

Baird: Officially Designated Antique Capital Of West Texas

# Callahan County Baird Star

Callahan County Star  
888-227-1708 or  
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50¢

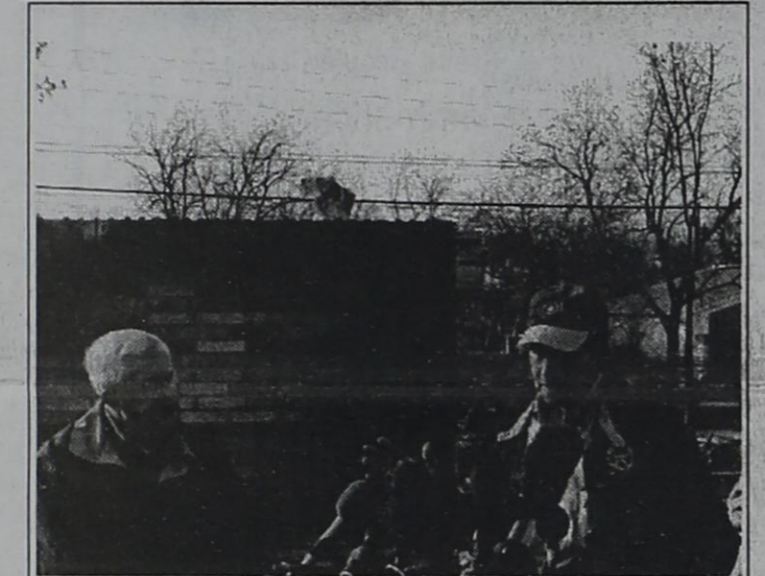
31¢ By Mail

The Baird Weekly Star,  
Established  
December 8, 1887

Volume 119, Number 1

Baird, Texas 79504

Thursday, January 5, 2006



**From: Callahan County Judge Roger Corn, Proclamation declaring-All Fireworks, Outdoor Welding and all Outdoor Burning is a class C Misdemeanor and subject to a Fine of as much as \$500**

**Fire Sweeps Through Cross Plains, Then Through Rising Star/Carbon/Gorman Areas**

MODIFIED FROM MARGARET HETRICK, ARTICLE IN EASTLAND TELEGRAM

The families, neighbors, friends, church members and business associates in Cross Plains became victims of a rapidly moving wall of fire last Tuesday, fueled by relentless high winds and prevailing dry conditions across Texas on Dec. 27th, 2006

The fire swept across an area of approximately 4 miles outside Hwy. 36, and also devastated several sections inside Cross Plains.

On Tuesday, Cross Plains was the victim of a wildfire, which destroyed approximately 116 homes and damaged 7,665 acres of land, according to the Texas Department of Public Safety. Two fatalities were confirmed by the D.P.S., Maudie L. Shepard on County Rd. 421 and Maddie Wilson on 8th Street (see Below). A fire presumably starting in the Caddo Peak area, was reported in the northwest of Cross Plains at approximately 12:30 p.m. Tuesday. According to eyewitnesses

the flames reached 30-40 feet. Later sheets of flames and smoke approached Cross Plains. D.P.S. Troopers put up road blocks and Hwy. 36 and other roads going into the town. Residents were asked to and evacuated.

The Big Country Chapter of the Red Cross set up a shelter in the 1st Baptist Church in Cross Plains on Tuesday evening to meet the needs of those seeking help.

Firefighters and emergency crews were called to Cross Plains from

**SEE INSIDE,  
Fire in Cross**

**FOR THE FIRE IN  
CROSS PLAINS  
PLEASE MAKE  
MONETARY AND  
BOTTLED WATER  
DONATIONS TO THE  
RED CROSS  
1610 N. 2ND,  
ABILENE, TX 79601**

**Meals on  
Wheels In Need  
of Donations**

The Callahan County Nutrition Project as well as the Meals on Wheels is in need of donations, due to the increases in fuel, food and repairs and a need to stay in budget. The project delivers food to those who cannot travel to the Center to have their lunch and serves about 200 meals a day while the Center serves about 150. Donations to the program may be sent to the Callahan County Nutrition Project, Ste. 302 Courthouse Baird, TX 79504.

Your support of this project is much appreciated. Several fund-raisers are in progress at the present time, such as quilts, cook books. If you choose to donate in this way.

You may contact: Project Director Katie Dunn, 854-5658 at the Office in the Courthouse or one of the site managers, Bruce Bell, Baird Center 854-1937, Vickey Burns, Clyde 893-4556 or Kathy Anderson, Cross Ploaine, 254-725-6521.

**Municipal Court  
Judge files for  
Candidacy as Cross  
Plains Justice of  
the Peace, Pct. #4**

Recently filing for the final position on the Republican ballot according to Callahan County Chair Pat Chrane is the seventh, a candidate for Cross Plains Justice of the Peace Precinct #4 office is Robert Hill, 7-, is the Municipal Court Judge and has resided in the state 49 years and in Callahan County 24 years. The other candidates previously filing for the Justice of the Peace office in Cross Plains is Rodger Hart and Burlie Taylor. Republicans filing for the Cross Plains Commissioner in Precinct #4 include Larry Tennison, Reggie Pillans and Cliff Kirkham. Also filing for re-election on the Republican ballot is Clyde Precinct #1 Justice of the Peace Roy Lee Chapman. Filing for the offices in the county completed Jan. 2nd 2006. and there were seven candidates to date of press. The only uncontested race is Justice of the Peace in Clyde, Prct. #1.

**Six Republicans and Seven Democrats Have Filed for March 2006 County Primary**

Callahan County Democratic Chairman Jon Hardwick has announced that seven Democrats have filed for places on the March 7, 2006 Primary ballot.

The candidates filing include incumbent County Judge Roger Corn, incumbent Precinct #2 Commissioner Bryan Farmer, incumbent District Clerk Sharon Owens, incumbent County Treasurer Dianne Alexander and incumbent Precinct #3 Steve Odom.

Also announcing for candidacy were Donna Bell for County Clerk and Elvan Goode for Precinct #4 Commissioner.

Announcing his candidacy for re-election is County Judge on November 28 is Judge Corn, 65 who resides at 532 Poplar St. in Baird and has resided in the state for 65 years, five months and in Callahan County for 65, years, five months.

