Chamber spokesperson said limited time and space require that advance tickets be sold in advance for those wishing to have an item evaluated. Cost of tickets is \$20 per item and may be purchased at the Chamber office or Henson's Antiques.

For booth rentals or other information call the Chamber office at 854-2003.

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!! Fund Raiser !!

A Fund Raiser will be held on June 12, 2004 for the Baird Volunteer Fire Department at the Baird Mason Lodge.

A Bar-B-Que Sandwich, chips, and a drink will be

sold for \$5.00.

Business donations are greatly appreciated for this worthy project.

All proceeds from this fund raiser will go to the Baird Fire Department.

D. P. S. Report
05-23-04 to 05-29-04

Cases Investigated
Warnings - 84
Complaints - 115
Possession of Marijuana - 1
Driving While License
Invalid - 1
Public Intoxication - 1

Fugitive Arrest - Theft - 1
Fugitive Arrest - Fail to Appear - 1
Accidents
There were 3 accidents investigated during this time span.

Callahan County (Baird) Star Classifieds

For Sale

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B52

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NOTICE TO CONTRACTORS OF PROPOSED TEXAS HIGHWAY IMPROVEMENT CONTRACTS

Sealed proposals for highway improvement contracts will be received by the Texas Department of Transportation (TxDOT) until the date(s) shown below, and then publicly read.

CONSTRUCTION/ MAINTENANCE CONTRACT(S)

Dist/Div: Abilene
Contract 6114-10-001 for THERMOPLASTIC AND RPMS in NOLAN County, etc will be opened on June 29, 2004 at 2:00 pm at the District Office for an estimate of \$299,993.22.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or Dist/Div Offices listed below. Bidders must submit prequalification information to TxDOT at least 10 days

prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.dot.state.tx.us and from reproduction companies at the expense of the contractor.

NPO: 13201
State Office

Constr./Maint. Division
200 E. Riverside Dr.
Austin, Texas 78704
Phone: 512-416-2540

Dist/Div Office(s)

Abilene District
District Engineer
4256 N. Clack
Abilene, Texas 79604-0150
Phone: 325-676-6800

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.

(5-27-04, 6-3-04)

Baird Elementary School Honor Rolls

The Baird Elementary School is proud to announce the Honor Rolls for the 6th six weeks grading period of 2003-2004. To qualify for the all A honor roll a student must have a 90 or above in every subject. To qualify for the A-B honor roll a student must have at least two A's in academic subjects and nothing below an 80.

All A's

- Clyburn - 4th
Emily Sturiale
- Hatfield - 4th
Katelynn Mitchell
- Diller - 5th
Mackenzie Keller
Michelle Robbins
- S. Williams - 5th
Alexis Almanzar
Cody Hunter
Sara Kunick
Alex Neal
Elisha Pritchett
Karen Pursley
- Hughes - 6th
Amber Clark
Shelby Strickland
Fallon Donlan
Brittney Russo
- T. Williams - 6th
Mitzy McDowell

A-B

- Clyburn - 4th
Wesdon Blocker
Tyler White
Russell Hess
Melanie Cooper
- Hatfield - 4th
Lee Bowen
Brittney Cook
Danielle Farley
Garrett Kirkland
Ty Rhoads
Adam Slate
- Diller - 5th
Colton Fox
Chelsea Parker
DeJanira Valentin
Adolfo Portillo
- S. Williams - 5th
Eric Ebeling
- Hughes - 6th
Kristen Burns
Alysa Isenhower
Courtney Nail
Joshua Spencer
Rose Wamsley
- T. Williams - 6th
Jenna Betcher
Andy Koch
Taylor Marks
Holley Owens

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Scranton Home Coming Musical/Dinner Is Saturday

The Homecoming Musical/Dinner will be held at the Scranton Community Center Saturday, June 4, 2004. The kitchen will begin serving at 5:30.

This month is the annual fund raiser for the community center. All proceeds go toward maintaining the community center. A special Mexican dinner is being prepared. It will be \$7.00 for enchiladas, beans, slaw, chips

& picante sauce and a drink of your choice. Homemade pie servings will be available for \$1.00. The music begins at 6:00 with Mark Ray as emcee. All area musicians are invited to play and may call 325-692-2057 to reserve a time for your group. This is usually the largest musical of the year as the Scranton Homecoming follows on Sunday. Come out for a great dinner and lots of visiting.

Keeping an Eye on Texas

State Offers Tax Refunds For Economic Development

Some property owners may be able to get a refund on school taxes they paid in 2003. By law, the Comptroller's office issues state tax refunds to qualified property owners who entered into property tax abatement agreements after January 1, 1996, with a city or county.

To be eligible for a refund, property owners must meet several criteria. For more information or to apply for a refund, contact Patricia Bailey at the Comptroller's Property Tax Division, patricia.bailey@cpa.state.tx.us, 1-800-252-9121, ext. 3-4416. To claim a refund for 2003 school taxes, a property owner must submit an application to the Comptroller's office by July 31, 2004.

SOURCE: Texas Comptroller Carole Keeton Strayhorn.

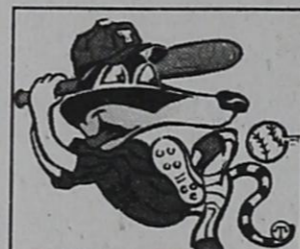


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Playful Introduction To America's Pastime

(NAPS)—Sports fans looking to get their children in the game are cheering a new video that helps toddlers get a playful introduction to sports—America's national pastime in particular.



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Eleventh Court Of Appeals

Eastland, Texas
Proceedings (En Banc)
May 27, 2004

Affirmed
Paul Anthony Lynn v. State of Texas, Dallas. (Opinion by Justice Dickenson) (Panel consists of: Chief Justice Arnot, Justice McCall, and Justice Dickenson)

Jonathan Patrick Lee v. State of Texas, Eastland. (Opinion by Justice Wright) (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall).

Travis Jerome Rain v. State of Texas, Harris. (Opinion by Justice Wright) (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall).

Ricky Wayne Harrington v. State of Texas, Midland. (Per Curiam Opinion) (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall).

Kieth Jamaar McKinney v. State of Texas, Harris. (Per Curiam Opinion) (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall)

Modified & Affirmed
Michael Duane Trout v. State of Texas, Dallas. (Opinion by Justice McCall) (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall).

Appeal Dismissed
In the Interest of W.J.B., a child, Brown. (Per Curiam Memorandum Opinion) (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall).

Pro Se Application for Writ of Habeas Corpus Denied
In re Bruce Lee McKinney, Orig. Pro. (Per Curiam Opinion) (Panel consists of: Chief Justice Arnot, Justice

Wright, and Justice McCall).
Orders Not Disposing of Case

Thomas Howard Hennington, III a/k/a Jerry Hennington v. State of Texas, Eastland. (Order by Chief Justice Arnot) Publish (Panel consists of: Chief Justice Arnot & Justice McCall) (Justice Wright not participating).

Volo Al Nelson v. State of Texas, Taylor. (Per Curiam Order) (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall).

Motions Submitted & Granted
Jerry Mack Gentry v. State of Texas, Nolan. Appellant's second motion for extension of time to file brief.

Ricky Wayne Harrington v. State of Texas, Midland. Appellant's counsel's motion to withdraw.

Kieth Jamaar McKinney v. State of Texas, Harris. Appellant's counsel's motion to withdraw.

Mahmoud Aly Ghanem v. State of Texas, Harris. Appellant's second motion for extension of time to file brief.

In the Interest of M.D.M., K.M.M. and L.N.M., Ector. Appellant's motion for extension of time to file reply brief.

Isaac Dionico Guitron v. State of Texas, Midland. Appellant's motion for extension of time to file brief.

Wendy A. Allen v. John P. Mancini, Jr. Erath. Appellant's motion for extension of time to file brief.

In the Interest of B.T., a child, Taylor. Appellee's (ad litem) motion for extension of time to file brief.

Garry Diltz v. State of Texas, Taylor. Appellant's

motion for extension of time to file brief.

Caprock Investment Corp. v. Elton Montgomery and Montgomery First Corp, Palo Pinto. Appellant's motion for extension of time to file brief.

Motions Submitted & Overruled

Thomas Howard Hennington, III a/k/a Jerry Hennington v. State of Texas, Eastland. Appellant's pro se motion to vacate void opinion and judgment of court rendered February 11, 1999.

Jesse Dan Cates v. State of Texas, Stephens. Appellant's motion for extension of time to file brief.

Kim Howerton, Individually and as Next Friend for Patricia Lynn Howerton and Harvey Lynn Howerton, Sr. v. Minnesota Mining and Manufacturing, Inc. Appellant's motion for rehearing. (Panel consists of: Chief Justice Arnot, Justice Wright, and Justice McCall).

Volo Al Nelson v. State of Texas, Taylor. Appellant's pro se motion for exemption and for prisoner to pay a fee for court reporter's record.

Ricky Wayne Harrington v.

IRS E-File Remains Available For Extension Filers

The Internal Revenue Service reminds taxpayers that e-file, its electronic filing service, remains available for their use long after the regular April 15 filing deadline.

The IRS expects some 10 million taxpayers, out of approximately 130 million,

State of Texas, Midland. Appellant's pro se motion for extension of time in pro se appeal and motion to be appointed new council (counsel).

Deborah Ann Ferrell a/k/a Deborah Ann Pierce v. The State of Texas, Erath. Appellant's pro se "motion for removal-re: appeal of CR 11475 from the Court of Appeals, 11th District, Eastland, Texas or submission to the Federal Court located in Dallas, Texas.

Ronald Dwayne Whitfield v. Allan Wayne McGraw, Taylor. Appellant's pro se motion to recall mandate, reinstate the appeal, and for a copy of appellate record to file the appellate brief.

