

THE

VOLUME XXVIII

BORDEN

STAR

March 18, 1998

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

Agency selects Porter as chairman

By **Kathy Gilbert**
Staff Writer
Big Spring Herald

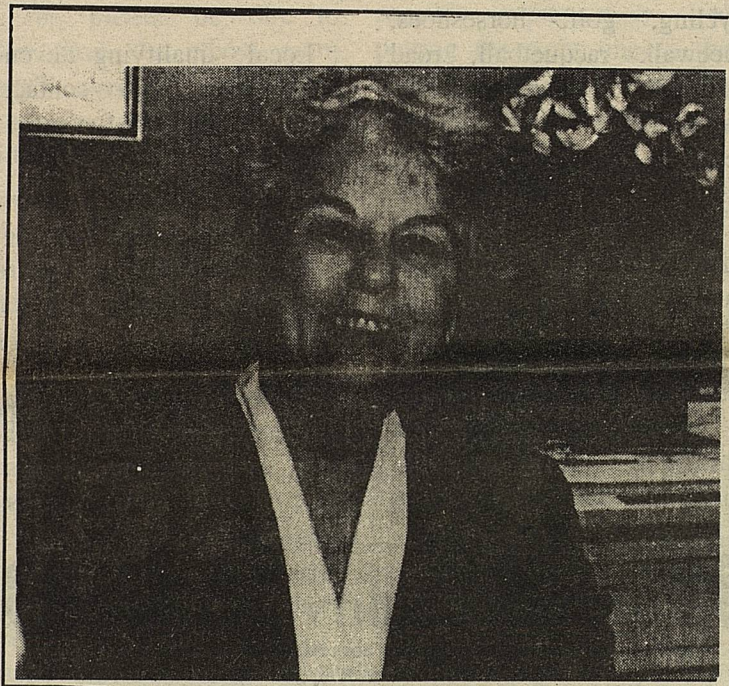
Baby boomers who want to enjoy a secure retirement should pay close attention to what Permian Basin elderly rights activist Pat J. Porter does.

"There is a glut of people coming within the next two years who are going to be in the aging community," Porter said. Because "baby boomers" tend not to save and don't think they can count on social security, they need to prepare for old age now.

Porter's work on senior citizen issues has been recognized at the state level. She was recently elected chairman of the Texas Department on Aging State Citizens' Advisory Council after serving as past chairman of the Advisory Council of the Permian Basin Area on Aging for two years.

"I'm very honored to be selected (as chairman)," Porter said. "West Texas needs a voice in Austin".

The council is composed of citizen members who represent 28 area agencies on aging across the state of Texas. "The Council will help determine how to enhance programs for our senior citizens, set program priorities and assist in



Pat J. Porter, who was recently elected chairman of the Texas Department of Aging State Citizens Advisory Council, poses at the Sparenburg building in Big Spring.
HERALD photo/Linda Choate

developing a coordinated delivery system in Texas," Porter said.

Rural communities are often neglected in the development of service plans, Porter said. Urban areas are well-represented in statewide agencies and agency councils, and have large populations. The needs of elderly citizens are different here than in Dallas, San Antonio or Houston, she explained.

Transportation is the most important concern, Porter said. "Borden County, for instance has 900 square miles and a

population of 800 people. Our people stay at home and look after themselves."

Assuring independent living for people in these circumstances requires money for busing, and careful scheduling. Porter's region, number 17, encompasses 23,000 miles, and very few people.

A senior citizen's program in Balmorhea, for example, runs buses to Odessa each week. elderly citizens need to take the bus for grocery shopping, and medical care.

An important part of

Cont. to pg. 4

AG Day on March 20th

On March 20th of this year, American will celebrate Ag Day. Ag Day is part of the Agriculture council of America's celebration of National Agriculture Week, March 15-21. Organizers are using Ag Day to make the American public more aware of enormous contributions of the U.S. agriculture industry.

"The United States is at the top of the worldwide agriculture market," said Bob Stallman, President of the Texas Farm Bureau. "Ag Day is an opportunity to make the public aware of the incredible impact agriculture has every day in our society, as well as celebrate the outstanding achievements of American farmers and ranchers."

Ag Day's 1998 theme is "Growing Tomorrows." This theme points to the increasing demand that will be placed on agriculture in the future. With the world's population at 5.5 billion today, it is expected to soar to 7.9 billion by the year 2020. Agriculture's ability to produce more and more food will be critical for this growing population.