Commissioner Farmer filed for re-election to the Eula Precinct #2 Commissioner post on Nov. 29, 2005. Farmer, 49, resides at 9312 FM 603 in Clyde. Commissioner Farmer has resided in the state for 49 years, three months and in the county county for 49 years, three months.

Clerk Owens filed for re-election for District Clerk on Dec. 1, 2005. Owens, 55 has lived in the state for 56 years and in in the county of Callahan for 33 months, eight months..

Filing for re-election as the County Treasurer on Nov. 29, 2005, is Dianne Alexander who is 55 and has lived in the state for 55 years, eight months and in the county 25 years, eight months.

Baird Precinct #3 Justice of the Peace Odom filed for re-election on November 29th, 2005 was Steve Odom, 57, who has resided in the stte of Tex. 21 years, ten months and in Callahan County 21 years, ten months. Odom resides at 1309 Sunset Drive in Bairs.

Elvan Levi Goode, 65 announced his candidacy for Cross Plains Precinct #4 Commissioner on December 5th; and lists as occupation, farmer. He has resided in Texas for 31 years, three months and in Callahan County for 31 years, three months.

Donna Sue Bell is announcing her candidacy for County Clerk effective on November 30, 2005. Bell, 51 resides at Private Rd. 2484, Lot 420 in Baird. She is currently employed as Chief Deputy for the Callahan County Clerk. Bell has resided in the state 51 years, 11 months and in Callahan County three years, three months.

Callahan County Democratic Party Chairman Hardwick announced that applications for candidates to file for the March 7, 2005 Democratic Primary election ballot were being accepted until the Jan. 2nd deadline, 2006 at 6.00 p.m.

Also up for grabs was the County and Precinct chairs, with no fees required.

**THE TEXAS DEPARTMENT OF STATE HEALTH SERVICES WILL HOLD IMMUNIZATION CLINICS IN CALLAHAN COUNTY ON MONDAY, JANUARY 9TH IN THE BAIRD CAFETORIUM ON 400 W. 7TH AT 10:00 TO 12:00 A.M. AND FROM 10:00 TO 12:00 AND 1:30-3:00 P.M. AT THE CLYDE FIRST BAPTIST CHURCH ON 217 AUSTIN.**

**PLEASE BRING CHILD'S IMMUNIZATION RECORDS TO THE CLINICS  
FOR MORE INFORMATION PLEASE CALL 325-754-4945**

**Tickets For Project Graduation**

The parents of the Senior \$10.00 each. The drawing Class of 2006 are selling will be in February 2006. You tickets for a side of beef to can purchase the ticket from raise money for Project any senior parent or contact Graduation. The tickets are Baird High School at 854-1400 ext. 302.

**Governor Perry Says State Is Moving Quickly To Provide Help To Cross Plains**

By Margaret Hetrick

CONTINUED INSIDE

The biting smell of ash and smoke still hung over the town of Cross Plains on Thursday, and the occasional sound of a fire truck siren echoed through the streets as Governor Rick Perry paid a visit to the community, ravaged by fire on

*Wildfire threat levels are expected to remain high for the next 25 or so days, due to a weather pattern creating the most severe wildfire threat in five years in Texas, the governor's office has said.*

**PROJECT GRADUATION MEETING**

There will be a Project Graduation meeting for the Senior parents on January 9, 2006 at 7:00 p.m. in Lauren Rodriguez's class-

room in the High School building. Please bring any beef chance tickets you have sold with the money.

## Obituaries

FATALITIES:

**Mattie Fay  
Wilson**

Mattie Faye Wilson, age 67, passed away on Wednesday, December 28, 2005 in her home in Cross Plains. Memorial services were 1:00 p.m. Saturday, December 31, 2005 at the Higginbotham Funeral Home Chapel in Cross Plains with Ronnie White officiating.

She was born November 25, 1938 to Barney Bell and Ruby Allene (Etheredge) Thurman in Big Spring. She completed college and began Teaching Elementary school. Mattie Faye taught at Jim Ned, Eula, Arizona and retired from the Cross Plains I.S.D. in 2000. She married Randy Wilson in June of 1981 in Tuscola Tx. She was a member of First Baptist Church of Cross Plains.

She is survived by her sister Patricia Lewallen of

**Maudie  
Shepard**

CROSS PLAINS-

Maudie Shepard, 95, a widow, and bedridden passed away on Wednesday, Dec. 27, 2005 in her home in Cross Plains. The funeral service began at 2 p.m. Sat., December 31 at the Pioneer Baptist Church with her Pastor Clower officiating.

A son Andrew, who was not at her home when the fire started, neighbors said, rushed to try and save her. She had one daughter, Mary Jane Rushing of Vernon. For many years, her husband, A.J. Shepard operated a barber shop next to their mobile home off Hwy 36. Maudie was a member of Pioneer Baptist Church.

Shepard retired from the

CONTINUED INSIDE

**Gallahan Divide Soil & Water Conservation District Taking Windbreak Tree Orders**

The Callahan Divide Soil & Water Conservation District is now taking orders for their Annual Windbreak Tree Program. Each year the Dis-

trict offers these trees to the general public on a first come first served basis at a very inexpensive price. These windbreak trees

come fresh from the Texas Forest Service Nursery out of Lubbock TX. This year's selection of available trees include three varieties of evergreens. We have Afghanistan Pine, Italian Stone Pine and Eastern Redcedar. The Evergreen's are priced at 5 for \$12.00 or 30 for \$55.00. In the Hardwood category we have Aromatic Sumac, Hackberry,

Black Cherry, Chinkapin Oak, Honeylocust, Lacebark Elm, Nanking Cherry, Russian Olive, Sand Plum and Shumard Oak. This variety is priced at 10 for \$12.00. This year we are also offering several wildlife packets which consist of four different species of trees per packet. Each packet contains 100 trees, twenty-five of each of the four species depending on the packet purchased.

Contact the Natural Resource Conservation Service in Baird for info on which trees are included in a certain packet. Each wildlife packet is priced at \$60.00 and they have four to choose from Packets for Deer, Squirrel, Quail and Pheasant and Turkey are available.

All orders are pre-paid with a check or money order. These trees are delivered fresh from the Texas Forest Service Nursery on that date.

Orders will be taken until January 20th, 2006 or until supplies are depleted, whichever comes first.

Trees will be delivered to Baird in February 17, 2006.

