

THE BORDEN STAR

VOLUME XXVIII

March 11, 1998

Serving the Counties of Borden, Dawson, Garza, Howard, Lynn & Scurry

Gigantic Steam Train Rambles Into Austin and the Hill Country on Friday the 13th.

On Friday, March 13, the 20 foot "786" steam engine, along with its restored coach and lounge cars, will make its premiere run as the "Spring Break Flyer" into the heart of downtown Austin. Passengers can board the steam train at 4th & Red River at 2 p.m. or 4 p.m. and celebrate the beginning of Spring with us. The 1 hour and 15 minute serene train ride will travel through historic Austin neighborhoods and also includes delightful entertainment for all to enjoy. Tickets are \$15 for adults and \$10 for children.

On Saturday, March 14, and Sunday, March 15, and every weekend thereafter, the "786" will reappear in Cedar park, TX at 10 a.m. ready to roll through the hill country to the historical community of Burnet, Texas. passengers aboard the "Hill Country Flyer"

will enjoy the serene 33 mile steam train ride along the countryside which will be beaming with blue-bonnets. Once in Burnet, passengers can have lunch, enjoy antique shopping, experience the historic flavor of the community and witness a good ole' western gunfight. Ask about our March 21 St. Patrick's Day celebration. Tickets begin at \$24 for adults and \$10 for children ages 3-13.

The Austin & Texas Central Railroad is operated by the Austin Steam Train Association, a community-based non-profit association. ASTA is supported by memberships, corporate sponsors and the countless hours of volunteer service.

Tickets, membership, volunteer and additional information are available by calling the Austin Steam Train Association office at (512)477-8468.

Texas Hunting 1997 A Year To Remember!

by Thompson Temple

Oh what a great year it was! Tremendous South Texas size racks and bodies were found throughout the state. many Texas hunters took whitetail bucks with 20-23 inch spreads and field dressed weights exceeding 120 pounds.

Why were the deer better this year than in years past? I know- we had a lot of rain. But, what really happened? The answer to this question tells a really big story.

I was coming back from South Texas with huge South Texas bucks in my truck. A lady asked me where I was from. I told her the hill country. She said to me "You know why our bucks are bigger than yours?" Without thinking I said "coyotes". she said "No, it is management."

Let's play biologist and look at East Texas, the Hill Country, and South Texas. Who has the biggest bucks when a buck lives 5 years? South Texas is first, east Texas is second and the Hill Country is third. Why is this?

I believe that the reason is the amount of protein found in the plants. I saw an experiment one



Phillip Connell bagged this 20 inch spread buck in 1997.

time where 10 whitetail bucks were fed 11% protein feed and 10 other bucks were fed 16% protein feed. The 10 bucks on 11% feed were all smaller than the bucks eating 16% feed. The next year, the feed was switched. This time all the smaller bucks from the previous year beat all the larger bucks from the previous year in the size of their racks.

In South Texas, the natural food is +/- 15% protein. In East Texas the natural food is +/- 13% protein. In the Hill Country the natural food is +/-11% protein. Tome this explains the size of the bucks in

the different regions. O.K. then, what about rain, coyotes, and management?

when the Lord sends a lot of rain then the higher protein plants do better. There are more of them. Deer like to eat them. In the Hill Country, the protein content of the forage can rise to 14%. The bucks get bigger.

What about coyotes? first of all, let me say I am not a coyote fan. They eat deer and keep the number of deer low. This means that there are fewer deer. High protein plants don't get eaten as much. Consequently, there are

Cont. to pg. 2


SPRING BREAK

March 9th through 13th
Classes resume on Monday,

March 16th,

HAVE A NICE SPRING BREAK!





Let Me Get My Hat!
By Dennis Poole,
Borden County CEA-Ag.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Court of Texas Cooperating.

Houston Stock Show Results

Several Borden County 4-H and FFA members participated in the Houston Stock Show. Placings were as follows:

Steers:

Clint Cowart
2nd MW Brangus
Kalli Poole
3rd LW Polled Hereford
Tanner Poole
4th HW American
Kaci Poole
5th MW Brangus

Randi Farmer
7th MW Simmental
John Brummett
8th MW Limousin
Kylia Culp
9th HW American
Chrissy Armstrong
10th HW Brahamn

Also exhibiting steers were J Ryan Gicklhorn and Carey Cox.

Barrows:

Tanner Poole
3rd MW Spot

"Put Your Brand on Texas Tech"

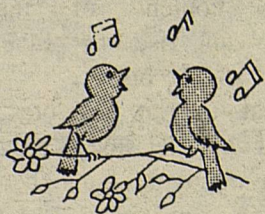
Name the Tech Mascot Contest

The Masked Rider Committee and Norwest Bank are proud to announce the "Put Your Brand on Texas Tech" contest. This is a city-wide effort to name the horse that was donated to the Masked Rider program on October of 1997. The contest will last from March 9 to March 25 and entry forms are available at any Lubbock Norwest Bank or the University Center of

Texas Tech University. Five finalist will be chosen from five categories and each will receive a \$50 prize. The winner of the contest will not only receive an additional \$250 and a bronze commemorative statue but will become a part of the Masked Rider tradition. The winner will be announced at the Texas Tech Red and Black scrimmage on April 4. For more information, call 742-3621

Spring Break Time is finally here!

Always remember
Safety first while
traveling and at play.



Moore-Rains Insurance
Frances Rains Stephens
O'Donnell, Texas

Rebekah Hensley
5th HW Duroc
Micah Hensley
10th MW Cross
Michele Bond
12th MHW Hamp

Also exhibiting barrows were Chrissy Armstrong, Ross Aten, Randi Farmer, J. Ryan Gicklhorn, LaShae Johnson, Clint O'Brien, Staci O'Brien, Kaci Poole, Kalli Poole, Robert Stamper, Holly Thomas, Garrett Thomas and Tyler Wallace.

