

Happy
New Year
2010

Callahan County Baird Star

Have a
Safe and
Happy
Holiday

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31¢ By Mail

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Volume 122, Number 53

Baird, Texas 79504

Thursday, December 31, 2009

Callahan County Library News

Locked In is Marcia (a Sharon McCone mystery), Whistlin' Dixie in a No'r'easter by Lisa Patton, Dawn's Prelude (Song of Alaska, 1) by Tracie Peterson (large print), and What Happens in London by Julia Quinn (large print).

These new books were purchased with Loan Star Libraries Grant money.

TexShare Databases

Health Source: Nursing/Academic Edition, this resource provides nearly 500 scholarly full text journals focusing on many medical disciplines. Coverage of nursing and allied health is particularly strong. This database includes the Lexi-PAL Drug Guide which covers 1,300 generic drug patient education sheets with more than 4,700 brand names.

HeritageQuest Online is designed specifically for libraries and provides a unique and continuously expanding collection of research materials to help patrons trace their family lineage and American culture.

Beginning with more than 25,000 family and local histories, HeritageQuest Online is growing to include the complete U.S. Federal Census from 1790-1930, the Periodical Source Index (PERSI), the Revolutionary War Pension Application and Bounty Land Warrant Applications, and the Freedman's Bank Records.

HeritageQuest Online provides many of the most-requested resources for genealogists and local historians. This collection of digitized material is unlike anything else online today, and helps put family research in an historical, social and cultural context.

From the Past

Callahan County Clarendon

November 20, 1880

Vol. 1, No. 47

Owing to the delay in track laying, both Col. Hall and Britton & Lyon will have their respective works completed and will be ready for the track by the time it can reach them. We are much pleased at this, for these heavy contractors had contracts which required a very large amount of work and expense to complete them and had they been over taken by the track layers it would have cost them a large amount in addition Col. Hall may not have the cut completed but the road bed will be ready for the track and he can then finish his work without hindering the progress of track laying.

November 27, 1880

Died: Mr. G.H. Hentschell died at Brownwood on Friday, November 19th. The deceased was one of Brownwood's most enterprising citizens, and was well known to many of our readers, having spent several months in Belle Plain in the photograph business. Peace to his ashes.

We regret to say that Grandma Merchant is lying sick at the residence of her son J.D. Merchant.

Assessor Brightwell, we are informed, is quite sick this morning. He is stopping with J.L. Wilson.

Immunization Clinics

Texas Department of State Health Services Immunization Clinics in Callahan County

H1N1 Flu Vaccine is available

Monday, January 11th
Baird Cafetorium 400 W. 7th

Time: 10-12

Wednesday, January 13th

Clyde First Baptist Church
216 Austin

Time: 10-12 & 1:30-3

Please bring child's Immunization Records

If child is on Medicaid or CHIP, please bring the card
For more information call 325/754-4945

Basketball Scores

Monday, Dec. 28

Girls

Clyde 39, Eula 31

Boys

Woodson 44, Baird 38

Lovington, N.M. 72, Baird 20

Clyde 75, Comanche 64

Eula 69, Munday 48

Justice Rick Strange Announces For Texas Supreme Court

Dallas- Having received broad support from across the state, Justice Rick Strange, Judge on 11th Court of Appeals, announces his candidacy for Texas Supreme Court, the highest elected judicial office in the State of Texas.

Justice Strange has already secured the endorsement of many prominent elected officials and community leaders such as Dick Watt in Houston, Flip Whitworth in Austin, Senator Kel Seliger, and Representative Tyron Lewis. Numerous attorneys and conservative activists have joined his team and have given their endorsement and support.

Justice Strange is serving his fifth year on the 11th Court of Appeals, following his appointment from Governor Perry. He has authored more than 400 opinions and is a strong proponent of traditional judicial principles. He has more than two decades of experience with Cotton Bledsoe, Tighe & Dawson, where he was head of the firm's litigation section. He has also tried over 100 lawsuits in state courts in Texas and New Mexico, as well as Federal Courts in Texas and Washington D.C.

"I am in the midst of a campaign across Texas to serve you as a member of the Texas Supreme Court. My law practice was devoted to common sense solutions and I have dedicated my career to helping serve the needs of those around me. I believe the law needs to be consistent and predictable,"

Homestead Happenings

By Mark Sanchez
We have had a great holiday season with New Year's still to come. It is a busy time of the year as we have to finish paying bills, do collections, and get prepare for a new budget and new challenges.

Melissa Long, our activity director, continues to crank out a calendar full of events. Our goal is to try to work in a major event once a month. For January, we are planning a winter luau. It will give us a chance to think about summer, have some different fun and games as well as expand the menu and work in some fresh fruits in the diet in a fun way.

Melissa is also working on dining out get-a- ways to Cracker Barrel and other places. We are also going to try and make a movie outing during the day. She is also working on a spring outing to the Abilene Zoo. We

said Justice Strange.

Bob Bledsoe, Campaign Finance Chairman, went on to say, "Justice Strange is the only candidate in the race that is Oil and Gas Board Certified. The court regularly decides major oil and gas cases that carry significant potential impact given the industry's role in Texas's economy."

Representative Tryon Lewis said of Justice Strange: "Justice Strange has a strong record of leadership and results. He led President George W. Bush's Mighty Midland Strike Force Team and has been a fair, conservative leader for the whole Permian Basin. I know no one better to serve us in the Texas Supreme Court than my friend, Justice Rick Strange."

Justice Strange pledges that he will work hard to earn the support of Texans and their vote in the March 2 primary. "Campaigning across Texas is challenging, tough and rewarding—much like Army Ranger School," Justice Strange told a group of supporters.

Justice Strange is no stranger to grassroots politics as he has served as Midland County GOP Chairman and understands the importance of building a team from the bottom up. He is ready for the challenges of the campaign.

Justice Strange is married to his college sweetheart, Carole and they have two adult daughters, Katie and Susan.

are also planning a day of fishing. We have so many ideas. Melissa has to be staying up at night thinking of things to do.