Fortunately, America's farmers and ranchers have already made great progress in increasing productivity. For example, in 1960 the average farmer fed 25.8

people. By 1994, however, the average American farmer had increased his productivity five times, feeding 129 people both in the U.S. and abroad.

"Despite the booming population, American agriculture is up to the task," Stallman said. "Modern farming practices and state-of-the-art technology have allowed American farmers and ranchers to produce more food than ever before on fewer acres."

Recent advances such as precision farming are playing a big role in increasing farm productivity. Sophisticated Global Positioning Systems help reduce waste by using satellites and computers to map out a field and let the farmer know exactly where and when he needs to plant seeds, apply fertilizer and crop protection chemicals. This not only increases crop yield, but saves money and protects the environment.

Biogenetics have also increased the amount of food that each plant produces. Geneticists isolate desirable plant traits (such as disease resistance) and incorporate them into new plants, resulting in much higher crop yields.

Ranchers have also used technology to produce leaner cuts of beef. Today's

cont. to pg. 4

Lady Coyotes Participate Qualifying Texas Senior Games Events to be Held In Cities Throughout the State in Amherst Relays

Three members of the Lady Coyote track team participated in the Amherst Relays held in Anton over Spring Break. These three ladies scored 24 points at the meet.

Holly Thomas started the day with a two mile run. She ran well for the first meet of the year and came in third in the event with a time of 14:54.55.

Katie Kemp ran the 200m. dash and qualified for the finals with a time of 28.98. In the finals she finished in fifth place with

a time of 28.66.

Rebekah Hensley also ran the 200m. dash and qualified for the finals with the fastest time of 27.64. She finished second in the finals with a time of 27.93. Rebekah also participated in the triple jump where she made a very nice showing taking second place with a distance of 32'-53/4".

"Good job Ladies and we'll expect greater things in the near future" said girls track coach Bobby Avery.

Coyote Runners Travel to Anton for First Meet of the Season

The Borden County boys track team entered the Amherst relays at Anton on Saturday, March 14 to begin yet another attempt at more Coyote success, this time on the track field. The Coyote track team entered only four runners due to the Spring Break vacation, but these four athletes definitely left their mark on the Amherst Relay record board, as they finished seventh place in the point totals with only one-sixth of their track team being able to attend the meet.

Fernando Baeza, Trini Vasquez, Ryan Grant, and Ed Rodriguez combined to take home not only a gold medal in the sprint relay, but in the process they set not only a meet record, but a school record. These four young men combined for a record breaking time of 45.71 to win the event easily. Fernando then followed that up with a meet record 11.55 time as he crossed the finish line first in the 100 meter dash. He also finished second in the pole vault with a jump

of 10'6.

Trini turned in the busiest day for the Coyotes as he competed in the high jump, the 200 (25.12), and the triple jump (35'11.5"-6th place). He also ran the 300 intermediate hurdles for the first time and came in a very respectable 44.22 and captured the bronze medal.

Ryan competed in the 110 high hurdles (18.5-7th place) and the long jump (17'1"-6th place).



COACHES COMMENTS:

This was a very good meet for these young men who took the time out of their vacation to compete. I was very proud of them, and I think we will see some very special and exciting moments throughout the entire track season from not only these four young men, but the entire Coyote track team. **GOOD JOB!!!!!!!**

Athletes 50 years of age or older are invited to compete at ten local games sites throughout the state to qualify for the Scott and White Texas Senior Games to be held in Temple September 21-27. Those who qualify at the state level may then compete in the National Senior Games to be held at Disney Wide World of Sports in Orlando, Florida in October 1999.

Competitive events include archery, badminton, basketball 3-on-3, bowling, cycling, golf, horseshoes, racewalk racquetball, road race, shuffleboard, softball, swimming, table tennis, tennis, track & field triathlon, and volleyball.

Medalist in the first three places in most events qualify to advance to the state games at Temple. Two thousand entrants are expected at the state event.

"Since the inception of games, the athletic competition for seniors 50 years

and older has gotten much more competitive as the general health and fitness levels have improved," said Bob McCully, Executive Director of the Texas Senior Games Association. "There are athletes who were outstanding stars in high school and college and who have maintained their fitness levels over the years. Others have taken up sports in middle age and are looking for a way to compete against other seniors in their particular sports."