Exhibiting lambs were Chrissy Armstrong and LaShae Johnson.

Thanks to everyone who attended and assisted in transporting animals. Good luck to those of you going to San Angelo.

A Year To Remember

Cont. from pg. 1


more high protein plants. The bucks get bigger.

Last but not least, what about management? Well, what do you want? What can you accomplish?

the state of Michigan says that they want to provide as many deer killed as possible. This translates into lots of 1-1/2 year old bucks and does for hunters. This gives the largest numbers of deer hanging in carports. This is what they want.

If you want big bucks, then the doe population needs to be low and the age of the bucks needs to be high. This means you don't shoot the young bucks, but you do shoot a whole lot of doe. If the overall deer populations is low, then the protein content of the vegetation goes up. Overall sightings of deer will go down as populations is lowered.

Persons with questions or comments may contact me at: Thompson Temple P.O. Box 498 Ingram, Texas 78025 1-800-367-5069.



BORDEN COUNTY 4-H NEWS

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Kaleidoscope of Leadership Training

If you are interested in a leadership training opportunity, then this is for you! The "Kaleidoscope of Leadership" Training is for high school students and is being sponsored by Gaines County 4-H, Seminole FFA, and Seminole High Student Government. It will be held on Tuesday, March 24 from 6-8 p.m. at Seminole High School.

You will have an opportunity to attend two - 3-minute sessions on leadership and two - 30 minutes sessions in areas of specialization. Some speakers will include House Representative Gary Walker; Russel Thomasson, Texas Tech University Student Body President; Jay Kidwell, PCA and The

Tall Program; and Dr. Lance Keith, Texas Tech Agricultural Education Professor. Specialization areas include: South Plains Judging Team, Howard college Judging team, Texas Tech Meat & Wool Judging teams, Collegiate FFA & 4-H, Agri-Techsan, and Human Sciences Recruiters. Leadership topics will include: how leadership applies to life, where leadership can take you, adapting to college life, important of joining organizations in college, etc. We would love to have a group of Borden County youth attending this training! If you are interested in attending this training, please contact the extension office at 756-4336 by Thursday, March 19.

TABANA YUANE To be held in Post

EVENT: TABANA YUANE (Sunrise Wind) (TAH-BAH-NAH U-AHN-EE)
PLACE: Post, Texas. In City Park On South Side of Town, Off US Highway 84
DATE: Sunday, March 22nd, 1998
TIME: Sunrise. Guests should arrive by 6 AM
HISTORY: The Ancient Plains Indians practiced this ceremony for centuries and passed it on to the early settlers in Garza County.

The wind's direction at the exact moment of the sunrise was believed to determine success during the coming year.

The ceremony is performed on the day after the sun reaches the halfway point in its journey from south to north (which is the day after spring begins)

E or N/E Very Good Year
N or N/W Average Year
W or S/W Poor Year
S or S/E Very Bad Year

For more information:
Wandy Mitchell 806/495-3461
Brandy Sanders 806/495-3150

Happy 30th.



**We love you,
Hayley, Taylor, Tanner
& Tatum**

School Lunch Menu

Lunch: \$1.00 K-6th.
\$1.25 7th-12th.
Breakfast: - 50c

March 16th - 20th

MONDAY: Chicken Strips, Potatoes, Green Peas, Hot Rolls, Fruit & Milk

Breakfast: Cinnamon Toast, Fruit, Juice & Milk

TUESDAY: Beef Pasta Casserole, Carrots, Green Beans, Garlic Toast, Pudding, & Milk

Breakfast: Sausage & Biscuit, Juice & Milk

WEDNESDAY: Chef Salad, Corn, Crackers, Fruit, & Milk

Breakfast: Cinnamon Rolls, Fruit, Juice & Milk

THURSDAY: Enchiladas, Rice, Salad, Fruit Crisp & Milk

Breakfast: Cereal, Toast, Juice & Milk

FRIDAY: BBQ on a Bun, Tator Tots, Beans, Cake, & Milk

Breakfast: Oatmeal, Toast, Juice & Milk

1998 Junior High and High School Track Schedule

Fri.	March 20	H.S. Borden Co. Meet
Sat.	March 21	J.H. at Grady
Fri.	March 27	J.H. at Sands
Sat.	March 28	H.S. at Sands
Fri.	April 3	J.H. at Klondike
Fri.	April 3	H.S. at Jayton
Thurs.	April 9	J.H. at Wellman
Thurs.	April 9	H.S. at Big Spring
Fri.	April 17	H.S. at Jayton (District)
Tues.	April 21	J.H. at Klondike (District)
Fri.	April 24	H.S. Regional Qualifier
Fri.	May 1	
Sat.	May 2	H.S. Regional Track
Fri.	May 15	
Sat.	May 16	H.S. State Track Meet

It's just not the TEXAS way

"All across Texas there are children with special learning needs.

Many have special mental, physical or emotional needs that interfere with learning.

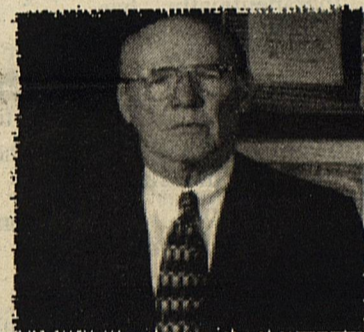
Child Find is the ongoing process of locating children (ages infant - 21 years) with disabilities for special education services.