Cases Submitted
Tina Marie Wright a/k/a Tina Marie Nagel v. State of Texas, Taylor.

to file after April 15. Among these are taxpayers who received an automatic four-month filing extension, filers in certain hardship situations who are eligible for an additional two-month extension and late filers who did not get an extension.

IRS e-file will be available through Oct. 15 to serve these taxpayers.

"The advantages of e-file don't go away after April 15," said IRS Commissioner Mark W. Everson. "Millions of taxpayers can still use e-file to submit their returns whether they have an extension or not. No matter what time of the year, e-filing is the fastest, easiest way to do taxes. There are fewer errors, and taxpayers get their refunds in less than half the time of paper returns."

In addition, several private companies participating in

the Free File program will also continue to provide free return preparation and e-filing services to eligible taxpayers through mid-October. About 60 percent of taxpayers qualify for Free File services, which are available through the IRS website.

Through May 21, 60 million taxpayers had e-filed their returns, marking a 15.5 percent increase from last year.

E-filing is the best way to avoid tax return problems. It is easier and less prone to errors than traditional paper filing.

And for taxpayers who didn't get an extension, e-filing offers another advantage: E-filers get their returns to the IRS quicker, reducing the amount of interest and penalties they'll owe.

Opening of New Eastland Office!!

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	<p>2004 Dodge Intrepid SE FULL SIZE, PWR WINDOWS/LOCKS, LOADED, #D00267 \$17,990*</p>	<p>2002 Dodge 1500 QC 4x4 SLT 43K MILES, NICE, TWO TONE #E02948A \$21,990*</p>	<p>2003 Dodge 1500 Reg Cab SWB V6, AUTO, ONLY 3900 MILES #E03102A \$14,990*</p>	<p>2002 Dodge 3500 QC CUMMINS, MUST SEE! #E03275A \$23,990*</p>	<p>2001 Chevrolet 1500 Ext Cab LS 5.3 V8, AUTO, 40K MILES #E03270C \$17,990*</p>
	<p>2002 Dodge 2500 4x4 SWB, 6 SPEED, SLT, 21K MILES #E03493A \$25,990*</p>	<p>2002 Dodge 3500 Cab & Chassis 4X4, 5 SPEED, 30K MILES #E03124A \$25,990*</p>	<p>2002 Dodge 1500 Quad Cab SLT V8, AUTO, LOADED, NICE TRUCK, 33K MILES, #E03581A \$18,990*</p>	<p>2002 Ford F-350 Crew DUALLY, LARIAT, 44K MILES, NICE NICE! #E03275A \$28,990*</p>	<p>2003 Dodge 3500 QC 4x4 CUMMINS, NICE! #E03428A \$29,990*</p>

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Budget Shift Needed To Men Have A Problem Ease Textbook Crisis They Should Wake Up To

When schools reopen for the fall, Texas schoolchildren may not have the textbooks and other educational materials they need, because the State is out of money.

The educators responsible for ordering and delivering textbooks are calling on the Legislative Budget Board and Governor Rick Perry to recognize the textbook crisis and reallocate funds.

"We are in a crisis, whether the Legislature meets again or not, whether any court decides a lawsuit or not. We're not talking about some hazy future problem," said Laurie Mankin, president of the Textbook Coordinators' Association of Texas.

"We're talking about right now--today."

Mankin said that unless the money for textbooks is found and orders are placed soon, either books won't arrive in time or local coordinators won't have enough time to process materials to get them into the hands of schoolchildren on that first day of school.

In the 2003 legislative session, lawmakers lopped off about \$218 million from the instructional materials request from the State Board of Education.

Of the \$434 million that was appropriated, \$75 mil-

lion was contingent on increased receipts of the Motor Fuels Tax after tinkering with its collection method and contingent on the Texas Education Agency shuffling \$15 million within its budget.

Last week, the State comptroller's office said the real figure from the Motor Fuels Tax is less than \$8 million, leaving the state's textbook bill about \$60 million in the hole.

If that doesn't change, that means there will not be enough state money for books for new enrollment or to open new campuses. There will not be enough money for new biology books. There will not be enough money for English-as-a-Second-Language materials for Grades 3 to 5.

Mankin said, "At this point, there is no coordinator in the state who can look a parent in the eye and say for-100 percent-certain, 'Your kid will have all the textbooks he needs this fall.'"

Each school district and open enrollment charter school in Texas is required to have a textbook coordinator responsible for ordering, inventorying and distributing textbooks and other educational material. The Textbook Coordinator's Association of Texas represents coordinators serving more than 3 million schoolchildren.

From *The New York Times*
By Eric Nagourney

For more than a decade, the Rev. Robert A. Kuppler, a Lutheran minister in Basking Ridge, N.J., struggled with headaches, sinus problems and fatigue, he recalled.

But repeated visits to doctors yielded no explanation. It was not until a heart arrhythmia led Pastor Kuppler and his wife, Lois, to a cardiologist that the mystery was cleared up, and only because Mrs. Kuppler had intervened.

"My wife, who was very upset about this, decided to ask him some questions," Pastor Kuppler said. "And at the end she said, 'By the way, I don't know if this is important or not, but sometimes he doesn't breathe at night,' and the doctor said, 'Bingo.'"

Bingo: obstructive sleep apnea is a serious sleep disorder that has been diagnosed in millions of American men, but is thought to be overlooked in perhaps millions more.

The disease has been associated with a variety of serious health problems, including high-blood pressure, heart attacks and strokes. Though it can appear at any age, the condition primarily affects middle-aged men. By some estimates, about 4 percent of middle-aged men have sleep apnea, said Dr. Carl Hunt, director of the National Center on Sleep Disorders Research in Bethesda, Md. That is double the rate for middle-aged women.

Although awareness of sleep apnea and other sleep disorders is growing among doctors and patients, many men who suffer from the condition do not get help. In some cases, as with Pastor Kuppler, they seek medical attention but the problem is missed. In other cases, the failure reflects the elusive nature of sleep disorders, or men's somewhat uneasy re-

lationship with medical care.

"There is a fair amount of denial," said Dr. Robert Capone, director of the Sleep Disorder Center at Morristown Memorial Hospital in New Jersey, where Pastor Kuppler has been treated.

Regardless of the medical condition, men are often described as being less willing to seek help than women are, a reluctance some experts theorize may stem from a desire not to appear vulnerable.

In the case of sleep disorders, doctors say it is common for men to arrive accompanied by--or, more to the point, led by--their partners.

People with sleep apnea awaken briefly perhaps hundreds of times a night when they stop breathing, and their snoring can reach earth-shattering levels.

"They'll say, 'I haven't got a problem with snoring, but my wife does,' "Dr. Capone said.

Although some men may deny they have a problem, many do not realize that their fatigue or other symptoms are a sign of something serious, even when they find themselves falling asleep at work.

"The difficulty is, they may not consider it a medical problem," Dr. Hunt said. "They may say, 'Well, I don't get that much sleep, and I always get tired, and that's just the way I am.'"

Pastor Kuppler, 56, said that he had realized that his irritability was causing trouble at home and at work, but did not suspect what was behind it. "I was aware of the fatigue, but chucked it up to overwork and stress," he said.

Because the problem occurs during sleep, some patients are not aware of what is going on. The same often

holds true for their doctors, but this is changing.

"I think there has always been a tendency to underestimate the significance of sleep disorders, because we don't see them," said Dr. Conrad Iber, a sleep disorders specialist at the University of Minnesota Medical School and the president of the American Academy of Sleep Medicine in Westchester, Ill.

Sometimes sleep disorders can make their presence known during the day. Experts say it is common for men to seek help, for example, after they have been in car accidents.

There are differing causes for obstructive sleep apnea, but all involve an interruption of breathing that can leave a sufferer gasping for air throughout the night.

The problem could be that the muscles of the throat and tongue relax too much during sleep and block the airway. In obese people, excessive tissue in the throat can be the problem. The illness is usually diagnosed by having a patient spend a night in a sleep lab.

There are some simple steps that can help, including losing weight, avoiding alcohol or sleeping pills and sewing a pocket for a tennis ball on the back of a T-shirt to help keep a sleeper off his back, the posture in which apnea is most likely to occur.

But the most effective treatment so far is a device people wear over their noses at night. Known as continuous positive airway pressure, it sends a steady stream of air

into the nasal passage, keeping it open.

Patients who have long suffered with apnea swear by the machine--when they are not swearing at it. It is cumbersome, and can take months to adjust to it. Some men refuse to use the device even when they know they have a problem.

But it has made a major difference, said Pastor Kuppler, who described himself as feeling much less fatigued. A new study, published in the medical journal *Chest*, found that when the device was used, both apnea patients and their partners reported less daytime sleepiness and overall improvements in social functioning and other areas.

Obstructive sleep apnea is not the only sleep disorder that men are susceptible to, although it appears to be the most common. There are also restless leg syndrome, whose sufferers move their legs frequently at night to avoid tingling and throbbing, and insomnia and narcolepsy.

In a culture that does not value sleep as much as it should, experts contend, society needs to do a better job of handling these problems.

"People today are so accustomed to being sleepy because they don't get enough sleep," Dr. Hunt said, "that when they develop a real sleep disorder, they don't recognize it as a medical problem."

9 Texas Communities Receive Governor's Achievement Awards

Nine Texas communities received Governor's Community Achievement Awards (GCAA) for outstanding community improvement. Point, Munday, Sanger, Gainesville, Angleton, Haltom City, Midland, Mesquite, and Fort Worth have been designated to receive one of the most prestigious annual environmental awards in Texas.

The nine winners are selected by Keep Texas Beautiful and receive a share of projects worth one million dollars provided by the Texas Department of Transportation (TxDOT), which will complete landscaping projects on state rights-of-way in the winners' communities.