Local qualifying even cities, dates, and contact phone number for the games are:

San Angelo - May 7-9
915/947-2444

Lubbock - August 12-15
806/767-2710

Athletes who wish to participate may call one or more of the local games office phone numbers

above, or the state office in Kerrville at (803)896-1510. They may also write the state office at 805 Loop 534 #113, Kerrville, Texas 78028, send e-mail to tsga@kvc.com., and visit the web site, www.tsga.org.

All individuals who are at least 50 years of age are invited to participate in the recreational events which include Basketball Free throw, Basketball Around the World, billiards, bridge, checkers, creative writing, dancing, dominoes, Forty-two, and washers. Seniors do not have to qualify for these events. In addition, senior athletes who live within a 100-mile radius of Temple may participate in the competitive events in Temple; they do not need to compete in a qualifying event.

This is the second year that Scott and White has sponsored the Texas Senior Games.

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

San Angelo Stock Show Results

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

Barrows:
Tyler Wallace 3rd place
OPB

Also exhibiting a barrow was Kalli Poole.

Steers:
Kaci Poole 2nd place
MW American & Reserve
American Breed

Tanner Poole 3rd place
HW European

Chrissy Armstrong - 10th
HW American
Kylia Culp 12th place
HW American

Thanks to everyone who attended and assisted in transporting animals! We had an enjoyable and successful stock show season. This was accomplished through all the exhibitors and parents hard work. Thanks again to everyone to everyone who lent a helping hand!

Good luck to each of you in your next endeavor!

The Great Wall of China is reported to be 6200 miles long, varying from 15 to 39 feet high and as thick as 32 feet.

SEEDS FROM THE SOWER

Michael A. Guido
Metter, Georgia

An artist took a brush and touched a painting that was disappointing and dark, and made it beautiful.

"Daddy," cried his little girl who was thrilled with the change, "touch me and make me beautiful."

That's what our Lord does. He knows your misery, and His might; your sin, and His salvation; your potential, and His power.

When He looks at you, He not only sees what you are, but what you can become. He not only sees your problems, but your possibilities.

He says, "Give Me your life. I'll make you beautiful, useful and victorious."

You will, won't you?

Real Gardeners' True Confessions

by Pat Stone

The following is excerpted from a book that was selected winner of the 1997 Herald Award for creativity in garden communication, sponsored by the American Nursery & Landscape Association (ANLA).

Thinking Ahead

What is the Biggest Mistake with selecting trees and shrubs? It is, of course, the *bigness* mistake - not taking into account how big trees and shrubs will get. Those puny little sticks you can pick-up, pot and all, at the nursery can end up being over 100 feet tall and 60 feet across. Yes, they'll take years to get there (and the waiting part can get frustrating), but unless you constantly fight to keep them from reaching their natural size, in time they will. It's a pain in the pruners to

have to cut back a foundation bush or driveway tree every single year to keep it from taking over - why add an extra chore to your life when you can, with just a little forethought, avoid it?

So, please, be sure to give them the elbow room they'll need to grow. One gardener recommends deciding what trees and shrubs you want at an arboretum - where you'll (Army recruitment music, please) see all that they can be.

wet, don't give it wet. If it's unhappy with dry, just say no to dry.

Most importantly, speaking of location, don't plant something that's inappropriate for your climate. Your area's too-cold winters or too hot summers will do a plan in - if not in the first year then the second year or third year - some year. I hope it doesn't sound as if I'm making too much of a stink about all this. Actually, growing trees and shrubs is easy. They're nonfussy plants that basically take care of themselves. When you take the sensible precaution of putting the right one in the right spot. So do plan for these plants. It's worth it.

Pat Stone is editor and publisher of the quarterly

Weeder's Digest. Stone was Garden Editor at *Mother Earth News* for 12 years. He lives in Fairview, North Carolina. This article is excerpted from his book, *Real* magazine, *GreenPrints*, "the Gardeners' True Confessions," published in 1996 by Storey Publishing. Copies of the book can be ordered from the publisher by calling 1-800-441-5700.

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

Absolutely Incredible Kid Day: Write A Loving Letter, Leave A Special Legacy

(NAPS)—On March 19, 1998, Camp Fire Boys and Girls will call on America's adults to participate in *Absolutely Incredible Kid Day*—a day to write and deliver a letter of love and commitment to their children, grandchildren, nieces and nephews or even to children they don't know who deserve and need such a letter.