If you know a child who shows signs of developmental delay, ongoing behavioral or medical problems that interfere with learning, find out how you can help...

... call your local school district or the CHILD FIND coordinator 806.792-4000."

public service announcement

to leave a CHILD behind.



TOM LANDRY

spokesman for Child Find

St. Patrick's Day

Lighten Up Your Celebration

(NAPS)—Think of St. Patrick's Day and what comes to mind? The pious leader who preached to fifth-century Ireland? Probably not. Most people associate St. Patrick's Day with green beer, corned beef and cabbage, and other fattening Irish favorites.

But you can enjoy the holiday and keep your celebrating healthy, according to weight management expert Jenny Craig.

To lighten up your St. Patrick's Day celebration, Jenny Craig suggests these fun and healthy activities:

- Dance an Irish jig and burn up to 250 calories an hour.

- Eat plenty of cabbage and other vegetables, but limit your portions of corned beef, which can be high in fat and calories.

- Choose lean cuts of lamb (loin and leg cuts) for your Irish stew.

- Take a brisk walk and look for leprechauns and four-leaf clovers.

- Add green food coloring to nonfat vanilla frozen yogurt.

- Pare down your potatoes. Try oven-baking vs. french-frying. Or, if you prefer mashed potatoes, stir in roasted garlic, evaporated skim milk or fat-free chicken or vegetable broths instead of butter or cream.

- Skinny your Irish coffee by using only half the whiskey and adding a 1/4 tsp. of whiskey extract. Substitute a dollop of fat-free non-dairy topping for the whipped cream on top.

- Whip up an easy, fat-free (and green) appetizer for family



Enjoying healthy St. Patrick's Day celebrations doesn't require the luck of the Irish. Cabbage is good for you and dancing jigs burns calories.

and friends. Try the Green Chile Dip featured in Jenny Craig's popular cookbook, *No Diet Required* (Oxmoor House). Drain one 4-1/2-ounce can of chopped green chiles (press between paper towels to remove excess moisture) and, in a medium bowl, combine with 1 cup nonfat sour cream, 1 cup nonfat mayonnaise, 1/4 cup chopped fresh cilantro, 1 tsp. dried onion flakes, 1/2 tsp. garlic powder, and 1 pickled jalapeño pepper, seeded and minced. Stir well, cover and chill thoroughly.

For additional information on lightening up your St. Patrick's Day celebration or on weight management, call toll-free 1-800-43-JENNY.



There are 19 buildings in the world at least 1,000 feet tall. Ten are in the U.S., and the other nine are in Asia.

It's Spring Break!

Remember...
Don't Drink & Drive!
Let's enjoy our time off,
SAFELY!

Message brought to you
by this newspaper and the
Texas Highway Patrol Association



Still Making Horse Calls Equine prove they have good bed side manners

Turff Therapy Therapeutic Riding Service

On March 16th, Panhandle South Fairgrounds Fair Park Livestock pavilion in Lubbock, will feature a Monty Roberts "join-up" demonstration. Roberts, author of the New York Times best-seller, "The Man Who Listens to Horses," is to the horses he works with like the Turff Therapy Therapeutic Riding Services is to the people it helps. As the beneficiary for this featured event, Turff Therapy Therapeutic Riding Services eagerly looks forward to this special evening.

The influence that animals have had on people therapeutically has gone from the soothing effects that fish in a tank have on us, to dolphins helping autistic children. In 1942 therapeutic horseback riding in Europe was recognized as a rehabilitation method for disabled persons, and since then it

has spread here to the United States. Equine activities help individuals build self-awareness, discipline, and self-confidence. Riding helps improve one's posture, balance and coordination. For the disabled person it can give them a feeling of freedom and independence. Horseback riding strengthens the spirit for people with physical, mental, and emotional disabilities, it provides an enormous boost to the emotional self.

Turff Therapy therapeutic Riding Services is a non-profit organization providing care for disabled persons. Started 6 years ago, Turff Therapy Therapeutic Riding Services has been providing equine therapy to children and adults in the South Plains area. Their use of horses with persons whose disabilities range from mild to severe have proved to be successful. their success can

be measured by the development of the Hippotherapy Program they started, which went from a small-scale service and now an entire community is involved in their Hippotherapy program.

Programs run by this organization realize that the demands to reach more individuals with disabilities grows each day and are very inventive when it comes to raising funds to help those in its programs and that's where Monty Roberts come in. Monty has been involved with therapeutic horseback riding, particularly in creating

the "Buddy System," and is known for his "Join-up" technique in horse gentling. His event at the Panhandle South Plains Fairgrounds is to help the Turff Therapy therapeutic Riding Services raise funds to help support its therapeutic riding programs and other associated programs that they provide for children and adults with disabilities. so why not come out on March 16 and help Monty and Turff Therapy Therapeutic Riding Services support a worthwhile cause. It just makes horse sense to help them help others.

OBITUARY

Bonnie Sneed 1929-1998

Services for Bonnie Elaine Sneed, 68, of Gail, was held at 1:00 p.m. Tuesday in First United Methodist Church in Snyder with the Rev. Craig Curry and Rev. Clifton Igo officiating.

Burial in Gail Cemetery under direction of Bell-Cypert-Seale Funeral Home, Snyder.

She died Sunday, March 8, 1998, at her residence.

She was born May 26, 1929, in Jester Okla. She married Norman "Slick" Sneed on January 14, 1952, in Lovington, N.M. She was a member of First United Methodist Church.

She retired from Southwestern Bell Telephone after 30 years.

Survivors include her husband; a son, Bill of Abilene; two daughters, Kay Yeager of Quinlan and Sandra Bloom of Coahoma; three sisters, Leona Bradley of Fort Cobb, Okla.; Winnie Green and Edith Eller, both of Lawton, Okla.; eight grandchildren; and three great-grandchildren.