The winning communities, one from each of nine population categories, were chosen for their achievements in community leadership and coordination, education, public awareness, litter prevention and cleanup, illegal dumping enforcement, beautification and property improvement, and solid waste management.

Eastland won in 1974.

"These awards honor collaborative efforts between citizens, businesses, local government, and youth to improve and enhance the appearance of their communities," said Governor Perry. "These winners exemplify what volunteer efforts can accomplish."

Any city in Texas is eligible to apply for the GCAA award, regardless of size. The smallest population category (under 1,000) receives \$60,000 in projects; the largest population (over a quarter of a million) receives \$265,000 worth of landscaping.

The GCAA program has recognized outstanding communities for 35 consecutive years, and the Texas Department of Transportation has provided prize funds since 1985. The Awards will be

formally presented to the winners during the 37th Annual Keep Texas Beautiful Conference on June 18 at the Austin Marriott at the Capitol.

Keep Texas Beautiful, the statewide grassroots environmental organization and affiliate of Keep America Beautiful, strives to empower Texans through education to take responsibility for enhancing their community environment. KTB works with government, businesses, civic groups, and volunteers to ensure that every Texan has the opportunity to take individual responsibility for making Texas the cleanest, most beautiful state in the nation. For more informa-

tion on the GCAA and other KTB programs and events, call 1-800-CLEAN-TX or visit the website at www.ktb.org.

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Storm Warning

By Ed Feulner

Those of us old enough to remember the 1970s sometimes think of it as the era of the bad disaster movie. Well, get ready for some cinematic de'ja' vu.

Sure, the upcoming film "The Day After Tomorrow" has a bigger budget and better special effects. But it flaunts the same lack of scientific credibility as, say, "Jaws" once did.

This time the culprit is carbon dioxide (CO2), a greenhouse gas we exhale every time we breathe. CO2 is also produced when we burn fossil fuels.

In the film, CO2 causes global warming. An Antarctic ice sheet melts. The oceans cool and the Gulf Stream stops. A massive summer snowstorm drowns much of North America under hundreds of feet of snow. No one is prepared for these changes, since they happen over just three days.

It gets worse. Eventually, the ice melts and inland areas flood. Ireland endures hurricanes while huge hailstorms pelt Japan.

Whew. It's enough to make you want to hold your breath. Except it's all hot air.

The entire scenario hinges on shutting down the Gulf Stream, the warm ocean current that flows from west to east. But that couldn't happen. In a recent letter to Nature magazine, MIT professor Carl Wunsch points out, "the occurrence of a climate state without the Gulf Stream any time soon—within tens of millions of years—has a probability of little more than zero."

Still, the opinion of real experts such as Wunsch isn't enough to silence self-proclaimed experts such as former presidential candidate Al Gore. He says the film "presents us with a great opportunity to talk about the scientific realities of climate change," which he claims is "an emergency that seems to be unfolding in slow motion, but actually is occurring very swiftly—not as swiftly as the movie portrays, but swiftly in the context of human history."

Well, let's keep Gore's "human history" in context. After all, Galileo didn't invent the thermometer until the 1590s, and we've been keeping detailed temperature records for only the last 100 years or so.

The only thing swift about global warming is how swiftly it's replaced the idea of global cooling. As recently as the 1970s scientists were worried about another ice age.

"During the last 20 to 30 years, world temperature has fallen, irregularly at first but more sharply over the last decade," the National Science announced in 1974. "Judging from the record of the past interglacial ages, the present time of high temperatures should be drawing to an end... leading into the next glacial age."

That prediction hasn't worked out. So there's reason to be skeptical when a group such as moveon.org tries to

stir up fear by handing out flyers warning that "global warming isn't just a movie, it's your future."

Let's set the rhetoric aside and look at the facts. The average temperature measured at the earth's surface has risen about one degree Fahrenheit in the last 100 years. But satellite measurements haven't shown a comparable trend and, in fact, show a slight cooling in the last 20 years. So while global warming may be a problem, and we should keep studying it, it's too soon to take radical, and expensive, steps.

That's why it's important to have think tanks such as the Competitive Enterprise Institute. For 20 years now, CEI has been dedicated to providing sound science and debunking the myths spread

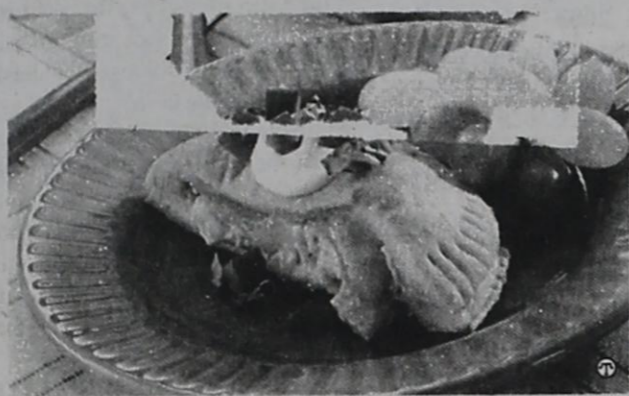
by environmental extremists.

The fact is, in order to bring down CO2 emissions, we'd have to shrink the global economy. In 2001, for example, greenhouse gas emissions declined by 1.2 percent, mostly because of a 3.5 percent decline in economic growth. Small wonder the Senate voted down the infamous Kyoto Accord 95-0.

This summer, millions of Americans will sit in air-conditioned movie theaters and watch a frightening film. But the real risk today isn't global warming—it's that we'll overreact and damage our economy in an unnecessary attempt to prevent climate change.

Let's hope cooler heads prevail.

Ed Feulner is the president of The Heritage Foundation (heritage.org), a Washington-based public policy research institute.



GRANDS!® TUNA MELTS
Prep Time: 15 minutes
(Ready in 35 minutes)

- 2 (6-oz.) cans water-packed tuna, well drained
- 1/2 cup chopped onion
- 1/2 cup mayonnaise
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 (16.3-oz.) can Pillsbury® Grands!® Refrigerated Original or Buttermilk Flaky Layers Biscuits
- 4 oz. (1 cup) shredded Cheddar cheese
- Sour cream, if desired
- Chopped tomato, if desired
- Shredded lettuce, if desired

Heat oven to 350°F. Grease cookie sheet. In medium bowl, combine tuna, onion, mayonnaise, salt and pepper; mix well.

Separate dough into 8 biscuits. Place 4 biscuits on greased cookie sheet; press or roll each to form 5-inch rounds. Spoon tuna mixture in center of biscuits. Top each with cheese. Press or roll remaining 4 biscuits to form 5-inch rounds. Place over filling; press edges to seal.

Bake at 350°F for 15 to 20 minutes or until golden brown. Cut each sandwich in half. Top each with sour cream, tomato and lettuce.

Makes 4 sandwiches

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.
—Elisabeth Kübler-Ross

Opportunities are usually disguised by hard work, so most people don't recognize them.
—Ann Landers

The real art of conversation is not only to say the right thing in the right place, but to leave unsaid the wrong thing at the tempting moment.
—Dorothy Nevill

Man does not live by words alone, despite the fact that he sometimes has to eat them.
—Adlai Stevenson

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Free Phone Training For Speech Disabled

"Speak Up Texas!"

Speech-disabled Texans can now apply for free training under the "Speak Up Texas!" program to take advantage of special phone services.

"It's an incredible freedom I have," said Speak-Up-Texas! employee Kate May, who has a speech disability resulting from cerebral palsy. "You don't have to get anyone to help you. I can call anyone, anytime."

The program is available statewide. The training will show Texans how to use "Speech-to-Speech" service, which uses an operator to give as much help as necessary during a phone call when at least one person has a speech disability. "Speak-Up-Texas!" is sponsored by the Public Utility Commission (PUC) and provided by Technology and Inclusion, a non-profit organization under contract with the PUC.

"Speak-Up-Texas! is a great opportunity to improve communications to and from the speech-disabled," said PUC Commissioner Julie Parsley. "Whether a call is to schedule a doctor's appointment or a chat among friends, it's a big step toward independence."

Through this new program, individuals can overcome the fear of not being understood while using the phone, and learn how to communicate more effectively. "Speak Up Texas!" will work with individuals

communication strategies, skills and articulation. In addition, the program will reach out to professionals who serve people with speech impairments.

"Nearly all Texans who can benefit from Speech-to-Speech either don't know about it or have problems using it," said Jamie Judd-Wall, project director of

Speak-Up-Texas! "It's like getting a new VCR or DVD system and not knowing how to program it. We want to change old habits."

Customers can learn more by calling 1-8-SPEAK-UP-TX (1-877-325-8789) toll-free, e-mailing speakuptexas@taicenter.com or logging on to www.speakuptexas.com

The teacher is often the first to discover the talented and unusual scholar. How he handles and encourages, or discourages, such a child may make all the difference in the world to that child's future—and to the world.
—Loren Eiseley

T often the strong, silent man is silent only because he does not know what to say, and is reputed strong only because he has remained silent.
—Winston Churchill

T h that has merely been learned is like an artificial limb; it adheres to us only because it is put on. Truth acquired by thought of our own is like a natural limb; it alone really belongs to us.
—Arthur Schopenhauer

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Museum To Celebrate All Things Buggy During Bug Week June 14-19

The Fort Worth Museum of Science and History is crawling with bugs this summer in both exhibit galleries and Omni Theater. In conjunction with the giant-screen adventure Bugs! now showing in the theater and the new hands-on exhibit Big Bugs: Giant Robotic Insects opening June 12, the Museum is hosting a special Bug Week, June 14-19, 2004, to celebrate all things that crawl, skitter, and flutter.

Enjoy a different buggy experience each day. All Bug Week events are free unless noted otherwise.

