

Baird Star

Callahan County Star
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Fax 254-629-2092
telegram@eastland.net

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31¢ By Mail



The Baird Weekly Star,
Established
December 8, 1887

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Volume 117, Number 19

Baird, Texas 79504

Thursday, May 12, 2005

Commentary Corner

I would like to encourage readers of the Callahan County "Baird Star" to send any comments as to how our Newspaper could better service the town of Baird

!! Congrats to Baird Bears Golfers !!

VA LAP Holding First Meeting (Front Page)

by
Gary Grady

Sports, Events and News Spring 05

Baird Bears VS Hamlin
Game 1 Baird 5 Hamlin 8
Game 2 Baird 4 Hamlin 7

Baird Coyotes

May 16 - Coyotes VS Blue Claws 5:00 Home
May 21 - Coyotes VS Mets 5:00 There
May 23 - Coyotes VS Blue Claws 5:00 Home
May 28 - Coyotes VS Diablos 5:00 There

all games played at Clyde Little League field

Veterans News

VA Local Advisory Panel To Hold First Meeting

Are you interested in learning more about the Department of Veterans Affairs Capital Asset Realignment for Enhanced Services (CARES) project and how it relates to the West Texas VA Health Care System. If so, you'll want to make note that VA's Local Advisory Panel (LAP) will be conducting its first public meeting on Wednesday May 18, 2005 from 8 am to 4 am at the Howard College Dorothy Garrett Coliseum. This meeting will provide veterans, caregivers, and citizens with an overview of the cares process and allow time for public comment. There will be four such meeting held this year. This first meeting is not designed to make decisions but rather to share the process and gather feedback via a public meeting.

If you would like a chance to comment provided to the LAP you can mail information to VA Cares Studies - Big Spring P.O.Box 1427, Washington Grove, 20880-1427 or E-Mail your comments to Capital Asset Realignment for Enhanced Services (CARES) website at <http://www.va.gov/cares>. Comment needs to be in by May 18th.

So be sure to mark your calendars for Wednesday, May 18th from 8 am to 4 am at the Howard College Dorothy Garrett Coliseum located at 1001 Birdwell Lane Big Spring, Texas 79720

Notice: The Callahan County Veterans Service Office will be closed on Tuesday May 17 in Order hat your county service officer may attend a preliminary meeting of the Local Advisory Panel in Big Spring. All effort will be toward keeping the Big Spring VA Hospital open.

Submitted by Tom Ivey

Callahan County Commissioners Discuss Bids, HAVA Grant; Presented Picture of Courthouse

The May 9, 2005 Callahan County Commissioners' Court meeting was called to order by Presiding Judge, Roger Corn.

The minutes of April 11, 2005 and May 5, 2005 were approved as presented.

Tax Assessor - Collector Tammy Walker met with the court to discuss the bids from the last Tax Sale. Commissioner Holland made a motion to accept Ken Horan's bid of \$400.00 for 2.63 acres Abstract 523 Section 798 G.M. Vigal Survey. Commissioner Grider seconded and motion carried 5 - 0.

Commissioner Farmer made a motion to accept a bid from Misty Sublett for \$1,200.00 for 1/2 of Lot 3

Block 66 RR Baird 16' X 56'. This has already been approved by the City of Baird. Commissioner Holland seconded and the motion carried 5 - 0.

Tax Assessor - Collector Tammy Walker gave a report on 2000 monies and responsibilities of the Tax Office to the Clyde ISD. The Auditor suggested the paper work, responsibilities, liabilities and money be transferred to Clyde ISD since the Contract had been filled. Commissioner Hicks made a motion to transfer paper work, responsibilities, liabilities and \$19,934.70 to Clyde ISD. Commissioner Farmer seconded and motion carried 5 - 0.

Continued Inside
Please See Commissioners

Gold and Bronze For Baird High Golfers



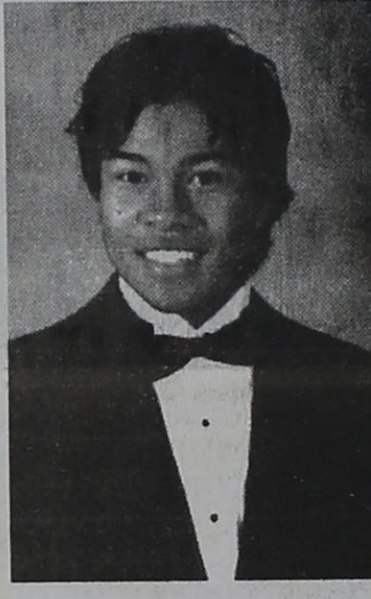
For the eight time in nine years, Baird's girl's golf team are state champions!

The team won gold in Austin Tuesday, placing first in the Class A competition with a final team score of (340-357) 696. Shamrock came in second with 705, and Throckmorton third with 716.



Jodi Neal, a senior at Baird High, who has helped the team to many wins, will be leaving this year, but expressed the opinion that the Baird winning tradition can continue, and that the team really came through Tuesday to take the state title.

Jodi Neal will be attending Tarleton State next year.



Jay Calvo, also a senior, won bronze in the final individual scores with 144 (75-69).

Jay Calvo said that he couldn't complain about finishing his high school golf career with 69. He will be playing for Division I Liberty University in Virginia next season, according to reports.

Election Results from Saturday 7 2005

Baird

From Saturday's election for Baird's School Board came two seats; Kathy Byram, will be coming onto the school board, recieved 187 votes, Incumbent Allen Wilson was re-elected recieving 169 votes, and Incumbent Jim Dyer Windham with 60 votes did not recieve a seat during this election.

Clyde

Two places were set for Clyde's School Board Saturday. Place One goes to Incumbent John Connel with 286 votes against Bobby Beard recieving 144 votes. Place two going to oncoming Tina Sartor with 165 votes. Those not making place two seat are Adrian Huddleston with 103 votes, Brenda Liles with 49 votes, and Lola Waggoner with 117 votes.

Neighboring News

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

Contact the Eastland/Callahan County Newspapers by phone at 254/629-1707; Toll Free: 888/227-1708 Fax: 254/629-2092; Email: telegram@eastland.net

PUBLIC URGED TO APPEAL TO CONFERENCE COMMITTEE FOR HEALTH, HUMAN SERVICES

The 79th Legislature Conference Committee has been appointed to reconcile the differences between the House and Senate versions of SB 1—the \$139 billion appropriations bill.

The Senate version provides more funds for health and human services, and the public is being asked to contact members of the Conference Committee as well as local representatives and senators to seek more funding.

Senators on the Committee are to be thanked for restoring funds for mental health services for adults on Medicaid and encourage them to fully support the appropriations request submitted by the Department of State Health Services. To the Representatives on the Committee, requests are to support the Senate versions and restore funding for mental health services.

The request is for doing much more to address the Waiting Lists by funding a two-tier approach to eliminating the waiting lists in ten years. Tier One would fund the HHSC Item No. 26 to keep pace with population growth and Tier Two would fully fund HHSC item No. 27 to reduce/eliminate the waiting lists over the next ten years. (The House did not adopt a long-term plan to eliminate the waiting lists and Senate adopted a plan to reduce the lists by only five percent over the next biennium which translates to a 40 year plan to fully eliminate the waiting lists.

The following is a list of how Conference committee members may be contacted, as well as rep. Jim Keffer of Eastland and Sen. Troy Fraser for their support of these matters:

Senator Kip Averitt 512-463-0122 Fax 512-475-3729
Email kip.averitt@senate.state.tx.us

Senator Robert Duncan 512-463-0128 fax 512-463-2424
Email robert.duncan@senate.state.tx.us

Senator Steve Ogden 512-463-0105 fax 512-463-5713
steve.ogden@senate.state.tx.us

Senator John Whitmire 512-463-0115 fax 512-475-3737
john.whitmire@senate.state.tx.us

Senator Judith Zaffirini 512-463-0121 fax 512-475-3738
judith.zaffirini@senate.state.tx.us

Senator Troy Fraser 512-463-0124 Email troyfrasher@senate.state.tx.us

Rep Dan Gattis 512-463-0309 fax 512-499-8354
dan.gattis@house.state.tx.us

Rep. Lois Kolkhorst 512-4630600 fax 512-463-5240
lois.kolkhorst@house.state.tx.us

Rep. Vilma Luna 512-463-1484 fax 512-463-1484 fax
512-463-8090 vilma.luna@house.state.tx.us

Rep. Jim Pitts 512-463-0516 fax 512-463-1051
jimpitts@house.state.tx.us

Rep. Sylvester Turner 512-463-0554 fax 512-463-0544
sylvester.turner@house.state.tx.us

Rep. Jim Keffer 512-463-0656 fax 512-463-5896

Election Results continued...

Cross Plains

Two tree-year seats were placed with Saturday's election for Cross Plains School Board. The election brought on Dr. Scott Childress with 262 votes and Frankie W. Hyles with 144 votes. Those not making seats for school board are Rickey Thomas with 124 votes, Incumbent Bryan Bennett with 79 votes, Tony Wyatt with 40 votes, Bewel Neff with 12 votes, and Kyle Foster 107 votes.

The election also gave seat for One one-year unexpired term going to Burlie Taylor with 326 votes against George Mathews with 55 votes.

Saturday the City election for Cross Plains presented three seats. Those getting seats for city were Incumbent Gene Dilliard with 87 votes, oncoming Audrey Purvis with 102 votes, and Incumbent Edwin Weiss with 97 votes. Those not recieving seats during this election were Incumbent James Nichols with 59 votes, Gary Fulcher with 9 votes, Bob Harrell with 78 votes, and Scarlett Harrell Koettel with 40 votes.