**Public Notice**

Pursuant to Article 258.002(c) of the Texas Transportation Code, the Commissioners Court of Callahan County, Texas provides this notice to the public of its intention to convene a public meeting to receive comment upon the adoption of a County Road Map including each road in which the County claims the continued existence of a public interest and a right of access and egress for maintenance of an existing County Road. The roads in which the County claims a public interest have been maintained for many years, beginning some time prior to 1981, have previously been listed in a notice included in the 2005-06 Ad Valorem Tax statement. A proposed County Road Map depicting each road in which the County claims a public interest in available for inspection by the public at the office of the County Judge in the County Courthouse, during business hours, commencing December 1, 2005.

The Commissioners Court will conduct a public

hearing on January 23, 2006, at 10:00 a.m., in the Commissioners Courtroom in the Callahan County Courthouse. At this time, pursuant to Article 258.002(b), Texas Transportation Code, any person asserting a private right, title or interest in a road may appear before the Commissioners Court to object or protest the County's claim of its right to continue maintenance of the public roads depicted on the County Road Map. Any person asserting a private right, title or interest in a road may also file a written protest with the County Judge at any time before the time and date of the scheduled public hearing. By way of this procedure, the County makes no claim affecting title, acreage, or ownership of the land, but seeks merely to establish and document the right of the County to continue maintenance of the existing county road in its present location and dimension.

Jeanie Bohannon  
County Clerk  
(12-29-05, 1-5, 1-12, 1-19-06)

**PUBLIC NOTICE**

**NOTICE TO CONTRACTORS OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS**

Sealed proposals for contracts listed below will be received by TxDOT until the date(s) shown below, and then publicly read.

CONSTRUCTION/ MAINTENANCE/ BUILDING FACILITIES CONTRACT(S)  
Dist./Div: Abilene  
Contract 6137-48-001 for STREET SWEEPING in CALLAHAN County, etc will be opened on January 25, 2006 at 2:30 pm at the District Office for an estimate of \$106,753.28.

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. If applicable, 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: 187468  
State Office  
Constr./Maint. Division  
200 E. Riverside Dr.  
Austin, Texas 78704  
Phone: 512-416-2540

Dist/Div Office(s)  
Abilene District  
District Engineer  
4250 N. Clark  
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

Thanks for Reading the Callahan Star

**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

**BRANDON'S DOZER SERVICE**  
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Tank:  
Lakes  
Roads  
Fence Rows  
Brandon Orms ALL TYPES (817) 578-4155  
Owner DIRT WORK (254) 653-7469

**Hatchett & COMPANY REAL ESTATE**  
FOR SALE!!! 8000 SF Commercial Bldg. on I-20 in Putnam. Presently used as C-STORE and United States Post Office.  
325-695-7300

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**SUBSCRIPTION RATES**  
\$16 per year in Callahan County; \$18 per year for Counties Adjoining Callahan \$22 Elsewhere

**Callahan County (Baird) Star Classifieds**

**Help Wanted**

Front End Tech  
Computerized wheel alignment, brakes, shocks-struts, ball joints, etc. Salary DOE. Apply in person Roberts Tire-Auto 701 W. Walker, Breckenridge, TX 76424.

**Gas & Oil Industry**  
CISCO Manufacturer Expanding. Need Energetic Welders & Welder's Helpers To Help Us Grow. 60 hrs/wk. or More. Good Benefits, Drug Free (254) 442-1096, Ask For Tony.

DQ Manager Trainee positions available for Cross Plains DQ and other Richeson DQ's. Unlimited bonus potential with above average base pay. Non-smoking, drug free work environment. Drug test required. Call District Manager, Nita Frazier 325-938-6964.

Web Press Time available call 254-629-1707.

**For Sale**

FOR SALE: 21 ft. gooseneck cattle trailer \$2,000; trailer \$600. Call (254) 629-8417.

FOR SALE: Cream Puff, '90 Oldsmobile Cutlass Supreme - V-6—loaded. 64,000 miles. Call 254-629-2413 after 6 p.m. to see. \$3995.00.

FOR SALE: White '84 Monte Carlo, one owner, 115,000 actual miles, V-8, good air, Michelin tires, \$3,000 firm. Call 254-442-1303 to see, 8 to 9 a.m. or 9 to 10 p.m. Only.

**Houses for Sale**

I'm Mad...At banks who don't give House Loans because of Bad Credit problems or New Employment. Id, Call L.D. Kirk, Homeland Mortgages, (254)947-4475.

**Help Wanted**

Looking for Responsible Newspaper Delivery for Baird, Clyde & Cross Plains Contract Labor Call 254-629-1707

**Farm & Ranch Work**  
Lots Shredded  
Lot Clean Up  
Fencing - Painting  
General Construction  
Owner Steve Broyles  
Residential - Commerical - Farm  
\*Free Estimates\*  
254-629-5487 or 254-442-1558