* Monday, June 14 - Bug Cooking with Bill Voss; 10 a.m. - Noon

Learn how insects are used for culinary purposes in other parts of the world and sample tasty bug meals whipped up by the Museum's resident entomologist, Bill Voss.

* Tuesday, June 15 - Get Buggy with Radio Disney; 1-3 p.m.

Have a bug painted on your face and participate in some buggy dances and

games with the gang from Radio Disney.

* Wednesday, June 16 - Identify-A-Bug Day with Terminix; 11 a.m. - 2 p.m.

What is that thing crawling around in your backyard? Place it in a secure box or jar and let our guest entomologist from Terminix identify it.

Everyone who brings a bug will receive a free Terminix Pest Detector bug identification wheel, while supplies last. While you're here, make a bug mask, color a bug, and learn more about bugs through special displays.

* Thursday, June 17 - Bug Scavenger Hunt; Starting at 10 a.m.

Explore the new exhibit Big Bugs: Giant Robotic Insects and find the answers to the Insect Scavenger Hunt. All scavengers who complete the form will receive a free pack of Terminix Collectable Pest Trading Cards, while supplies last. *Exhibit admission required.

* Friday, June 18 - Bug

Star-Festival; 10 a.m. - 5:00 p.m.

Watch family friendly bug movies throughout the day in the Auditorium.

Scheduled films include: A Bug's Life at 10 a.m. and 4:50 p.m.; Magic School Bus Gets Ants in its Pants at 11:50 a.m.; The Love Bug at 12:30 p.m.; Bad

Bug Bee and the Pirate Ants at 2:30 p.m.; and Charlotte's Web at 3:10 p.m.

* Friday, June 18 - "Crawl-In" Movie; 8:30 p.m.

Join the Museum in the east parking lot for an old-fashioned "crawl-in" movie! Bring your lawn chairs and enjoy the 50s classic Tarantula outside.

* Saturday, June 19 - Build-a-Bug and Other Bug Fun; 11 a.m. - 2 p.m.

Bugs are some of the earth's biggest recyclers, so come Build-a-Bug with our friends from the Fort Worth Botanic Gardens using recycled materials! Prizes will be awarded for Most Lifelike, Best Predator, Best Herbivore, Best Flyer, and Most Evolved. Plus, get a bug tattoo, race a cockroach around the Texas Pest Control Association's Mada "NASCAR" track, and

learn more about bugs through the Museum's very buggy collections.

The Museum of Science and History is located at 1501 Montgomery Street in Fort Worth's Cultural District. The Museum is open Mon-Thurs 9 a.m. to 5:30 p.m., Fri & Sat 9 a.m. to 8 p.m., and Sun 11:30 a.m. to 5:30 p.m. Omni Theater show times vary. For more information call 817/255-9300 or go to

www.fortworthmuseum.org
< h t t p : / / www.fortworthmuseum.org / >

A Look Back This Week

... June 6, 2002, President Bush, in a televised address, proposed the creation of a cabinet-level Dept. of Homeland Security, combining 22 existing federal agencies charged with the responsibility of preventing terrorist attacks ... June 3, 2003, two defendants in a U.S. district court in Detroit were found guilty of conspiring to provide support to terrorists ... June 4, 2003, Martha Stewart, founder of a highly successful media and home furnishings company, was indicted in a U.S. district court in New York City on charges of conspiracy, obstruction of justice, and securities fraud.

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Cisco High School Class Of 1954 To Hold Reunion

The Class of 1954 will have their 50th reunion June 11 & 12 at the Cisco Country Club. All friends are invited to come by and

visit.

If you have any questions call Joe Ziehr 254-442-3057 or Emma Watts at 254-442-3478.

THE CREATIVE COOK

For the Memorial Day, why not have an All-American Cookout? It's traditional and, in its own way, patriotic! Today's recipe is Marinated Grilled Steaks accompanied by Grilled Potato Slices. It's the perfect dish for that meat-and-potatoes man. Round this out with corn on the cob and brownie sundaes for dessert.



Some tips: Always spray the cool grill rack with non-stick cooking spray before heating the grill so the food won't stick. Do not marinate foods in lemon or lime juice for more than the time specified. The citric acid will turn the meat gray. Get the kids involved and let them remove the husks and silks from the corn.

Note that any number of vegetables can be grilled with no preparatory cooking. Brush slices of onion, sections of bell pepper, mushrooms or eggplant with oil, sprinkle with salt and pepper, and grill until soft. The time required depends on the vegetable.

MARINATED GRILLED STEAKS
1/4 cup lemon juice
3/4 cup orange juice
1/4 cup Crisco oil
2 tablespoons chopped fresh parsley
1 tablespoon jarred minced garlic (or 2 large garlic cloves, peeled and minced)

1 small onion, peeled and chopped
2 bay leaves, crumbled
1 tablespoon Italian seasoning
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
4 individual 6- to 8-ounce steaks, or 1 large (1/12 to 2 pounds) steak

Combine lemon juice, orange juice, oil, parsley, garlic, onion, bay leaves, Italian seasoning, salt and pepper in a large, resealable plastic bag. Add steaks. Marinate 30 minutes to one hour, depending on the size of steak and time available. Prepare grill or heat broiler. Remove meat from marinade. Discard marinade. Grill meat to desired doneness. Turn with tongs. Allow large steak to rest 5 minutes before carving. Serve immediately. Yield: 4 servings.

GRILLED POTATO SLICES

3 large Idaho or russet potatoes
1/4 cup Crisco oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Prepare charcoal or gas grill. Scrub potatoes under cold, running water. Cut into 3/4-inch slices. Cover with salted cold water. Bring to a boil on high heat. Boil 6 minutes. Drain. Brush potato slices with oil. Sprinkle with salt and pepper. Grill slices for 3 minutes. Turn with tongs. Grill second side for 3 minutes, or until brown. Serve immediately. Yield: 4 servings.

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On June 4, 1805, land and naval campaigns waged by the U.S. forced Tripoli to negotiate peace ... June 3, 1899, the International Ladies' Garment Workers Union was founded in New York City ... June 5, 1933, Congress approved dropping the gold standard ... June 3, 1940, the U.S. okayed the sale of surplus war materiel to Great Britain ... June 4-7, 1942, the Battle of Midway handed Japan its first major defeat of the war ...


June 6, 1944, U.S. and Allied forces invaded Europe at Normandy in the greatest amphibious landing in history ... May 31, 1955, the Supreme Court ordered "all deliberate speed" in the integration of public schools ... June 5, 1968, Senator Robert F. Kennedy (D-N.Y.), appearing at the Hotel Ambassador in Los Angeles to celebrate his California primary victory, was shot by Sirhan Sirhan and died a day later.

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--Martin Luther King, Jr.

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Internal Revenue Service Numerous Free Resources

The Internal Revenue Service has numerous free resources that can help small business taxpayers comply with their tax responsibilities, and none of them are further than a mouse-click away.

On the small business section of IRS.gov, taxpayers can, for example, learn how the tax code treats different business structures, apply for

an Employer Identification Number or make tax payments, even watch a streaming video of a small business workshop.

"Running a small business is a big responsibility, and the IRS wants to help simplify the process for this important group of taxpayers," said Dale F. Hart, Commissioner of the Small Business/Self-Employed Division of the

IRS. "Whether a person is just considering opening a business or has years of small business experience, we provide a wide range of tools and educational assistance to help him or her succeed."

Here is a sample of the resources and services that small businesses can find on IRS.gov:

* Starting a Business - Everything from a new business checklist to selecting a business structure.

* Operating a Business - Find out about various expenses associated with a business and business taxes that may apply. Also lists requirements for small businesses with employees and information on how to structure a retirement plan.

* Closing a Business - More than shutting the door, procedures are provided for getting out of business, including forms to file.

* The Self-Employed Community - This one-stop shop for the self-employed was built with the help of taxpayer feedback.

* Industries and Professions - Advice on how to avoid problems in construction, cosmetology and more. Information on more than a dozen industries in all.

* International Taxpayers - Addresses the special tax requirements of the international community.

* Where to File - Filing addresses, by return type, for self-filers and tax professionals. Includes the top filing errors made by type of form.

* Order Free Products - Choose from the Tax Calendar, Small Business Resource Guide and more, all developed for the small business or self-employed individual.

* Small Business Online Classroom - IRS courses, self-directed learning and access to streaming video of IRS small business workshops.

* State Links - A collection of links to state government and commercial

web sites.

IRS.gov is also the gateway to a host of electronic services for small businesses:

* E-file - Filing options for employment taxes, information returns, partnerships, corporations and estates and trusts can all be found here.

* Employer Identification

Thursday, June 3, 2004
Number (EIN) - Small businesses may apply for one online.

* Electronic Federal Tax Payment System (EFTPS) - EFTPS is an alternative to paying taxes by check or money order. Small businesses can make payments 24 hours a day, seven days a week.