Tipper Gore, a well-known child advocate and the wife of Vice President Al Gore, is helping Camp Fire Boys and Girls to spread the word about *Absolutely Incredible Kid Day* 1998.

"I was touched and impressed by the impact of the inaugural *Absolutely Incredible Kid Day* campaign, and I'm pleased to join this year's call to action," said Gore. "I honestly believe every adult in the country can make a positive difference in the lives of our children, and this event provides everyone with an opportunity to be involved and make a difference."

As a not-for-profit organization, Camp Fire considers corporate support an important factor in ensuring success for *Absolutely Incredible Kid Day*. Camp Fire is proud to have Paper Mate again sign on as a lead national sponsor for the event and welcomes Southwest Airlines and Yahoo! Inc., an Internet media company.

The day originated from Camp Fire's extensive research and interviews with family psychologists that showed the written message carries great value to a child because it is a permanent record of an adult's affirmation.

"I fully endorse the concept of *Absolutely Incredible Kid Day*. It is critically important to offer children encouragement whenever we



can," said child development specialist and pediatrician T. Berry Brazelton, M.D., president and chairman of the board of the Brazelton Foundation. "When we offer encouraging words, we fuel the potential for the child's future success."

Here are a few tips to help you make *Absolutely Incredible Kid Day* 1998 memorable for you and a special child in your life:

1. Set aside some time in a place where you can be undisturbed for 10 to 20 minutes.
2. Getting started can be the toughest part. Try "Do you know what I like about you? I like it when you..."
3. Be specific and be descriptive. Use humor. Don't lecture.
4. Don't worry about the length. A note can be cherished as much as an epistle.
5. You can mail it, put it in a lunch box, on a bed stand or read it to a child.

You can access the complete list of "*Absolutely Incredible Letter Writing Tips*," and learn more about *Absolutely Incredible Kid Day*, by visiting the Camp Fire Boys and Girls' Web site at www.campfire.org, or by calling toll-free 1-888-2 KID DAY.

Giving a Plant What It Needs

Well, if too big a plant is Potential Problem #1, the opposite - too little a plan - is #2. What I mean by this is that if you put a tree or shrub in an inappropriate location, it may never reach its healthy, natural size. (It may even die). "Location, location, location!" is the cry of the forlorn tree or shrub, not just the storefront business owner. So if your new landscape plant doesn't like

It's just not the TEXAS way

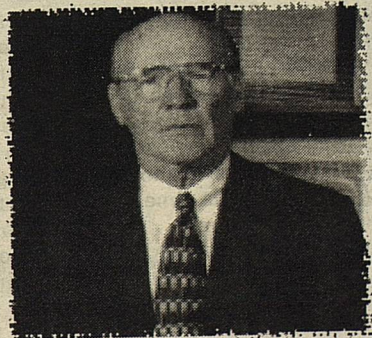
"All across Texas there are children with special learning needs.

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...

to leave a CHILD behind.



TOM LANDRY
spokesman for Child Find

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

public service announcement

School Lunch Menu

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

March 23rd - 26th

- MONDAY:** Corn Dogs, Cheese Potatoes, Salad, Cobbler & Milk
Breakfast: French Toast, Fruit, Juice & Milk
TUESDAY: Cheeseburger Mac, Corn, Baby Carrots, Garlic Toast, Juice Bars & Milk
Breakfast: Egg & Cheese Muffin, Fruit, Juice & Milk
WEDNESDAY: Chicken Fried Steak, Potatoes, Green Peas, Hot Rolls, Ice Cream & Milk
Breakfast: Muffin, Fruit, Juice & Milk
THURSDAY: Chile Dogs, French Fries, Salad, Cookies & Milk
Breakfast: Pancake, Ham, Juice & Milk
FRIDAY:
NO SCHOOL

Porter selected as chairman

Cont. from pg. 1

Porter's job is asking the state and federal legislatures for money, and making sure the programs that are funded meet the needs of West Texans.

"The legislature needs to be made aware of the logistics of living in Brewster (County) or (the town of) Balmorhea," Porter said.

Her "most pressing issue" this year is renewal of the Federal Older Americans Act. "All federal programs that effect senior citizens are covered by the bill," she explained.

Other priorities include continuing the ombudsman and home-delivered meals program and increasing transportation opportunities.