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Lone Star Cheer Empire

Tryouts to be held May 21st

The Lone Star Cheer Empire is a Co-Ed Cheerleading Company open to all ability levels of both males and females between the ages 4 through 18



Sign-ups to participate in tryouts are:
Saturday, May 7th from 10:00 a.m. - 1:00 p.m.
May 9th - 11th, 5:00-7:00 p.m.



300 E. Walker, Breckenridge, TX
Tryout clinics will be held the week of May 16-May 19
You must be registered to participate in the clinics!
Tryouts for the 2005-06 year will be held on May 21st in the remodeled gym.

For more information:
Log onto www.lonestarcheerempire.com
Email: jlyn@lonestarcheerempire.com
Or call: 254-559-1111 or 254-559-7169

B19

Delicious & Healthy

Savory Summer Salad

(NAPS)—Convenience often dictates what kind of meal you eat. Time is scarce and a quick bite is sometimes all you can manage. Although you may have little time to think about what you and your family are eating, quality and health don't have to be sacrificed for convenience.

As more people seek alternatives to high-calorie and high-fat junk food, some food manufacturers are responding with quicker and healthier options for consumers. Don George, senior vice president of marketing for Chicken of the Sea International, said the company is meeting demand for high-quality, convenient, healthy and great-tasting food.

One of the latest seafood creations to hit store shelves is Chicken of the Sea's Smoked Pacific Salmon. Offered in a convenient flavor-sealed pouch, Chicken of the Sea's Smoked Pacific Salmon is a filet that can be eaten right out of the package as a healthy snack or used in a variety of easy-to-prepare recipes.

"Smoked salmon and other seafood are rich in nutrients, such as omega-3, which help protect against heart disease and many other illnesses," said registered dietician Sharon McNeerney. "Canned or pouched seafood is a very convenient way to add low-fat protein and vital nutrients to your diet that are usually absent in many 'fast foods'."

Chicken of the Sea provides a wide variety of pouch-sealed seafood, including: tuna; crab; imitation crab meat; baby clams; oysters; shrimp; and salmon. Not only do these pouched offerings provide a quick and healthy meal option, but they also provide



a fresh-tasting alternative to other off-the-shelf products.

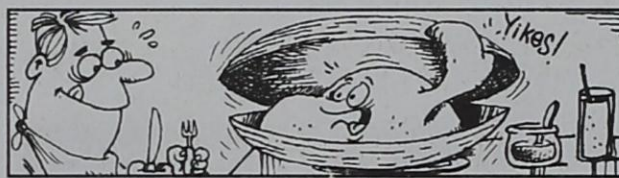
For quick and easy recipe ideas that include smoked Pacific salmon and other seafood, visit www.chickenofthesea.com. While you are there, you can join the Mermaid Club to receive recipes and health information via e-mail. Here is a nutritious and time-saving recipe to get you started:

Farmer's Market Summer Salad

Ingredients:
6 cups mixed baby salad greens
1/2 cup fresh sugar snap peas
6 radishes
1/2 cup teardrop yellow or red tomatoes, sliced celery and wedge-sliced red onions
1 (3-oz.) pouch Chicken of the Sea Smoked Pacific Salmon
Dill dressing or favorite dressing

Directions:

Arrange salad greens onto two dinner plates. Top greens with snap peas, radishes, tomatoes, celery and onions. Evenly divide Chicken of the Sea Smoked Pacific Salmon over salads. Drizzle salad with desired amount of dressing. Makes 2 entrée servings.



The geoduck is a huge edible clam, found along the Pacific Coast. Its shell is about six inches long, but the clam itself can weigh up to six pounds.

Baird I.S.D. Lunch Menu

May '05'

Thursday, May 12
Hamburger, Hamburger Salad, Baby Carrots, Baked Beans, Crispy Cereal Treat, Milk

Tuesday, May 17
Roast Beef w/Gravy, Baked Potatoes, Green Bean Salad, Bread Sticks, Pudding, Milk

Friday, May 13
Chicken Taco Casserole, Corn, Tossed Salad, Cinnamon Apples, Crackers, Milk

Wednesday, May 18
Steak Patties, Whipped Potatoes/Gravy, Mixed Vegetables, Mixed Fruit, Hot Rolls, Pinapple Upside Down Cale, Milk

Monday, May 16
Chicken Fried Chicken, Au Gratin Potatoes, Mixed Vegetables, Fruit Salad, Hot Rolls, Cookies, Milk

Thursday, May 19
Hot Dogs/Chili, Tator Tots, Pinto Beans, Carrot/Celery Sticks, Pickles Spears, Orange Juice, Milk

BEXTRA VIOXX INJURIES

On April 6, 2005, Pfizer announced the withdrawal of BEXTRA, a non-steroidal anti-inflammatory pain reliever. BEXTRA, the VIOXX has been withdrawn due to increased risks of heart attacks, strokes and sudden deaths in its users. BEXTRA has also been linked to a rare, life threatening side disorder called Stevens Johnson Syndrome. Numerous lawsuits have been filed in Texas and throughout the United States against Pfizer and Pfizer.

If you or a loved one have taken BEXTRA or VIOXX and have suffered a heart attack, stroke, congestive heart failure or a sudden cardiac death, then call us for a Free Case Evaluation. All cases handled on a contingency fee basis. No Attorney Fees or Court Costs charged unless we recover for you. Client is still responsible for their own medical expenses or bills that they have incurred.

Toll Free 1-800-468-4878
Houston 1-713-654-4040

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TRACTORS: 95 JD 7800, MFWD; 82 JD 4240, W/JD 158 LDR; 85 IH 3088 4 Post; 83 IH 5288 New Eng.; 77 JD 4030; 78 JD 2240 w/145 LDR; 78 Steiger Panther St 310; 75 IH 1066; MF 1100; Ford 5000; IH 806; IH 300; Long 445; Ford 8N
LOADER, DOZER: 78 Ford A66 wheel LDR 2.5 Yd Bkt; JD450 Dozer, 6 way
TRUCKS, TRAILERS: 99 Western Star, 435E Cat, 15 spd, intre sleeper, 1 owner, 875K; 94 Great Dane Reefer 48x96; 89 Trail King Drop Deck 48x96; 84 Theurer Container Chasis; Several Vehicles; Other Trailers
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RSB19

Cisco Junior College

Summer I Registration

First Class Day: June 1, 2005

Registration at Cisco Campus: May 31- 8:30 a.m. - 2:30 p.m. and 5:30 p.m. - 7:30 p.m.

Cisco Campus Course List

DEPT	NBR	SC	DAYS	STARTS	ENDS	INSTR	COURSE TITLE
ENGLISH							
ENGL	1301	01	M W	6:15PM	10:15PM	MOODY, W	ENG COMP & RHETORIC
ENGL	2322	01	T R	6:15PM	10:15PM	MOODY, W	READING IN ENG LIT
GOVERNMENT							
GOVT	2305	01	T R	6:15PM	10:15PM	MASON, A	AMERICAN GOVT
MATHEMATICS							
MATH	0303	01	M W	6:15PM	10:15PM	FIELDS, J	INTERMEDIATE ALGEBRA
MATH	1314	01	M W	6:15PM	10:15PM	BRAY, C	COLLEGE ALGEBRA
MATH	2415	01	R S	6:15PM	10:15PM	BRAY, C	CALCULUS III ANAL GEOMETRY
COSMETOLOGY (10 Weeks)							
CSME	1434	01		TBA		WILLINGHAM, E	COSM INSTRUCTOR
CSME	1435	01		TBA		WILLINGHAM, E	INSTRUCT ORIENT
CSME	1447	01	M W	TBA		WILLINGHAM, E	SKIN CARE/FACIAL
CSME	2237	01	M W	TBA		WILLINGHAM, E	ADV. COSM TECHNIQUES
CSME	2414	01		TBA		WILLINGHAM, E	COSM INSTRUCTOR II
CSME	2541	01	T R	TBA		WILLINGHAM, E	PREP FOR TCC EXAM
ENGLISH (10 Weeks)							
ENGL	1302		TBA	ONLINE		SORRELLS, J	ENG COMP & RHETORIC
ENGL	2323		TBA	ONLINE		CLARK, J	READING IN ENGLISH LIT

For a listing of summer and fall classes at both the Cisco Campus and the Abilene Educational Center, visit our website

www.cisco.cc.tx.us

or for more information call

Cisco Campus: (254) 442-5000 Abilene Educational Center: (325) 794-4400

It is the policy of Cisco Junior College to provide equal employment, admission, and educational opportunities without regard to race, color, religion, national origin, sex, age, or disability.



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CALLAHAN COUNTY BAIRD STAR

Publication No. (USPS 085-520)

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(254) 629-1707/ 1-888-227-1708

211 Market St. Baird, TX 79504

Periodical Postage Paid at Baird, Texas

under Act of Congress in March, 1870.

Published every Thursday

Publisher.....H.V. & Gaynell O'Brien

Editor..... H.V. O'Brien

POSTMASTER: Send address changes to Callahan County Star, 211 Market St., Baird, TX 79504.