Sports Challenge by Walter Branch

1. What was the only U.S. pro team to end a 98-year championship drought in the 1980s?
2. From whom did Livingstone Bramble win the WBA lightweight title on February 15, 1985?
3. What two items was jogger Jim Fixx wearing when he dropped dead of a heart attack?
4. What ice skating duo was the first to receive a perfect score from all judges in ice dancing in Olympic competition?
5. What former New York Knicks guard was inducted into basketball's Hall of Fame in 1984?
6. What was baseball player Eric Davis the first National League player to do three times in a single

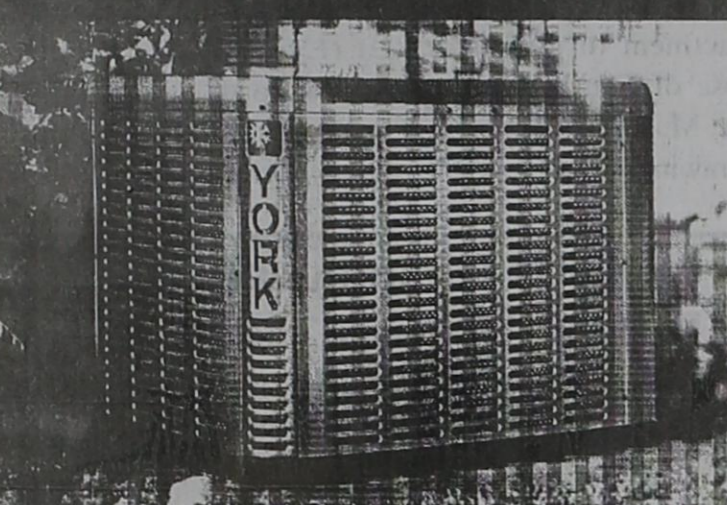
- month?
7. What former heavyweight champ ran the 1983 New York City Marathon in 3 1/2 hours?
8. Who became the first driver to spin full circle and still win the Indy 500?
9. What Ivy League team did Columbia beat to end college football's longest losing streak?
10. What country's 1988 Olympic volleyball team was captained by Karch Kiraly?

Sports Challenge Answers

1. The Philadelphia Phillies; 2. Ray "Boom Boom" Mancini; 3. Shorts and running shoes; 4. Torvill and Dean; 5. Walt Frazier; 6. Hit grand slam home runs; 7. Floyd Patterson; 8. Danny Sullivan; 9. Princeton; 10. The U.S.'s

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10 Simple Ways To Save Money On Gas

Cost-Cutting Steps Also Make A Difference In Air Quality

With no end in sight to rising gasoline prices, supporters of the state's air quality campaign say there are plenty of simple things drivers can do to save money at the pump and help reduce air pollution at the same time.

The Texas Department of Transportation (TxDOT) and the Texas Commission on Environmental Quality (TCEQ), who sponsor the two-year-old Drive Clean Across Texas initiative, say little things can add up to big savings when it comes to gasoline consumption.

"Many tips for using less gas also help reduce the harmful car and truck emissions responsible for about half of the air pollution found in many areas of the state," said Israel Anderson, director of TCEQ's Small Business and Environmental Assistance Division. "Drivers may be surprised at just how much money they can actually save without having to make a lot of big adjustments."

Here are ten ways to save money on gas and pollute less while you save:

1. Keep your car well-maintained. Replacing a clogged air filter can improve your vehicle's gas mileage by as much as 10 percent. While you're having the air filter replaced, have the mechanic check out your oil and fuel filters, too.

2. Keep your tires properly inflated and balanced to prevent excess drag on your engine. This can improve fuel economy by up to one mile per gallon. Depending on the size of your gas tank, you could get an extra 20 miles per tank.

3. Drive the speed limit. Gas mileage drops the faster you drive. Each 5 mph over 60 mph is equivalent to paying an extra 10 cents per gallon for gas. In a 20-gallon tank, that's adding an extra 42 to your gas bill for every 5-mile increment over 60 mph.

4. Avoid aggressive driving, jackrabbit starts and quick stops. At highway speeds, you'll lower your gas mileage by about 33 percent. By maintaining a constant speed and driving sensibly, you could save as much as 50 cents a gallon.

5. Drive less by combining your errands. Several separate short trips from a cold start can use twice as much fuel as a longer trip when your vehicle's engine is already warmed up.

6. Avoid idling in drive-through lanes. Idling burns more gas than restarting the engine. Turn off the engine if you know you will have a long wait. Better still, park and go inside.

7. Travel light. Carrying an extra 100 pounds in your vehicle makes your engine work harder and use more gas. A loaded roof rack can decrease your fuel economy by up to five percent. Reduce drag by removing heavy items from your vehicle that you don't need to carry around.

8. Use multi-grade motor oil labeled "energy conserving" to improve your

gas mileage. Using 10W-30 can reduce fuel efficiency by up to two percent.

9. Stop at the "click" - when you fill up, don't top off your tank. Spilled gasoline pollutes the air when it evaporates, and it's like dropping spare change on the ground.

10. If your vehicle has a 5-speed manual or 4-speed automatic transmission, shift into your overdrive gear as

soon as your speed is high enough. If you have a manual transmission, remember the lower the shift speed, the better your fuel economy.

Bottom line: Experts say the good habits that save money at the gas pump also help reduce air pollution and improve the quality of the air we all breathe. To find out more, log on to www.drivecleanacrosstexas.org.

Lightning Safety Tips, Avoid Water Even Indoors

Thunder booms. Lightning strikes. Quick—stop washing the dishes.

While most of us have heard the warnings about swimming or boating during thunderstorms, avoiding other water contact when lightning is flashing is good safety advice too. That even means staying out of the shower and tub and, yes, keeping your hands out of dishwater.

Lightning kills or injures hundreds of Americans each year. The April issue of *Mayo Clinic Health Letter* offers these additional tips to protect

you:

Seek shelter—Stay in enclosed buildings. Inner rooms are the safest. Avoid doors, windows and anything that conducts electricity. Stay out of picnic pavilions and rain shelters. If need be, seek safety in a car and close the windows. As long as you aren't touching metal, the car's steel frame offers some protection.

Don't use electrical appliances or telephones with cords—Lightning can follow electrical wires and phone lines into your home.



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If you're caught outdoors, use the 30-30 rule—Seek a safer location immediately if the thunder occurs 30 seconds or less after the lightning. Once the storm has passed, wait at least 30 minutes after the last lightning flash before leaving shelter.

Avoid lightning targets—Stay away from trees and any tall, isolated structures. If you're caught in an open area, drop metal items such as golf clubs and tennis rackets.

Avoiding Carbon Monoxide on Boats

Carbon monoxide poisoning on a boat? It happens, especially in recreational boats longer than 20 feet. In the United States since 1990, carbon monoxide poisoning has killed at least 93 people while they were boating and made nearly 400 others ill. Signs and symptoms include: headache, nausea, dizziness, difficulty breathing and loss of consciousness.

The April issue of *Mayo Clinic Health Letter* explains the special risk of carbon monoxide poisoning on boats. Carbon monoxide is an invisible, odorless gas produced by incomplete combustion of fuel. Common sources of carbon monoxide in boats are engines, generators, heaters and cooking ranges. Exhaust leaks allow carbon monoxide to seep into enclosed areas, such as the cabin or below deck. Exhaust also can accumulate near the rear of the boat.

Steps you can take to avoid carbon monoxide poisoning while boating include:

- Regular engine and exhaust inspections by a qualified technician.
- Turning the engine off when docked or alongside another boat.
- Keeping people clear of the rear of the boat and swim platform when running the engine or generator. Don't allow swimming behind the boat with the engine idling.
- Installing a carbon monoxide detector in enclosed areas.

Putnam Musical Is Set Friday

Putnam Musical will be Friday, June 4th. Lots of good country, western and gospel music. The kitchen will open at 5:30 p.m. and the music

will start at 6 p.m. Emcee will be Carl Whiteley. Come on out and enjoy everything.

Annual Thurber Reunion June 12

The annual Thurber Reunion will be held June 12th. Registration from 9 to 10 a.m. Business meeting at 10:30 a.m., then at 11:15 a.m. the FUN really kicks in with Hershel Gibson's "Thurber Story." Hershel was such a big hit last year we brought him back with all new, never before told stories as only Hershel can tell them!!!

After a lunch break, 1:30 brings a Living History Reenactment to give us a glimpse of Thurber in the 1890's. Music starts at 2:30, and Drawings at 3:00—\$100

Savings Bond donated by First National Bank-Santo-Mingus Branch, and two \$50 Saving Bonds donated by First National Bank-Albany—Gordon Branch—other door prizes, PLUS FIVE winners will walk off with original Thurber Bricks!!!

Photo Shoot! Have a souvenir picture taken as an 1890's Miner and Woman.

Thurber Historical Park I-20 (Exit 657) on South Access Road.

Free admission! Door Prizes, Drawings.