"Anything that will help our elderly citizens stay in their homes longer," is part of her mission, she explained. "Senior citizens want to be independent and be our own people - to have a little dignity."

The ombudsman program is one of the most important services provided by the agency she said. Volunteers work with every nursing home in the area to investigate cases of mistreatment and advocate on patients' behalf.

Howard County has a large number of retirees. Many retired military officers returned to Big Spring after being stationed at Webb Air Force Base earlier in their careers. After its 1977 closure, some stayed on, taking early retirement to become part of the community.

Pat J. and her late husband, J. Pat, long time residents of Borden County raised two daughters, Samantha and Kate who graduated from Borden County ISD in Gail. The family was very active in church, community, and county functions.

Porter is the owner of the Sparenburg Building and other subsidiary enterprises located in Big Spring. She also serves on the board of Big Spring's Main Street project.

AG Day

Cont. from pg. 1

beef has 27 percent less fat than in 1985.

Farmers and ranchers have also worked hard to preserve the land. Farmers have employed contour farming (planting crops around hillsides rather than up and down) and reduced tillage practices to prevent erosion. Ranchers have addressed erosion by making use of sod waterways, diversions, and catch basins.

Technological advances have helped boost agriculture to become America's top export, with average sales of \$52 billion annually. In addition, the agriculture industry employs over 22 million Americans who produce, sell and trade the nation's food and fiber. By the year 2000, agriculture is expected to generate one-quarter of the U.S. Gross domestic Product.

Obituary

Madge Hendricks 1913-1998

Graveside services for Madge Hendricks, 84, of Lamesa was held at 2 p.m. Thursday, March 5th at Gail Cemetery with the Rev. Clifton Igo, pastor of Gail Baptist Church officiating.

Burial was under the direction of Branon Funeral Home in Lamesa.

Mrs. Hendricks died

Tuesday, March 3, 1998, at St. Mary of the Plains Hospital in Lubbock.

She was born Dec. 11, 1913, in White County, Ark. she married Clair Boggan on March 6, 1929. He died in 1941.

She married Jym Hendricks on October 15, 1946, in Lampasas. They owned and operated Jym's Cafe in Gail for many years. He died November 8, 1978.

226 E. Main
Post, Texas 79356

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EMS Memorials

In Memory Of:

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by M/M. Ralph Miller

BONNIE SNEED
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by Katherine Stephens
by Gae & Lisa Ludecke
by Joyce Smith
by M/M James Beckham
by Ross, Sarah & Jason Sharp

MADGE HENDRICKS
by Glenn Swann
by The Bud Smiths
by The Blaine Todds
by Gae & Lisa Ludecke
by Joyce Smith
By Ross, Sarah & Jason Sharp

She was a member of the Women's Auxiliary of the Veterans of Foreign Wars (VFW) in Post. She was a member of the Apostolic Faith Church.

Survivors include four daughters, Melba Canon of Gail, Jeannie Cathey of Fredericksburg, Callie Birdwell of Mangum, Okla. and Norma Wallace of Post; a sister, Helen Frizzell of Denison; 17 grandchildren; 36 great-grandchildren; and 18 great-great-grandchildren.



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Tickets:
Adults - \$8.00 Children 6 to 12 - \$5.00

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TEXAS GARDENER TIPS

SUCCESS WITH SEEDS

Germination refers to the "sprouting" of the seed to most gardeners. Sprouting is often initiated when water enters the seed causing various chemical processes to occur, resulting in cell differentiation, division and enlargement and, hopefully, the growth of the plant.

The germination process usually begins after the seed is planted in the garden, with the necessary water supplied by the moisture in the soil. In most cases getting germination to occur is easily accomplished, requiring only a little attention to soil moisture and temperature at planting time. However, with some vegetable seeds that are difficult or must be planted under less than ideal conditions, it is often advisable to practice

"pregermination." Pregermination is the process of initiating germination prior to planting.

Obviously, like germination, pregermination requires that water be absorbed by the seed. This is most often accomplished in one of two ways: either by soaking or by what is generally termed as presprouting.

When soaking the seeds, they are placed in a container with water and allowed to soak, usually overnight, immediately prior to planting. Some seeds respond to soaking in warm water for which a thermos bottle is an ideal container. To facilitate handling, the seeds are then dried slightly and planted in the garden before any indication of sprouting is evident.