The family suggests memorials to Borden County EMS, Gail 79738.



Proper Responses Can Save Clothes From Stains

Stains happen. It could be a carefree child rolling in... everything. Maybe it's a businessperson's over-enthusiastic tug on a coffee cup. Remember that poorly-loaded forkful of blueberry pie at last Sunday's dinner? It's a universal truth that—along with death and taxes—we can all count on stains.

But be of good cheer. The consumer assistants at Whirlpool Corporation have assembled some great ideas to minimize the damage when the inevitable stains occur.

According to Whirlpool, pretreating a stain before it dries offers the best chance of completely removing it. Try using a prewash stain remover, liquid laundry detergent or make a paste from powdered detergent and water. Avoid creating additional damage by testing the fabric first for color fastness. Try a little on a seam or other inconspicuous area. If all goes well, wash the entire garment with a detergent and a bleach that's approved for the type of fabric.

Before putting the garment in the dryer, check that the stain is completely gone. If not, repeat the removal procedure. Never dry a stained garment. Heat is the enemy of stain removal.

Even the warmth of a closet, in combination with light, can set stains. Therefore, try not to store an item before implementing a stain-removal



procedure. And never iron over a stain. The heat will not only set the stain, it will drive soil deeper into the fabric.

Sometimes attempts to remove a stain can actually add to the damage. For instance, rubbing a wet napkin or cloth can cause the area to look white or chalky. This is especially true with silk, linen or cotton and often won't appear until after the item has been cleaned. Instead of rubbing, Whirlpool suggests gently blotting the area. Then pretreat the garment as soon as possible.

**Big Spring Horse,
Saddle and Tack Auction**
Saturday, March 14th - 1:00 p.m.
Big Spring Livestock Auction
Everyone Welcome to Buy, Sell or Just Visit!
For Information Call: Lance Folsom 806/792-5919

March Primary Election Information	
March 16	Last day to register to vote for runoff election
April 6	First day for early voting by personal appearance for runoff election
April 7	Last day to submit an application for ballot by mail for runoff election
April 10	Last day for early voting by personal appearance for runoff election
April 14	RUNOFF ELECTION

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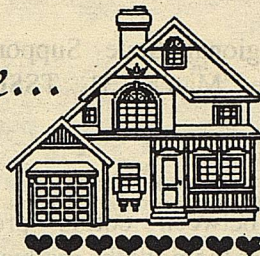
Owners: Glenn & Janice Hogg

Call: 806/872-9696
872-7617

Lamesa Airport
Lamesa, Texas

Heart and home...

By Julie D. Mumme
Borden County, Extension Agent -
Family and Consumer Sciences



Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. the Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

FCE Club To Meet

Our meeting will be on Monday, March 16 at 6:30 p.m. in the community building (former sheriff's office). We will be having a covered dish supper, and a program by Verna Adcock on "Preserving

Your Memories". Anyone interested in attending is welcome. Please bring a friend, and a favorite picture of your children, grandchildren, or family to share. Hope to see you there!!!

Active Children Need Adequate Nutrients

With spring and summer approaching, many children will become involved in more outdoor activities and sports. During this time it is important that they receive sufficient calories and nutrients to support growth and development. In order to get nutrients that are essential for health, a child's total diet should contain a variety of selections from all the food groups. It is important to understand that no one food contains all the needed nutrients, said Dr. Dymple Cooksey, professor and Texas Agricultural Extension Service nutrition specialist.

"If your child only eats hot dogs or hamburgers, you need to incorporate more nutritious foods into their diet to promote a normal growth and well being," she said.

Vitamins are probably the most famous group of nutrients. Choosing vitamin-rich fruits and vegetables can make a big difference in your child's overall health and should be included in any child's daily diet. Having fresh fruit or vegetable snacks is one way of making sure that your child is getting enough servings per day. Children often find raw

fruits and vegetables cut up in fun shapes or with yogurt dip more appealing than when cooked and served with meals. The recommended servings are 2-4 of fruit and 3-5 of vegetables each day, however, getting at least five servings of fruits and vegetables each day is a good goal to set for your child.

Fruits and vegetables also provide a good source of carbohydrates, which provide energy. However, the best sources of carbohydrates include grains and cereals. Carbohydrates are an important part of a child's diet, especially and active child.

Calcium and iron are two very important minerals that children need to get from their diet. Children need to keep iron stores for periods of rapid growth, stress, injury, or illness. Growing children also need more iron for their size because they have a higher metabolic rate. Good sources of iron include dried fruit, red meat, whole grain foods, leafy green vegetables, breads and cereals.

Calcium helps to build strong bones and teeth and is essential during this rapid stage of growth. The best sources of calcium

include milk and other dairy products (cheese, yogurt, or ice cream), dried beans and nuts, green leafy vegetables and canned fish with bones (salmon).

Protein is another nutrient that is necessary for not only growth but also for building repairing, and replacing body cells, tissues and enzymes. Some examples of protein-rich foods include fish, poultry, beef, pork, eggs, milk products, dried beans, peas, and some vegetables.

Fat is another nutrient worth mentioning because it provides almost twice as many calories as carbohydrates and protein. Besides providing energy, fats contain essential fatty acids that children need for healthy skin and proper development. fats give certain foods flavor and do

provide some vitamins necessary for health but should be consumed in moderate amounts.

When planning your child's diet, always consider balancing what they eat with a wide variety of foods. Even though some children don't accept new foods into their diet, continue to expose them to new foods. Food habits that are formed now will affect how they decide food choices as adults. A healthy child will grow to become a healthy adult.