Melissa secondary job is marketing. We have just begun to plan what we hope will become community luncheons. We are going to try to focus on bringing Baird some informational learning seminars and discussion groups. It will not only help the facility staff but we hope can educate others in the community. The first topic we are trying to put together is "Caring for an Alzheimer's patient". We are also thinking about doing topics such as blood pressure, proper diets and maybe even hospice care.

Our goal is to not only educate our staff but to serve the community and bring

(Continued Inside)

Callahan County Commissioners Court Agenda

Callahan County Commissioners' Court
Notice of Open Meeting
Date of Meeting:
December 28, 2009, 9:30 A.M.

Location: 100 West 4th, Suite 200
Callahan County Courthouse
Baird, Texas 79504

Complete Agenda:
Call to Order

Deliberate and Consider Action on the following items:

- I. Review and Sign Minutes of Previous Meetings
- II. Public Comment (5 minutes per speaker) No Discussion or Action
- III. Discuss - Consider - Burn Ban
- IV. Discuss - Consider - Precinct 6 Voting - Bill Richardson
- V. Discuss - Accept or Reject Bids - Precinct 1

Commissioners Court Minutes

Commissioners' Court Minutes
1100 W. 4th St.
Baird, Texas 79504
December 28, 2009

THE STATE OF TEXAS
COUNTY OF CALLAHAN COUNTY

The Meeting of the Commissioners' Court was held at its regular meeting place in the Courthouse on December 28, 2009 A.D., with the following officers present to wit:

Roger Corn, Judge Presiding

Harold Hicks, Commissioner Precinct No. 1

Bryan Farmer, Commissioner Precinct No. 2

Tom Windham, Commissioner Precinct No. 3

Cliff Kirkham, Commissioner Precinct No. 4

Dianne Gunter, County Treasurer

Donna Bell, County Clerk, and ex-Officio Clerk of the Commissioners' Court and the following items of business were transacted:

The meeting was called to order at 9:30 A.M. by Judge Corn. All Commissioners were present.

The minutes of the previous meeting were reviewed and signed.

Under Public Comment Jeremy McCormick gave a report on his Eagle Scout project at the Callahan County 4-H shooting range.

There was no action taken on reinstating the Burn Ban. The Burn Ban will remain lifted.

N.N. Bill Richardson came before Commission-

VI. Discuss - Accept or Reject Bids - Precinct 2

VII. Discuss - Consider County Policy for Paying Bills

VIII. Discuss - Consider - Changing Holiday Day Schedule for 2010

IX. Discuss - Consider C.I.R.A. Services Contract

X. Review and Pay Approved Bills

Adjourn
Pursuant to the authority granted under Government Code, Chap. 551, the Commissioner's Court may convene a closed session to discuss any of the above agenda items. Immediately before any closed session, the specific section or sections of Government Code, Chap. 551 which provides statutory authority will be announced.

ers Court to voice his concern over Voting Precinct 6 in Clyde being consolidated with Voting Precinct 4 in Cross Plains in the last election. He felt this caused an inconvenience on voters. He was reassured that this would not happen again. No action was taken.

Judge Corn read the bids submitted by Paul A. Lemmon on a 922B Cat Rubber tire loader in the amount of \$3200.00 and a bid of \$800.00 on a Ford Tiger Mower, both in Precinct 1. Commissioner Hicks made a motion to reject both bids. The motion was seconded by Commissioner Kirkham. Motion carried 5-0. Exhibit

Judge Corn read a bid submitted by Eddie Riley on a 1985 GMC flat bed truck located in Precinct 2 for the amount of \$425.00. Commissioner Farmer made a motion to accept the bid. Commissioner Windham seconded the motion. The motion carried 5-0. Exhibit

Commissioner Windham made a motion to accept the written County Policy for Paying Bills. Commissioner Kirkham seconded the motion and the motion carried 5-0. Exhibit

Commissioner Hicks made a motion to change the July 4, 2010 County holiday from Friday, July 2 to Monday, July 5. Commissioner Farmer seconded the motion. The motion carried 5-0

(Continued Inside)

DPS Report

12-13-09 to 12-19-09
CASES INVESTIGATED

Warnings- 90
Complaints- 40
DWI-2
Fugitive Arrest- Felony
Theft- 1

ACCIDENTS

There were 2 accidents investigated during this time span.

WELCOME TO BAIRD, TX - "A Happening Lil' Town" USA

CALLAHAN COUNTY

STAR SPOTLIGHT

WRITERS SHOWCASE

(All submitters retain ownership)

Double Vision

by Ruth York

(continued from last issue...)

It was great fun painting there. Distant purple mountains were framed by the lodge's wrap-around veranda, where a rustic, rock wall, waist high, soared in stone columns to the roof. I did several sketches from different positions around the porch.

The sky darkened in late afternoon. As I packed, sunlight split the clouds and spotlighted the lodge. It was inexpressibly lovely. Excitement made my skin prickle. I had to capture it, capture it quickly. My camera!

I dropped the backpack to the rock floor behind the lodge, threw a leg over the wall and slid down the steep slope to a rocky ridge jutting northward. Here I could catch the full effect of the lodge, golden against the dark, turbulent sky. I clambered over boulders to the end of the ridge.

I turned and stood up, camera in hand, conscious of the uneven surface beneath the soles of my hiking boots and the emptiness at my back. The light was going. I had to get it now.

I snapped several frames. If only I was a little more to the right. I glanced around ? and started involuntarily at the emptiness yawning behind me. A jolt of adrenaline tightened my limbs and throat, jerked my knees.

And then I fell. My mouth opened to scream but my throat clenched shut. I grabbed wildly but found no hold. I pitched head first down the flank of the boulder beneath me.

I ended hanging by my left foot while the rest of me embraced a rock the size of a pickup. The camera clattered down the ravine.

My skin smarted from scraping against the boulder, but no injuries were evident except the ankle where my boot had caught between two boulders. I breathed an incoherent prayer of thanks and appeal.

I turned my head cautiously. A rock-strewn ravine stretched down between my two imprisoning rocks. An experimental wiggle convinced me that movement equaled pain. If my foot came loose, which seemed unlikely, I'd fall in the ravine.

I wondered how long you can live upside down. Doesn't the blood pool in your head? Already my tense muscles ached.