SUBSCRIPTION RATES

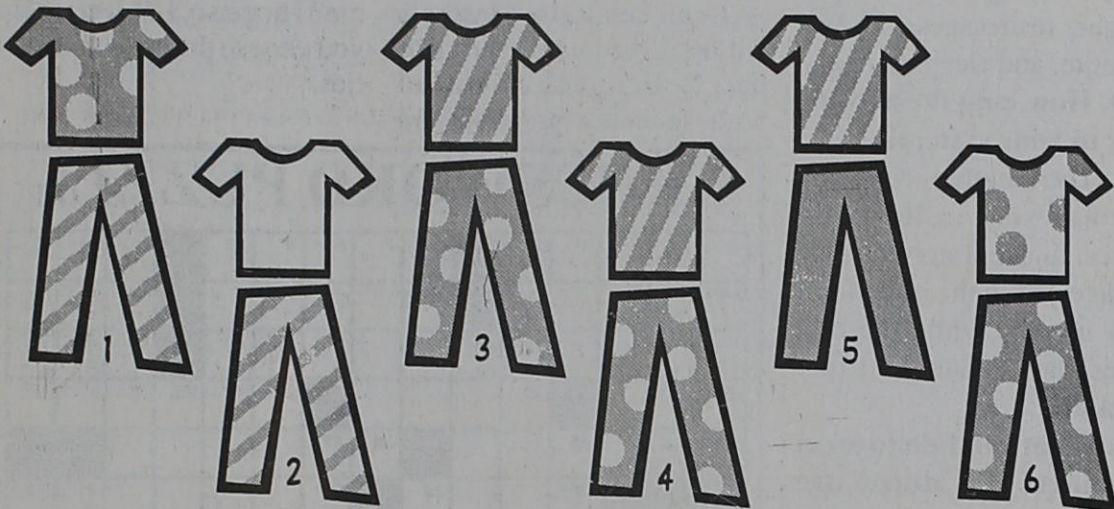
\$16 per year in Callahan County; \$17 per year for Counties Adjoining Callahan \$22 Elsewhere

Just Kidding



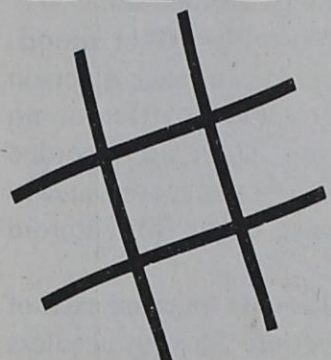
FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?

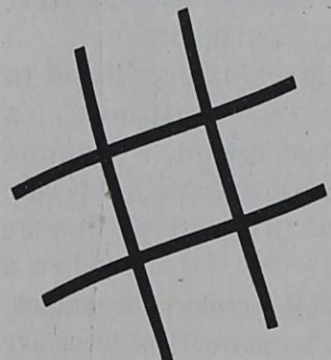


ANSWER: THREE AND FOUR

TIC



TAC



TOE

What a Pest!



They are only 1/16 to 1/8 inches long when full grown, but even at that size, fleas cause a lot of problems. They don't just bug cats and dogs; they can cause humans medical problems, too, like allergies and tapeworms.

The dark reddish-brown insects are almost flat from side to side, so they can move through hair, fur and feathers pretty easily. Fleas don't have wings; however, they have three pairs of legs, and the back legs are longer, which helps them jump. They can leap up to 7 inches vertically and 13 inches horizontally, which is pretty far considering their size.

The mouths of fleas have piercing, sucking parts, and there are spines on their bodies that point backward, along with a row of spines on their faces called a genal comb.

Adult fleas cannot live or lay eggs without a meal of blood. Once they have that meal, they can live off of it for awhile. A female flea can lay 15 to 20 eggs a day after a blood meal, and she can lay up to 600 eggs during her life.

Horsing Around Safely



Horseback riding is a lot of fun. But before you gallop off, take a look at these guidelines to help make your ride safe and more enjoyable.

Before you start...

- Put on a safety helmet or hard hat.
- Wear sensible boots, like hiking or riding boots.

Check the horse...

- Make sure the horse's chin strap is done up right.
- Keep the reins in good order.
- Adjust stirrup leathers to be the right height for you.

Around the horse...

- Don't get too close to the horse's back legs. If you must, talk to the horse so it knows you are there.
- Mount and dismount from the right side.

During the ride...

- Enjoy your ride and don't ride too fast.
- Don't let your horse get too close to the one in front of you.
- Keep your feet in the stirrups and your heels down.
- Make sure you or your horse do not get too hot or cold.

In case you fall...

- If you feel like you're falling, don't stiffen up.
- Don't use your hands to break your fall.
- Curl in a ball when you hit the ground, then roll away from the horse.

If you have any questions or concerns, talk to the people where you're riding.

SEEK AND FIND

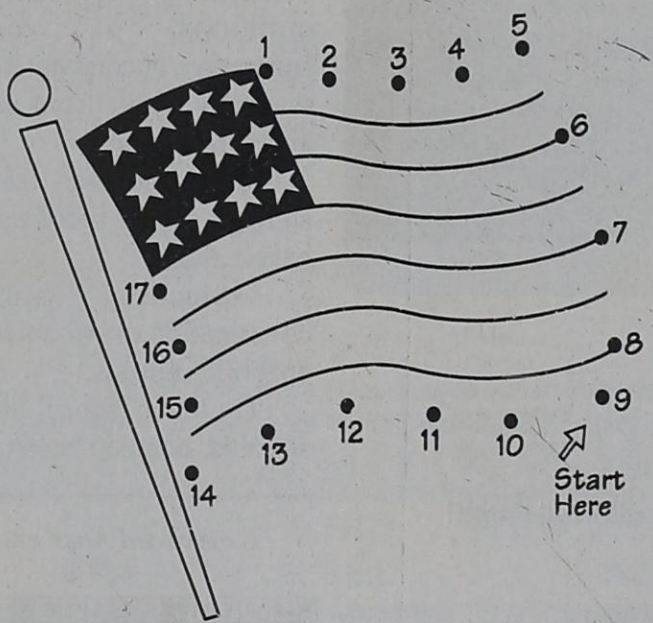
FIND THESE WORDS IN THE PUZZLE BELOW.

CHEER	JOLLITY	PLEASURE
DELIGHT	JOY	RECREATION
FUN	MIRTH	SPORT
GLEE	PLAY	ZEST

THE WORDS READ UP, DOWN AND ACROSS.

DELIGPLAYT
GLEJOLLITY
QDREEWTP
RECREATION
ELOILSPORT
EIUYGUTRDS
HGWMIIRTHSJ
CHFGZESTDO
HTJFUNKMLY
BCASVXAEVN

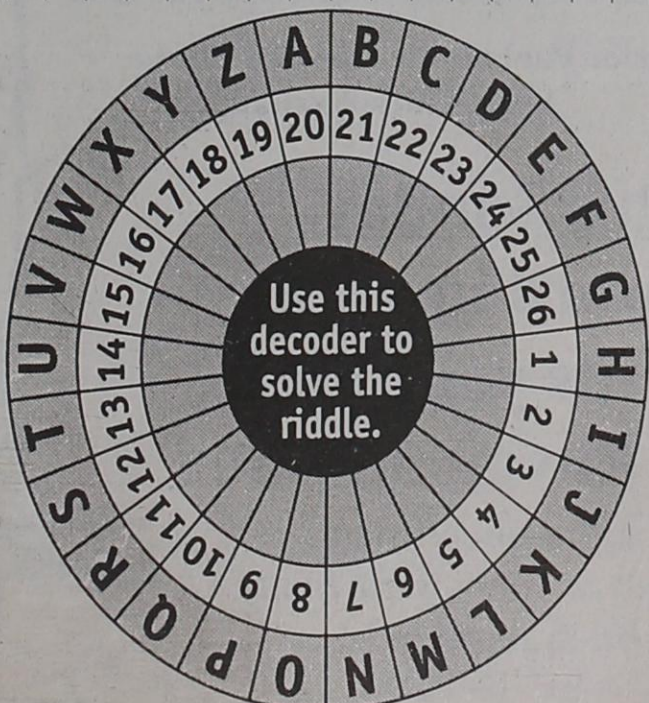
Connect the dots



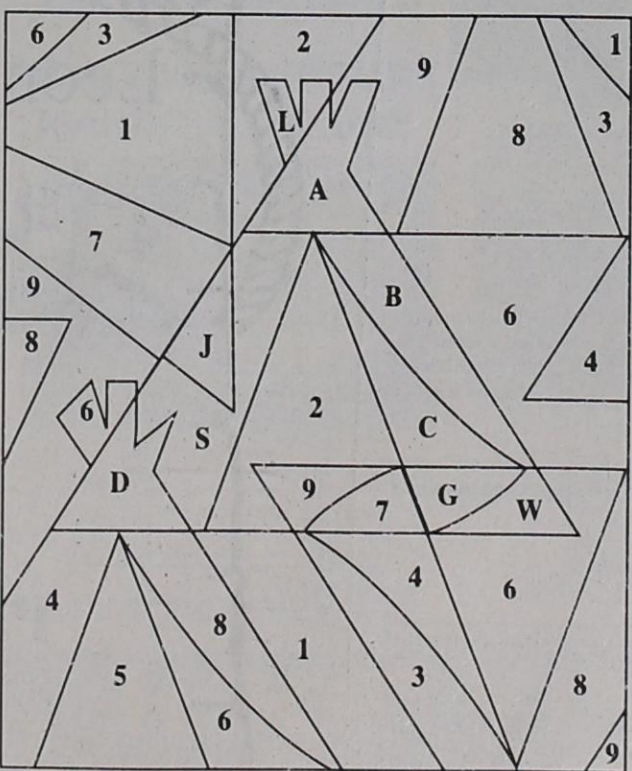
SECRET CODE

Why did the teacher have crossed eyes?