If you would like more information about nutrition and servings of foods, please contact the extension office at 756-4336.

NOTE: The information in this article also pertains to older youth and adults.

SUNNY SIDE UP

Greet Spring with Zingy Egg Salad

There's nothing like the onset of balmy spring weather to whet our appetites for a chilled salad—especially if it offers our palates a welcome zing and provides needed nutrients without excess fat.

Colorful, flavorful, nutritious and easy to prepare, Egg Salad Italia fills the bill. The contrasting soft cream-colored pasta, crisp green zucchini and pungent red onion echo the colors of the Italian flag and, with fresh mushrooms and Italian seasonings, form a tasty combination of favorite Italian foods. Sunny hard-cooked eggs add protein to give the salad main-dish status.

For this quick salad or for sandwich fillings and snacks, it's helpful to keep hard-cooked eggs on hand. Once cooked, they'll keep nicely in the 'fridge' for a week.

At Easter, just remember that hard-cooked eggs at room temperature in your table centerpiece or the kid's baskets should be returned to the refrigerator before two hours are up. Refrigeration preserves the eggs' quality for springtime meals.

The cooking technique here produces tender hard-cooked eggs with no green rings around the yolks, a sign of overcooking. Cool the eggs immediately after cooking and refrigerate them in their shells on a shelf, not the door.

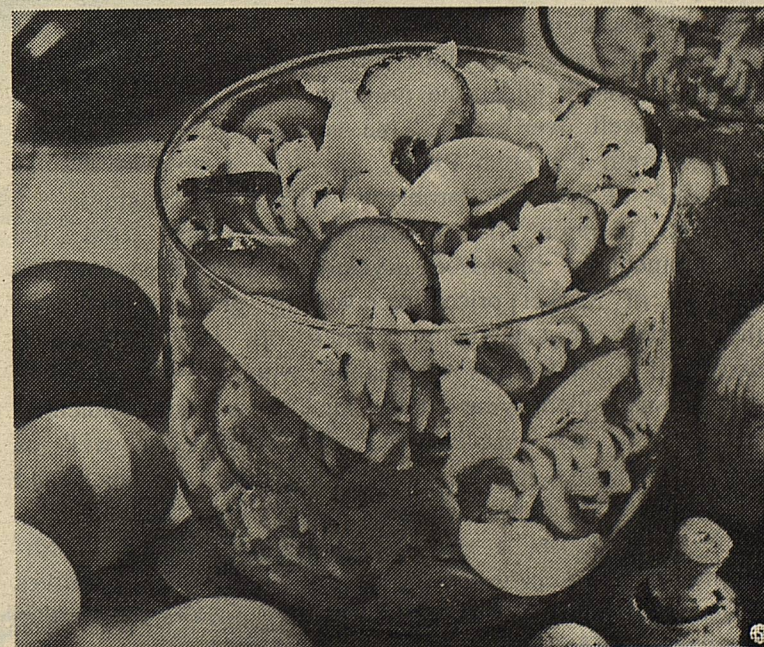
When you're ready to serve the salad, cut the eggs with an egg wedger or a knife—simply cut them in half lengthwise and cut the halves into thirds.

All the other Egg Salad Italia ingredients can be prepared and tossed together the night before. Overnight chilling will give the pasta and vegetables time to absorb the flavors of the dressing and seasonings. Just before serving, gently stir in the egg wedges to avoid breaking them.

For a satisfying lunch or refreshing dinner, team this nutritionally-balanced dish with fresh fruit and crusty rolls and, perhaps, a wedge of cheese. Then, enjoy the rest of a lovely spring day.

- Egg Salad Italia**
4 Servings
- 1/2 cup bottled reduced-fat Italian dressing
 - 1/2 teaspoon oregano leaves, crushed
 - 1/4 teaspoon garlic powder
 - 8 ounces spiral pasta or elbow macaroni, cooked and drained
 - 2 cups sliced zucchini (about 8 oz., 1 to 2 small)
 - 1 1/2 cups sliced fresh mushrooms (about 3 oz.)
 - 1/3 cup chopped red onion
 - 4 hard-cooked eggs*, wedged

In large bowl, stir together dressing, oregano and garlic powder until well blended. Stir in pasta, zucchini, mushrooms and onion until evenly coated with dressing. Cover and chill to blend flavors. Just before serving, gently



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toss with eggs until evenly coated with dressing.

Nutrient content per serving of 1/4 recipe: 353 calories, 10 g total fat, 213 mg cholesterol, 390 mg sodium, 401 mg potassium, 49 g carbohydrate, 15 g protein and 10% or more of the RDI for vitamin C, niacin, riboflavin, thiamin, iron, phosphorus.

*To hard-cook, place eggs in single layer in saucepan. Add enough tap water to come at least 1 inch above eggs. Cover and quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand, covered, in hot water about 15 minutes for Large eggs. (Adjust time up or down by about 3 minutes for each size larger or smaller.) Immediately run cold water over eggs or place them in ice water until completely cooled.

To remove shell, crackle it by tapping gently all over. Roll egg between hands to loosen shell, then peel, starting at large end. Hold egg under running cold water or dip in bowl of water to help ease off shell.



COTTON NEWS

From Plains Cotton Growers, Inc.

LUBBOCK, Friday, March 6, 1998

By Shawn Wade

Producers looking for an easier way to properly certify and train prospective employees now have a solution. By taking advantage of new services offered by the Texas Workforce Commission growers now have the option of parceling out at least some of their workload.

Plains cotton Growers, Inc. (PCG) and the TWC have been working together for several months to initiate a range of new services tailored to cotton growers.