It was almost dark now. The clouds had thickened, lowered. I suddenly felt cool. A breeze was blowing up the ravine. Thankfully, the rock I embraced was still warm.

(to be continued....)

Essay On The Holiday

The holidays are nice, but tend to be too expensive, tiring, and stressed. It's shop, clean, polish, plan, primp, spend, wrap, worry, then do it some more. Guests arrive that you truly enjoy, but sometimes you are too tired to get the full pleasure.

The house is decorated and wonderful smells are coming from the kitchen. After the greetings, new news is shared, babies tickled, oldsters honored. Everyone sits down to a perfectly beautifully decorated table. Every head is bowed, ever eye closed as thanks is given to God, help asked from him for our country, for our soldiers, and amens are echoed. The head of the table carves the beautiful turkey, and plates are filled with familiar fare of turkey and dressing, with gravy, cranberry sauce, mashed or sweet potatoes, and other green vegetables and family old recipes tried and true favorites. Pumpkin pie, pecan, and others and fruit cake and other cakes and candies are enjoyed as well. A sigh of well being is heard echoed.

Christmas gifts are opened among laughter and shouts of glee and surprise. Old hymns are sung, Men go outside to talk man talk and children go out to play with toys. The women gather in the den, and shoes and earrings come off. Talk is of days gone by. Albums are brought out and tears are shed for those loved ones missing in body, but their spirit is here and very strong. They are surely smiling at being remembered. Current events are discussed and future plans.

After it is over, an inner sigh of relief, and also a sadness that it is over. Another year is gone, another expected, and life goes on.

- Joy Conner
Eastland, Texas

Submissions sought to:

Star

P.O. Box 29
Eastland, TX 76448email: thebairdspotlight@att.net

S.A.S.E. for returns

--WANTED--

20 lines,

double spaced or less

Poetry

Fiction or Non

Each entry with brief biography notes. All must be family oriented; no smut, slander or libelable material.

American Life in Poetry

Column 249

BY TED KOOSER, U.S. POET LAUREATE, 2004-2006

One of the wonderful things about small children is the way in which they cause us to explain the world. "What's that?" they ask, and we have to come up with an answer. Here Christine Stewart-Nunez, who lives and teaches in South Dakota, tries to teach her son a new word only to hear it come back transformed.

Convergence

Through the bedroom window a February sunrise, fog suspended between pines. Intricate crystals—hoarfrost lace on a cherry tree. My son calls out, awake. We sway, blanket-wrapped, his head nuzzling my neck. Hoarfrost, tree—I point, shaping each word. Favorable conditions: a toddler's brain, hard data-mining, a system's approach. Hoar, he hears. His hand reaches to the wallpaper lion. Phenomena converge: warmth, humidity, temperature's sudden plunge; a child's brain, objects, sound. Eyes widening, he opens his mouth and roars.

American Life in Poetry is made possible by The Poetry Foundation (www.poetryfoundation.org), publisher of Poetry magazine. It is also supported by the Department of English at the University of Nebraska-Lincoln. Poem copyright ©2009 by Christine Stewart-Nunez, whose most recent book of poems is Postcard on Parchment, ABZ Press, 2008. Poem reprinted from the Briar Cliff Review, 2009, by permission of Christine Stewart-Nunez and the publisher. Introduction copyright © 2009 by The Poetry Foundation. The introduction's author, Ted Kooser, served as United States Poet Laureate Consultant in Poetry to the Library of Congress from 2004-2006. We do not accept unsolicited manuscripts.

Our Posterity

Down she laid the brush and sighed
Ending months and months of frustration
Hoping to ne'er again, meet such a fix again
For her struggles tempered elation.

Grandmother had come to plead
For her daughter who had lost a child
O please paint this for me, for our posterity
A portrait so loving and so mild.

So she agreed to begin
After seeing and unclear picture
A young hispanic kid, having succumbed to
S.I.D.S.
So she began mixing her mixture.

Til light or too dark she heard
The perspective must be perfect here
And soon grew to be, much clearer as did he
She knew she was through when fell a tear.

The grandmother Ohhh'd and awddd'd
For the artist went beyond measure
The parents began to cry, for they could hardly try
To thank the artist for their treasure.

- Weldon L. Smith
Eastland, Texas

(Note: The poet's wife, Sue, was the artist and this is a true story.)

Poetry Media Service

ALL AROUND THE WORLD THE SAME SONG

How globe-trotting poetries may not beat scrawls in a cave.

By C.K. Williams

Poetry Media Service

All over the world, if not every day then in every age, beautiful paintings and poems and pieces of music and buildings are generated: one can almost imagine little flaring lights on the surface of the earth, like those seen in photos from space, though they are much more sparse and scattered than the illuminating devices that bespeckle our globe. And then over time these embodiments of the beautiful are harvested, amassed, collected in books, in museums, in concert halls, to be distributed into the lives of individual human beings, to become crucial elements of their existence. Often, our experience of beauty will be the first hint of what each of us at some point will dare call our soul. For don't those first stirrings of that eternally uncertain, barely grasped notion of something more than mere mind, mere thought, mere emotion, usually first come to us in the line of a poem, a passage of music, the unreal yet more-than-real image in a painting?

And isn't it also the case after all that beauty is the one true thing we can count on in a world of insufferable uncertainty, of constant moral conflicts? I've wondered sometimes if humans invented gods to have something appropriately sensitive, grand, and wise enough to appreciate these miraculous modes of beauty that are so different in material and quality from anything else in the world. Might gods have first been devised not to assuage our fears and hear our complaints and entreaties, but for there to be identities sufficiently sublime to understand what those first painters and sculptors—and surely, though the words and tunes have been lost, those poets and singers—had wrought?

Perhaps this is why those first great artworks were executed deep in caves, so as to be certain the divinities who were their audience wouldn't be distracted by the wonder of the natural world, and so lose the concentration necessary to glory in, and be glorified by, these singular human creations that equaled and even surpassed what had been given by nature for meditation. And perhaps that's why poets, who may half-remember such matters, go off into what can look to others like solitary caverns, shadowed with loneliness, but which surely aren't. C.K. Williams's new book of poems, *Wait*, will be published in spring 2010. He will also publish a prose study, *On Whitman*, around the same time. He teaches in the creative writing program at Princeton University. Excerpted from "All Around the World the Same Song," originally published in the March 2009 issue of Poetry magazine and available at www.poetryfoundation.org. Distributed by the Poetry Foundation. © 2009 by C.K. Williams. All rights reserved.