12	1	24	22	8	14	5	23	7	8	13					
22	8	7	13	11	8	5	1	24	11	9	14	9	2	5	12



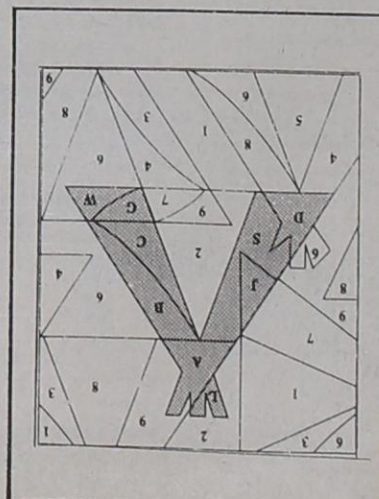
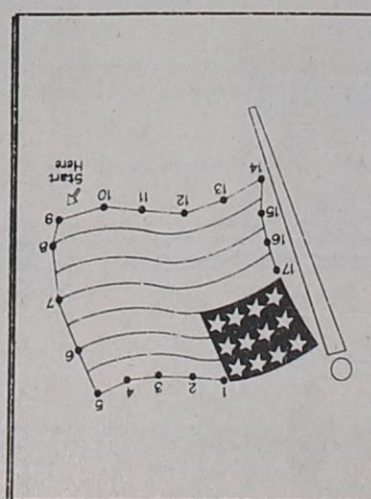
HIDDEN PICTURE



Color in each space that contains a letter.

Answers

BCASVXAEVN
DELIGPLAYT
GLEJOLLITY
QDREEWTP
RECREATION
ELOILSPORT
EIUYGUTRDS
HGWMIIRTHSJ
CHFGZESTDO
HTJFUNKMLY
BCASVXAEVN



Steroids Information That All Should Know

This information was shared to us from Texas Education Agency in Austin, Texas. This is an attempt to provide information to all those that care for the well being of our children, and provide them (parents, faculty, and community members) with the knowledge to combat the growing problem in our society of steroid use and abuse.

Two of the best tools we have to combat the negative influences in the lives of our children is to stay informed and to communicate with one another.

To the School Administrator:

Today we are asking you to join us in fighting a recently noted problem, the dangerous and illegal abuse of performance enhancing steroids. While the majority of scrutiny has focused on abuse by professional athletes, we are very concerned with abuse of these drugs by schoolchildren. According to a 2003 U.S. Centers for Disease Control and Prevention Survey, seven percent of ninth graders have

taken steroids without a doctor's prescription. This is a troubling statistic, so we are asking your help to keep children safe from these harmful drugs.

In order to raise awareness of the ill effects of steroids, a fact sheet to students and parents is included. The facts speak for themselves, and students need to know that these drugs are not a quick answer for better performance. Moreover, any gains made as a result of steroid use quickly disappear when use is stopped, while damage done to organs, joints and the rest of the body may be permanent. Millions of athletes have focused on proper diet, exercise and rest and have excelled without their use.

Please get this information to your students, parents and faculty, and reinforce it at every opportunity. We thank you for your assistance in combating this harmful trend and look forward to a safe and healthy year of academic and athletic excellence.

Sincerely,
Shirley J. Neeley, Ed. D.
Commissioner of Education
Eduardo J. Sanchez, M.D.,

M.P.H.
Commissioner of Health

Facts About Steroids

Facts
Steroids affect the heart. Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.

Steroids affect appearance. In both sexes, steroids can cause male-pattern baldness, cysts, acne, and oily hair and skin.

Steroids affect mood. Steroids can make a person angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use.

Steroids increase risk of infection. Sharing needles or using dirty needles to inject steroids creates a risk for diseases such as HIV/AIDS and hepatitis.

Steroids are illegal to possess without a prescription. Doctors prescribe steroids for specific medical conditions. They are only safe for use when a doctor monitors the patient.

The majority of teens are not using steroids. Among teenage males, who are most likely to use steroids, only 1.8 percent of 8th graders, 2.3 percent of 10th graders, and 3.2 percent of 12th graders reported steroid use in the past year.

Signs
How can you tell if a person is abusing steroids? Sometimes it's hard to tell. But there are signs you can look for. If a person has one or more of the following

warning signs, he or she may be abusing steroids:

- For Boys:
 - Baldness
 - Development of breasts
 - Impotence
- For Girls:
 - Growth of facial hair
 - Deepened voice
 - Breast reduction
- For Both:
 - Jaundice (yellowing of the skin)
 - Swelling of feet or ankles
 - Aching joints
 - Bad breath
 - Mood swings
 - Nervousness
 - Trembling

Questions and Answers
Q. Are steroids addictive?
A. Yes, they can be. Withdrawal symptoms include mood swings, suicidal thoughts or attempts, fatigue, restlessness, loss of appetite, and sleeplessness.

Q. How long do steroids stay in your system?
A. The length of time that steroids stay in the body varies. Injected steroids may be detected in the body for 3 to 4 months while the oral types may remain for 1 to 4 weeks.

Q. What can I do to excel in sports if I don't use steroids?
A. Focus on getting proper diet, rest, and good overall mental and physical health. These things are all factors in how the body is shaped and conditioned. Excelling in sports is achievable and done by millions of athletes without relying on steroids.

Q. What are the slang terms related to steroids?
A. Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice. Other slang terms associated with steroid use include:

- Roid rages- uncontrolled outbursts of anger, frustration, or combativeness that may result from using anabolic steroids.
- Shotgunning- taking steroids on an inconsistent basis.
- Stacking- using a combination of two or more anabolic steroids.

To learn more about steroids, contact: Substance

Abuse & Mental Health Services Administration
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Daily Devotional

By Wanda Lee Beck Skinner

Get Your Priorities Straight

Luke 10:39-40 "And she (Martha) had a sister called Mary, which also sat at Jesus' feet and heard his word. But Martha was cumbered about much serving and came to him and said, 'Lord, dost thou not care that my sister hath left me to serve alone? Bid her therefore that she help me.'"

I can relate to Martha's words as I seem to be just like her. I often feel cumbered with so many projects and

part-time jobs. I also enjoy working for my church and my community. I often complain when I can't accomplish my tasks for the day. Then I read verses 41-42. I realize I am the one responsible for not getting my priorities in their proper order. This is one of my new projects: "Learn to say 'No'" to the least important things.

Did this inspire you to join me? I hope so. Let Jesus help you choose the proper priorities.

CROSSWORD PUZZLE

1	2	3	4	5	6	7	8	9	10	11	12	13				
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ACROSS

1 Sultan's wives	41 Manufacture	1 Comic strip character	border
6 Work hard	42 Shade provider	2 Soap plant	35 Denounced severely
11 Patient's need, for short	43 British change	3 Annoys	37 Portion of a circle
14 acid	44 Years	4 Stop	40 One of 13 colonies
15 Nurses' assistants	45 Reconstructed	5 Like factory-built homes	41 Hand covering
16 Resort city, familiarly	47 "Phooey!"	6 Story of adventure	43 Flew
17 Greedy ones	49 Eases	7 Easy to carry	44 Hobby
19 Bird: pref.	51 Organic compounds	8 Juice	46 Final: abbr.
20 Stein's contents	55 Give a gift	9 Jury's decisions	48 Genuine
21 State	57 He loves: Lat.	10 Gist	50 Stuffed
22 Benumb	59 Green area	11 Merchant	52 Cream of the crop
24 Realtor's concern	60 Isolated land	12 Not taped	53 French pension
26 Darting pain	61 Enticing	13 Silver dollar	54 Wise ones
28 Legs	64 Italian numeral	18 Thing fiber	55 Cotton
30 Approaches in an intrusive manner	65 Harbor scavengers	23 Long	56 Patrick's land
33 bear	66 Dull finish	25 Muslim titles	58 Large number of people
36 Quickness	67 Brother of Bobby & Jack	27 Used frivolously	62 Opposite of SSW
38 Floor item	68 Legal documents	29 Run-down home	63 Strike with force
39 Periods	69 Sharp weapons	31 Steal	
40 Throwing	DOWN	32 Haloed ones: abbr.	
		33 Gaze	
		34 Heraldic	

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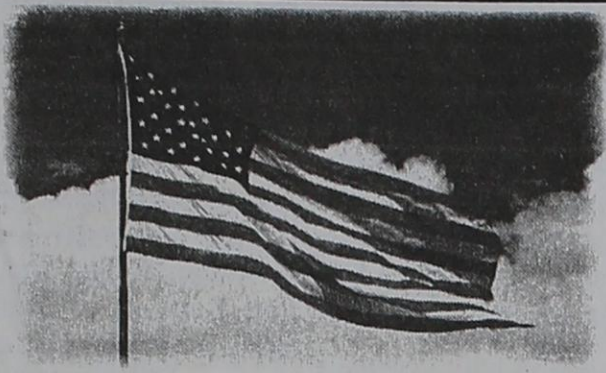
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10:45 Worship

Guest Slot



"We are going to have peace even if we have to fight for it."
 -- Dwight D. Eisenhower

WW II's End Marked This Week Countian Visited Cemeteries

By Jim Farrar

Recently I had the privilege to accompany a group of veterans to the 60th commemoration of the Normandy invasion on June 6, 1944. Looking down from the German redoubts above Omaha Beach and Point du Hoc, one can only marvel at the tremendous effort and valor of the soldiers that scaled the cliffs, seized the positions, and defened them against fierce German counterattacks at a high cost of lives.