These services include the completion of 1-9 certifications required by the Immigration and Naturalization Service, employee training required by the Environmental Protection Agency and administered by the Texas Department of Agriculture, and providing basic safety training and information about farm machinery and equipment hazards.

TWC staff members have been busy training themselves for these new services and cotton growers can easily access them through one of the many TWC offices in the area.

The following is a list of telephone numbers for the various TWC offices in the area. All numbers are located within the 806 area code.

- | | |
|------------------------|-----------------------|
| Lubbock - 763-6416 | Levelland - 894-5005 |
| Littlefield - 385-4803 | Brownfield - 637-4234 |
| Floydada - 983-2361 | Plainview - 296-7572 |

Anyone interested in learning more about these new services or how they can access them is encouraged to call the TWC office nearest them. PCG's website, www.plainscotton.org, will also update information pertaining to the TWC services as well as Workers Protection Standards as an ongoing service to producers.

Working a year in advance is not always easy, but the Texas State Support Committee is doing just that as they oversee cotton related research conducted with grower funds returned through the State Support Program of Cotton Incorporated.

Plains Cotton Growers, Inc. reports that a total of 74 proposals were received by the TSSC for consideration to receive 1999 funding. Many of them are ongoing projects begun in the last year or two while a good number are new projects aimed at the various statewide and regional problems faced by growers in Texas.

It is estimated that \$802,000 will be available to fund projects in 1999 under the program.

With well over half of the cotton produced in Texas coming from the High Plains, this area is able to address a number of important problems through the Program.

Past research has included everything from the development of improved dryland production systems to analysis of market prices received by growers. Some of the current projects being carried out include research designed to find ways of dealing with late-season aphid infestations, identifying both the causes and potential solutions to the problem of sticky cotton, as well as ongoing research in the areas of disease resistance and management, biotechnology and variety improvement.

PCG helps set a area's research priorities by coordinating a broad coalition of growers and representatives from the other Certified Producer Organizations operative in the Texas High Plains.

Members of the High Plains regional State Support Committee will meet prior to the March 31 TSSC Meeting in Austin.

Building stronger relationships between cotton producers and the industry that supports them with products and services is the goal of an upcoming meeting between representatives of Plains Cotton Growers and Mr. Hendrik Verfaillie, President of the Monsanto Company.

Mr. Verfaillie's quick acceptance of the invitation to discuss issues surrounding the transfer of new technologies between growers and industry illustrates the fact that the end users of new technologies and the providers of the technology can gain by working together.

Agenda items for the meeting include an overview of production on the Texas High Plains, ways to efficiently and economically bring new technologies to this area, and issues surrounding the Environmental Protection Agency and BT cotton/BT corn refuge management requirements to name a few.

The goal of the meeting is to develop a relationship that will foster the development of solutions to current and future issues that are both affordable to producers and profitable for Monsanto.

Plains Cotton Growers, Inc. is reminding growers that the sales closing date for purchasing Federal Crop Insurance on 1998 crop is March 15.

Growers who intend to take out Federal Crop Insurance should contact their insurance agent before that date.

NOTICE TO CONTRACTOR OF PROPOSED TEXAS HIGHWAY MAINTENANCE WORK

Sealed Proposals For:
CSJ NO. 6019 93 001
Riprap Repair in Borden and Mitchell Counties

Will be received by the Texas Department of Transportation located at:
4250 N. CLACK, ABILENE, TEXAS
UNTIL RESPECTIVE BID OPENING TIME ON TUESDAY, MARCH 24, 1998
then publicly opened and read

ALL PROSPECTIVE BIDDERS ARE ADVISED THAT THERE WILL NOT BE A PRE-BIDDERS CONFERENCE FOR THIS CONTRACT.

Bidding proposals and plan viewing will be available **ON AND AFTER TUESDAY, MARCH 3, 1998** at the District Office located at: **4250 N. CLACK ABILENE, TEXAS**
TELEPHONE: (915)676-6852
CONTACT: SAUNDRA J. COLLINS
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TRY AZALEAS FOR VIVID SPRING COLOR

Few plants herald in spring with the rhapsody of color, and vigor of bloom, as azaleas. Although native varieties are found in Texas, the azaleas that highlight spring gardens with vivid splashes of apricot, red, magenta, orange and a myriad of other bright shades are cultivated varieties whose origins often trace back to Europe.

Although horticulturists recommend planting azaleas while they are dormant, most gardeners select plants in the spring when they are in bloom. These plants can be established successfully if they are protected against drying.

Azaleas do not grow well in alkaline soil. Except for East Texas, they must be grown in raised beds (with amended soil) or in containers. The plants should be sturdy, well-branched, and at least 8 inches tall. If they are less than 8 inches, grow them in a cold frame for a year before you set them out. Most azaleas are sold as container-grown plants.

Because azaleas are so vibrantly colored most gardeners choose locations with high visibility. Beds surrounding entryways or fringing patios or terraces are good choices. Although they can be grown in full sun, azaleas thrive in filtered sunlight or partial shade. They are particularly happy at woods edge or planted under tall, deep-rooted trees such as oaks and pines.


Azaleas do not do well when planted under elms, maples, or other shallow-rooted trees that compete with them for available water and nutrients.

Because of their shade-loving nature, azaleas grow particularly well on the north and east sides of buildings where they are protected from harsh afternoon sun.


Dwarf varieties are well suited to containers including half barrels, large pots, planters or even hanging baskets. These container grown plants also respond best in filtered sunlight.

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Travel Texas with 1998 Texas State Travel Guide

It's big! It's colorful! It's free! It's the 1998 Texas State Travel Guide just released by the Texas Department of Transportation.

The travel guide is the primary publication mailed in response to requests for Texas information in conjunction with the Texas Department of Economic Development's national advertising campaign. More than one million books are distributed annually to potential Texas visitors.