Writers And Poets!

The Eastland/Callahan County Newspapers announce that the Baird Star will be publishing submitted poetry and short stories. We will also be publishing a literary journal in the near future.

1. We ask for first-time publishing rights. All other rights will remain with the author.
2. There will be no payment, but you will get your works before the general public. We will be sending sample copies to other organizations, the literary world and libraries for their archives and your notoriety.
3. Short stories should be brief. Poetry should be no longer than 24 lines.
4. Each submission should be typewritten, single spaced, with author's name and contact information in the top right hand corner. You must include a SASE for the return of the submission.
5. Please address all submissions to:
Literary Editor
Eastland/Callahan County
Newspapers
P. O. Box 29
Eastland, TX 76448
email: thebairdspotlight@att.net
Fax: 254-629-2092

.....
WANTED: Poetry and/or short stories for this page each week. Mail to: Star P.O. Box 29 Eastland, TX 76448 or e-mail to thebairdspotlight@att.net

Artists of Eastland County

The Artist of Eastland County met December 17, 2009 for their annual Christmas Party held at the home of Tom and Maria Beck of Morton Valley. Approximately 20 members attended. The charming country home was

beautifully decorated for all to admire. A delicious dinner was enjoyed and a Chinese gift exchange brought fun and laughter. Ruth Stewart delighted the members by playing carols on her accordion as the group sang along.



Tom and Maria Beck



Ruth Stewart



Cross Timbers Southern Baptist Seminary Extension January 2010

Cross Timbers Southern Baptist Association Seminary Extension January 2010. If you have an interest in joining our study of the book of Nehemiah OT 133 in the spring 2010 (January-May) notify Baylis Pope at his home phone, 254-725-7749. Classes will begin the last week of January. We will need to know your plans to purchase the Study Guide and the New American Commentary: Nehemiah, vol. 10, the first week of January. The course will cost \$102. Our most recent classes were held in Breckenridge and DeLeon. If you are not near either place but would like to see about taking the course; give me a call.



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HAPPY NEW YEAR 2010!!!!

Sudoku Answer

9	5	1	2	7	6	4	8	3
3	4	7	1	8	9	6	2	5
6	8	2	5	4	3	1	7	9
1	3	6	9	2	4	8	5	7
5	9	8	6	1	7	2	3	4
7	2	4	3	5	8	9	1	6
2	6	9	7	3	1	5	4	8
4	7	5	8	6	2	3	9	1
8	1	3	4	9	5	7	6	2

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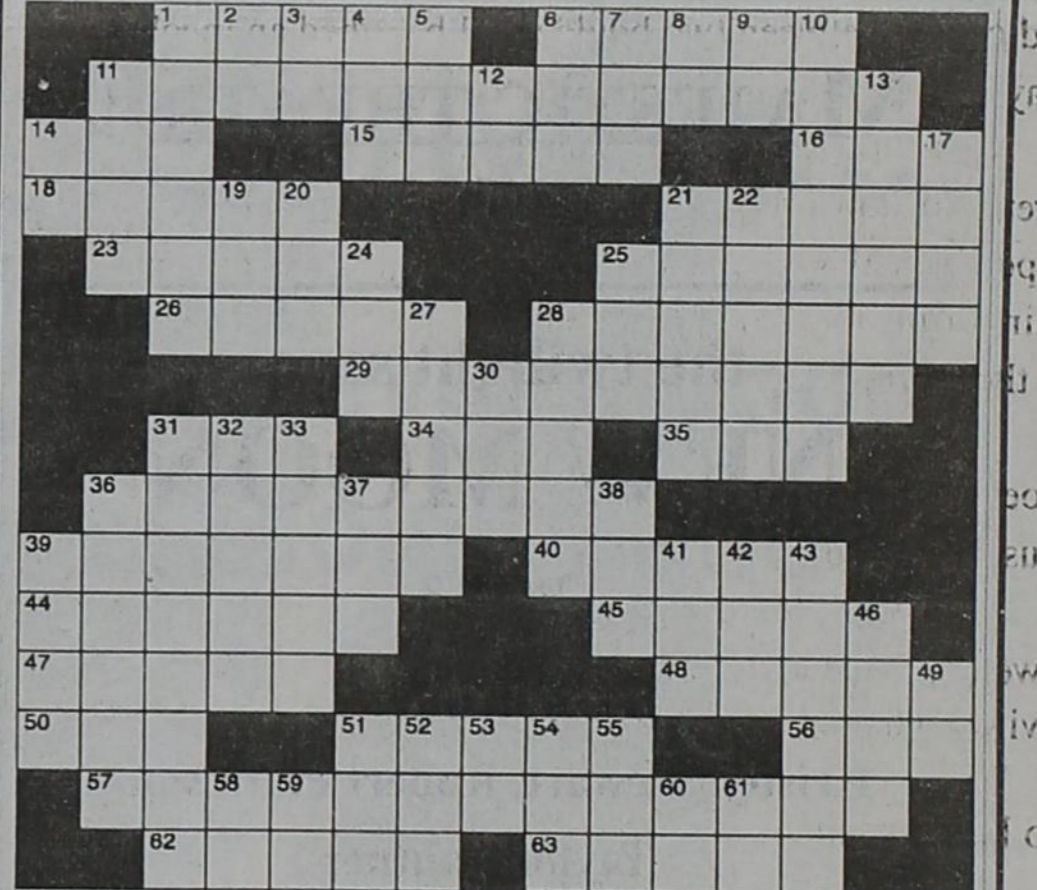
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CROSSWORD PUZZLE



CLUES ACROSS

- Jeer or mock
- Islamic leaders
- 7 day schedule
- Dip lightly into water
- Give over
- Not old
- Forays
- Voluntarily relinquish
- Optic maser
- Higher in stature
- Jabs with a knife
- Antilles island
- Comes in a pack for smoking
- Religion
- Tit for
- Partidge Family star Susan
- Tuna brand
- British policemen
- More wise
- Fabric with hole patterns
- Donate income regularly
- Gets stuck
- Fleece
- Volcanic mountain in Japan
- Saddle occupant
- Large coffee maker
- Chimneyed light source
- Swamp grass
- _____Riddle Aeronautical Un.