Of particular interest is the American cemetery at St. Laurent-sur-Mer, France. The cemetery contains a sea of white marble crosses, interspersed with Stars of David, marking the final resting place of 9,387 servicemen killed in the Normandy campaign. The site also commemorates 1,557 American soldiers, sailors and airmen whose remains were never recovered. There are 307 crosses that bear the following epitaph:

"HERE RESTS IN HONORED GLORY A COMRAD IN ARMS KNOWN BUT TO GOD"

America's overseas military cemeteries are administered by the American Battle Monuments Commission, which was created by an act of Congress in 1923 to erect and maintain memorials in foreign countries where members of our armed forces have fallen. By the end of World War II, several hundred temporary cemeteries had been established by the American Graves Registration Service of the United States Army. During the years 1947 to 1954 that Service, complying with the expressed wishes of the next of kin, repatriated the remains of 172,000 recovered bodies. The remainder were given final interment in the permanent military cemeteries on foreign soil.

Fourteen sites were designated as permanent cemeteries in 1947 by the Secretary of the Army and the American Battle Monuments Commission. Their locations reflect the progress of military operations in Europe and the Pacific. Use of each permanent cemetery site was granted in perpetuity by the host government to the United States free of cost, taxes or rent. Unlike National cemeteries under jurisdiction of the Department of Veterans Affairs, there can be no further burials in the American military cemeteries except of those remains which may, in the future, be found on the battlefields. Essentially, these graves with their memorials, consitute inviolable shrines.

On this occasion, it is well that we should honor those men and women, living and dead, who have served America in its armed forces. The cost of freedom is high, as witnessed by the sea of markers high atop the cliffs in Normandy. Lest we forget.

Cisco Junior College 37th Awards Ceremony Held April 18th

Cisco Junior College conducted its thirty-seventh Awards Ceremony on Monday, April 18. Each spring semester, CJC recognizes and honors these members of the student body who have proven themselves to be outstanding students and persons. Students were recognized in several categories that included scholastic and extra-curricular achievement.

Honors and criteria for award recipients include:

Who's Who Among Students in American Junior Colleges - selected by members of each department and their department head. Students must be second year students who will have completed 30 semester hours by the end of their third semester. Students are chosen for their scholarship ability, participation and leadership in academic and extracurricular activities, citizenship and service to their school, and potential for future achievement.

Phi Theta Kappa-Nominees must take 15 fall semester hours, maintaining a 3.6 grade point average, without counting developmental classes, be registered for 15 semester hours for the spring semester and never have had a grade below a "C".

Sigma Delta Mu- Inductees must have completed at one semester of college Spanish and be enrolled in the second semester or higher, have grades averaging B or better in all college courses in Spanish, and have an average of at least B Minus in all college work to date.

President's List - Students qualify by achieving a 4.0 grade point average.

Dean's List - Students qualify by achieving a 3.5 grade point average.

Outstanding Students and Most Valuable Students may be either freshman or sophomores and are chosen by departmental vote for each class.

The Blue Jackets serve as a hostess group for the college and are selected on the basis of scholarship, attitude,

leadership, personality, and responsibility.

The Lynn McDaniell Award is dedicated to the memory of Lynn McDaniel who was a student at Cisco Junior College from 1985 to 1987.

The Jimmy Campbell Award is sponsored by the Cisco Junior College Faculty Association in memory of Coach Jimmy Campbell who was the first women's basketball coach at CJC. The honor is awarded to the outstanding sophomore on the Lady Wrangler Basketball team.

The Robby Robinson Awards are dedicated to the memory of Robby Robinson, teacher, administrator and friend at Cisco Junior College for nineteen years. These awards are presented to the sophomore male and female student athletes with the highest grade point average for at least 36 semester hours.

The Jess Odell Award is given to the Comeback Athlete of the Year in recognition of the extreme effort and positive attitude required to return to competition following any injury.

The students receiving awards were:

- Baird, TX
- Saybra Giles - Blue Jackets; Who's Who Among Students in American Junior Colleges
- Amanda Manning - Presidents List; Who's Who Among Students in American Junior Colleges
- Colby Rowley - Dean's List Carbon, TX
- Natasha Ritter - Presidents List
- Cisco, TX
- Becky Alvey - Presidents List
- Jason Bray - Outstanding Student in Math., Cisco Campus; Who's Who Among Students in American Junior Colleges
- Shoshana Carr - Dean's List; Phi Theta Kappa
- Penny Ewing - Homecoming Queen
- Melinda Floyd - Who's Who Among Students in American Junior Colleges
- Tiffany Garcia - Dean's List

- Josey Hendricks - Presidents List
- Trista Ingram - Presidents List; Most Valuable Member of the Ag Cup; Phi Theta Kappa; Who's Who Among Students in American Junior Colleges
- Penny Kaimikoku - Presidents List; Who's Who Among Students in American Junior Colleges
- Debra Langrill - Presidents List
- Sara Linscott - Presidents List; Co-Recipient Outstanding Student in Government, Cisco Campus; Phi Theta Kappa
- Crystal Matthews - Outstanding Student in Education
- Shawna McLean - Co-Recipient Outstanding Student in Business Systems Technology, Cisco Campus
- Patrick Pitts - Dean's List; Who's Who Among Students in American Junior Colleges
- David Richardson - Dean's List; Outstanding Student in Art, Cisco Campus; Co-Recipient Outstanding Student in Government, Cisco Campus
- Danielle Rivard - Dean's List; Co-Recipient Outstanding Student in Business Administration, Cisco Campus; Blue Jackets; Lynn McDaniel Award; Who's Who Among Students in American Junior Colleges
- Sarah Sellers - Freshman Class Favorite
- Katha Shawver - Co-Recipient Outstanding Student in Computer Science, Cisco Campus
- Chris Thompson - Presidents List; Co-Recipient Outstanding Student in Auto Technology, Cisco Campus
- Andrew Tipton - Dean's List
- Jamie Wilcoxon - Blue Jackets
- Michael Willingham - Dean's List
- Kimberly Yoch - Dean's List Cross Plains, TX
- Joel McCready - Dean's List; Phi Theta Kappa; Co-Recipient Outstanding Student in Auto Technology, Eastland, TX
- Alisia Black - Who's Who Among Students in American Junior Colleges
- David Black - Dean's List
- Amanda Campbell - Who's Who Among Students in American Junior Colleges
- Casondra Cooper - Dean's List

- Kirsten Dove - Presidents List
- Marsha Green - Who's Who Among Students in American Junior Colleges
- Deanna Greene - Presidents List
- Anthony Howard - Dean's List; Phi Theta Kappa; Who's Who Among Students in American Junior Colleges
- Tabatha Justice - Dean's List
- Cristy Martinez - Outstanding Student in Pre-Nursing, Abilene Campus
- Martha Meazell - Presidents List; Co-Recipient Outstanding Student in Business Systems Technology
- Jacklyn Mey - Presidents List; Co-Recipient Outstanding Student in Cosmetology
- Lauren Russell - Dean's List
- Nakita Ryan - Dean's List
- Kristopher Sharpe - Dean's List
- Courtney Stewart - Dean's List; Phi Theta Kappa; Sigma Delta Mu; Co-Recipient Outstanding Student in English, Cisco Campus; Co-Recipient Outstanding Student in Computer Science, Cisco Campus;
- Justin Wharton - Presidents List
- Alexandrea Wheeler - Outstanding Student in Photography; Who's Who Among Students in American Junior Colleges
- Gorman, TX
- Dixie Sherrrod - Dean's List; Who's Who Among Students in American Junior Colleges
- Moran, TX
- Holly Martin - Co-Recipient Outstanding Student in Sociology, Cisco Campus
- Lacey Shimp - Presidents List
- Ranger, TX
- Natasha St. Peter - Presidents List
- Rising Star, TX
- Jarrad Hoggett - Presidents List
- Clarissia Nall - Who's Who Among Students in American Junior Colleges
- Maria Reyes - Presidents List; Co-Recipient Outstanding Student in Cosmetology
- Brittany Williams - Presidents List; Co-Recipient Outstanding Student in English, Cisco Campus;
- Co-Recipient Outstanding Student in History, Cisco Campus; Outstanding Student in Psychology, Cisco Campus
- Penny Winfrey - Dean's List

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Kokomo News

By Zelda Jordan

What a lovely Mother's Day Service we had at the Kokomo Baptist Church on Sunday morning. Visitors were Aline Garrett of Gorman, Thomas and Vicky Seay of Gorman and Austin Lowrance of Eastland. "Happy Birthday" was sung to Austin who was celebrating his birthday on Sunday. He was visiting with his aunt, uncle and cousins, Jill, James, Ashley and Breckley Little.

All mothers were honored and corsages were presented to Johnnie B. Griffith and Aline Garrett as the oldest mothers present; to Crystal Snider as the youngest mother; and to Jill Little as the mother with the most children present with her. Crystal Snider also qualified for having the most children with her as both she and Jill had two children.

The special music "Victory In Jesus" was rendered by Crystal Snider, Aletha Burgess, Kay Snider, Leona Wilson, Sylvia Buchanan, Helen Browning, Jimmy Little Thomas Seay and Woodrow Browning with Daryl Hirst at the piano.

Bro Clarence Wilson brought a very timely message on Christian Mothers, the best thing that can happen to a family.

I hope that Mother's Day was a wonderful day for everyone. For those of us who's mother's have gone on to be with the Lord, there are precious memories as we remember how wonderful, loving and kind they were. Their spirit is always with us.