The colorful guide summarizes all publicly accessible sites -- more than 2,200 -- of scenic, historical and recreational interest located in more than 400 cities and towns. Cities listed in the guide are arranged in alphabetical order with an icon indicating their location in one

of the state's seven tourism regions -- the Panhandle Plains, Big Bend Country, Hill Country, Prairies and Lakes, Piney Woods, South Texas Plains and the Gulf Coast.

Since introducing the guide in this format in the fall of 1988, TxDOT has produced more than 13 million books.

"The travel guide is designed for the smaller communities, as well as the larger metropolitan areas," said Doris Howdeshell, director of TxDOT's Travel and Information Division. "It's a great tool for planning to see the best that Texas has to offer."

"Texas tourism is a \$27.5 billion business and generated 464,000 jobs in the state of Texas," said

Tracye McDaniel, director of the Tourism Division of the Texas Department of Economic Development.

A free copy of the travel guide can be obtained by calling 1-800-888-8TEX, or at one of the 12 Texas Travel Information Centers around the state.

Thank You!

I would like to Thank everyone for their prayers, calls, food, and for taking care of my children during my surgery. I am so grateful to be able to live in a community with such thoughtful and kind people.

Thank You So Much!



*May God Bless You All!
Beth Stamper*



Matthew Marino
Killed by a drunk driver
on September 29, 1992
on Roundtree Lane
in Melville, New York.

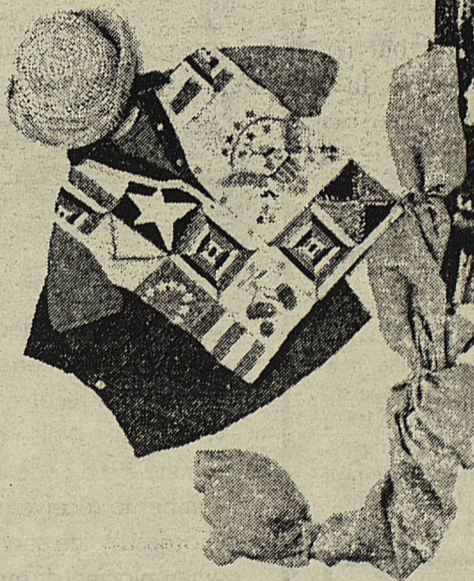


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TAX SUPPLEMENT 1998

1997 Tax Changes Affect Almost Every Taxpayer

As tax season rolls around, the Internal Revenue Service wants to remind people about tax law changes that could affect their 1997 tax returns. Some are new, and some are tax laws Congress enacted a year ago that are just now taking effect. Here's a quick look at those that could change the bottom line of most people's tax returns.

For 1997, personal exemptions are worth \$2,650. People who don't itemize deductions get an increased standard deduction of \$4,150 for singles, \$6,900 for married couples filing joint returns or qualifying widow(er)s, \$6,050 for heads of households and \$3,450 for married couples filing separate returns.

The earned income tax credit (EITC) is now as much as \$3,656 for people with more than one qualifying child. For those with one qualifying child, it's as much as \$2,210. And it's up to \$332 for those with no children. The amount people can earn and still be eligible for the credit increases to \$29,290 for those with more than one qualifying child, \$25,760 for those with one child, and \$9,770 for those with no children. And for people thinking about filing for the EITC when they know they aren't eligible—beware! False EITC claims could bar people from the credit for up to ten years.

Selling a home? The once-in-a-lifetime exclusion of \$125,000 of gain for people age 55 or older and the rollover of sales proceeds into a new home were replaced during 1997. People of any age can now exclude up to \$250,000 of gain (\$500,000 for married couples filing a joint return) they get on the sale of their home after May 6, 1997. They must live in the home for at least two of the five years before the sale. Every two years, they can do it again.

Also for 1997, people who received accelerated death benefits under a life insurance contract because they were terminally or chronically ill can exclude those payments from their income. Formerly, the law excluded only life insurance payments made on account of the

death of the insured. This exclusion also applies to amounts received from death benefits sold or assigned to a viatical settlement provider.

Amounts people get from qualified long-term care insurance contracts can usually be excluded from income as well. And insurance premiums are deductible as a medical expense up to certain limits, which depend on the taxpayer's age.

Some people can contribute to medical savings accounts. They can use the money tax free to pay medical expenses that their high-deductible health insurance doesn't cover or reimburse. Also, the 10-percent early withdrawal penalty on individual retirement arrangements won't apply to amounts used to pay for unreimbursed medical expenses that are more than 7 1/2 percent of adjusted gross income.

Keep in mind that with each of these medical changes, some limits, exceptions or eligibility requirements may apply.

Adopting a U.S. citizen or resident child? For 1997, a person may be able to claim a tax credit for qualifying adoption expenses. It can be as much as \$5,000 for each child, or \$6,000 for a child with special needs. The credit reduces tax liability. Or if an employer has an adoption assistance program and pays part of the qualifying expenses, the employee can exclude up to the same amount from gross income.

The health insurance deduction for self-employed persons rose to 40 percent in 1997, and increases to 45 percent for 1998. A revised Schedule D will take taxpayers step-by-step through the new, lower tax rates on capital gains.

What should businesses look for in 1997 changes? They can deduct the costs of adoption assistance programs they provide for their employees and deduct contributions to employees' medical savings accounts. Of course, certain limits or other requirements may apply.