CLUES DOWN

- Reddish browns
- Atomic #58
- Tulsa state (abbr.)
- Fisherman's lure
- So you know, abbr.
- Not well
- Angry
- Article
- Manganese
- Old age mental infirmity
- 199.1 Binghamton, NY
- 17th Hebrew letter
- Be in awe of
- Jill Biden's title
- No longer are
- Fall back (time)
- Large body of water
- Decreased moon phase
- Having winglike extensions
- Corpuscle count (abbr.)
- Hill (Celtic)
- Building lots
- "Psycho" motel
- Talk
- Type of begonia
- Saunter
- Drama awards
- Not girlish
- Lease
- Take in solid food
- Altar
- 20th C. actress Lillian _____
- Abyssinia or _____
- Pertaining to arthritis
- Wyatt _____ OK Corral
- Graduated nurse
- A tractor trailer
- Frozen water
- Official prosecutor
- Point midway between NE and E
- Radioactivity unit
- Do over prefix
- Rural delivery
- Pound
- Atomic #18

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Letters to the Editor: All letters must be signed with name and phone number on the letter. If it is requested "name withheld" when someone asks we will give out the name of the person who wrote the letter, so they must be signed or the letter will not be printed.

Errors and omissions will be corrected to the extent of the specific error or omission in the next edition when called to the attention of the newspaper or publisher.

Attention: All Advertisers
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The Idle American

Commentary by Don Newbury

Hold the Phone...

It was a scene likely repeated in dens and living rooms across America on Christmas morning.

Moments after gift opening, tons of discarded wrapping, ribbons and boxes are asunder. Had tiny tornados gained entry, they could have caused millions of dollars worth of improvement.

In one Texas home, a phone rang at dead center of the debris....

The family took a collective "time-out." Members of five generations joined the search, all fuming, fumbling and floundering in their futile forage for the phone.

Ringing seemed endless and grew louder.

A 10-year-old summed it up: "You'd think with so many great minds, someone would invent a telephone that attaches to the wall, with a wire connected to the hand set." And he was as serious as a funeral....

Children shrieked with delight about highly-technical toys and games that either had to "plug in" or were marked "batteries not included."

A children's stocking stuffer, lodged way in the toe of the sock, was a show-stopper.

The youngsters had never seen the tiny trick dogs, black and white Scotties, packaged in a tiny match box. Each glued to magnet bases, the dogs zigged, zagged and whirled about.

Grandparents, and "greats," too, got misty-eyed, remembering their own delight when the novelty toys were major presents under Christmas trees upwards of a century ago. "Maybe next Christmas we can re-introduce hula-hoops," one of the old-timers said....

I digress. The subject was phones a hundred or so words ago.

With cell phones now as common as wearing apparel for hundreds of millions of people, we are more talkative than any previous generation.

One fact is unchanging: Money talks....

Exhibit "A" is New York City Mayor Michael Bloomberg. He received 50.6% of some 1.1 million votes cast, and his re-election campaign cost topped \$110 million.

Now that kind of money buys a gargantuan phone bank....

Uncle Mort, my 96-year-old kin who lives down in the thicket, is the only person I know who's spent much of his life saying "whoa" to most technological progress, including phones.

Oh, he sometimes borrows one, usually muttering that his phone's "battery is down," but it's very much a once-in-a-while deal. He claims that one of his most embarrassing moments some 50 years ago involved a phone at a farm house down the road.

"The neighbors were cutting a watermelon, so when the phone rang, I answered it," Mort explained. "The operator said, 'long distance from Chicago.' I agreed with her that it shore-nuff is, and hung up."...

My friend Melinda, editor of the Albany News, can identify with Mort "back then" and cell phone users now who wind up red-faced. She will never forget when she fumbled what could have been a golden moment of spontaneity worthy of note in the newspaper. Zoned in to hear a guest preacher, she heard his admission of envying some

congregants who "heard the voice of God." He said he'd never had such an experience, and that there had been long, dry periods in his life when he was uncertain of God's direction for his life.

At that precise moment, Melinda's cell phone rang.

She scrambled to turn it off, then immediately regretted doing so. "I so wish that I had handed the phone to the preacher, saying: 'I think it's for you.'"

My uncle is predicting a big up-tick in church membership for 2010. If President Obama's health care package is enacted,

that is.

"It's as plain as the nose on your face," Mort said. "Lots of folks are pessimistic about the whole tangled mess," he added. "They figure that chances of getting doctors' appointments in the future may be 'slim and none.' Then, they'll get on prayer lines to the Great Physician."

Before you hang up on me, Happy New Year!...

Dr. Newbury is a speaker and author in the Metroplex. Send inquiries/comments to: newbury@speakerdoc.com. Phone: 817-447-3872. Web site: www.speakerdoc.com.

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AREA MEDICAL DIRECTORY

Plexus Healthcare Center Family Physician, Cynthia McNeely, Receives Medical Specialty Board Recertification

Cynthia McNeely, M.D., a family physician in Cisco, was recently recertified as a diplomat of the American Board of Family Practice (ABFM), the independent certifying body for the specialty of family medicine.



Cynthia McNeely

American Board of Medical Specialties. Family medicine's specialty board was the first to issue time-limited certificates and to require mandatory recertification every seven years.

Dr. McNeely earned diplomat status by passing the ABFM's exam of the six major medical areas that comprise the specialty of family medicine: pediatrics, obstetrics and gynecology, internal medicine, psychiatry and neurology, surgery and community medicine.

In 1969, family medicine was recognized as a medical specialty by the American Medical Association and the

You Don't Say

When playing Monopoly, a player has the greatest statistical chance of landing on Illinois Avenue, followed by the B&O Railroad, Free Parking, Tennessee Avenue, New York Avenue, and the Reading Railroad.