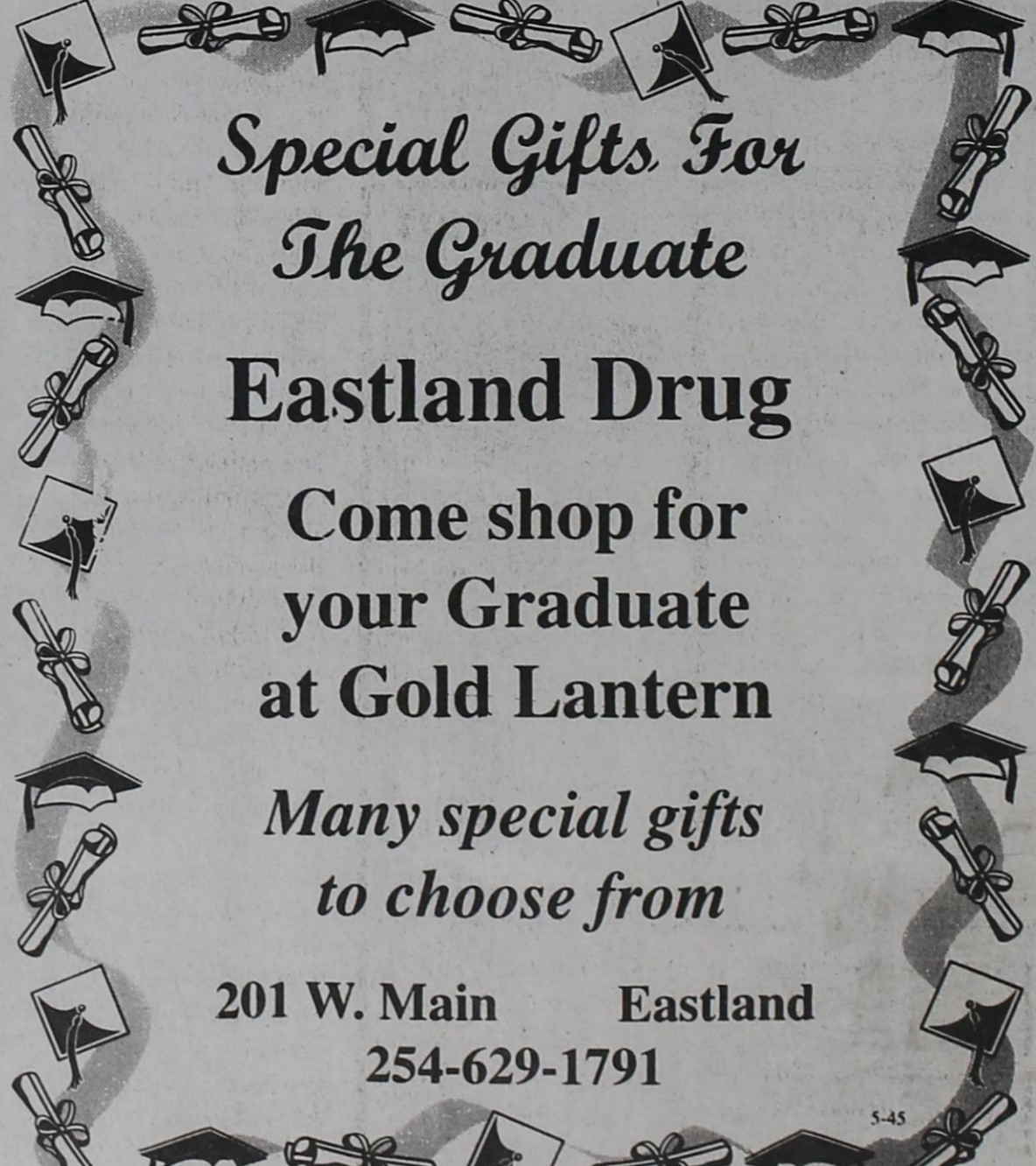
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HIGHLIGHTS

Texas National Guard renames 49th as 36th

AUSTIN - With little fanfare and hardly any public notice, the 55-year-old 49th Armored Division, which amounts to nearly two-thirds of the Texas National Guard, has been renamed the 36th Infantry Division.

Eventually, the division will have less heavy armor, focusing more on being a lighter and faster force similar to some of the divisions used in Iraq.

The conversion restores the historic name of one of America's most famous fighting outfits, better known in World War I and World War II as the T-Patchers. Originally made up of citizen-soldiers from Texas and Oklahoma, the division's insignia was a T inside a blue arrowhead, symbolizing the two states.

Keeping the same patch, the unit became the 36th ID in the 1920s. After mobilizing at Camp Bowie in Brownwood early in World War II, the division was the first American force to land in Europe in 1943.

Fighting first in Italy and later in France, the division suffered 16,828 casualties during the war. But its soldiers won 14 Medals of Honor, 88 Distinguished Services Crosses, 2,354 Silver Stars, 5,407 Bronze Stars, 88 Air Medals and 12 Presidential Citations.

The division was folded back into the Texas National Guard after the war and finally deactivated in 1968.

Though the name changed this spring, the big hoopla won't come until Oct. 2, when a formal "re-flagging" ceremony is set for Camp Mabry, headquarters of the Guard.

"The 36th has got a tremendous war record," Texas Adjutant General Wayne D. Marty said. The reactivation of the unit, he continued, "is another message that the Texas National Guard is putting on our battle face - that we intend to be fully engaged in the global war on terrorism."

Students improve on TAKS Texas' high school students showed gains in state achievement tests this spring with 72 percent of juniors passing all tests taken on the exit-level Texas Assessment of Knowledge and Skills (TAKS).

Last year, only 49 percent

of high school juniors passed all tests taken.

Among third-graders, 94 percent have now passed the test after two tries.

Sales tax revenue stays up...

The state's revenue picture continues to brighten with April sales tax revenue up 26.4 percent compared with April 2003.

Total sales tax revenue for the month was \$1.46 billion. Of that, \$420.2 million was allocated to local governments in May, an increase of 10.3 percent from a year ago.

Part of the reason for the increase, according to the comptroller's office, is a tax amnesty period in March during which businesses could pony up unpaid taxes without fear of penalty or interest. The rest of the increase is attributable to the improving economy.

Splash making a big splash...

One new tourist draw for Texas is a cool catfish named Splash. No run-of-the-mill pond fish, Splash is the world-record blue catfish.

Splash weighed 121.5 pounds when Cody Mullenix of Howe caught it in Lake Texoma after a half-hour fight on Jan. 16. Mullenix decided a fish that big didn't need to be fried and donated it to the Texas Parks and Wildlife Department's Freshwater Fisheries Center at Athens.

Shy at first, Splash has gotten into the swim of things in the facility's 26,000-gallon "Big Fish" tank.

For more information, check the Web site www.tpwd.state.tx.us or call the center at 903-676-227.

— Pauline Word
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The Beginning Of A New Dance Era

As some of you already know, there is a new dance school in Eastland called The Eastland Academy of Dance. For those of you who still don't know that we are here...Hello! We are in Eastland.

You all will be treated to our premier performance on June 5th at 7:00 pm at the Majestic Theatre. Admission is free, and all are welcome. The doors will open at 12:30. We are all very excited about the upcoming performance.

Here is a little background on the teacher, "Miss Monique", as the kids call her. She was born and raised in New Orleans, Louisiana, and began to dance at the early age of 2. She pursued dancing with a passion all throughout her life. She received her Dance Master's teaching certificate in 1996. She went to Loyola University New Orleans where she was a featured dancer. Upon graduation, she received a degree in Advertising and a minor in dance. She taught at a dance school in New Orleans for 5 years before moving here to Eastland last summer. Within four months of living here, she was able to open her very own school. The theme for this year's recital is "Gotta Dance!" This reflects a dancer's desire to dance no matter what. She hopes to pass on

this determination to her students.

We are blessed to have twenty-two students performing with us. They are: Katelyn Bird, Hannah Clark, Bailey Evans, Jewelia Gattis, Hailey Hendrix, Taylor Herrington, Skye Horsch, Storey Johnson, Lady Kennedy, Shannon Light, Brooklyn Oden, Anniston Thomas, Cynthia Vargas, Erica Walker, Ivey Agnew, Bethany Harris, Karley Simmons, Alana Longson, Taylor Palmer, Jessica Gattis, Kayla Gattis and Nastassja Lewis.

The Eastland Academy of Dance will be holding a Summer Dance Camp every Saturday from June 26th-August 7th. We will be taking field trips to see ballets and learning many different types of dance. We will also be participating in the Outdoor Art Program, where the students will get to paint a picture that will hang on the front of the dancing studio. There will be a showcase performance on August 7th to show everyone what they have learned.

We hope to see you at the show. And as they say in New Orleans "Laissez lais bon temps rouler!" ("Let the Good Times Roll!") The Eastland Academy of Dance...Touching Lives and Gracing Stages. Coming Soon To a Stage Near You.

The Barbarian Festival To Be Held In Cross Plains June 11 & 12

Come to Cross Plains, Texas, home of Robert E. Howard creator of Conan the Barbarian, for a fun filled weekend Friday and Saturday, June 11 and 12.

The Robert E. Howard House Museum, presented by Project Pride, will be open both days with Howard enthusiasts and scholars from all over the nation attending. Writing, panel discussions, tours of the area and a banquet will take place on Friday, with much more on Saturday.

The Barbarian Festival, sponsored by the Barbarian Festival Committee, will kick off Saturday morning with a parade down main street followed by a fun filled day of car, tractor and motorcycle shows, food, games, arts and crafts and live entertainment from headliner band, Class of '57, plus more bands and dance groups. There will be something for the entire family!

Remember...Friday and Saturday, June 11th and 12th, Cross Plains, Texas.