**Ann Williams Real Estate**  
601 Conrad Hilton Cisco www.annwilliamsrealestate.com  
254-442-1880

15 Acres open with scattered oaks, water wells, deer, turkey, hogs, dove, quail, \$29,950.  
29 Acres with 2-story cabin, water wells, deer, turkey, hogs, dove, quail, \$65,000.  
31 Acres overlooking Lake Cisco, paved road frontage, large hill, public boat ramp directly across from the property, excellent view of Lake Cisco and beyond, \$49,600.  
38 Acres mostly wooded with oaks, hickory, pecan, hickory, hogs, dove, quail, \$57,000.  
51 Acres wooded & open with 2 fields, Interstate 20 road frontage, seasonal creek, wildlife includes deer, turkey, hogs, dove & quail, \$61,200.  
58 Acres with 4 BR, 2 bath, water wells, property is mostly wooded with oaks and mesquite timber, ponds, deer, turkey, dove, quail, \$130,000.  
60 Acres by Lake Cisco, over half a mile of road frontage that is within 200 yds of Lake Cisco shoreline, mostly wooded, \$172,000.  
77 Acres completely wooded with oaks, water well, wildlife includes deer, turkey, hogs & dove, \$115,000.  
80 Acres mostly wooded with oaks, water wells, 2 ponds with 1 being stocked with fish, remote, wildlife includes deer, turkey, hogs, dove, duck & quail, \$104,000.  
81 Acres wooded with oaks & mesquite, large hill, 1 pond, creek. This property is surrounded by large fences, great hunting property, wildlife includes deer, turkey, hogs, dove, duck & quail, \$104,895.  
101 Acres with house several coastal fields, several wooded areas with oak, pecan & cottonwood trees, 3 ponds, water well, 2 creeks, house is a 3 BR, 1 bath, needs some work, older large barn, wildlife includes deer, turkey, hogs, dove & quail, \$160,000.  
83 Acres 95% wooded with oak trees, small pond, good property for hunting at a home site, wildlife includes deer, turkey, hogs, dove & quail, \$115,785.  
118 Acres Comanche County, wooded & open, two creeks, 1 runs most of year round, 3 ponds, 3 water wells, oak pecan, \$1,300 per acre.  
127 Acres mostly wooded with oaks, water well, lot of another large pond stocked with fish, creeks, hills, two small mesquite trees, hogs, dove, duck, quail, \$1,250 per acre.  
150 Acres or a large creek, wooded, water well, pond, run into a large creek, lots of wildlife including deer, turkey, hogs, dove, duck, quail, \$97,500.  
151 Acres with house, mostly wooded with oaks and mesquite, several smaller fields, creeks, hills, 3 water wells, 3 ponds, 3 BR, 2 bath home with outbuildings. Deer, turkey, hogs, dove, duck, quail, \$220,183.  
164 Acres mostly wooded with oaks & mesquite trees, large hills and canyons, field, 1 pond stocked with fish, high hills, turkey, hogs, dove, duck, quail, \$229,600.  
217 Acres 65% fields & grassland, ponds, creek, hill, 35% oak & mesquite timber, Stephens Co., deer, turkey, hogs, dove, duck, quail, \$260,400.  
262 Acres with house, mostly wooded with oak & mesquite trees, 2 fields perfect for game plots, 4 ponds stocked with oaks & mesquite, water well, 1 pond, large hills, creeks, high fenced on one side, deer, turkey, hogs, dove, duck, quail, \$393,000.  
275 Acres mostly wooded with oaks and mesquite, hills, creek, 2 ponds, water well, very nice property, wildlife includes deer, turkey, hogs, dove, duck, quail, \$328,625.  
**COMMERCIAL**  
Duplex on 1 1/2 lots with 1 BR, living room, kitchen and 3/4 bath, CH/A on each side, \$32,000.  
3 commercial buildings and a carport on several lots. \$42,000. Call for details.  
Downtown building with approx. 5700 sq. ft. plus more sq. footage upstairs for storage. Call to details.  
**HOMES**  
2 BR, 1 3/4 bath home, vinyl siding, double carport with attached storage, fenced backyard. Reduced to \$22,500.  
3 BR, 2 bath home with double carport, workshop or storage bldg., lg. trees, \$27,500.  
3 BR, 1 3/4 bath home, carpet just been replaced, double carport w/attached storage, corner lot, large trees, \$28,500.  
2 BR, 1 bath home, separate LR, detached garage with storage, lg. trees, \$29,500.  
2 BR, 1 bath home, separate office or den, CH/A, carport, storage bldg., corner property, lg. kitchen with many nice cabinets. Reduced to \$32,000.  
Duplex on 1 1/2 lots with 1 BR, living room, kitchen, 3/4 bath and CH/A on each side, it can be used as single family home. \$32,000.  
3 BR, 1 bath older brick veneer, separate LR, last nook, storm windows, large trees, detached storage, corner property, \$33,000.  
3 BR, 1 bath home, separate dining room, CH/A, carport, garage, privacy fenced backyard, \$35,000.  
3 BR, 1 3/4 bath home, large rooms, CH/A, fireplace, double pane windows, enclosed back porch, metal siding, double garage, \$33,000.  
2 BR, 1 1/2 bath home, large rooms, separate LR, DR and den, many kitchen cabinets, double carport, 2 storage bldgs, fenced backyard, very spacious inside & out.  
3 BR, 1 3/4 bath home, recently built, large windows, porch across front, carport, fenced backyard, storage bldg., lg. trees, \$59,500.  
Spacious 3 BR, 1 3/4 bath home with CH/A, well decorated and landscaped, 2 living areas or dining room, lg. utility room, fenced backyard, deck, double carport, shop or storage bldg., lg. corner property, \$62,000.  
3 BR home, lg. rooms, fireplace, water well, lg. trees, bathroom recently remodeled, surrounded by large oak trees, detached storage bldg., \$63,500.  
3 BR, 2 bath home, recently built, CH/A, WB htr, patio, double carport, privacy fenced backyard, storage bldg., city water plus water well, \$75,000.  
5 BR, 2 bath, 2 story home. Lots of character, formal DR, office, lg. rooms, mostly wooden floors, 2 CH/A units, surrounded by large oak trees, lg. corner property, several fireplaces, fenced backyard. REDUCED TO \$75,500.  
4 BR, 2 1/2 bath home with CH/A, woodburning fireplace, large living room, covered patio, carport, garage, and other extras on corner lot. \$79,900.  
**HOMES WITH SMALL ACREAGE**  
Adjoins Airport - Large 3 BR brick home on 3 fenced acres with CH/A has full bath, 3/4 bath and 1/2 bath, separate LR, den with fireplace, many nice cabinets, utility room, enclosed back porch, double garage, in front porch, approx. 50' x 50' metal building, many nice oak and other trees.  
Just Outside of Town on 13 acres, 3 BR, 2 bath home with CH/A and WBFP. Many nice kitchen cabinets, great view of lake from kitchen and dining room, water well, double carport, 2 large storage bldgs., mobile home or RV hookup, partially wooded plus some coastal.  
**LAKE CISCO**  
2 BR, 1 bath home with CA, woodburning heater, screened porch, large oak trees, dock, 2 decks and 3 storage buildings, \$42,500.  
2 BR Home, CH/A, partially furnished, storage building, dock, large oak trees, \$56,000.  
Beautiful 3 BR, 1 3/4 bath home, CH/A, WBFP, great view of lake from DR, LR, den & Master BR, lg. landscaped yard, tall oak trees, dock, shop, storage bldg. & many extras. Enjoy life and recreation all year! Lovely 4BR, 2 bath home, CH/A, woodburning heater, dock, large detached metal building has racquetball court and large gameroom. Many extras including inground pool.  
Must See! Large 4 BR, 1 3/4 bath 2 story home. 2 CH/A units, fireplace, several extra closets, balcony off master BR, large oak trees, shop, 4 vehicle carport, covered boatdock with boat lift, septic recently replaced.  
Beautifully landscaped frontyard and backyard surrounds this large beautiful 2 story, 3 BR, 4 bath home with WBFP and 2 CH/A units. Large kitchen with many nice cabinets and builtins. Garage, boat dock, 2 decks, plant room, sprinkler system, many large oak trees and many extras.  
Ann Williams, Broker Jimmy Williams

## The Good & Bad of Cholesterol: What You Need To Know

### The Good & Bad of Cholesterol: What You Need To Know

Cholesterol can be both good and bad. With coronary heart disease the single largest killer of Americans, managing cholesterol levels and taking care of your heart can help you lead a longer, healthier life. That's why all Americans should know what their—and their children's—cholesterol levels are, how those levels affect cardiovascular health and how a healthy diet low in dietary cholesterol, saturated fat and trans fat can help control cholesterol.