According to language experts, the hardest type of phrase to create is a palindrome, which is a sentence or group of sentences that reads the same backward or forward.

Before the 6th century B.C., Chinese coins were cast in the shape of miniature shells, spades, and knives.

Quotes

"Bachelors know more about women than married men. If they did not, they would be married too."

H.L. Mencken

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Diplomats are required to complete all four components of the Maintenance of Certification for Family Physicians (MC-FP) program requirements throughout their seven-year certification term. The components include: evidence of professional standing, lifelong learning and self-assessment, cognitive expertise and evaluation/enhancement of practice performance. These components are designed to continuously measure competency in medical knowledge, patient care, interpersonal and communication skills, professionalism, practice-based learning and improvement, and systems-based practice.

Dr. McNeely joined and Plexus Healthcare Center staff in October 2007, when the center opened offering both medical and chiropractic services.

To maintain membership

in the American Academy of Family Physicians, Dr. McNeely is required to complete a minimum of 150 hours of accredited continuing medical education every three years. The AAFP was the first national medical specialty organization to

set continuing education requirements for its members. This requirement helps ensure family physician members remain educated on the most up-to-date medical technologies, research and techniques.

Immunization Clinic January 5 and 19

The Department of State Health Services will hold an Immunization Clinic on **Tuesday, January 5th and 19th** from 10:00-12:00 & 1:30-3:30 at 2895 I-20 West, (WIC CLINIC) Eastland, Texas

H1N1 and Flu Vaccine available for all ages

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Seasonal Flu shots are a \$10 donation, there is no charge for the H1N1 vaccine.

No one will be denied vaccine if inability to pay for shot.

For more information call **Enola Tullis** at 559-2205.

Veterans Support Group Meeting Jan. 6

A Veterans Support Group meeting will be held on Wednesday, January 6, 2010 at the Old Gym in Ranger, located one block from Main St. on Marston St.

A service officer will be there to file claims for disability or answer any questions you have pertaining to VA.

There will be a short group meeting for the spouses, mothers, family members, friends, etc. of combat veterans who suffer from PTSD,

beginning at 1:00 p.m.

A counselor from the Ft. Worth Vet Center will be there to conduct the PTSD meeting which begins at 1:30 p.m.

All veterans who have been in combat areas and suffer from Post Traumatic Stress Disorder (PTSD) are welcome to attend. Please bring your D214 (discharge papers) with you if you haven't attended before.

Larry Monroe, Disabled American Veterans Public Affairs Officer Chapter 41.

For more information call 254-631-9226.

E.M.H. Volunteers

By Kelly Davidson

Happy 2010 from all the Eastland Memorial Hospital Volunteers! We are well underway and outlining our plans for the coming new year. Also this month we will be placing new officers for 2010. Please come by the hospital and visit with our Volunteer Director, Rhonda Reeves, to get involved.

April will bring another scrub sale to the hospital. Stop by for some fun, new, cute designs. Also the 'Alegria' brand shoes and sandals will make a return appearance. These were especially popular in the last scrub sale.

Before you know it June

will be upon us and it will be time for our golf tournament fund raiser at Lakeside Golf Course. Start making your plans to come out and play. More information will be coming soon on these events and more.

Our hospital gift shop, The SunShine Shoppe, has changed its color in the 'Shades of Hope' section to teal in recognition of Cervical Cancer/Screening Month. The SunShine Gift Shoppe is located in the downstairs level of the hospital beside the Earl & Billye Bradley Rehab and Wellness Center. You are invited to shop with us weekdays from 9:00 to 5:30.

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Letter To The Editor

Editor,
My husband and I were among the hundreds of folks who were stranded on I-20 Christmas Eve. We were about 1/2 mile west of Putnam when we got word that the Interstate was closed and not expected to open again until 3 pm Christmas Day. You can imagine how disappointed we were and how we wished we'd have left the Interstate when we'd had the chance.

Though our circumstances were grim, our spirits were lifted when members of Tex Dot and the DPS came through the line of vehicles checking on each one to make sure that all had the provisions needed and enough fuel to keep warm through the night. There

was even someone with fuel for those who needed it. Our "neighbors" checked on us and we checked on them; the truckers shared what they were hearing on their radios.

At 6 am, when my husband and I had given up trying to sleep, we saw headlights coming down the median toward us. The lights belonged to an ATV, driven by a young man offering coffee. I was so overwhelmed by his kindness, it was all I could do to squeak out a thank you. He just smiled and said "Merry Christmas" and went on down the way to the next car in line.

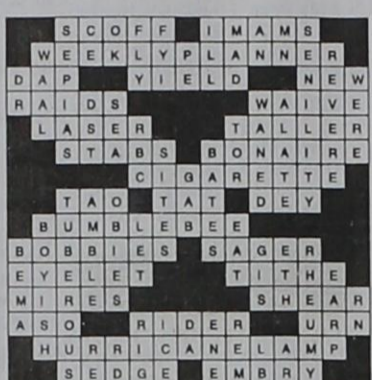
Around 10 am word came that traffic was moving ahead of us in the right lane only, drivers holding the right lane

slots yielded to those in the left until all were merged in. There was no squabbling, no horns honking, just people taking care of people. Then we were all on our way again.

When I think back on what I now refer to as our Great Christmas Adventure of 2009, I will fondly remember how loving thy neighbor was so beautifully demonstrated by the public servants, a very kind young man and our fellow sojourners in the small community of Putnam, Texas. Thank you doesn't come close to expressing how much we appreciate your generosity.