Businesses with group health plans are subject to an excise tax if their plans do not meet the new accessibility, portability and renewability requirements. The tax is \$100 a day for each beneficiary during the time in which the plan does not meet the requirements. These requirements limit the circumstances under

which plans can deny coverage for pre-existing conditions, bar group health plans from using people's health status to exclude them from coverage, and guarantee continued health coverage to an employer under a multi-employer plan. The tax is effective for plan years beginning after June 30, 1997, and some exceptions apply.

The maximum amount of 1997 wages subject to the Social Security tax was \$65,400. There is no limit to the amount of wages subject to the Medicare tax. The total cost of Section 179 property that businesses can deduct increased to \$18,000 for 1997. And the exclusion for employer-provided educational assistance—which applies only to undergraduate-level study—was extended from

June 1997 through May 2000.

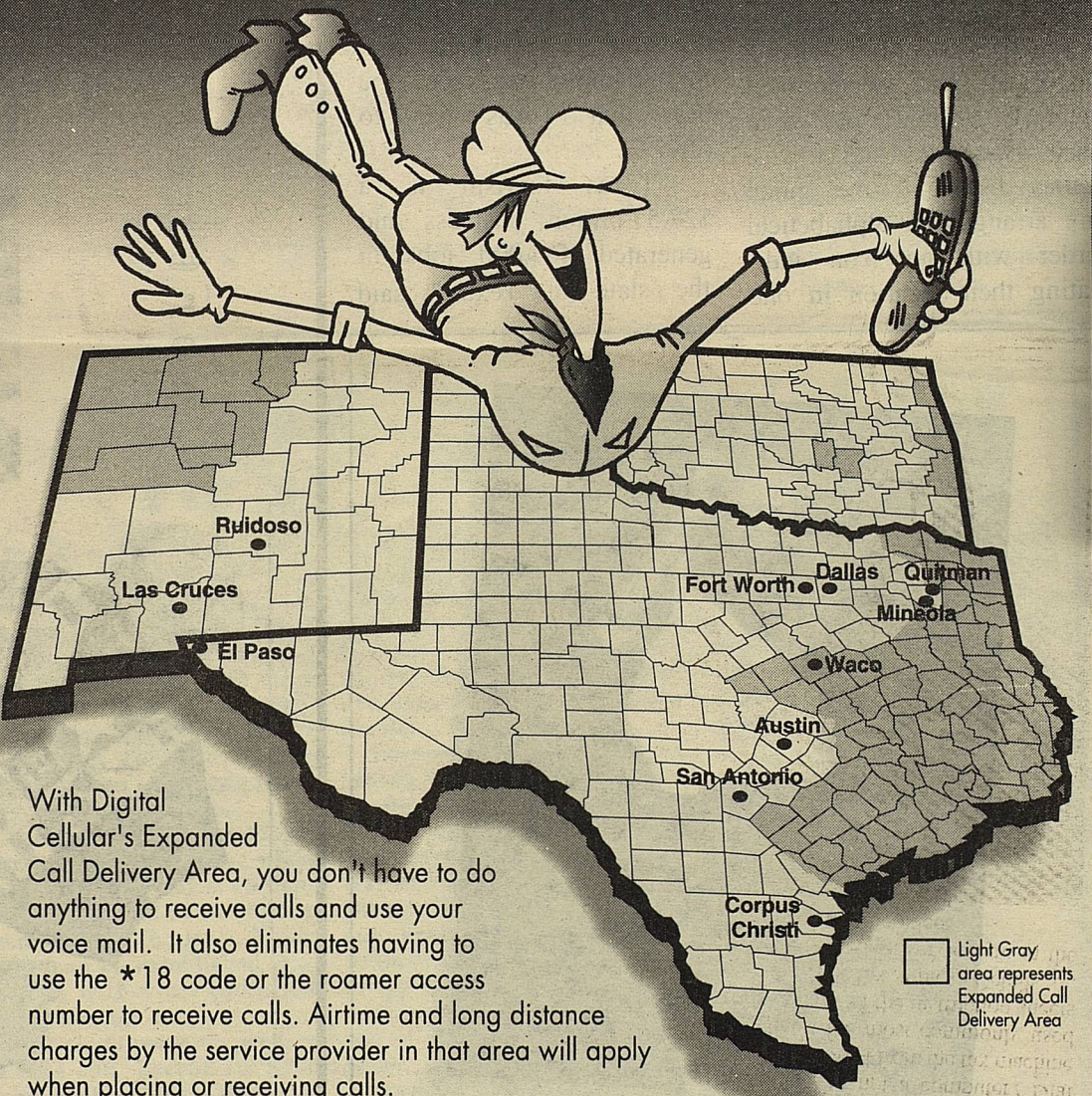
Businesses that were to begin making tax deposits electronically after June 1997 now have until July 1998 to do so. But they shouldn't wait until the last minute to enroll in the Electronic Federal Tax Payment System (EFTPS). The enrollment process normally takes several weeks. Once businesses sign up, they don't have to make trips to their financial institutions to deposit their FTD coupons and checks. To use EFTPS, all it takes is a telephone call or a personal computer—push a few buttons, and it's done.

Here's one last reminder for all taxpayers. People who owe should pay their taxes in full to avoid penalty and interest charges. But those who can't afford to pay all at once

should at least file their returns on time, and either attach an installment payment request—Form 9465 may be used—or contact the IRS to discuss payment options or offers to settle their tax accounts for less than the amount owed.

Want more information on tax changes? Call 1-800-829-3676 and get Publication 553, *Highlights of 1997 Tax Changes*. For online tax information, forms and publications, check out the IRS on the Internet at www.irs.ustreas.gov. Got a fax machine, but not a computer? Dial 1-703-368-9694 from the fax machine to request the most commonly used forms, many of the instruction sheets and the TeleTax topics. Details on using this TaxFax service are in the tax instruction booklets.

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