These tips from the American Heart Association may help.

#### Know what cholesterol is

Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all your body's cells. It plays an important role in a healthy body, aiding in the production of cell membranes and some hormones. Too high a level of cholesterol in the blood, however, can present a major risk for coronary heart disease, which can lead to heart attack or stroke.

#### Know the numbers

LDL (low-density lipoprotein) cholesterol is considered "bad" cholesterol because it can build up as plaque and clog arteries. An optimal level of LDL cholesterol is less than 100 mg/dL. A level of 160 mg/dL or higher increases the risk of heart disease.

HDL (high-density lipoprotein) cholesterol is the "good" cholesterol. Medical experts believe it removes excess cholesterol from the arteries and protects against heart attack. Ideal HDL cholesterol levels are 40 mg/dL or more.

Triglyceride (TG) is a form of fat, and many people with heart disease and high LDL levels have high TG levels, as do diabetics and obese people.

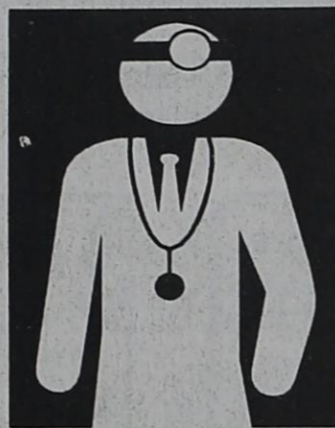
#### Steps for prevention

To control your cholesterol, the American Heart Association recommends you get total, LDL and HDL cholesterol and triglyceride levels measured, maintain a healthy weight, be active, follow your health-care professional's recommendations and eat foods low in saturated fat and trans fats, as

well as cholesterol.

#### Use the heart-check mark

Smart eating can help control cholesterol levels. So, when grocery shopping, use the red heart with the white check mark to quickly and reliably find heart-healthy foods certified by the American Heart Association. Products bearing the heart-check mark meet the Association's nutrition criteria for being low in saturated fat and cholesterol. To make food shopping even easier, log on to heartcheckmark.org before you go. With just a click, create a list full of certified products tailored to your family's needs, print it and go.



# AREA MEDICAL DIRECTORY

## Cisco Medical Clinic Now accepting new patients

We have a friendly, local staff ready to serve the medical needs of Cisco and the surrounding communities.

- Child and adult medicine
- Employment, school, camp and athletic physicals
- Texas Health Steps
- Immunizations
- Minor emergencies
- In-house lab collection
- Same day appointments
- Medicare, Medicaid and most insurance accepted
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**James L. Slayton, Jr. DO**

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**Charles Stephenson, PA**

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## ACNE TREATMENT

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## CHIROPRACTIC

FOR BETTER HEALTH

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# The Idle American

Commentary By Dr. Don Newbury

## Better Safe Than Sorry

They became unwitting column subjects; only through the happenstance of open seating do the adventures of Sam and Carolyn Beam see print. Minding their own business, they were ready for a short ride home on the Trinity Railway Express. Expressions stoic and stares straight on, they wished only to sign off with a "mission accomplished" on their Dallas outing to see the Mavericks play basketball.

They followed pre-determined plans for the trip over, and were committed to a similar trip home. Again they wondered if they'd see an attendant to whom they could report suspicious activity if they saw any, as suggested by the tiring taped message.

I noticed that they were the first passengers on board for the two-dozen mile ride back to the Richland Hills station. Their uneasiness reminded me of the old-timers taking their first plane ride, admitting later that they had been too blamed nervous to put all their weight down on the seats.

Not until engaging the Beams in conversation, however, did I suspect that their nervousness might be misinterpreted as suspicious activity, particularly Carolyn's.

She clutched her purse, checking her phone repeatedly to make sure it was "switched to E-jiggle." "The kids check on us more than we ever did on them," she declared.

Sam, her hubby of 45 years, mostly listened. It's a trait well-practiced, I suspect. Still, he "cracks the whip" at their Haslet home, where they live in retirement.

Actually, they are not retired. Better stated, they are survivors of 40 years in church music ministry. Now they raise Border collies, and Carolyn teaches piano to 40 elementary students each week. It's a labor of love spanning 40+ years.

Sam, horn-player in the Hardin-Simmons University Cowboy and U.S. Army Bands, mostly messes with the dogs, and, as already noted, "cracks the whip." It has nothing to do with marital dominance, though. He's been a bullwhip artist longer than she's taught piano and has entertained at many events—only with permission, of course.

Curses! Again I, ve started with the caboose first. For this vignette, know that Carolyn is a devoted Mavericks fan. She watches them faithfully, keeping the trail hot between the piano and television, often while preparing 10 o'clock dinners after lessons are done.

Sam watches for a few minutes, but usually nods off.

Carolyn tunes out only when the game clock hits 0:00, even in the wee hours of west coast games.

Imagine her delight when a couple of students presented her with two tickets—a Christmas gift to the Mavs, game! They don't get out often, so lists were made and twice checked to make sure it didn't become a misadventure. Can't be too careful these days.

Yes, planning is important. They pray regularly for wind changes, hopeful that it will blow back the caution so frivolously thrown to the wind during years of youth.

Not sure how long it would take them to figure out the ticket machine, they left the house at 2:30 p.m. for the 20-minute trip to the train station. Before 3 o'clock, they'd conquered the machine and had dollar senior citizen tickets in hand. They read newspapers until the 4:15 departure.

By 5 p.m., they arrived at

American Airlines Center. They remembered a recent game there that stirred their patriotism when generous courtside ticket holders gave up their seats for 140 or so military personnel back home from Iraq and Afghanistan.