God Bless You All,
Don and Mindy
Whittenburg
Big Spring, Texas

Crossword Answers



Christmas Tree

I thought about putting up my little 18 inch tree out of its box dwelling, but I did think that I would have to go out into the garage, stretch to reach it, or even worse, get a step stool which is there already. I also thought that if I got it out, I would have to take it in the house and put it on the table in front of the window. Well I thought about that for weeks, it is a fiber-optic tree that needs no lights. I for many years, when I had company or people to see it, got a bigger tree each year, mostly alive that had been cut down - for shame, yes I'll admit it, I added to global warming. I will also confess that each year like a greedy gut, I bought decorations after Christmas to get an early start, searched estate and garage sales to grab before anyone could see, the left over treasures, that others were selling, yes selling for shame- no sentiment in them, no not one bit. I finally had a ten foot tree that had to be re cut off at the bottom- murder, cut some more to fit into my living room. I will say honestly that it was so big that it would not fit a corner, but had to be put in the middle of the floor and every old and new ornament from Texas to the orient was placed

on the tree and that I loved it as did my family. We would bring people in off the street to see it and we took pride in it as if it were millions on our bank statement. Then, after my house was empty and I went to others homes to have parties of yuletide, I began to get lazy. I actually loved not standing in the kitchen and cooking for three solid weeks then watch hungry people wolf down fine food. They would be done in fifteen minutes. Then I got to clean up and undecorate the tree for three weeks. I eventually got so crazy- (rhymes with lazy doesn't it?) that I did not want to decorate any more, or cook any more or anything anymore

except selfish things like sit and do my nails while others, with the same addiction that I had had, did their thing. Maybe it is not necessary for me to put up a tree, no not really, for the first time in 51 years. I did almost nothing at Christmas, except throw a few gifts into discount gift bags and run off to parties and laugh myself silly. Should I go to a shrink, a witch doctor, or do I need a cure? I don't care I do like my life. Hope you do too. Jesus knows that I love Him and enjoy Christmas as much, or more than ever. Some may say that I am just old. I would say no, I am no longer addicted. --ejc

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SUDOKU

							4	8	3
			1			9	6		
8	2	5							
	6							5	
9			1	7					
				8					
			7						8
4							3		1
	3		9			7			

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Sizzling Summer Dieting Tips

Summertime cuisine can be some of the best food we eat all year. Backyard barbecues, picnics at the park and, of course, ice cream, decorate the menus people enjoy each summer.

As enjoyable as warm-weather fare can be, it is important to avoid overeating during the hot months, as no one likes the bloated feeling of overeating on a hot day. When planning your meals this summer, consider the following tips to ensure that your summer is both healthy and not too filling.

* Take your grilling to parts unknown. While it's common to associate grilling and barbecuing with steaks, hot dogs and burgers, the grill can also be a great place to cook healthier

choices. Fruits and vegetables can also be cooked on the grill. Veggies gain much in regards to flavor when cooked on the grill. In addition, fruit can be made into kabobs and grilled on low heat for a delicious meal.

* Drink your water. The higher temperatures common to summer can lead to dehydration for those who don't drink ample fluids. What's more, the symptoms of dehydration can mimic those of hunger, making you feel hungry when you might not be. To avoid overeating and dehydration, be sure to drink the recommended daily amount of water.

* Snack healthy as well. It's not only meals that can weight you down during summer heat waves. What

you snack on while at the office or lounging around the house can make you feel sluggish as well. Instead of potato chips or other heavy snacks, choose lighter fare such as fresh berries. Berries can even be added to healthy snacks such as yogurt or salad to give them a boost in flavor and you a boost in energy.

* Think lean. Because it is grilling season, you're not going to entirely abandon summer favorites such as steaks and burgers. And you can still enjoy beef and be healthy at the same time. When shopping with a backyard barbecue in mind, look for lean cuts of beef such as sirloin and loin cuts. To add flavor, marinate the meat in a low-calorie marinade, such as light salad dressing or even citrus juice.

Summer a Great Time to Go Green

Summer is synonymous with many things, such as vacations, backyard barbecues and soaking up the sun. While those have long been summertime traditions, summer can also be a great time to start living a more environmentally conscious lifestyle. And many of these lifestyle adjustments are easy to make, especially during the warmer months of the year.

* Let nature dry your clothes. Clothes dryers need substantial amounts of energy to operate. Homeowners can greatly reduce their carbon footprint, however, by choosing to dry their clothes outdoors on a clothesline during summer months.

* Install solar lights around your property. Another way to save energy, and money, around the house this summer is to install solar garden lights around the property. Such lights are typically inexpensive, and the daytime sunlight will power them through the night, saving energy and money.

* Cover the pool. Few things are more enjoyable come summertime than taking a dip in the backyard pool. While pools are not typically seen as environmentally friendly, covering the pool can make it much more beneficial to the environment. That's because a cover will keep water from evaporating, meaning you'll fill the pool far less often. And a pool cover will keep the heat in the pool, reducing your heating costs in the process.

* Change the bulbs. Energy-saving light bulbs inside the house can make your home more comfortable once the temperatures heat up. Energy-saving bulbs emit less heat and also last much longer than their traditional counterparts.

* Change your barbecue routine. Backyard barbecues are a staple of summertime for families across the country. However, these gatherings can often prove unfriendly to the environment. Rather than using paper plates or napkins at your next backyard barbecue, use reusable plastic plates and cloth napkins. This is far less wasteful and can make a very positive impact on the environment.

* Don't be so quick to turn on the air conditioning. Air conditioners use substantial amounts of energy. In lieu of turning the air on at the first sign of a heat wave, consider installing ceiling fans or simply opening the windows.