Presprouting seeds occurs when the seeds are placed between layers of paper towels which are kept constantly moist. About the third day begin checking the seeds periodically for evidence of sprouting. Those that begin to sprout, indicated by the emergence of the radicle (primary root), are carefully removed and planted immediately. This method is most applicable when growing transplants for the garden.

TEXAS
GARDENER

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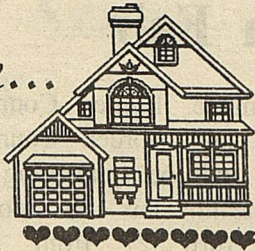
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March Primary Election Information

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

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.

Preventing and Reversing Osteoporosis: Screening Clinic to be held

At 35 a women's battle against bone loss begins and intensifies with menopause and throughout the life span. The process can begin earlier in females with a genetic predisposition to the disease or in cases where steroids have been a part of medical treatment. However, with new "user friendly" mobile well as women. Fractures due to decreased bone density can occur in younger individuals, however, the most obvious full blown disease is seen in the elderly. New health care policies across the nation reflect priority of the individual to become his or her own manager of health. Many new self

is often followed by surgery, rehabilitation, and permanent residence in the nursing home until death. Pneumonia can often follow the fracture due to immobility. The ultimate outcome is loss of independence and an altered life-style.

We now know that early diagnosis of osteoporosis can be achieved through a low intensity x-ray of the heel. This

reading provides a score that allows the patient to know what their bone density level is and their risk of osteoporosis. In the past, many people have thought that fractures were inevitable as you grew older, but with prevention and reversal techniques, this is no longer the case. Osteoporosis can be preventing and reversed through nutrition, exercise, hormone replacement

therapy and with new pharmaceutical medications. If it is diagnosed and treated early, it is a curable disease

In the U.S., 1 in 4 women and 1 in 8 men over the age of 50 has osteoporosis according to the Center for Disease Control in Atlanta, Georgia. In the past osteoporosis was perceived as a relentless process that could

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Retirement Program

Are you concerned about being able to retire comfortably? If so, then you should attend the program on retirement Thursday, March 26 at 6:00 p.m. in the extension office. We will discuss Individual Retirement Accounts (IRAs), 401 K plans, and other retirement options. Remember, it's never too early to start thinking about retirement!

units for measuring bone density and new methods of combating the disease, the motto of the National Osteoporosis Foundation (NOF) is "Kiss Osteoporosis Good-bye."

According to the NOF, osteoporosis can be detected as early as teenage years and is a disease that occurs over the lifespan. Although we have always considered it to be a disease of "little old ladies," it has been found in all ages and in men as

testing kits are now available to reflect indicators of early disease markers.

Early detection of all diseases is imperative, particularly with osteoporosis, in order to prevent and reverse this silent disease. Osteoporosis is the number one killer of elderly females. A fracture

Slaton Monument

"Caring for the Needs of Your Loved Ones"

Marble - Granite - Bronze



Clifton Igo,
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BRANON FUNERAL HOME

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END OF GAME NOTICE



Three of the Texas Lottery's instant games will close on April 30, 1998: 5 Card Cash, Monster Cash and Texas Weather. You have until October 27, 1998, to buy the remaining tickets and redeem any winners. You can win up to \$5,000 playing 5 Card Cash and up to \$1,000 playing Monster

Cash or Texas Weather. You can claim prizes of up to \$599 at any Texas Lottery retailer. Prizes of \$600 or more are redeemable at one of the 24 Texas Lottery claim centers or by mail. Questions? Just call the Texas Lottery Customer Service Line at 1-800-37-LOTTO (1-800-375-6886).



Overall odds of winning 5 Card Cash, 1 in 4.97. Overall odds of winning Monster Cash, 1 in 4.69. Overall odds of winning Texas Weather, 1 in 4.44.

Must be 18 years or older to play. ©1998 Texas Lottery

Screening Clinic to be Held

cont. from pg. 5

not be reversed and that the best hope was to slow down the rate of bone loss. Many believed that if they faithfully took calcium supplements, perform some aerobic exercise, and take estrogen that osteoporosis could be prevented. Yes, these measures are helpful and are highly recommended, but despite the efforts made by these women, at least 1.2 million women suffer fractures each year as a direct result of osteoporosis. These numbers appear to be increasing, therefore, being informed as to the status of the bone density and dealing with individualized care are major factors in addressing this hidden disease.