They recalled the high fives and face-wide smiles, particularly when players spilled into the troops, laps pursuing the ball. Carolyn fantasized about a lapful of Dirk Nowitski, all seven feet of him.

Alas, the building didn't open until 5:30, so there was more heel-cooling. Once inside, they bought refreshments en route to their seats half-way up. The building loomed large to the evening's first fans.

Though not at nosebleed heights, there would be no "Dirk sprawl," unless he arrived via trapeze.

Soon the place filled up; they felt small among 20,000 fans and wondered how many of them had come by train. They'd seen several trains arrive on multiple tracks.

Dreading a mad rush at game's end and fearful of missing the train, they made a monumental decision.

When the first half ended, they scurried back to the station, a scant 100 yards away, missing half-time entertainment and the second half of play. How they wished for a TV screen for visual documentation to accompany screams they heard pouring from AAC during the hour's wait for the train.

They were, of course, the first to board. Soon, the phone jiggled twice, children calling to make sure Mom and Dad made the train.

The Beams reached home by 11:30, nine hours after leaving. They'd seen 24 minutes of basketball, and never once had to call 911, or use the phone at all except to answer jiggles.

Their adventure remained just that, and to bed they went, their favorite dog, Marsha, sprawled across their feet, warming them as she always does. They'd seen half of a Mavericks, win; it had been a good day.

Dr. Newbury is a speaker and author. His column appears in 125 newspapers in six states. He welcomes comments and inquiries—phone 817-447-3872, or email, newbury@speakerdoc.com His website: www.speakerdoc.com

## Abilene Quilter's Guild Meeting To Be Held January 9

The January 9 meeting of the Abilene Quilter's Guild will feature international teacher and lecturer Trish Stuart, author of the popular QuiltArt series of books. She began creating patterns depicting the flowers, scenery and wildlife from her home state Alaska and now has a studio in Emory, Texas. Her patterns use stained glass techniques, applique or peicing and can be re-created with crayons and ink. We are fortunate to have Trish speak to us and offer two half day workshops, one featuring

Thread Painting and one featuring the use of inks over crayons to create art. There will be a \$10.00 charge for each kit needed for each workshop and a workshop fee for each you would like to take. Please call Stella Swim at 698-2302 for more details.

The Abilene Quilter's Guild meets at Wylie United Methodist Church, 3130 Antilley Road in Abilene, the second Monday night of each month. Meet and greet starts at 6:45pm and the meeting begins at 7:00 pm.

## Ten Star All Star Basketball Camp

Applications are now being evaluated for The Ten Star All Star Summer Basketball Camp. The Camp is by Invitation Only. Boys and girls ages 10-19 are eligible to apply. Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill and Antawn Jamison.

can Team.

Camp locations include: Commerce, TX; Prescott, AZ; Thousand Oaks, CA; Sterling, CO; Bridgeport, CT; Babson Park, FL; Gainesville, GA; Champaign, IL; North Manchester, IN; Towson, MD; Ypsilanti, MI; Glassboro, NJ; Schenectady, NY; Hickory, NC; Lebanon, TN; Blacksburg, VA; Lyndonville, VT; and Beloit, WI.

Players from 50 states and 18 foreign countries attended the 2005 Camp.

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Call Val. 1-800-973-9161. www.hey1.net. Hey1 Truck Lines, Inc.</p> <p><b>NEW PAY PACKAGE - O/O's &amp; Company Drivers</b> needed. 2 years OTR experience. Run OH, TX, MS. Paid weekly - home weekends - paid tolls, IFTA, Medical, holidays, vacations. Call Craig @ QTG 1-866-651-6032, Ext. 229.</p> <p><b>O/O DRIVER - FFE.</b> The F/F/S is higher here! \$1.11 average. \$2,000 sign-on. \$2,600 referral bonus. Base plate provided. No truck, no problem. Low payment with short lease. 1-800-569-9298.</p> <p><b>WANTED: IMMEDIATE OPENINGS</b> for Owner/Operators. Run Regional, great home time, excellent pay plus FSC. License and Insurance packages available. no up-Front money. Weekly settlements. processing! Call our sign-on bonus. Call Charlie. 1-888-377-7537, Ext. 224. Sunco Carriers.</p>	<p><b>FOR SALE</b>  <b>WOLFF TANNING BEDS.</b> Buy direct and save. Full body units from \$22 a month. FREE color catalog. 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| <p><b>ACROSS</b></p> <p>1 Dull surface</p> <p>6 Mississippi, for one</p> <p>11 Significant individual, for short</p> <p>14 Morning sound</p> <p>15 Burr</p> <p>16 Man for Jackie-O</p> <p>17 '86 World Series champs</p> <p>19 Chaney</p> <p>20 Eagle of the sea</p> <p>21 Abound</p> <p>22 Broadcasting</p> <p>24 Impede</p> <p>26 Raised one's voice</p> <p>28 City in Kansas</p> <p>30 Like a horse of 2 colors</p> <p>33 Sophia</p> <p>36 Spinks and Uris</p> <p>38 Black substance</p> <p>39 River in England</p> <p>40 Bell's</p> | <p>sound</p> <p>41 Head of France</p> <p>42 Sheep's complaint</p> <p>43 Emotional</p> <p>44 Became dim</p> <p>45 Old</p> <p>47 Shopper's destination</p> <p>49 Shiner</p> <p>51 Summarizes</p> <p>55 Self-confidence</p> <p>57 Add liquor to</p> <p>59 O.T. book</p> <p>60 Status</p> <p>61 Church member</p> <p>64 West Coast school: abbr.</p> <p>65 Musical composition</p> <p>66 Unworldly</p> <p>67 Request</p> <p>68 Discourage</p> <p>69 Pig's vice</p> <p><b>DOWN</b></p> <p>1 Horses' features</p> <p>2 On the ball</p> <p>3 Brownish-yellow</p> | <p>4 Attempt</p> <p>5 Strong feeling</p> <p>6 For Pete's sake</p> <p>7</p> <p>8 Wynette</p> <p>8 Homonym for letter #18</p> <p>9 Wrecking completely</p> <p>10 Stores fodder</p> <p>11 Declared legal</p> <p>12 Household appliance</p> <p>13 Pong</p> <p>18 Fishing item</p> <p>23 Yank's opponent</p> <p>25 Appearance</p> <p>27 One for whom a place is named</p> <p>29 Eases</p> <p>31 Behind time</p> <p>32 Scott decision</p> <p>33 Like a poor excuse</p> <p>34 Shape for</p> | <p>a skating rink</p> <p>35 Reason for a detour</p> <p>37 Head appendage</p> <p>40 Nun, for one</p> <p>41 Powder ingredient</p> <p>43 Played a surpassing card, in pinocle</p> <p>44 Running away</p> <p>46 Novel's leading character, Cockney-style</p> <p>48 Part of the foot</p> <p>50 Omit</p> <p>52 Wild West sharpshooter</p> <p>53 Annoy</p> <p>54 Fragment</p> <p>55 Bluish-green</p> <p>56 Cat</p> <p>58 Son of Jacob: var.</p> <p>62 Groove</p> <p>63 Paddle</p> |
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**OBITUARIES**