Kenny, Cynthia, Tobias and Kennon Moore of Gatesville and Lowell and Kimberly Wilson and Justin

of Stephenville visited with their parents, Bro. Clarence and Leona Wilson, during the Mother's Day weekend.

My children, grandchildren and great-grandchildren couldn't be with me on Mother's Day, but made it a very special day for me with cards, phone calls and gifts. My love and thanks to you all.

Woodrow and Helen Browning visited in Graham on Saturday with Gary, Rebecca and Emily Browning and Gary, Donna, Lesley, Melanie and Garrett Gatlin and attended Melanie's dance recital.

Those visiting with James, Jill, Ashley and Breckley Little on Saturday night were Austin Lowrance of Eastland, Jimmy and Verna Lee Little, Ray Neal and Melissa Little of Eastland, Emily Little and Mike and Kourtney Peacock of Abilene and Tori Hart.

LaDawn and Alexis Snapp of Lewisville visited with her parents, Bobby and Mary Jane Little.

Visitors with Nancy Hendricks were Johnnie B. Griffith, Laneta Freeman, Jonell Torrez, Bertie Stacy and Sylvia Buchanan.

Last week, LaVon Snider was invited to help Gene Snider celebrate his birthday. One evening, Ted Snider took Charlotte and LaVon to Cook's for a fish dinner.

On Saturday, LaVon, along with other family members and friends was invited to Erik and Belinda Segura's home for a party to celebrate Belinda's graduation from Tarleton University. Our congratulations to Belinda.

On Sunday, LaVon

phoned her aunt, Bertha Henry of Ozona to wish her a happy Mother's Day. Also, LaVon learned of the death of a cousin, Gene Paul Hamilton. Gene Paul was a nephew of LaVon's grandmother, Alice (Hamilton) Snider.

Bro. Clarence and Leona Wilson, Johnnie B. Griffith and Zelda Jordan enjoyed lunch on Mother's Day at ZJ's in Gorman.

Those from the Kokomo Baptist Church going to Heritage Manor on Sunday afternoon for the church service were: Bro. Clarence and Leona Wilson, Woodrow and Helen Browning, Jimmy and Verna Lee Little, Bobby and Mary Jane Little, Johnnie B. Griffith, Nancy Hendricks and Zelda Jordan. Woodrow and Helen, Leona, and Jimmy rendered the special music.

Aline Garrett spent Mother's Day with Aletha and Durwood Burgess. Other's enjoying supper with them were Danny and Charla Burgess and Johnny and Catherine Eaves.

Mary Jo Shaw of Gorman had lunch with Johnny and Catherine Eaves on Mother's Day.

On Wednesday night, May 4th, Durwood and Aletha Burgess met Billy and Cheryl Burgess, and Grant Burgess and friend, Michelle, of Granbury, in Stephenville for dinner to celebrate Billy's 46th birthday. A belated "Happy Birthday" to you Billy.

Jimmy Nelson has recently returned from a mission trip to Malawi, Africa. While there, he was mugged and robbed, but was not seriously injured. Thank God for getting him back home safely.

TRIP TO FLORIDA

Joe and Glynda Bond and his brother and sister-in-law,

James and Marion Bond of Plano flew from Love Field in Dallas to Tampa, Florida on Saturday, April 30th. Joe and Glynda's son, Brian Bond of Ft. Myers, FL, met them there and they all visited with Joe and James's sister, Helen Hanlon and her son and family, Tommy, Connie and T. J. Hanlon near Dade City.

They also enjoyed walks on the beach near the condominium where they were staying in Lake Shores, and the Intercoastal Waterway and the Dolphin Watch, saw some very expensive homes and the Gulf of Mexico. Other points of interest they visited were the Barnum and Bailey Circus Museum, The Barnum Mansion, the Edison and Ford Estate Summer Home, and saw the largest Banyan tree, that was a very interesting thing to see. On Tuesday, they visited with Brian in Ft. Myers and saw some of the homes that Brian is building on Cape Corales. They returned home on Saturday, May 7th.

Joe and Glynda Bond spent Saturday night and Sunday in Copperas Cove with Shannon, Stephanie, Raegan and Sydney Bond and attended church with them on Mother's Day at the First Baptist Church in Copperas Cove. Sydney was one of the babies in the Baby Dedication Service that morning. They all had lunch with Stephanie's Mother and stepfather Don and Gayle Lakin in their home, following the church service.

HOME COMING AND CEMETERY ASSOCIATION MEETING AT KOKOMO

It was a cold, cloudy, and windy morning on Saturday, May 7, 2005, when Delmon Eaves, chairman of the Cemetery Association Committee, called the Kokomo-Simpson Cemetery Association meeting to order at 11:00 a.m. at the tabernacle at the Simpson Cemetery. Delmon gave the opening prayer and

welcomed everyone.

The minutes of last year's meeting was read and approved as read. The financial report was given and approved as read.

The new map of the Simpson Cemetery was on display, and a round of applause and thanks was extended to Jimmy Nelson for building the frame for the map.

The terms of Committee members, Bryan Lee Johnson and Zelda Jordan expire this year, and they were re-elected for another three year term.

There were lots of comments that the cemetery looked real nice. The caretaker has done a good job. There weren't many bluebonnets at the cemetery this year, but there were lots of Indian paint brushes that were pretty.

Covis Crawley, 86, of Arlington was the oldest person attending; Josh Cox, 15, of Gorman was the youngest; and Verna Laminack and Louise Brown of Lake Jackson came the farthest to attend.

Wayne Eaves of Desdemona gave the closing prayer.

Those attending the meeting were: Larry and Betty Strube of Kokomo, Oren and Norma Webb of Kokomo, Zelda Jordan of Kokomo, David and Linda Lorange of Carbon, Patsy Collins of Eastland, Cleo Duncan of Eastland, Jeanne A. Dorsett of Gorman, Jalyn and Josh Cox of Gorman, Jerry Shugart of Gorman, Edgar Reynolds of Gorman, Ken Rogers of Eastland, Bryan and Jolene Johnson of Eastland, Covis and Pauline

Crawley of Arlington, C. W.

Thursday, May 12, 2005

Crawley, Jr. of Hurst, Jake Donaldson of Eastland, Louise Brown of Lake Jackson, Nolan L. Treadway of Snyder, Wayne Eaves of Desdemona, Verda Eaves of Carbon, Verna Laminack of Lake Jackson, Orvel and Louise Gibbs, of Venus, Nancy Hendricks of Kokomo, Elbert and Cora Lee Bennett of Gorman, Darrell and Pat Graham of Gorman, Jimmy Nelson of Carbon, Ernestine Shugart of Granbury, Doris Whitley of Granbury, Sylvia H. Buchanan of Kokomo, Ima Brown of Gorman, Donald Eaves of Carbon and Delmon Eaves of Kokomo.

Following the meeting many of those attending the meeting met at the Kokomo Community Center for a bountiful covered dish lunch and more visiting with family, friends and neighbors. Jake Donaldson gave the prayer of thanks for the food, and the opportunity to meet together again.

Our thanks to all who came, and to those who gave donations at the meeting and by mail. We need your donations in order to pay the caretaker so the cemeteries can be well kept. There is lots of mowing and spraying to be done.

I want to say a great big thank you to all who were so kind and helpful to me when I locked the keys in my car at the Community Center on Saturday. May the good Lord bless you all real good. You were my angels.

And a great big thank you to those who were so helpful to me when I fell at the bank in Gorman on Thursday. Again God was watching over me as I wasn't hurt except for a few minor bruises.

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The Dance School's 'I Love Life' Spring Recital Sunday

The Dance School's "I Love Life" Spring Recital will present its annual spring recital on Sunday, May 15 at 4 p.m. in the Cisco Junior College Auditorium. The recital is open to the public with free admission and all are invited to attend. The show this year is "I Love Life". The dancing consists of jazz, classical ballet, lyrical ballet and tap. Jill Fields is the owner and artistic director of The Dance

School. She has 30 years experience and this is the 5th anniversary for The Dance School. Fifty-two students throughout the area will be performing in the recital. From Cisco, they are: Abigail Fields, Lauren Jordan, Kiley Lane, Jinger Posey, Cheyenne Rodriguez, Brooke Taylor, Michelle Cooper, Summer Longoria, Carrie Watson, Ashton Binger, Cooper Conger, Kenna Barnes, Amber

Carney, Ashley Andrews, Ayla Chavez, Jaime Dodson, Melissa Matthews, Tierra Matthews, Andrew Daleen, Jordan Longoria, Jordan Wampler, Sarah Schaefer, Whitney Wilks, Tori Curtis, Alexandria Alford, Janna Anderson, Taylor Conger, Riley Scroggins, Tori Stuart, Camille Webb, Cassie Sanders, Carrollee Sitton, and Valerie Wampler. From Eastland: Kaley Garcia, Madison Lemaster, Rebecca Pearson, Lyndsay Riffle, Christen Hagan, Amy Rice, Savannah Wells, Katelyn Bird, Mila Harrison, Kaleena Burt, Celeste

Hernandez, and Emma Jacobs. From Ranger: Taylor Lucky and Kaylen Larkin. From Rising Star: Destiny Patterson. From Albany: Logan Keller and Tamlyn Keller. From Gorman: Lauren Spivey. From Abilene: Cassie Kimbrough. Miss Kimbrough has been the student teacher for the past five years and Miss Sarah Schaefer has been the class assistant this year. Ten students will receive their 5th year award along with eight students receiving their 3rd year award.