A screening clinic will be conducted on Monday, April 27 from 10 A.M. to 4 P.M. in Gail at the show barn (we must have at least 20 people make appointments in order for her to come). Jan Hamilton, Ph.D., R.D., L.D., is a graduate of Louisiana State University

will be conducting the screening. She has recently founded a new preventive medicine practice called "Nutritional Biomedicine." The major focus of her practice is osteoporosis. The procedure for the screening is simple and quick. The heel is placed into a v-shaped area filled with warm water and the bone density is measured with osteoanalyzer. The test take 3 minutes, and result are given immediately. The cost of the screening is \$35, with \$40 for brief consultation (if you bone density is low, or you desire to have a consultation) with Dr. Hamilton (a total cost of \$75). [If you were to have this screening performed in a hospital, it would cost around \$200 (not including a doctor's consultation), take about 45 minutes, and would require a physicians order.] This screening can be filed with your insurance (forms are available from the extension office). Educational materials will be available on the 27th. For more

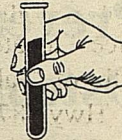
Mini-Health Fair

It is never too early to mark your calendars for an event! The Borden County Extension Program Council, Family & Consumer Sciences Program Area

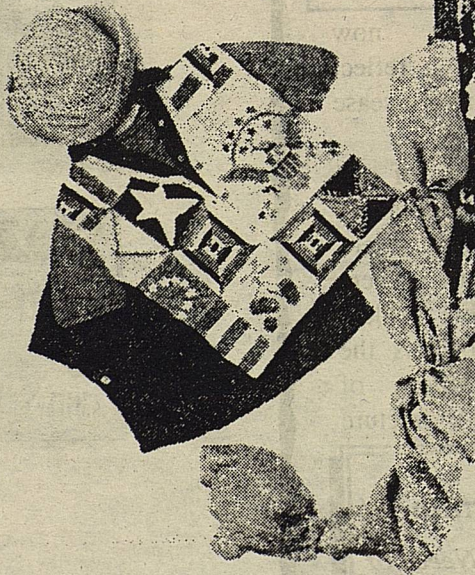
information about this screening, contact Dr. Jan Hamilton at (806)296-7953, or call me at the extension office at 756-4336.

Committee, Borden County EMS, and Borden County I.S.D. will be sponsoring a mini-health fair on Monday, April 27 from 10 A.M. to 4 P.M. at the show barn. The services available include: the mobile mammography unit, a bone density screening, blood pressure, glucose, and cholesterol screenings,

as well as a number of educational materials. If you would like to schedule a mammogram, contact Kim Thomas at 756-4313. For information about the other services offered, including the bone density screening, contact the extension office.



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Now is the time for Pond and Lake Stocking of Hybrid Bluegill, Florida Hybrid Bass, Channel Catfish, Fathead Minnows, Triploid Grass Carp and Black Crappie.



Permit required for Triploid Grass Crap

The Hybrid Bluegill can REACH the weight of 2-1/2 to 3 lbs.

We furnish your Hauling Containers.

We guarantee live delivery

Supplies: Fish Feeders, Turtle Traps, Fish Traps, Liquid Fertilizer, Spawning Mats, Pond and Lake Surveys, and Gift Certificates

Delivery will be **Wednesday, March 25th** at the times listed for the following towns and locations.

Jayton	Farmers Society #1	237-9922	7:30-8:30 AM
Snyder	Ezell-Key Feed Store	573-6691	10:00-11:00 AM
Gail	Coyote Country Store	756-4330	12:00-1:00 PM
Lamesa	The Country Store	872-2422	2:00-3:00 PM
Tahoka	John Witt Butane Co..	998-4822	4:00-5:00 PM

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405-777-2202 * Toll Free 1-800-433-2950 * FAX 405-777-2899

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Fishery consultant available.

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Poka Lambro Annual Meeting

The 47th Annual Membership Meeting of Poka Lambro Telephone Cooperative, Inc. is scheduled for Thursday, March 26, 1998. The meeting will be held at the Poka Lambro business office located 11.5 miles north of Tahoka, Texas on US Hwy. 87.

Members may register from 11:30 a.m. until the meeting begins at 1:00 p.m. Lunch will be served at 12:00 noon. An important item of business on the agenda is the election of two directors of the Cooperative. The Poka Lambro Nominating Committee met February

20, 1998 and nominated the following Poka Lambro members to be voted upon.