**MATTIE FAY WILSON, FROM Pg. 1**

Early; several nephews and nieces including: Edward Lewallen and wife Linda of Weatherford; Scott Lewallene Kim of Blanket; Uvonna; Uvonna Alexander and husband Chris of Mansfield; Vicki Rutegar and husband Mark of CA; Kim Jainey and Kathy of TN; as well as 2 sisters-in-law.

She was predeceased by her parents, husband Randy and brother Garrett Thurman. She will be missed by her former students, Co-teachers, friends and relatives.

Donations may be made to the Cross Plains Fire Relief and Victims Fund, c/o of Texas Heritage Bank, PO Box 699, Cross Plains, TX 76443 in her memory.

**MAUDIE SHEPARD cont. from Pg. One**

Abilene State School as a dorm parent.

Shepard's funeral was under the direction of Higginbotham Funeral

**FIRE IN CALLAHAN FROM PAGE ONE**

across the Big Country. Shelters for evacuees were set up at the Brownwood Coliseum by the Pecan Valley Chapter of the American Red Cross, and at

**FROM FRONT PG. 1**

Tuesday. After a meeting with officials, the Governor was taken for a view of the town by helicopter. Accompanying him was the Callahan County Judge, Roger Corn.

Judge Corn said the community of Cross Plains looked like a war zone from the air. Large areas were black. He said he believed that the Governor would do all he could to help. "We need all the help we can get," Judge Corn said. "We appreciate his concern, and everything that is being done."

Governor Perry also visited with victims of the fire at the Red Cross center set up in the 1<sup>st</sup> Baptist Church of Cross Plains. It is estimated that over 100 homes were destroyed by the fire in the area. Many had lost their homes and all their possessions.

Governor Perry then held a media conference at a home burned to the ground by the fire. He told of the air and ground assets being deployed to help local authorities. He also said that the State of Texas had ask President Bush for an emergency declaration.

He said the State of Texas was a "tender box" due to the month long drought and high winds, and that fire fighting authorities were at the highest level of readiness.

Governor Perry also recommended that counties implement a total burn ban.

He said he was very concerned about the Cross Plains' fire victims. He said that Texas was a big and generous state, and mentioned the charity fund being set up at the Texas Heritage Bank in Cross Plains and the Texas Disaster Fund, both to which people could contribute to help those effected by the Callahan County fire disaster.

The State was investigating both temporary and long term housing programs for the Cross Plains evacuees, Governor Perry said, and that the state was moving as quickly as possible to provide help.

Steven McGraw, State Homeland Security Director, said that 17 augmentations of assets were ready to respond to further fire hazards. "They can react in 20 minutes," he said.

**TO SENIORS: BAIRD HIGH SCHOOL**

We are working on a senior video for Project Graduation. Each senior can turn in 10 pictures of themselves from the time they were born to present time. You can have brothers, sisters, parents, family members, friends, etc, in this group of photos. Please put your name on the back of each picture. Please number the pictures on the back 1 through 10 in the order you want them to appear on the video. Only send 10, if there is more than 10 sent for this group we will have to remove pictures. We are trying to keep the cost on the making of this video to a reasonable amount.

The video will have some group pictures of classmates as you have grown up together through the school years. If you have any group pictures please send these. These do not need to be numbered on the back.

Please put your last name on the back of all the pictures so we can return them to you when the video has been completed.

All the pictures need to be turned in by February 1, 2006.

Turn the pictures in to Mr. Orlando, Lauren Rodriguez or Sheila Manning or your parents can bring the pictures to any of the Project Graduation meetings.

sent to Red Cross, Cross Plains Fire Disaster. Primarily the Texas Heritage Bank of Cross Plains is accepting donations for fire Victim Relief. Those wishing to contribute to this

**U.S.D.A.-N.R.C.S. ACCEPTING EQUIP APPLICATIONS FOR 2006**

FARMERS AND RANCHERS CAN START APPLYING FOR FARM BILL CONSERVATION PROGRAMS THROUGH THE U.S.D.A. NATURAL RESOURCES CONSERVATION SERVICE (N.R.C.S.) USDA COSTSHARE funds have been released earlier this year to give farmers and ranchers more time to make sound decisions regarding conservation practices before planting season begins.

Eligible producers may apply for cost share assistance on conservation practices that will address the identified resource concern identified by the Local Work Group (LWG). Practices are implemented through the Environmental Quality Incentives Program (EQIP). EQIP offers cost share assistance

fund should send their donations to: Texas Heritage Bank, PO Box 699, Cross Plains, 76443. Please designate "Cross Plains United Fund."

Fires raged through Eastland County after a blaze started northwest of Gorman on January 1, 2006. Firemen responded and other departments were called in to the area. The fire took off towards Rising Star and soon spread to south of Carbon, taking at least no lives, but destroying property in the South of Carbon and livestock as it did in Cross Plains.

tance to agricultural producers to implement on-farm conservation practices. The N.C.R.S. determines eligible land and eligible conservation practices.

The Callahan County U.S.D.A. Service Center will be accepting EQIP applications for 2006. The Deadline for applications on 2006 EQIP funding is February 17, 2006. Applications for EQIP funds received on or before February 17, 2006 will be ranked and funded from the initial allocation to Callahan County. Last year EQIP funding in Callahan County totaled \$432,772.

EQIP was established to assist landowners with applying conservation plans to treat major resource issues. In Callahan County, these include soil erosion on cropland, pasture management and fully erosion. Eligible conservation practices in-

clude mechanical brush management followed by ranger seeding, aerial brush management (mesquite and/or cactus), fence (interior only?), range seeding, pasture planting, water development (ponds, wells, water storage facility and pipelines), terraces, diversions and waterways.