Making A Difference

By Rex M. Rogers

Mother's Day

Mother's Day, which was last Sunday, comes but once per year, but good and godly Mothers last a lifetime—and then some. God knew what He was doing when He created Eve and made her the Mother of the human race. Mothers ever since have been the first to love and care for their children and, typically, the ones who remained consistent in those sentiments.

My Mother was and is yet today in my 50s a faithful, loving force in my life. Though I have been "on my own" for more than 30 years I am never far from the investments she made in me when I was young. When I read I can hear her saying, "Readers make leaders." When I lay my arm on the table as I eat I can hear her saying, "Polite people don't place their elbows on the table." When I am in a less-than-happy mood I hear her quoting, "This is the day the Lord has made; let us rejoice and be glad in it" (Psm. 118:24).

When as a teen-age boy I wanted to gamble with my friends, she and my Father warned me with, "That's not what Christian young men do." When I had trouble with another boy and wanted to fight, she'd ask, "Have you prayed for him?" That one stopped most fights before they started. When she faced surgery while I was in high school I remember her reliance upon God's Word: "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus." (Phil. 4:6-7). That same trust was evident about 35 years later when Dad faced open-heart surgery. God honored both demonstrations of faith.

Let us paraphrase Solomon and say, "Many women do noble things, but (godly Mothers) surpass them all." (Prov. 31:29)

Rex M. Rogers, Ph.D., book author and president of Cornerstone University, Grand Rapids, Mich., pens this column, which appears in 89 newspapers-alan@blanchardgroup.net

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Center Point-Brown Cemeteries Donations Needed

Center Point-Brown Cemetery Association is asking for donations again this year to help care for the two cemeteries. Those that have loved ones or friends buried in either of the two cemeteries are asked to come forward and make a donation

of some kind. It takes a little help from all concerned. The flowers were real pretty this year. Will mow as soon as they seed out. Please send donations to P.O. Box 585 Eastland, TX 76448 or to the First Financial Bank Eastland, TX 76448.

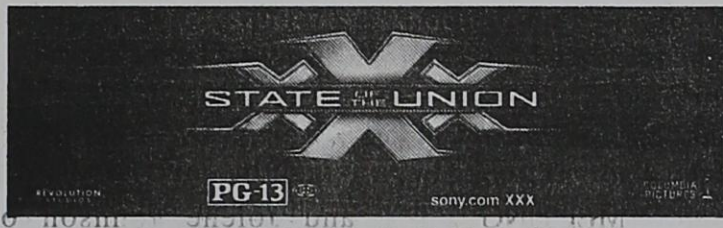
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Standing is Kenna Barnes, receiving her 3rd year award, and kneeling is Amber Carney, receiving her 5th year award. They will perform a ballet duet entitled "Best Friends" on Sunday, May 15th at 4 p.m. in the Harrell Fine Arts Building on the Cisco Junior College Campus. Admission is free.

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Nutrition News

New Dietary Guidance Message Says Beans May Reduce Risk Of Heart Disease, Certain Cancers

If you're looking for a high-protein, high-fiber, low-fat food to include in your next meal, you may want to add beans. An even better reason to consider beans is a new U.S. dietary guidance message that says "diets including beans may reduce your risk of heart disease and certain cancers."

This new dietary guidance message comes on the heels of the 2005 USDA Dietary Guidelines for Americans which recommends Americans eat three times more beans than they currently consume.

"In many parts of the world beans are an important dietary staple but Americans are not eating enough," said Stacey Zawel, executive director, Beans for Health Alliance. "Ideally, adults should be eating three cups of beans per week. This dietary guidance message will illustrate to Americans the importance of including beans in their diet."

Beans are naturally low in total fat, contain no saturated fat or cholesterol, and provide important nutrients such as fiber, protein, calcium, iron, folic acid and potassium. Their health benefits are consistent with many existing FDA-approved health claims, specifically those related to heart disease and cancer. Many national and international expert bodies have also reviewed scientific evidence about beans and concluded that eating beans as part of a healthy diet can help maintain health and reduce risk of disease.

Dietary guidance messages are part of an effort by the FDA's Consumer Health Information for Better Nutrition Initiative (CHIBNI) to encourage good nutrition among consumers by reminding them about important health and nutrition information.

If you're looking to add beans to your diet, there are easy ways to include them in your next meal:

- Spreads-For an alternative to traditional hummus, mash any variety of drained, cooked beans with herbs and spices for a healthy sandwich spread or vegetable dipper.
- Grilling-Add pureed or mashed beans to homemade hamburger patties for flavor and a nutritional boost.

- Soups-Mix mashed beans into soups as a creamy thickener or make any canned soup healthier and heartier by adding one can or 1 1/2 cups of cooked beans.

- Salads-Sprinkle any side or main dish salad with beans.

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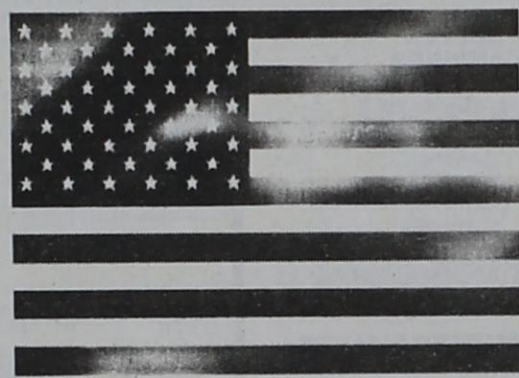
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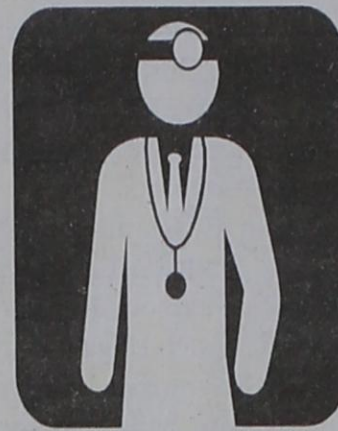
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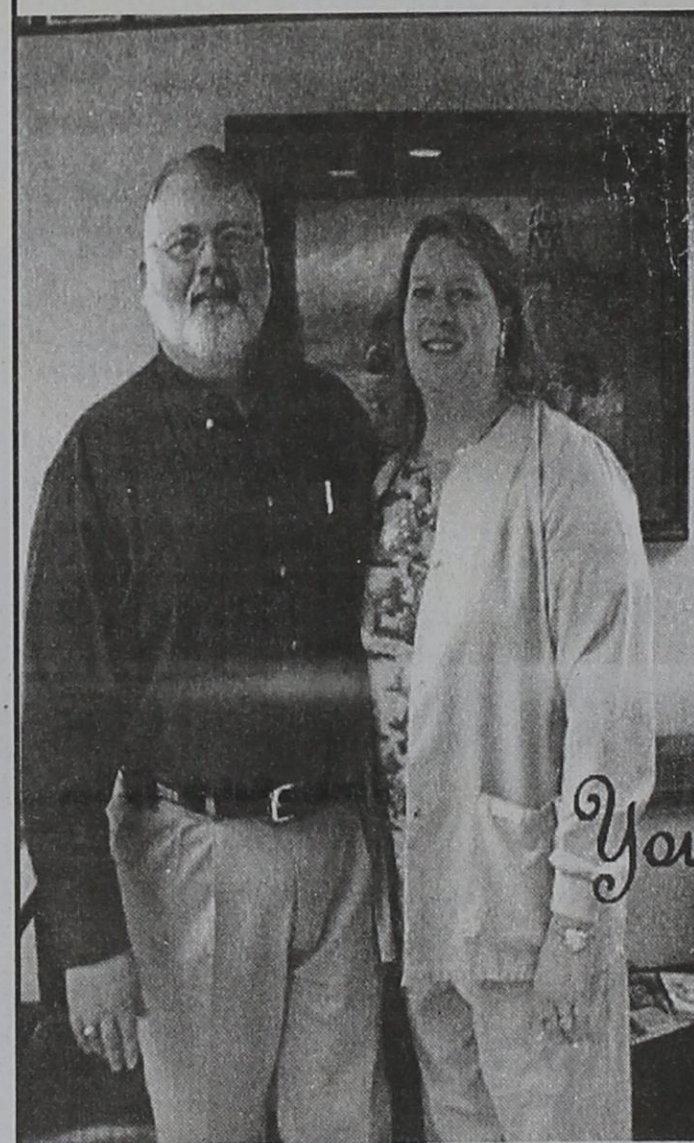
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Dr. Simpson is a Board Eligible Residency Trained General Surgeon. He completed his internship and general surgery residency at the University of North Texas Health Science Center and Osteopathic Medical Center of Texas in Forth Worth.

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Oh sleep! It is a gentle thing, Beloved from pole to pole.
—Samuel Taylor Coleridge

From Page One .. Commissioners

onded and motion carried 5-0
There were no public comments.
Julie Keller with McCreary, Veselka, Bragg and Allen Law Firm presented a nice picture of the Callahan County Courthouse with Elected officials listed to honor Callahan County because they were featured in The County Process. This will be placed in the Courthouse.
Commissioner Holland made a motion to go with First National Bank of Baird for Depository for the General funds of Callahan County and Precinct #4 would be Texas Heritage Bank in Cross Plains. All three banks turned in bids and were accepted. Commissioner Grider seconded and motion was carried 5 - 0.
Jimmy Wilson was not present to discuss Water Dis-

tricts.
Rick Hanson with Texas Communications notified the court no bids were complete. Commissioner Hicks made a motion to reject the present bids and open new bids on May 27, 2005. Commissioner Holland seconded and motion carried 5 - 0
Commissioner Farmer made a motion for Mr. Kim Williams with The Williams Company Architects to be on the next agenda May 23, 2005 and bring a contract for Courthouse Restoration Master Plan. Commissioner Hicks seconded and motion carried 5 - 0.
County Clerck Jeanie Bohannon discussed update on HAVA (Help America Vote Act of 2002). The County received a letter from the Secretary of State on May 6 listing total funding as \$117,049.05 for Callahan County to receive for the HAVA Grant. Callahan County will have to pay for the expenditures and then apply for reimbursement through the Secretary of State for the Grant Money. January 1, 2006 is the deadline for being in compliance with HAVA. No Action.
Commissioner Farmer made a motion to pay approved bills. Commissioner Grider seconded and motion carried 5 - 0.
Commissioner Hicks made a motion to adjourn. Commissioner Holland seconded and motion carried 5 - 0.