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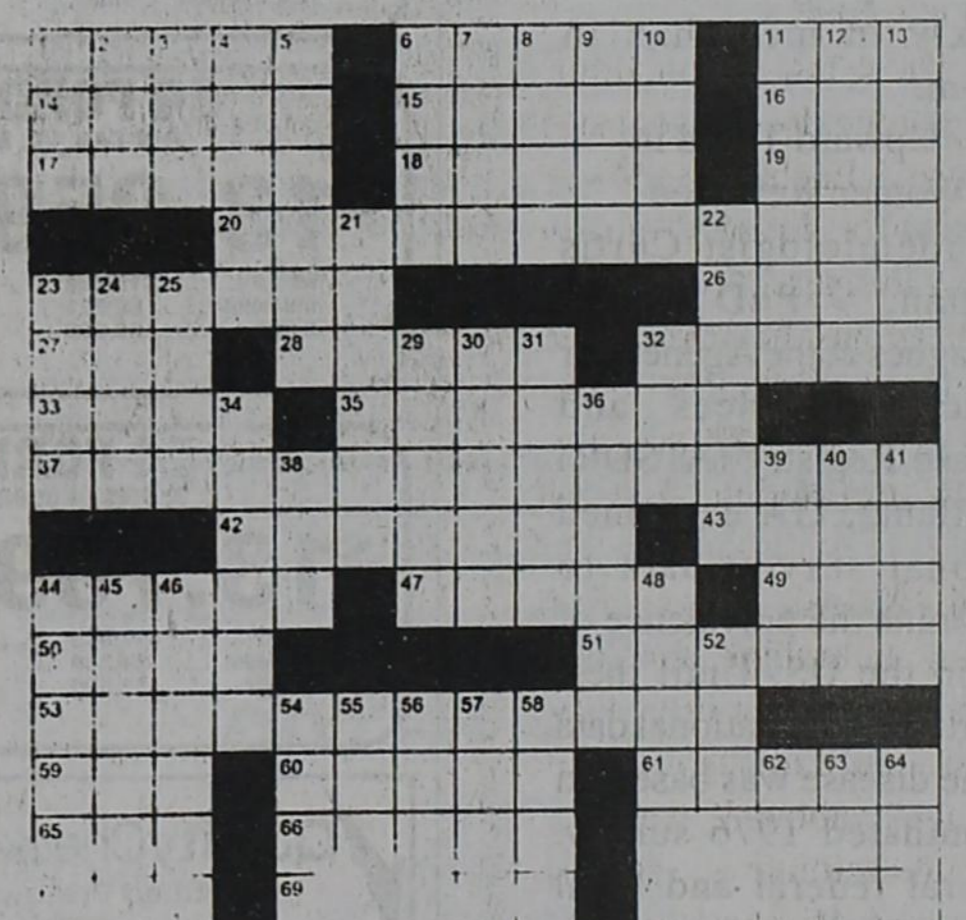
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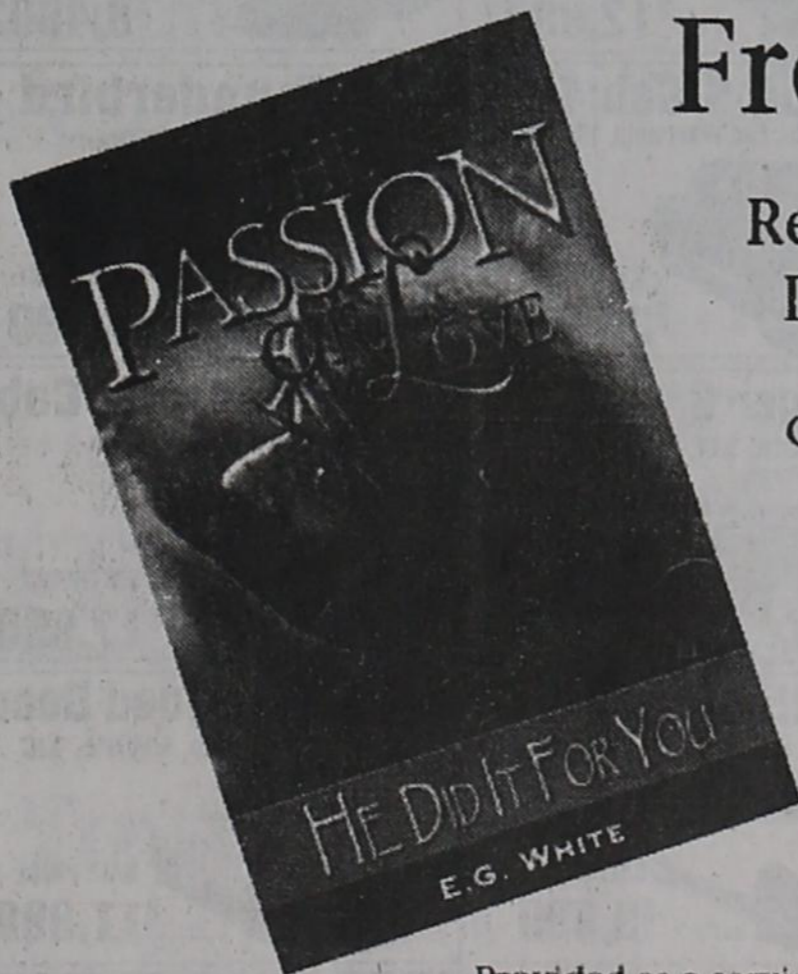
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- 18. Duffer's problem
- 19. "Let'er..."
- 20. Most expensive, usually
- 23. Prep or reform
- 26. Author unknown. Abbr.
- 27. "Bali..."
- 28. Out of vogue
- 32. Sound from the bullpen
- 33. The "I" in "The King and I"
- 35. Strummed on a guitar
- 3. Hagen's stage name
- 4. Slowly, on a score
- 5. Home, Surgeon General with his own website
- 6. No great shakes
- 7. Kennedy coin
- 8. Working tirelessly
- 9. Poland's Walesa
- 10. Alder or elder
- 11. San ___ (tiny republic)
- 12. Donahue of "Father Knows Best"
- 13. Feel contrite
- 21. Canic... second
- 22. Crow's-nest
- 23. Pillow covering
- 24. "Who ___ Turn To?"
- 25. Posterior
- 29. "Go ahead, ask!"
- 30. Bulgaria's capital
- 31. Dadnist Max
- 32. ___ up
- 34. Fine line, perhaps
- 36. Like a signature line
- 38. Abner's radio partner
- 39. Israel's Abba
- 40. Small stream
- 41. Hard to hold on to
- 44. Haughtiness
- 45. "Becket" actor Peter
- 46. Stovetop whistler
- 48. Actress Mimieux
- 52. Fielding average
- 54. ___ buco
- 55. Pony Express load
- 56. Hightailed it
- 57. Icicle icicle
- 58. Blissful state
- 62. Wall St. intro
- 63. ___ XING
- 64. Bard's before

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Multiple Sclerosis Taking Increasing Toll on Women

By Sophia Cariati
Society for Women's Health Research

The proportion of women living with multiple sclerosis jumped by 50 percent between the 1980s and the 1990s, while the number of men living with the disease remained constant, according to new findings from the US Department of Health and Human Services. This information combined with the fact that autoimmune diseases such as MS are the fourth leading cause of disability among American women underscores the need for further research into what remains among the most poorly understood category of illness.

Multiple sclerosis (MS) is a chronic disease in which immune cells attack the insulating covering, or myelin sheath, surrounding nerve fibers in the brain and spinal cord. The hallmark symptoms include muscle weakness and stiffness, impaired balance and coordination, numbness and blurred vision. MS and other autoimmune diseases are characterized by the body's misdirected attack on its own healthy tissue.

Virtually all autoimmune diseases, MS included, are more common in women than in men. In fact, for unknown reasons, women make up about 75 percent up all autoimmune disease sufferers. A slew of other sex differences exist in autoimmunity including the fact that multiple sclerosis typically progresses more quickly in men than in women.

Upward Trend in Women Revealed
Epidemiologist Curtis Noonan, PhD and colleagues at the Agency for Toxic Substances and Disease Registry (ATSDR) in Atlanta, GA examined national survey data to determine the prevalence of MS in the US. Until their report, the only national data on the disease was based on an outdated 1976 survey. Several federal and local public health offices have received inquiries from citizens concerned that they might have an exceptionally high number of MS cases in their communities, according to Noonan.

"Public health organizations didn't have the basic information needed to answer the question of how many cases [of MS] is normal and how many cases is high," said Noonan, "The data that existed were outdated."

Noonan found that the number of MS cases increased by 50 percent from the early 1980s to the

Star - Callahan County Baird Star

with more northern areas of the country.

What accounts for the observed trend? There is no hard fast answer, says Noonan.

But there are a few possible explanations. The study may have revealed a true increase in the number of new cases of MS in women. Conversely, better disease detection and improved treatments may account for the growing number of women living with MS. If this were the case, however, Noonan would have expected to see a similar increase in prevalence among men.

Why Women?

Exactly why women are more prone to multiple sclerosis and other autoimmune diseases remains a mystery. Finding the answer to this question may yield improved

treatments, prevention strategies, and maybe even a cure for both sexes.

Accumulating evidence suggests that understanding how a woman's immune system reacts to pregnancy may help unlock the mysteries of autoimmune disease.

Symptoms of MS often subside during pregnancy, but worsen or occur for the first time soon after giving birth. A number of studies suggest that the cells that travel from mother to the fetus and vice versa during pregnancy may trigger the diseases.

Until recently, many researchers blamed fluctuating hormones for the pregnancy-induced changes in MS. And while they are undoubtedly involved, they may be just a piece of the puzzle. Michael D. Lockshin, MD, director of

the Barbara Volcker Center for Women and Rheumatic Diseases, Cornell University, believes that the interaction between a woman's immune system and her environment is an important area that has been largely understudied.

"Hormones are unequivocally involved [in the sex differences], said Dr. Lockshin, "They are, however, in my belief part of the process, not the cause."

Research also suggests that a person's genes play a role in determining her susceptibility to MS. Some families are particularly prone to autoimmune disease. Interestingly, in such families different family members often develop different diseases. For example, a woman may have MS, her sister might have lupus, and her aunt rheumatoid arthritis.

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Thursday, June 3, 2004

Women's Health Research

The Society for Women's Health Research is the nation's only not-for-profit organization whose sole mission is to improve the health of women through research. Founded in 1990, the Society brought to national attention the need for the appropriate inclusion of women in major medical research studies and the resulting need for more information about conditions affecting women. The Society advocates increased funding for research on women's health, encourages the study of sex differences that may affect the prevention, diagnosis and treatment of disease, and promotes the inclusion of women in medical research studies.

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CALLAHAN COUNTY BAIRD STAR

From Page One ...
Veterans

from the Pioneer Community.

"It is a great honor to be here," Judge Bailey said.

In introducing Congressman Stenholm, Judge Bailey said that Stenholm went straight to work after his election in 1978, and continues the fight for the rights of his rural constituents in a time when there is a "big city drive" (for influence and power).

"Of all the places he could be this morning, he drove to Pioneer, TX in Eastland County," Judge Bailey said.

Congressman Stenholm replied that he was honored to be at Pioneer Cemetery to recognize and give thanks for Veterans of "now, then, and the future."