N.C.R.S. through the invitation of the local Soil & Water Conservation Districts, is the federal government's principal agency for conserving natural resources on private lands, while encouraging voluntary efforts to protect soil, water, and wildlife on private lands. N.R.C.S. offers its services free of charge.

Those interested in signing an EQIP application should visit the U.S.D.A. Service Center office in Baird or call (325) 854-1349, extension 3 or access the information on the Texas N.R.C.S. website at [www.tx.nrcs.usda.gov](http://www.tx.nrcs.usda.gov).

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Cisco 13 12 14 9-48	<b>Eastland 5 7 16 19 8-55</b>
Throckmorton 8 12 7 10-37	Eastland-Huitt 13,
Throckmorton-Ash 12, Jacobs 14.	Williamson 12, Cox 11.
Cisco: Harris 7, Koenig 7, Williams 7, Posey 7	Bronte-Rawls 28

<b>Eastland 45 Haskell 29</b>	<b>Family Van For Sale: Designer Conversion big engine, '91 GMC family van, 90,000 actual miles, white exterior/gray plush interior, pretty wood trim inside, garaged, clean, 4 captains, convertible couch, electric windows, TV/cassette, call 254-629-2413 to see after 6 p.m. \$4995.00 firm.</b>
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Haskell- McKnight 6, Tribbey 6.	
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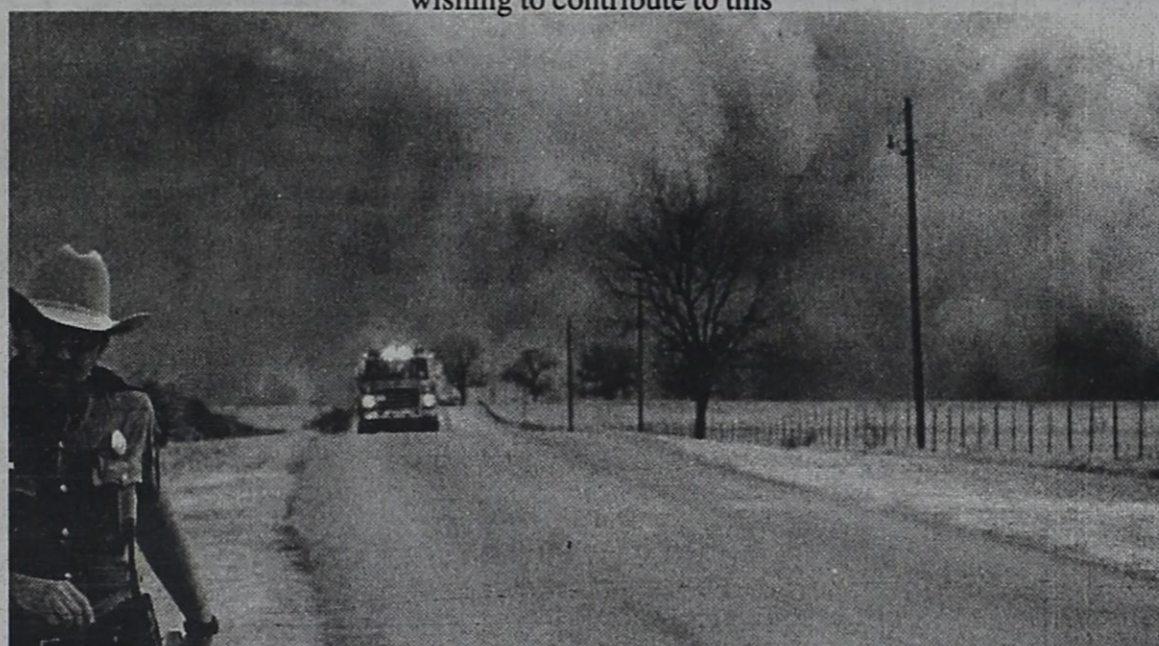
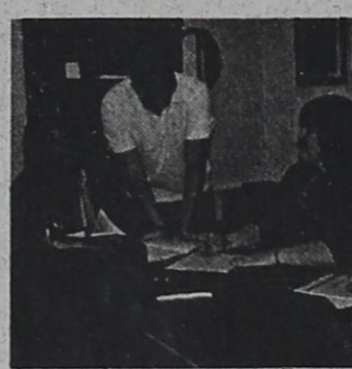
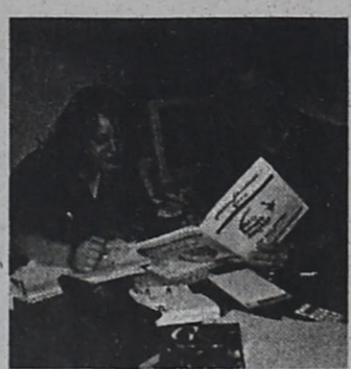


PHOTO COURTESY OF STEVEN HETRICK  
HOPES THAT THE RISING STAR HIGHWAY NEAR CARBON COULD DAUNT THE FIRE ARE BASHED AS FLAMES AND SMOKE LOOM BEHIND FIREFIGHTERS AND PUBLIC SAFETY OFFICERS AND SWEEP ACROSS THE HIGHWAY SUNDAY

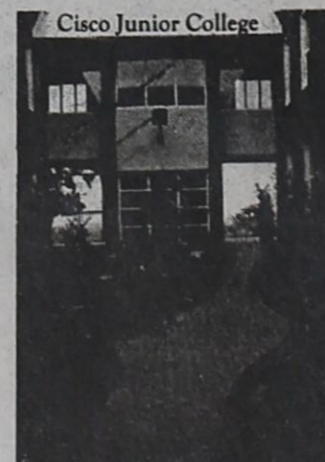
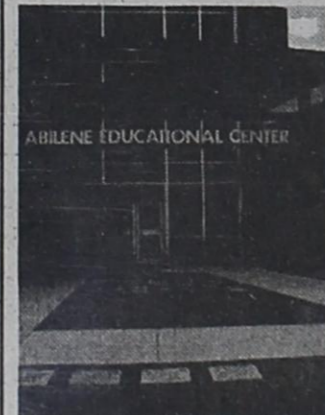
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**---Abilene Educational Center---  
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**---Cisco Campus---  
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