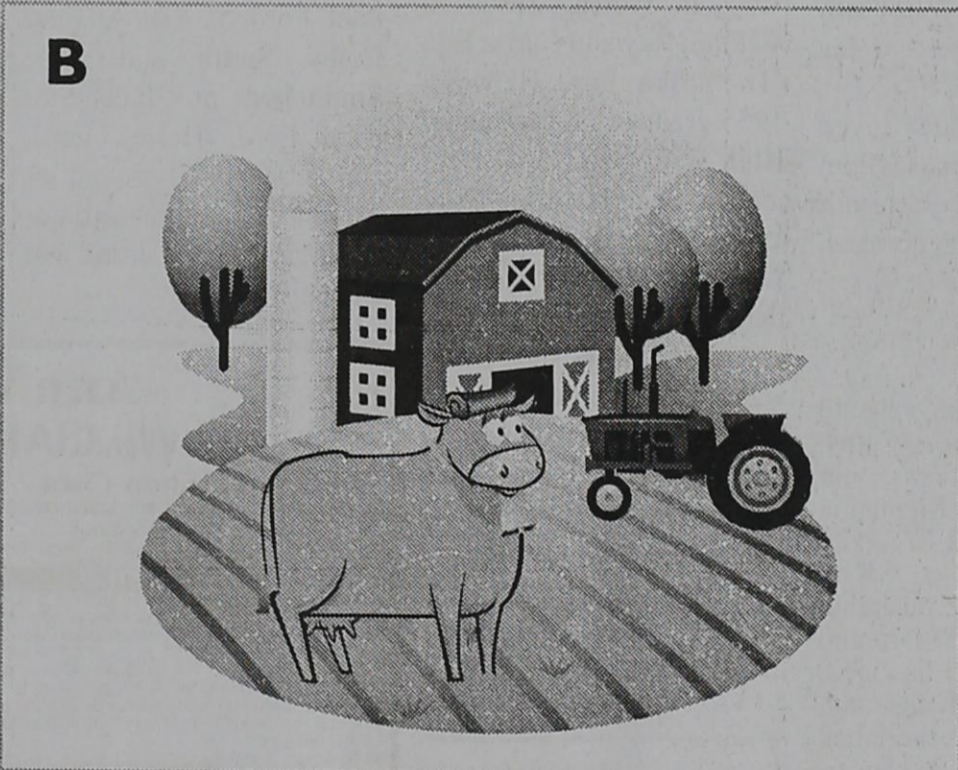
What's the Difference?

There are 5 things different between Picture A and Picture B. Can you find them all?

A



B



Answers: 1. barn is pink 2. missing clouds
3. missing spots on cow 4. cow has more udders
5. missing steering wheel

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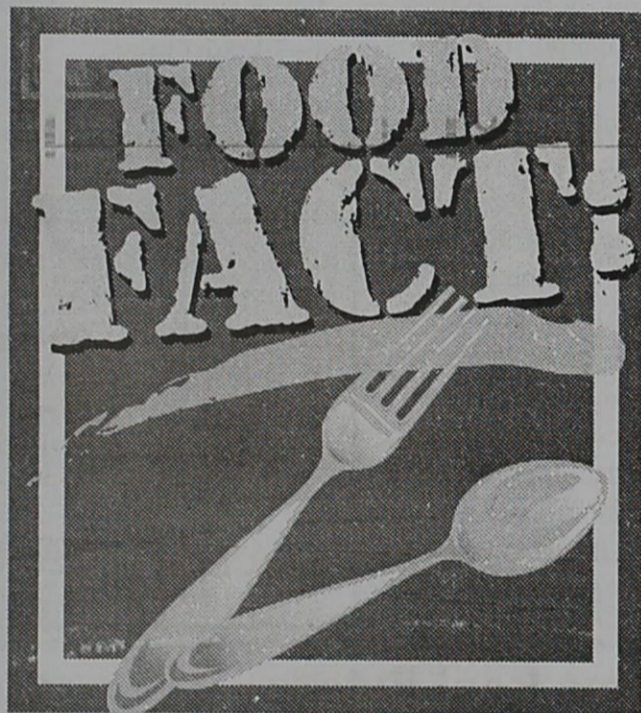
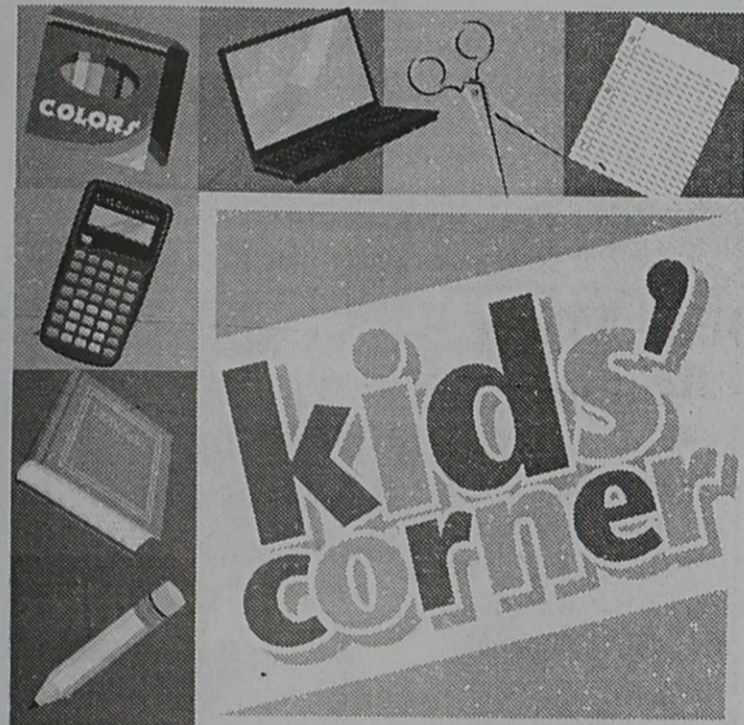
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Word

DAIRY

of or containing
milk



A PERSON ALLERGIC TO DAIRY
MAY HAVE TO TRY WHAT KIND
OF PRODUCTS?

ANSWER: SOY

How they
SAY that in...

ENGLISH: Cow

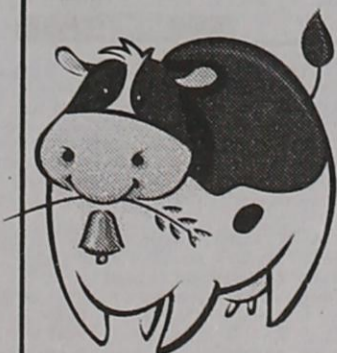
SPANISH: Vaca

ITALIAN: Mucca

FRENCH: Vache

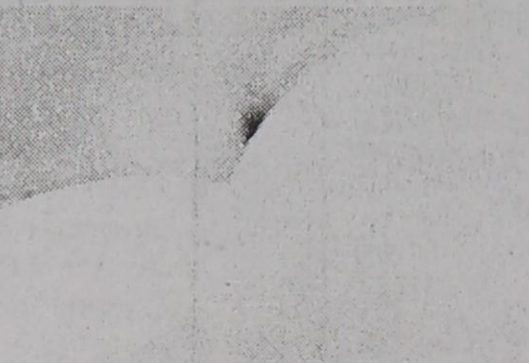
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