He honored and saluted the six servicemen from the 17th District, who fell in Iraq, for their "priceless sacrifice."

Words could not express the sacrifice they made, he said, so that we can continue to live in peace and freedom.

"How many went before them," he ask, as he honored the Veterans of WW II - "The Greatest Generation".

They had fought with courage, strength, determination, fearlessness, and independence, he said.

Today's servicemen and women are fighting an enemy with similar goals - the terrorists - but different tactics, he continued.

Losing was not an option, he said. "We represent freedom."

Congressman Stenholm spoke of visiting the new WW II Memorial in Washington D.C.

He toured the memorial early in the morning, he said, and described it as an "overcoming" experience.

Four thousand gold stars were on the west side of the memorial, he said.

Each star represented many fallen heroes - "our youngest and finest ... those who stayed behind."

"Freedom has never been free," he commented.

SPC 4 Larson Leidig, US Army, who recently returned from service in Iraq, spoke of his feelings concerning the situation there.

SPC 4 Leidig expressed support of our government's efforts in Iraq.

Many governments in the region were co-dependent of terrorists groups, he said.

It would take time, he continued, but with our support, Iraq could stand up (as a country) without terrorist co-dependency.

And, if we did not fight the terrorists, ... "They will come after us. They will kill

us," he said.

The Iraqi people had few choices under Saddam Hussein's rule, and many did not realize how bad things really were there, SPC Leidig continued.

He felt that we were not just helping to reconstructing Iraq, but rather rebuilding it - in some instances from the ground up.

Now there was hope for a future and a better life, he said.

Small groups of terrorists were carrying out hard hits, he continued, but he felt that there was a "turning around" of opinion in the general public. Many had learned that we were not "this bad country." "Stay by our country," SPC Leidig said. "We have to go through this to make a better future. We are making a difference."

Other highlights of the Memorial Day Observance ceremonies at Pioneer Cemetery was a flag raising ceremony by WW II veterans, group singing led by Cathy Chesshir, Jean Fore, May Jones, and Frankie Smith, The Pledge of Allegiance led by Jurnee Thomas, and Taps played by Kandra Poole.

Red, white, and blue balloons lifted off into a brilliant sky, carrying a message of support for American troops stationed around the world.

Emergency Farm Loan Applications Being Accepted

Callahan County Farmers Eligible

"Applications for emergency farm loans caused by drought and high winds that occurred from January 1, 2003, through November 25, 2003, are being accepted at the Farm Service Agency (FSA) office located in Anson, Richard G. Young said today.

"Callahan County is one of 11 in Texas recently named by Secretary of Agriculture Ann Veneman eligible for loans to cover part of actual production losses resulting from drought and ghigh winds that occurred January 1, 2003, through November 25, 2003."

Richard G. Young said, "Farmers may be eligible for loans of up to 100% of their actual losses or the operating loan needed to continue the agricultural business, whichever is less. For farmers unable to obtain credit from private commercial lenders, the interest is 3.75 percent."

"As a general rule, a farmer must have suffered at least a 30 percent loss of production to be eligible for a FSA emergency loan," Richard G. Young said. Farmers participating in the Federal Crop Insurance program will have to figure in proceeds from those programs in determining their loss.

"Applications for loans under the emergency designation will be accepted until December 28, 2004 but farmers should apply as soon as possible. Delays in applying could create backlogs in processing and possibly over into the new farming season," Richard G. Young said.

FSA is a credit agency of the United States Department of Agriculture. It is authorized to provide disaster emergency loans to recognized farmers who work at and rely on farming for a substantial part of their living. Eligibility is extended to individual farmers who meet U. S. citizen requirements and to farming partnerships, corporations or cooperatives in which U. S. citizenship requirements are met by holding a majority interest.

The FSA office in Anson is open from 8:00 a.m. to 4:30 p.m., Monday through Friday.

Thursday, June 3, 2004

Baird First Baptist Church Events

Each one of you are invited to join us at the First Baptist Church, 240 Race Street Baird, Texas

For more information on any of these events please contact the church: 854-1574
June 2 (Wed.) Prayer Time and continued study in 1 Corth. 7:00 P.M.

Choir Practice 7:30 P.M.

June 4 (Fri) Bake Sale at 1st National Bank, Baird to support youth

June 6 (Sun) Sunday School 9:45 A.M. (a class for all ages)

Worship Service 11:00 A.M. (nursery provided)
Prayer Time in Sanctuary 5:00 P.M.

Evening Service 6:00 P.M. (nursery provided)

June 8 (Tues) Ladies Prayer Breakfast 7:00 A.M.

June 28 (Mon) Women's Night Out with Pot Luck supper and speaker Barbara Skinner (Sheffield) 6:30 P.M.

Invite your friends and neighbors for this time with women from all of our community

Baird ISD Board Holds Special Session Swears In New Members

The May 15, 2004 Baird ISD election results were canvassed and approved in a Special Session held by the Board of Education on May 24, 2004.

The approved results were as follows: Matt Rogers - 170 votes, Gerry McDowell - 159 votes, Richie Crow - 110 votes, and Larry McInire - 89 votes.

The motion to canvass and approve the results was made by Miller Scott and seconded by Kenneth Brock. The vote was unanimous.

Lana Walls, Notary Public, swore in Gerry McDowell and Matthew Rogers as new board members.

The following members were present at the Special Session: Kenneth Brock, Joe Clark, Miller Scott, and Gerry McDowell.

Jim Dyer Windham, Jr., Burke Robinson and Allen Wilson were absent.

School personnel present were: Lacy Hogue, Superintendent, and Lana Walls, Business Manger. Others present: Matthew Rogers.

Kenneth Brock called the meeting ro order at 7:48 A.M.

Miller Scott gave the invocation.

A motion to adjourn at 8:05 A.M. was made by Gerry McDowell and seconded by Joe Clark. The vote was unanimous.



Shown above are SPC 4 Larson Leidig (L) with U. S. Congressman Charles Stenholm at Pioneer Cemetery Memorial Day ceremonies. SPC Leidig recently returned from duty in Iraq.

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THE MURKY WORLD OF INVESTIGATIONS

By Viola Payne

I have wondered when to write about the ongoing investigation into the political and financial affairs of U.S. House Speaker Tom DeLay (Republican), and Texas House Leader Tom Craddick (Republican) of Midland.

There has been an investigation about these two and others for more than 16 months by Travis County District Attorney Ronnie Earle (Democrat), whose office is responsible for prosecuting misconduct by elected officials.

Some of the state's top Republicans have called Earle's investigation into spending in the 2002 election a "witch hunt", and "fishing expedition."

Earle has replied that the law in Texas makes it a felony offense for labor unions and corporations to make political contributions. He says that he is "just doing my job."

Some commentators have hinted that this latest investigation could turn out to be a scandal like the Sharpstown one, which decimated the Democrats in the 1970's. But this one probably has a way to go to hit the same level.

Basically, Earle's query has stemmed from a series of Grand Jury investigations

and lawsuits dealing with funds contributed to the Republican Party of Texas.

There are also some hydra-like spin-off lawsuits investigating former Speaker of the House Pete Laney (Democrat) and Gov. Rick Perry.

According to the Associated Press, The Texas Ethics Commission has told Gov. Perry that it will decide whether he illegally converted political money to personal use when he used campaign funds to pay for a trip to the Bahamas.

The latest crop of law school graduates won't have to get out and look for jobs - there are plenty of them waiting in Austin!

Along with the politicians, the two main group whose activities are under scrutiny are the Texas Association of Business, a pro-Republican organization with connections to DeLay and Craddick. Also there is the Texans For A Republican Majority political action committee, allegedly created by DeLay to secure GOP control of the Texas Senate.

During the 2002 Election these groups reportedly contributed \$4.5 million. Allegedly some of this went to Craddick's campaign to become Speaker of the Texas House - the first Republican Speaker in more than 100 years.

The investigation now

reportedly centers on whether TRMPAC and TAB illegally concealed and used corporate money in the state campaigns.

At issue is \$152,000 in checks from Texans For A Republican Majority to candidates for seats in the House. The checks were allegedly distributed by Craddick while he was pursuing the Speaker's seat.

Another probe involves \$190,000 in contributions the party made to seven candidates for seats in the Texas House.

Also involved in the general investigation is Bill Hammond, President of the Texas Association of Business and a former House member. Another is Jim Ellis, aide to Tom DeLay and one of the creators of TRMPAC. Also =

reportedly under scrutiny is John Colyrando, director of TRMPAC and the Texas Conservative Coalition. Colyrando has testified to the Travis County Grand Jury under limited immunity.

Also on the list is Bill Cerva, former TRMPAC treasurer, former Republican House member, and long-time political advisor. Another important name - Mike Toomey - chief of Staff for Governor Rick Perry.

In asking several current candidates about the investigations - especially the ones including DeLay

and Craddick - they told me: "This is a legal matter. I can't comment."

I consider it more than a legal matter, however. It is also an ethical matter. The principals involved may "get off" on technicalities (I'll be surprised if they don't) but there is more to life than technicalities.

After all, DeLay and Craddick wield a lot of power. They were instrumental in pushing through the "redistricting" we are having to live under. This affects our voter's rights in more ways than one, and I don't like that.

I realize that investigations are so commonplace now that this one may not even be news. And it probably won't be big news unless someone is indicted. That might finally make the national headlines.

And sometimes the longer anything is investigated, the smaller the indictment when it finally gets around to court. And then, the accused will probably "plea bargain", get deferred adjudication or something, and go to another job in Austin.

Hopefully, any honest people in this will come unscathed through the laborious process of the court.

Where I grew up in West Texas, people considered honesty the most valuable thing you had. The word "liar" was the worst slur possible - a fighting word for sure!

Where are those people now, when we need them so much?

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