Dist. 2: Joel Currie and R.L. Fleming (Incumbent)
Dist. 6: Barry O'Brien and Randy Hensley (Incumbent)

Other highlights of the meeting will include the Cooperative's financial report, presentation of the three \$2,500 Poka Lambro scholarships, and the drawing for door prizes. All Poka Lambro members are encouraged to attend the Annual Meeting. For more information contact Amy Preston at 1-800-422-2387.

Duncan Announces Opening of Big Spring District Office

State Senator Robert Duncan (R-Lubbock) announced the opening of his Big Spring district office which is located at 701 East FM 700, Big Spring, TX. 79720. The office will service his constituents residing in Howard, Sterling, Borden, Irion, Glasscock, Reagan, and Tom Green counties.

The 28th Senatorial District stretches across twenty-six West Texas counties and includes the larger communities of Big Spring, Lubbock, Odessa, El Paso, and San Angelo.

Duncan also intruded his Big Spring District Office Director, Frances Wheat. A native of Big Spring, Frances graduated from Big Spring High School and Baylor University. The former owner and operator of Wheat Furniture, Frances has served as a board member and past president of the Big Spring Area Chamber of Commerce. She is also involved with the Heritage Museum, West Texas Republican Women's

Club, Big Spring Symphony Association, West Texas Girl Scout Council, and in 1986 was named "Woman of the Year" by the Big Spring Area Chamber of Commerce.

"Frances has a wealth of knowledge about Big Spring. Her experience and insight into the issues here will be a huge asset to me and this office," Duncan said.

Duncan, who is a partner in the Lubbock law firm of Crenshaw, Dupree & Milam, L.L.P., was elected to the Senate in December of 1997 in a special election to fill the open seat vacated by John Montford, who now serves as Chancellor of the Texas Tech University System.

Duncan's Big Spring district office may be reached by calling 915/268-9909, or writing to P.O. Box 425, Big Spring, TX. 79720-0425, or by FAX at 915/268-9899.

Annual Tractor Show Held

The Texas Plains Two Cylinder Club will hold its Sixth Annual tractor show Mary 21 & 22 at the Ollie Liner Center in Plainview, Texas. Show time Saturday will be 8:00 A.M. to 6:00

P.m. and Sunday from 9:00 A.M. to 4:00 P.M.

There is no entry fee and no admission charge, but donations will be accepted.

All makes of tractors and equipment will be on display.

There will be a parade of tractors each day at 2:00. The Hale County Farm Museum will have concessions.

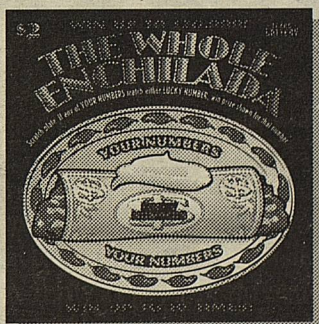
Borden County EMS

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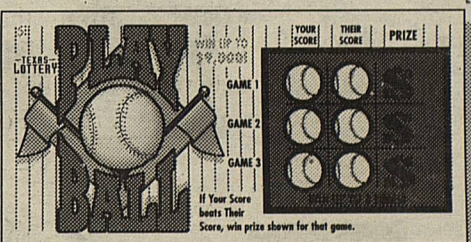
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YOU COULD WIN \$700 PER WEEK FOR 20 YEARS!



QUICK PICK

YOU COULD WIN TWICE!

Three of the Texas Lottery's instant games will close on April 2, 1998: The Whole Enchilada, Play Ball and Weekly Bonus. You have until September 29, 1998, to buy the remaining tickets and redeem any winners. You can win up to \$20,000 to \$500 per week for 20 years playing Weekly Bonus. You can claim prizes of up to \$599 at any Texas Lottery retailer. Prizes of \$600 or more are redeemable at one of the 24 Texas Lottery claim centers or by mail. Questions? Just call the Texas Lottery Customer Service Line at 1-800-37-LOTTO (1-800-375-6886).



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TEXAS LOTTERY

Overall odds of winning The Whole Enchilada, 1 in 4.62. Overall odds of winning Play Ball, 1 in 4.92. Overall odds of winning Weekly Bonus, 1 in 4.73.

Must be 18 years or older to play. ©1998 Texas Lottery

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