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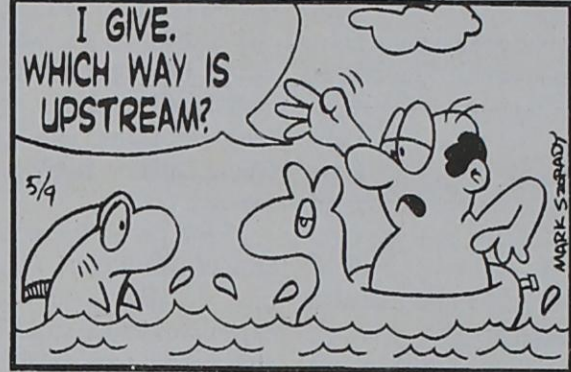
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DOUBLE TAKE

By Mark Szorady

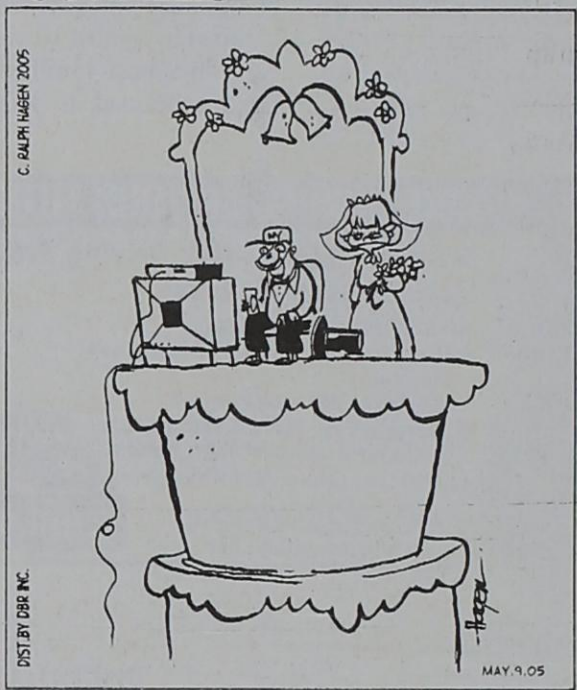


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60 acres by Lake Cisco, over half a mile or road frontage that is within 200 yds of Lake Cisco shoreline, mostly wooded with oak trees, hill overlooking Lake Cisco, canyons, deer, hogs, turkey, dove, quail, \$72,000.
77 acres completely wooded with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

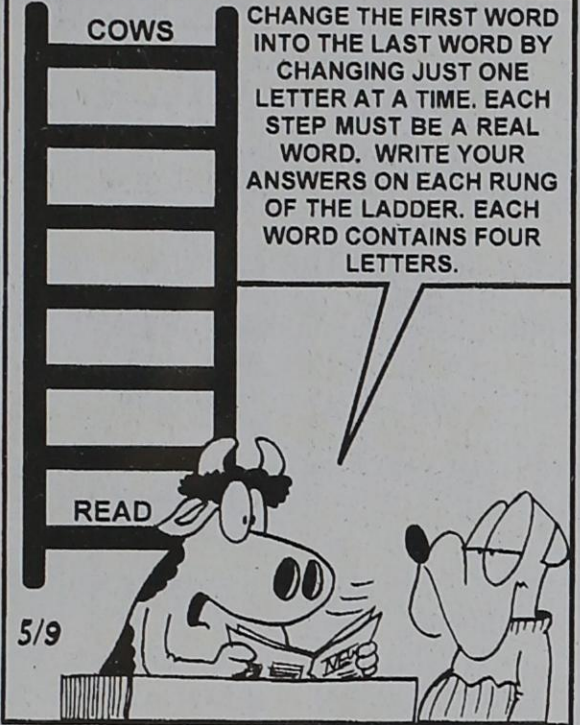
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2 BR, 1 bath home, carport, attached storage, reduced to \$9,800.
3 BR, 1 bath home, separate BR, other outbuildings, reduced to \$16,500.
2 BR, 1 bath home, CH/A, mostly wood floors, garage, fenced backyard, corner property, \$23,000.
2 BR, 1 3/4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

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2 BR Home, deck, boat dock, large oak trees, reduced to \$25,000.
2 BR, CH/A, partially furnished, lots of parking space, storage building, boat dock, \$59,000.
Large 4 BR, 1 3/4 bath 2 story home, 2 CH/A units, woodburning heater, several extra closets, balcony off master BR, shop, 4 vehicle carport, covered boat dock with boat lift, septic system recently replaced.
Beautiful 2 BR, 1 3/4 bath home, CH/A, WBFP, shop, storage bldg., large landscaped yard, tall oak trees, boat dock, great view of lake from DR, LR, den and master BR, many extras.
Must see - Lovely 4 BR, 2 bath home, CH/A, large detached metal building has racquetball court and large gameroom. Many extras including inground pool.
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Restaurant with large dining room, eqpt., and furniture, \$38,500. Owner would sell bldg. without eqpt. & furniture for less. Call for details.
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George's Word Ladder
By Mark Szorady



SOLUTION: COWS BOWS BOAS BRAS BRAD
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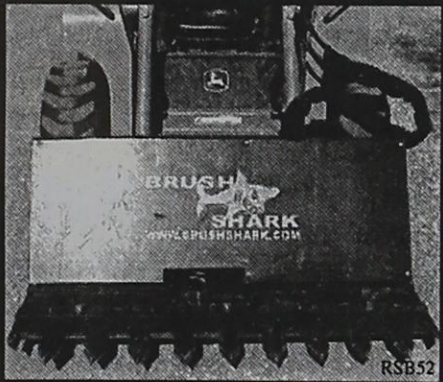
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Increased Enforcement of Safety Belt Laws Starts This Month

After 20 Years, One in Five Texans Still Not Buckling Up

AUSTIN — The Texas Department of Transportation (TxDOT) is marking the 20th anniversary of Texas' safety belt laws by kicking off the largest-ever statewide *Click It or Ticket* education and enforcement campaign. Thousands of state troopers and local officers will be patrolling Texas highways and streets between May 23 and June 5 to issue citations to drivers and front seat passengers not wearing safety belts. Drivers whose children aren't buckled up also will be ticketed.

Thanks to the state's safety belt laws, federal officials estimate that 17,800 fewer Texans have been killed in traffic crashes since 1985 and 420,000 injuries have been prevented, resulting in economic savings that top \$77 billion. In the past twenty years, the safety belt use rate in Texas has climbed from 14 percent to 83 percent.

TxDOT says its goal this year is to get at least another 3 percent of Texans—roughly 350,000 drivers—into the habit of buckling up. That's why officials are directing stepped-up law enforcement efforts at the one in five Texans who don't fasten their safety belts. They include pickup drivers and passengers, teens and parents whose children aren't properly secured.

"Most people know the benefits of safety belts, but sometimes it takes the threat of an expensive citation to get drivers and passengers to obey the law," said Carlos Lopez, TxDOT's division director of traffic operations. "Since we started participating in the national *Click It or Ticket* initiative three years ago, safety belt compliance in Texas has climbed by almost 10 percent."

With almost 4 million pickups on the road in Texas, this

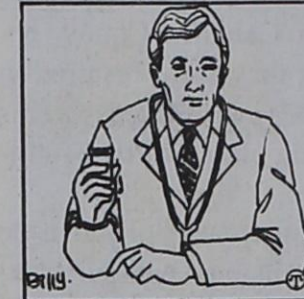
year's *Click It or Ticket* campaign also includes a special focus on pickup drivers.

"In a crash, pickup trucks are twice as likely to roll over as cars, but their occupants buckle up less than any other group of drivers and passengers on Texas roads," said Georgia Chakiris, the National Highway Traffic Safety Administration's regional administrator. "We want people in pickups to know their chances of surviving a rollover crash increase by up to 80 percent if they buckle up in their trucks."

Drivers and front seat passengers are required to use safety belts in Texas. Children under 17 must be buckled up, whether they ride in the front or back of a vehicle. Child safety seats are required for children under four years of age or less than 36 inches tall. Fines for violations range from \$25 to \$200, plus court costs.

Healthy Ideas

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The Aflac Cancer Center and Blood Disorders Service of Children's Healthcare of Atlanta has performed 18 sibling-matched marrow transplants, which can cure sickle cell anemia. A contribution by Aflac is helping to form family support teams for children with the disease. For more information, visit www.choa.org/cancer or call 404-250-KIDS.

I have never taken any exercise except sleeping and resting.
—Mark Twain

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By Wes Alexander

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The nice thing about being a celebrity is that when you bore people, they think it's their fault.
—Henry Kissinger

If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it.
—Herodotus

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